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RELEASE



Woman HABITS

50 HABITS TO ELEVATE YOUR SEXINESS, GODLINESS,
CLEANLINESS AND HAPPINESS

SHANEL COOPER-SYKES



Woman Habits



Shanel Cooper-Sykes



SCS PUBLISHING, INC.





A SCS Publishing book

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I dedicate this book to my mother Linda Cooper.
I am extraordinary because you made me this way. I love you.



| | |
|--|-----|
| INTRODUCTION | 13 |
| HABIT #1 KEEP YOUR MOUTH SHUT..... | 20 |
| HABIT #2 CREATE DAILY RITUALS | 27 |
| HABIT #3 BE FAITHFUL | 31 |
| HABIT #4 COMMIT TO YOU | 34 |
| HABIT #5 LET IT GO | 39 |
| HABIT #6 BE THE CHANGE THAT YOU WANT TO SEE | 44 |
| HABIT #7 MAKE BELIEVE | 48 |
| HABIT #8 STAY SHARP..... | 52 |
| HABIT #9 CHECK YO' SELF..... | 56 |
| HABIT #10 KEEP YOUR HEAD IN THE BOOKS | 59 |
| HABIT #11 REINVENT YOURSELF | 64 |
| HABIT #12 GIVE AWAY A DOLLAR A DAY..... | 68 |
| HABIT #13 MAKE YOUR HOUSE A HOME..... | 72 |
| HABIT #14 WASH YOUR HOUSE | 78 |
| HABIT #15 LEAVE YOUR PROBLEMS AT THE DOOR | 83 |
| HABIT #16 PRESERVE YOUR POWER..... | 86 |
| HABIT #17 REST IN PEACE | 90 |
| HABIT #18 SWEET MORNING BREATH..... | 94 |
| HABIT #19 INVEST IN GOOD BRAS | 98 |
| HABIT #20 STAY BAGGAGE FREE | 104 |
| HABIT #21 KEEP YOUR PURSE PURPOSEFUL | 108 |
| HABIT #22 CLEANLINESS IS NEXT TO GODLINESS | 112 |
| HABIT #23 KEEP YOUR BODY SUPPLE | 115 |
| HABIT #24 HIT THEM HEELS | 119 |
| HABIT #25 SMELL LIKE A WOMAN NOT A GIRL | 123 |
| HABIT #26 ZIP IT UP | 127 |





| | | |
|-----------|--|-----|
| HABIT #27 | STILETTO FLOW | 132 |
| HABIT #28 | DRINK UP | 134 |
| HABIT #29 | PEEL OFF YOUR BITCH FACE | 138 |
| HABIT #30 | VALUE YOUR VAGINA | 142 |
| HABIT #31 | PEE LIKE A LADY | 146 |
| HABIT #32 | PUBLIC PEEING | 149 |
| HABIT #33 | KEEP A PRETTY PUSSY | 152 |
| HABIT #34 | TASTY LADY PARTS | 156 |
| HABIT #35 | VAGINA WORKOUT | 159 |
| HABIT #36 | KNOW THY CLITORIS | 162 |
| HABIT #37 | PANTY REPLACEMENT | 165 |
| HABIT #38 | THE PANTY LINE NO-NO | 169 |
| HABIT #39 | CONCEAL YOUR CYCLE | 173 |
| HABIT #40 | TRACK YOUR PERIOD | 178 |
| HABIT #41 | BEFRIEND YOUR O.B.G.Y.N | 182 |
| HABIT #42 | BE SUBMISSIVE | 187 |
| HABIT #43 | PROTECT YOUR RELATIONSHIP | 191 |
| HABIT #44 | NEVER SAY NO | 195 |
| HABIT #45 | ACT LIKE A LADY THINK LIKE A WOMAN | 199 |
| HABIT #46 | KEEP THE COOCHIE COVERED | 202 |
| HABIT #47 | UNHINGE | 205 |
| HABIT #48 | BEHOLD THE PENIS | 209 |
| HABIT #49 | LAY HANDS ON HIM | 215 |
| HABIT #50 | PROTECT YOURSELF AT ALL TIMES | 219 |





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Habits.

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you will ride with you in your limo, but your real friends will get on the bus with you when the limo breaks down. Thank you for standing at the bus stop with me. Luckily we never had to get on!

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Introduction

Can something as simple as a habit change your life forever? Absolutely! Who you are and what you achieve on a day to day basis is made up of your habits; both good and bad.

A HABIT isn't who you are; it's just one of the many building blocks that create your life and what you experience. The dictionary defines a habit as a routine or behavior that is repeated regularly and tends to occur subconsciously and automatically without thought and without effort.

For example, you have a good habit of taking a shower daily. However, if you chose to stop taking showers for a month then you would feel totally different about yourself in and out. You may no longer think or feel like a beautiful human being.

This book is meant to give you proven and empowering habits that elevate your sexiness, cleanliness, godliness and happiness.

The habit of taking a shower may seem basic, but it is how you shower that has a dramatic effect on your level of cleanliness and energy. The habit of getting out of bed every day may seem basic, but it's what you do next that determines the quality of your day.

The 50 habits you are about to discover will address the fundamentals of womanhood. So I applaud you for taking the bold leap to read this book, it says a lot about the type of woman you are or the type of woman you desire to become.

You're obviously willing to take steps to improve yourself and get more out of life, and I respect and admire you for being open to discover new ways of living.

I realize as an adult woman you know how to be sexy, godly, clean and happy already. I have no doubt that your mother or another family member raised you to become an amazing woman. This





book and these 50 habits are meant to elevate your womanhood to a whole new level.

For some women these habits may seem taboo or unconventional. In fact, they may seem completely opposite of what you have been taught your whole life. I admit, this is not a book for the weak or the timid! I'll say things only your mother, sister or true friend would normally tell you! But everything I say in the following chapters is coming from a place of love; however, if you don't have thick skin, you may take it as "tough love."

It may seem confrontational, but my purpose is to help you become more extraordinary in the simplest areas of your life that will affect your daily living from the moment you get out of bed to the moment you climb back in. (You should only sleep on luxury sheets and on the finest quality bed; by the way.)

Some habits may seem like basic normal routine habits that you probably already perform in your daily life quite well. While others may be outrageously shocking to you; I expect not everyone will agree with my point of view.

This is not a regular feel good type of book that you cuddle up and read while sitting next to the window on a nice warm sunny day. It won't make your heart feel warm and fuzzy like other books you may find on bookshelves, but it will give you a new level of thinking that opens your life up to thrilling new possibilities of happiness, satisfaction, fulfillment, peace and joy.

To be honest you may get talked about when you first begin practicing these habits. You may get called crazy by your friends, family and strangers who may even try to force their "life habits" on you.

I encourage you to expect and welcome this criticism because it means you're on the way up.





Sometimes, the craziest people who do the “craziest” things are the happiest and most successful people in the world. They have found true love, they have less stress, they experience more happiness, they enjoy better sex more often and they’re free to live life on their terms. And why shouldn’t they? They made it a habit to do things other people wouldn’t do.

Please understand that you don’t need these habits to “fix” who you are or “change” who you are. There is nothing wrong or broken about you; you are perfect and wonderfully made. These 50 habits are simply for the woman who wants to add a new dimension to her womanhood. They’re for the woman who wants to radiate herself as an extraordinary woman from the depths of her soul... So she walks, talks, prays, thinks, acts, loves and sexes at such a world-class level that the entire universe bows at her feet.

If you would like to become this world class goddess

then these habits may be the catalyst you need to begin the life change that you truly desire. And, if you will open your mind and heart I promise your implementation of these habits will transform your entire life in ways you never imagined in 21 days or less.

Your relationships will be more exciting, your career will be more fulfilling, you’re nights filled with peace, your heart content with wherever you are in life and your days filled with joy.

You may be asking, “Could improving a habit as simple as taking a shower, squeezing your kegel muscles or reinventing yourself have such a dramatic effect on your entire life?” The answer to this question is, yes! Because the woman who masters her womanhood using these habits will naturally project a high-degree of self-worth that commands respect. She holds herself to the highest standards which force friends, family and strangers to treat her like the supreme royalty she is, in an effortless and natural way.





This is only possible because she has carefully trained every fiber of her being to be extraordinary from the moment her eyelids open to the moment she closes them at night. This is the challenge I present to you with each of these 50 habits.

How you read this book will determine what you get out of it. I believe that there are three ways to use this book. For one, you could read it from cover to cover, smile, laugh, cry and “remember” or “think about” how great you can be and just enjoy it like most of the casual readers in the world.

Or, you could try endlessly to remember all these habits and become obsessed with applying all 50 of them over the next 30 days until you exhaust your entire human capacity.

Or more sensibly, you can pick the critical areas that strike a chord with you and work on mastering them over the next 30 days. This is what I truly suggest because all 50 habits may not be for you.

If you feel something in your soul, have indigestion, sweaty palms or find yourself haunted by a few of these habits, then you know those are the ones that need your immediate attention. My hope is that you’re inspired to implement these habits and take your womanhood to an entirely new dimension.

One way to do that is to treat this book like a bible, a life guide that never gets tucked away on the book shelf. Keep this book in front of your face and take aggressive measures to remind yourself of the habits you’re working on. You may even want to read each habit two to three times before moving on to the next. The more you read and reread the better you will be able to master the habit.

Mastering and practicing these habits is the only way to get anything besides a good read out of this book. Just in case you’re wondering, studies suggest that it takes 21 days to form a new habit into the subconscious mind. But if you’re the type of woman





I think you are, these 21 days will be so delightful that you'll lose track of time. Even the mundane habit that you hate to the core of your soul will gain your respect once you begin to see, feel and experience the rewards of actually doing it.

The career minded woman cannot argue the benefits of enduring the habit of going to work to get a paycheck that funds her shopping sprees. Nor can a woman argue against the benefits of enduring the habit of getting her nails and hair done to enjoy the reward of personal self-confidence and the public stares she enjoys from envious women and interested men.

By the time you reach day 22... you will have engrained these habits so deep that you won't want to stop. You will be amazed at how much happier you are as a result of your elevated womanhood.

The confidence you feel when you practice the habit of brushing your teeth and using mouthwash is the same confidence you'll feel in knowing the secret to wake up without morning breath. (You'll learn this in the following pages.)

You will get extraordinary levels of confidence when you can walk into a room and know that you smell good, look good and feel good both inside and out because you have mastered exfoliation, your panties fit perfectly, your breasts are nice and perky and you are centered and have an invisible shield to block out any negativity that could keep you from having the best day of your life.

These aren't just habits for survival, these are habits that when practiced regularly can remove insecurity, doubt, self-criticism and other nagging issues that severely impact your ability to experience maximum happiness as a woman. So today, your elevation begins.

Try mastering habit #21 "Keep Your Purse Purposeful" and see





how much easier it is to look for something in your purse and actually find it within 10 seconds. Try mastering habit #26 “Zip it Up” and see how many heads you turn and how your employers treat you with more respect because of the way you command attention from the moment you step foot in the room. Or, try habit #12 “Give a Dollar Away” and watch how bubbly you feel when you see the excitement light up someone’s face because your dollar turned someone’s “worst day” into the “best day” of the week!

You have more power inside of you than you think. You have more capability to attract the desires of your heart than you think. These habits aren’t an overnight fix; however, all 50 of these habits are the essence of a new level of womanhood that can reward you with a level of happiness that you’ve always dreamed of!

I invite you to read this book and grow into the world-class, extraordinary woman that you truly are.

Let the journey begin...





Keep Your Mouth Shut



The first habit is very simple, but you may not like it:

Keep Your Mouth Shut!

You may be surprised to hear such a bold and audacious suggestion as the first habit to this book, but you'll be even more surprised to discover how much more peaceful and productive your days and nights will be if you employ the power of silence.

People always say "If you don't have anything nice to say, don't say anything at all." There is much wisdom behind this saying and I would like to invite you to develop the habit of being quiet, because there is unbelievable power in silence.

Often times, women talk too much by nagging, complaining and arguing for no reason at all. This is a senseless waste of your perfectly good vocal chords, energy and time. Studies show that people that talk too much and are incessant talkers are often insecure, needy, empty and lonely people.

Talking gives them a sense of fullness when really; nobody wants to hear their excessive criticism, judgments, dislikes and hatreds. In fact, they tend to drive people away or simply attract others who run their mouths just as much as they do. Sadly, this is true

for a lot of women.

Let's examine the life of a typical woman in conversation:

Susan: Hey how are you feeling?

Diane: I am so tired! I've been at work all day and I am so sick of my job!

Susan: What are you doing later?

Diane: Nothing at all, I don't have any money; I am so broke right now!"

Susan: How is Johnny?

Diane: Oh girl, I don't talk to him anymore! He dogged me out and wouldn't even return my calls. But you know all men are dogs anyway!

If you were to take a look at her life, Diane really doesn't have any money, hates her job and is an upset lonely, bored woman. Why? This is because that's all she talks about! But let's imagine what could happen if she were silent.

It doesn't mean she has to ignore her feelings, silence doesn't mean be a doormat, it means know when to speak, know when to listen and value the importance of the calm and gentle silence when it matters the most.

First, before you can fully understand the power of silence you must know that your words are powerful. Whatever you say out of your mouth reflects what's current and real to you; however, the problem is your subconscious mind is watching over you like a prison warden, filing your negative (or positive) words into an eternal memory cabinet.

In fact, your words become real. Or in other words, thoughts become things! It takes a thought to form a word and then those words shoot back to you in rapid speed, in the EXACT form in which you spoke them. So by Diane declaring "I am so broke," she

attracts being broke.

The sad part is, so many women like Diane are praying for a miracle to happen in their life, asking for financial relief, begging for a man and hoping for their dreams to magically come true. But, it will never happen because they keep bumping their gums about what they don't want and never take the time to just be still and quiet.

The fact is that when you talking, you can't listen. The one voice that you always want to be able to hear LOUDLY is God, or that small still voice inside of you. Unfortunately most women have never even heard this, because they are always talking.

I'm sure you've heard before, "Be still and know that I am God." That means when you are still your "God like" voice can be heard. Most people believe God's blessings come from some sort of miraculous event, or that Jesus himself is supposed to ring your doorbell and hand deliver your prayers. But God really blesses you by leading you to the people, places and different circumstances and events that you need to receive the blessing; God leads you by speaking to your intuition.

However, most people don't feel like they receive all they ask for or like their prayers aren't getting answered because they aren't being led by their intuition. Instead, they are being led by other people or the media, television, music, etc. In order to heighten your intuition you have to be quiet. You have to be still. And you have to know when to just SHUT UP.

If you take offense to my use of the word shut up, it's probably because you are guilty of talking too much in a non-purposeful way and nobody has taken the time to tell you that your excessive, motor-mouth personality is not wanted nor needed 24/7. If that's the case, I'm so honored to be the one to tell you that that mouth of yours needs to be zipped.

A woman that is always talking is likely to be the woman who knows everything, or thinks she knows everything. She's the

woman that is stuck in her ways of doing the same thing with her life she was doing 10 years ago. She's the woman who always

has something to say about something someone else said, and she's the woman that picked up this book looked at it and said "Woman Habits? That's not for me. I have my habits together." But that woman isn't you.

Practice the habit of being a quiet woman with observation and awareness, only then can you be led by your intuition. And you will begin to see a miraculous change happen in your life. I strongly believe you've heard at least 2 people say "you don't listen" within the past two weeks. If this is the case, and you would like to increase the power of silence and the power of your words then these following tips will help you do just that:

6 Tips to Develop a Habit to BE QUIET:

- Tip 1** Listen to Others and What's Happening Around You
When you are in conversation with another person it is important that you listen intently. Most people don't really LISTEN; they are simply quiet until it's their turn to talk. This is how miscommunications happen and this can be detrimental to your womanhood. Missing one tiny word can sometimes mean the difference between life and death.
- Tip 2** Pause Before You Speak You can't be afraid to have those awkward silences; the person you are talking to isn't going anywhere. In fact, when you pause it's intriguing and heightens the anticipation of the listener. For example, think about President Obama or Martin Luther King; their long pauses and planned silences caused them to be two of the most influential leaders of our time. Before you respond to a person or begin a conversation you should pause for a few seconds, take a deep breath and think about what you are about to say. Your words should come from a place of assurance. Remember, your words create you so choose them wisely.

- Tip 3** Keep Personal Conversation to a Minimum in Public Nothing is worse than listening to everything a woman hates about her life because you're sitting next to her on the bus. Gossiping is a no-no within itself but gossiping, arguing, debating and talking about others or a situation that happened at work is no one's business but yours. The people around you did not sign up to hear your dirty laundry, so save those intense conversations for private.
- Tip 4** Speak Slowly and Clearly Talking fast can cause you to say things that you don't really mean or aren't really trying to create or communicate, so slow down your conversations. Again, pause before you respond and when you do speak make sure that you speak calmly, clearly and slow enough for the other person to fully understand what you are saying.
- Tip 5** Speak only When You Are Spoken To Yes I know- this sounds a bit chauvinistic but it's the secret weapon of an extraordinary woman. When you are talking you cannot listen. But when you listen you can gather information, and the person with the most information is usually the most powerful person in the room. You also preserve your energy when you don't allow random words to come flying out of your mouth.
- Tip 6** Never Yell or Raise Your Voice A loud mouth woman screaming at another person is the most unattractive thing to see. There is no reason to ever raise your voice to get your point across; in fact, you actually lose your power and control when you resort to yelling. When you do, you're allowing the other person to have control over you. Never argue with a fool, from a distance you can't tell who's who.

Let your actions speak for you and make sure that your words have purpose! The less you say, the more powerful you'll be when you have something to say. You've heard the phrase "silence is golden." While it may seem like a cliché phrase which has been overused, remember that what makes silence golden isn't the silence itself

but the fact that so few people exercise the ability to be quiet. That means when you use this habit in almost every situation you will learn more, have more control and be given more respect.

A quiet woman is a powerful woman. This is a master habit that you must adhere to in your life. I want you to start right now. Try to be silent for one entire hour after you finish reading. Just observe, be still and acknowledge your thoughts and watch how powerful you feel.





Create Daily Rituals



A couple years ago, I gave my students an assignment which was to date them-selves for a single month. One of my students realized she was attracting the wrong men simply because she hadn't taken the time to discover what she really wanted and needed from a man. She had let her friends and the media influence her decisions. After taking the time to decide what SHE really wanted, she concluded she didn't like that kind of guy and recreated a new vision that better suited her. Today, she's happily married and just moved to France. Now, she is living happily ever after; but only because she took the time to discover her true-self.

Every week I want YOU to spend some quality time with yourself. You need to spend some time alone and allow yourself to get to know who you really are as an individual.

When was the last time you spent time by yourself, all by yourself? No, sitting at home bored on the weekend doesn't count. What I'm referring to is pure, quality, isolated time with no one but you.

My guess is that it has probably been a while. In this habit, I'm recommending for you to spend at least a half day by yourself each and every week. I know this may seem like a lot to ask, but this is just an illusion. The reality is, your life is pre-occupied with taking

care of everyone except yourself.

It's hard to remember and be true to who you really are when you have a husband, children, co-workers and strangers around you all the time. In order to be in love, be a great mother or be a strong worker, you have to be conscious and aware of how you show up for other people.

In other words, you may think you're a dependable worker; however, your boss looks at you as someone who is always late. Although those two minutes may not be significant to you, they mean something entirely different to him. You may think your husband sees you as a sexy beautiful woman who always looks like a model; although, he may actually see you as a woman who is insecure and obsessed with perfection, as a woman who can never wear a natural look comfortably.

Is that an accurate description of you? I don't know. But there are two ways for you to find out.

The first way is by asking yourself if this describes you, the second way is by asking others. For the purpose of this habit, I'm asking you to spend time with yourself by yourself.

During this alone time get to know yourself— find out what you like about yourself, and what you don't like about yourself. As you discover things about yourself you will see yourself becoming more present and aware of what's happening in your life. This should be a peaceful exercise.

Think of this habit as you dating yourself. Invest time, energy and money in yourself — go to the movies, go to the park, take a walk, treat yourself to the spa or any other type of activity that you enjoy. Engage in some type of activity that allows you to spend some time alone. Having “alone time” is important because no matter what you do for others, you're still your own individual.

Remember, in order to maximize all the opportunities that arise in your life you have to first know who you are. If you don't,

everyone else will determine who you are for you.

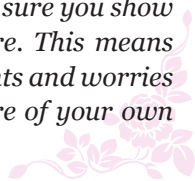
It doesn't matter how many kids, husbands, houses, jobs, or friends you have. Dedicate some time to do something by yourself. By doing this, you can avoid reaching the burnout phase by taking at least three to six hours to yourself each and every week.

If you don't take this time out from all of the responsibilities that your husband, career and children demand then you could easily lose your sense of identity. Months down the road you'll be sitting in a cold closet asking yourself "What in the hell did I do with my life? What happened to me?" and no one will be there to answer — but you, the person that you have been neglecting for too long.



Shanel's Tip

Schedule a weekly date for yourself and purchase tickets, pay for classes, etc. in advance so that you don't have an excuse not to follow through. Put your date with yourself in your schedule just as though it is a business meeting or other important event in your life. Make sure you show up and make sure you're really truly there. This means that you must leave all of your other thoughts and worries for later. Be present in this time and aware of your own thoughts and feelings.





Be Faithful



I think women should remove the word “cheating” from their vocabulary; however, I’ll explain more on this in a minute. Developing a habit of being faithful to you is a critical element in eliminating terrifying fears and phobias of being cheated on.

Oftentimes, we get in relationships and we expect a man to be faithful to us when we haven’t even been faithful to ourselves; this is the equivalent of daytime fraud.

What does it mean to be faithful? It means to be firm in adherence to promises or in observance of duty. Basically, it means being true to one’s words, vows and promises.

If you can’t keep promises you’ve made to yourself, then why should anyone keep their promises to you?

If you’re a grown adult, a woman taking care of herself and going through life then you have plenty of experience in being faithful to your commitments. Your commitment means doing the things you said you would do long after the feeling you had when you said them has passed. (See Woman Habit

#4) Some of your commitments keep you alive, for example:

You are committed to going to work, getting there on time even when you don’t want to go, even when the co-workers make you sick, because you are committed to receiving a paycheck and the

rewards that come from having the money earned from going to work every day. You're committed to paying you rent, because you refuse to be homeless and live on the street.

The question is "Are you faithfully committed to yourself the way you expect others to be committed to you?" Are you faithful to your dreams? Are you faithful to your body? Are you faithful to your spirituality? I would like for you to say yes, but if you don't then this is a habit you'll be quick to master because there are many women who have been cheating on themselves all of their lives, and coincidentally have been dealing with cheating men all their lives too.

To master this habit, let's start with asking "What do you want to create out of your life? What results do you want from your body, your career, your finances, etc.?" Now, make a commitment to be faithful to those sets of rules and standards no matter what.

When you practice this habit you will find that the issue of cheating, being lied to and deceived diminishes from your life. Once you are in the habit of being faithful to yourself, only then will people begin to naturally be faithful and loyal to you.

Remember, the purpose of a commitment is to uphold a certain level of rules and guidelines that create a specific outcome for your life.

If you don't do this habit and aren't faithful to yourself then it shows up all over your life. People will only treat you to the extent that you treat yourself, so be sure to treat yourself in the manner which you would like to be treated by others.

Shanel's Tip

Remove the word cheating from your vocabulary; you can only cheat if you are playing a game. When you remove the allusion to "who is scoring," "who is playing well," or "who has the ball in their court" only then can your relationship have an entirely different dynamic. Once you stop playing games with relationships, finances, etc., cheating will never be an issue again.



Commit to You



Several years ago, I researched the philosophy of marriage; I courted myself, made a commitment and had a self-wedding and actually married Shanel Cooper-Sykes. During this time I got to know myself and experienced many beautiful and intimate moments with myself. I'm not talking about sexual intimacy; I'm talking about quiet, magical moments of peace and serenity. At the time my friends thought I was crazy for doing this, but I actually had a ceremony. I bought myself a ring, invited friends to Central Park and then recited the vows I had written to myself. Although it was done with humor, it was truly symbolic. I still wear the ring and continue to uphold myself to those vows today. This simple act of self-acceptance and love increased my capacity to experience both love for a man and an overall love for life. After this, I never had another shallow relationship from this point on. I was finally able to obtain a deeper spiritual level of love that's unreachable by the average person.

When you stand in front of the altar to get married you say a set of vows that you promise to fulfill and that you commit to keeping until "death do you part." However, this is almost impossible if you haven't kept any promises to yourself first.

This type of personal fraud is what keeps perfectly good people from enjoying the maximum pleasure that life can offer. I believe there are certain results you want to accomplish in life—like fulfilling your dreams, maintaining a sexy body and keeping a

certain amount of money in the bank. This is all a part of being faithful to yourself. But, if you don't take action and hold yourself accountable to these commitments then your goals will not be reached.

What is commitment? Commitment means doing what you said you were going to do, long after the feeling you had when you made that commitment has passed. Commitment means doing what must be done even when you don't want to do it, because you made a promise to yourself to do so. And you made the promise in the first place because there was a particular result you were looking to accomplish.

When you develop a habit of making commitments instead of making shallow promises, you'll cultivate a high-standard of upholding these commitments to yourself and you'll also take the commitments others make more seriously as well. It's very easy to create commitments to begin the fidelity process with yourself.

Simply create a set of vows that you promise to uphold.

Memorize these commitments and put them in a place where you can see them and recite them every day.

Although this may seem ridiculous at first, over time it will become second nature to you.

If you're not sure what your vows should be, ask yourself "What do I want to create out of my life for myself? What steps do I have to commit myself to in order to have that?"

Making commitments forces your subconscious mind to make you think a certain way. And when you begin to think a certain way, you say certain things as well. When you say these certain things, you will create certain things. Saying your vows on a daily basis forces you to hold yourself accountable for what you are committed to do.

Although it's easy to make commitments, it's important to have the integrity to keep them! That's why you're reading this chapter.

A woman who is known to be a woman of her word, is a powerful woman! She's hard to argue with and almost always gets what she wants; this is because she walks with more authority than most women do.

When she speaks, her words come back powerfully. The people in her life know "she means what she says." This is the power you will hold as an extraordinary woman when you sharpen your commitment skills.

Like the other habits in this book, the process starts within. You must learn how to be faithful to yourself above anyone else. Not only will you improve the quality of your life, but you'll improve the quality of your relationships because you now understand the sacrifices that are necessary to stay committed to the promises you've made.

If you don't make these vows to yourself, then no one can hold you accountable. Many of life's commitments are already made for you. If you didn't have a time to go to work, you would simply show up when you wanted. If you didn't have to stop at red-lights, you'd never stop for other drivers. Imagine what it's like to live life your life without honoring your own vows. It sounds chaotic doesn't it?

The same idea applies to marriage. When you say the vows one time at the altar, but you don't remind yourself of the vows you have made and live up to the values of these vows then cheating, dishonesty and mistrust happen because there's nothing to hold yourself to. You need to create structure for yourself.

A lot of times we struggle to love, accept, forgive or understand others. This is not always because of them, it's because we don't understand ourselves. Be committed to learning about the person you really are. Find out what you like, your purpose on this earth and what you have to give to this world.

Then people will be drawn to you like they never have before. Because out of all the women in the world, you will be among the

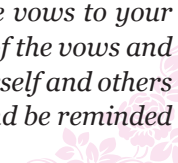
small percentage that truly understands how to interact with others.

Your ability to make strong powerful commitments is your access to power. If a commitment can give you a life full of happiness with a man, what else can you achieve with the power of a commitment? That is up to you to decide.



Shanel's Tip

Type out your vows to yourself, print them on beautiful paper, frame them in a pretty frame and put them in a place where you can see them each and every day so that you can be reminded of the vows you have made. If you are married, do the same with the vows you made to your husband. If you are a mother, write vows to your children and frame them as well. Place all of the vows and commitments which you have made to yourself and others in a place where you can easily see them and be reminded of them each day.





Let it go



I used to be a hateful bitter bitch! I drowned myself in anger for 20 years over just one person, my father. I stayed angry for 20 years because of the things I witnessed in my childhood and him not really being an active part in my life. I created a story in my mind about men and acted the part out in my life. I played the role of a victimized young woman and wrote an internal story that said all men are bad, that I'd never be able to trust a man and that I'm always going to be single. Luckily, I snapped out of in time to realize I was creating a future which was sure to be as miserable as my past. When I started my healing process, I apologized to him for creating that story and turning him into a monster as well as for living in this horror story that kept me away from him for the past 20 years. I apologized to him (and myself) for not allowing him to be part of my life, and believe me it wasn't easy. It takes a lot of courage to admit that what happened had nothing to do with the story. To get to this place I had to change the story, I had a horrible childhood. Without those experiences I wouldn't be the person I am today. Because of this realization, I went from being a victim to being empowered! You have to forgive and let go of what has happened to you in your past. What happened yesterday is already over. The way you live today is your responsibility entirely!

It's important for a woman to develop a strong ability to forgive. I know it's easy to think that some people don't deserve it, or that the other person needs to apologize first. These are natural thoughts that can keep your mind super glued to bitterness and

hate.

Perhaps it will be a little easier for you if you realize that forgiveness is not for them, it's for you! Inside of pure forgiveness is profound freedom; this is the freedom to discard the dead corpse of hatred from your mind, the freedom that will allow you to release the giant anchor of silent misery that lives in your heart and the freedom to take the handcuffs off of your spirit. It is these things which make forgiveness a true strength and not a weakness.

Too often, people believe that forgiveness is simply telling the other person you forgive them for what they have done to you and then being willing to let go of it. This is elementary forgiveness that may work in the moment, but it leaves you feeling good and the other person feeling bad. It's as if you vomited a meal and said "this is what you fed me, I don't want it anymore. Take it back... please." Real forgiveness happens when you can stand before the other person and say "I know you took the apple, but I apologize for living my life mad at you because of the apple you took 10 years ago. I've had 90 apples since then, 100 turkeys and over 300 assorted fruits since you took that apple. I've been upset with you, said things and done things in response to you taking the apple over the time that has passed. You took the apple from me, and I took my love from you; please forgive me. Maybe we shouldn't share apples anymore, but at the very least you don't have to walk around feeling guilty for the rest of your life and I don't have to walk around feeling angry for the rest of mine. Let's both forgive and move on with our lives."

This level of forgiveness takes true courage, but it also gives you back the childlike freedom that you probably haven't felt in years!

Let me give another example: Let's say a six-year-old girl was raped. And at the moment of being raped she experienced a tragic and painful moment. Naturally, in that moment that young girl felt anger and sadness. Additionally, at that moment that six-year-old girl decided men are bad and that men will hurt you; therefore,

she decided she could not trust them because if she does, they will abuse her. So, the six-year-old girl goes on with her life and she has horrible experiences with men all throughout her life. Was she really raped? Yes! Did she experience pain? Absolutely! Was it right? No! But real forgiveness happens when you detach yourself from what happened and change the story you're telling yourself about what happened in order to create a better future.

Although this example may be extreme, forgiveness isn't limited to big life-changing events alone. It goes for little stuff too like being late for work, being lazy, gaining 10 pounds, not spending enough time with your kids or whatever situations may apply to your life. Don't create stories around these things either; simply, forgive yourself and move on.

This is one of the most important habits a woman will ever practice in her life because it frees her from past baggage, inflictions and pains. You deserve a life of freedom, and forgiveness gives you the freedom of choice. When you don't forgive you live your days in the twilight zone, you wake up today still living like it's yesterday and your tomorrow's are already written with the hurts, pasts and sounds of today doomed to repeat themselves.

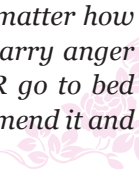
If you don't forgive, then you will walk around as an angry, bitter, pissed off, limited, shelled, moody bitch with an attitude (or any variations of these).

What type of story will we be able to write about your life when your time is up on earth? We will say "She spent 20 years being angry at Joe because Joe did this and she was never able to get over it." Of course, nobody would put that in your obituary but people will know it. You didn't take time to live your life because you were too busy spending your energy living your days in the past. Forgive and learn to live again.



Shanel's Tip

As part of your evening ritual keep a forgiveness journal and forgive yourself daily for everything, no matter how little it is; let go of things every day. Never carry anger or resentment into the next day. And NEVER go to bed upset with someone you love! Resolve it, fix it, mend it and forgive it so you (and them) can rest in peace.





Be the Change that You Want to See



Broke people complain about broke people, fat people complain about fat people, skinny people complain about skinny people and on and on it goes! In every culture people complain about each other. The tragedy of this is that complaining doesn't solve the problem. Instead of complaining about our attitudes and the high divorce rate or about how high the prison rate is and that we have a lost culture, you need to strive to be the opposite of what you're complaining about. There has to be a habit to PAUSE before you complain. If you catch yourself complaining, cancel out the things you want to say. Remember, our words create. Be the change that you want to see.

Have you ever heard the saying "Don't talk about it, be about it"? I'm sure you have. To translate, what it means is to stop talking and start doing!

If you have time to complain, then you have time to solve the problem. So from this day forward, develop the habit to be the change you want to see. Stop complaining and start doing, be a part of the change that you want to see.

Complaining does absolutely nothing but adds more fuel to the fire and will only make the situation that you don't like worse. A study from the University of Missouri showed that people who

vent to each other about their problems are more likely to develop depression and anxiety. Why do you think this is? Why is it that complaining might “feel good” in the moment and relieve our tension, but only make our problems worse in our future?

Studies suggest it's because dwelling on a problem reinforces fears, introduces new fears and magnifies a small problem into a big one. I know it feels good to be listened to by someone who cares, and don't get me wrong there's nothing wrong with venting every now and then. But remember that you are what you say. Your words create your world so be aware of the power of your words.

It's like a wizard who uses his magic powers to create an ugly evil destructive force in the universe; a force that multiplies and becomes stronger with more power and more force with each moment that passes. This same wizard could have easily used his powers in a positive manner and changed his world and the world around him for the better.

You may not feel like a wizard, and lord knows you don't have a magic wand, but you have untapped power within you to change the situations around you for the better. This is your power as a human and your power as an extraordinary woman! All change starts within you.

For every minute you complain you should spend 10 more working towards a positive solution to the problem. The next time you're in a situation where you feel the need to complain, whine or gripe take a pause and ask yourself “What can I do to create the opposite of what I am about to complain about?” Ask yourself, “What can I do to change what I don't like?”

Or, if you catch yourself complaining say to yourself “Cancel that. I didn't mean to say that.” Cancel the complaint. Do this instead of complaining about it and you will be surprised by the results.

Implementing this habit will help you to experience the good in every situation regardless of what is going on around you. There is

always a solution and a possibility of greatness in every moment. Be the change you want to see and begin to experience more of what you want, instead of more of what you don't want. Because the more you talk about what you don't want, the more you're going to get of it. The opposite is also true. Talk about what you want, be the change you want to see and you will get more of what you want out of life.

In respect to one of the greatest music legends of our time, Michael Jackson's song "Man in the Mirror" illustrates this habit perfectly. The lyrics state "I'm starting with the man in the mirror. I'm asking him to change his ways. And no message could have been any clearer. If you wanna make the world a better place, take a look at yourself, and then make a change."


These are powerful words from one of the world's greatest entertainers. Perhaps you should go and download this song right now and listen to it a few times. You don't have to be a superstar to make change! You don't have to write a book or speak in front of millions of people; all you have to do is follow three simple steps. Change your actions not your circumstances, address your weaknesses and strive to constantly improve as the days, weeks and months continue.

If you don't develop the habit to be the change you want to see, then naturally you will continue to experience more of what you don't like. Remember, complaining only adds energy to the thing you're complaining about. Don't be a part of the problem be a part of the solution.



Shanel's Tip

Every time you feel yourself about to complain, pause and say "CANCEL THAT" out loud. Those words will cancel any negative energy that was about to be created from the complaint.





Make Believe



Every time I'd watch Oprah on TV, I'd see her wear these shoes. She'd sit in her chair, cross her legs and those red soles would speak to me. I had always wanted a pair of Christian Louboutins, so when I first moved to New York I added a specific ritual to help me attract them into my life. I taped pieces of red construction paper to the bottom of my stilettos and walked around in my apartment with my own "red-bottoms." I would never walk outside with construction paper on the bottom of my shoes, but getting into character like that is very powerful. Fast forward to today, I now have racks of Louboutins!

Just because you're an adult doesn't mean you have to stop make-believing. As a woman there will always be things you want that may sometimes seem "out of reach" or "impossible"; however, this just isn't true.

Develop the habit of pretending that you are who you want to be. The fact is, you are who you say you are and who you believe you are. Many women dream of being a certain type of woman; but their actions are the total opposite. For example, some of these women want to be astronauts, but they spend the majority of their time sewing. You would think they wanted to open a knitting factory if you based your findings on their actions.

Often times we go through life walking into a future that we don't like because we're too afraid to take the journey into the future we truly desire. Why? This is simply because we've forgotten how to

believe in ourselves and our dreams. But as of this moment, that is about to change forever!

What I want you to do today is develop the habit to make believe. You will speed up the manifestation and creation process so you achieve your goals and dreams faster than you've ever thought was possible.

You may not want a pair of Louboutins; perhaps you may prefer a new home or a husband! You may be waiting on a dream job, or perhaps you would like to enjoy better health. Whatever it may be that you desire, there are simple steps you can follow to increase your "believe" muscle and quickly attain the things you desire most from life.

The first thing that you have to do is become crystal clear on who you want to be and what it is you want to have. Then, you need to think of how you would act and what you would do if you were that person or had those things already.

For example, if you wanted to be a police officer then we probably wouldn't find you speeding all the time. If you wanted to be a brain surgeon, we wouldn't find you collecting stamps in your free time. If you wanted a new house, we wouldn't find you researching motel rooms. You get the point!

Once you develop your vision for what you want to obtain and who you would like to be, it's time to become the character and act out that role as if it were already a reality. Believe it or not, before you know it your dreams will become a reality right before your very eyes.

Do you want to drive a Mercedes, but you drive a Honda? My advice to you is to get into your Honda as if it's a Mercedes, drive your Honda the way you would drive a Mercedes. Roll up to a stoplight in your Honda the same way you would roll up to it in a Mercedes. You would do it with pride, slowly and carefully if you were in fact driving your dream Mercedes, drive your Honda the same way.

Maybe your wish is to have a bigger more beautiful home. Then treat your current apartment like it's a big beautiful house. Do you wish you weighed 10 or 15 pounds less? Act like you're already the size you want to be.

I can't tell you how life-changing this habit truly can be. I started out by discussing a new pair of shoes that I really wanted; however, I find myself using this habit on a daily basis. This is especially true when it's time to outgrow my current self and grow into something new. New opportunities, new friendships, new incomes, new clothes and anything else my mind can imagine are achieved through the use of this habit.

If you continue to stay who you are, then you'll continue to be who you've been and get what you've already got. Nothing will change except your days and your panties (hopefully); but your life will remain the same day in and day out.

You have the power to change your entire world around you. But in order for things to change, you've got to change first. And that starts with the ability to make believe.



Shanel's Tip

Write out the character that you desire to be! Even if it seems silly and is something you want to do in privacy you should write it out almost as a script. Then, take a few hours a day to just act out that role. Although it may seem silly at first, over time it will become natural to you the more you do it. You will see over time that you are attracting things that begin to make that character real.



Stay Sharp



When I first moved to New York that began the base to my whole movement and I went through a spiritual journey that led to me writing my first book. I didn't expect to become a life-coach or spokesperson for woman's empowerment; I just knew I wanted to write. While writing, I knew I needed to keep reading. Fortunately, my reading habits helped me get to where I am today. But I know I wouldn't be talking to you if I stopped being a student of life.

Ordinary women can often times go weeks and months without learning anything new in life, they're simply comfortable with life as-is. These are the same women who leave their bathrooms dirty without a second thought, it's their urine you wipe off the seat, it's their unwashed hands serving your food and possibly doing your hair. But this is not an accurate picture of you, right?

I'm inspired to help you develop the essential habit of always being a student in life. Enroll yourself in what I call "life school" and make sure that you study every day. You should make it a point to learn something new on a daily basis. It could be as simple as learning a new word or learning a new skill, craft or profession. The sky is the limit; just make sure that every day you learn something that you didn't know the day before.

What's important is that you never stop growing. Once we leave school we stop learning intentionally. This can be dangerous to our growth because if we're not learning intentionally, then we're not really learning.

I understand the thought of school and learning scares some women. Not everybody is “cut out” for school and all that education “stuff.” Fortunately, you can learn something new simply by subscribing to dictionary.com or by looking up the history of a foreign language in Wikipedia. You can learn at your own pace, in the comfort of your own home without ever stepping foot into a classroom. The fact remains, no one is exempt from the need to evolve in knowledge. The world is too big and evolves too fast to spend the rest of your life relying on yesterday’s outdated information, take the time to learn something new each and every day.

If you’re not sure where to start then ask yourself “What do I want to do in my life?” Then seek the necessary knowledge to obtain mastery of this subject. And if you don’t know the necessary knowledge needed, then simply Google “what do I need to know to know this”, and pow like magic you will have your answer instantly!

You could learn a new language, study money and economics, learn ballet basics, take a sewing class, go back to School or take a PR class; Anything! You can simply define your purpose through exploration. If you make the choice go to some class that may have sounded boring at first, you might meet someone who introduces you to something incredible allowing you to grow and expand.

You won’t know what is available until you take action to spark your own curiosity from within. Think about this statement for thirty-seconds: “You don’t know what you don’t know and you won’t know that you don’t know until you take the time to learn, what you don’t know.”

Repeat that sentence and just ponder on it for a moment allowing the meaning of it to sink in.

Strive to always be a student of life.

If you choose not to increase your knowledge of life, then you can only do what you already know. Think about how limited you would be if you only knew how to count to ten. How boring life would be if you only knew the first 10 letters of the alphabet? What would it

be like if nobody taught you how to drive? Or worse, what would you do if you didn't know how to use Facebook or Twitter? Imagine how boring life would be if you didn't continue to learn, grow and develop over time.

I wish I could say you'd be disappointed, but you wouldn't be disappointed because you wouldn't know what you were missing. For example, imagine that you were "ignorant" about social networks and that your idea of a good time was playing checkers. So, instead of Facebook you would sit for hours playing checkers by yourself while everyone around you is texting, tweeting, sharing photos, posting updates about life and what's happening in today's world around them. But you would be clueless because all you would know is what you've known — playing checkers.

Perhaps this is what your life may be like now or what your life may be like 3 months from now if you fail to continue growing and learning.

Don't stop learning just because you graduated from high school or college. This is a big mistake! Some grown adults who are 30, 40, 50, or 60 years old are getting the results of a 22-year-old college kid because that's the last time they learned something on purpose.

Don't let this happen to you. Learn, grow, expand and have the freedom to experience and learn new things. There is infinite knowledge and information in this world for the taking, so start seeking and you shall find.



Shanel's Tip

Create a study corner specifically for studying in your house and fill it with books, maps, dictionaries, computers or whatever you need to learn about the things that interest you. Have a designated space you can go to every day to educate yourself and enroll in websites that provide you with valuable daily information to help you learn and expand on subjects that interest you.

Check Yo' Self

Here's an interesting story of how my meditating, praying and rituals brought me success. Believe it or not, on the day my first book was released I was also evicted from my apartment.

It's funny, that book was released by accident—it wasn't supposed to be a book. It was just a Microsoft Word doc with a pretty picture at the beginning. I put it up on the Internet and somebody in London started talking about it and my YouTube videos on the radio. After that, people started Googling my name and before I knew it people were pre-ordering the book online. It was crazy! I sold hundreds of copies before it was even a book. Even though I was terrified and worried sick about being evicted, I pushed forward and I stayed present with myself. You can fight through any struggle with a positive attitude.

Life is an experience that requires constant energy and effort. There will be moments in your day when things just don't go your way. Sometimes you'll get unmotivated, discouraged, unhappy or tired; but this isn't an excuse to be lazy with your ladylike demeanor.

Make the habit to check yourself several times throughout the day. It's easy to get caught up in work or conversations and forget to look at ourselves and what's really happening in the moment, this is normal. When you are going through a situation it's sometimes hard to see what you are actually getting to, the big picture. One of my mentors always says to me "you have to go

through to get to.” You have to go- or I like to say “grow” through things in order to get to the good stuff. So it’s important to always stay present to what you are really creating.

At the time of my eviction I had no idea that I was creating a national best-selling book.

Just set aside some time to look in the mirror, re-gather yourself, wash your hands, refresh your mouth, tidy up your surroundings and check in with your thoughts throughout the day.

It’s important to stay present with your way of being and thinking as well as of your surroundings. How do you look? What are you creating? Are you creating anger by frowning? Are you creating a mood of happiness by smiling? Often, we aren’t even aware of what we’ve done through the day, who we’ve come into contact with, or what impressions we’ve made.

Imagine that you’re upset because you got a disturbing phone call from someone, and then you turn to daughter and say “What do you want?” Your way of being is mean—to your daughter.

Your way of being is how you show up in other people’s lives. You need to understand that your life is really not all about you.

Think about who you are affecting! Do a self-check and you may realize that right now you’re stressed and tired and that it’s affecting your husband, your children, your coworkers, etc.

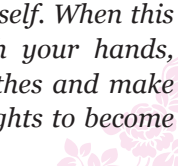
You need to make sure you’re creating memorable moments with the people around you, especially the people you love. You want to make sure that your physical appearance, actions and thoughts are in alignment with what you are trying to accomplish.

If you don’t incorporate this habit into your daily life then you allow yourself to be a prisoner of the day and get lost in the moment. You aren’t aware of the person you are being and worse yet you’re not aware of the moment you’re creating within your relationships.



Shanel's Tip

Set an alarm on your cell phone to go off three to five times a day to remind you to check in with yourself. When this alarm goes off, go to the bathroom, wash your hands, rinse your mouth, freshen your hair, clothes and make up and take a moment to reset your thoughts to become aware of what you are creating.





Keep Your Head in the Books



While riding the train, I happened to notice a woman reading a book I thought was interesting. We sparked up a conversation, discussed the book and enjoyed the rest of the train ride together. From that one conversation we became great friends and continue to keep in touch to this day. There is something magical about reading. There's a hidden intrigue about someone who stimulates their mind through reading. After all, what type of person reads? Someone who is in school? Someone who enjoys mental stimulation? Someone who is improving themselves? Someone who would rather be stimulated by great ideas instead of the slush of demoralizing reality TV? The fact is reading not only stimulates your own mind it gives you the ability to converse with new people in extraordinary ways.

I don't expect you to read 300 page novels every week, but as an extraordinary woman I expect you to develop the frequent habit of reading on purpose. Read books that help you push your life forward.

The saying "Reading is fundamental" should not be taken lightly; fundamental means, "serving as an essential foundation or basis." The foundation of your entire life depends on the knowledge and information that you have available to you.

Reading is an active process that forces you to use your brain. When you use your brain, you think more and therefore become smarter.

When you read, you also deepen your vocabulary. You'll get exposed to new words that you can use in every day conversation, but you'll also have a sharp vocabulary that can be used when you find yourself moving up to the higher levels in life. As an extraordinary woman, you are always moving higher and higher in life. There's no telling when you'll run across the word preponderant.

Do you know what preponderant means? If not, this is a good example of why reading is so important. Because you will be exposed to individuals who speak and communicate different than the people in your immediate circle of friends, associates and family, the better your vocabulary is the more you will be able to converse with them appropriately.

I could easily have a full blown conversation with you about how prodigious it is for you to learn how to read. It's not a supernumerary skill, it's a simple fundamental habit you must develop to stay sharp and intelligent in today's world.

Think of it this way. When you were younger, you probably spent hours upon hours reading books at school. You were learning so you could live in the "adult" world as if reading was required to "survive" in the basic adult world. You have to ask yourself, why on earth would people stop reading and learning just because they become adults?

What stands between where you are and where you want to be? The answer to this question is nothing but some information that once applied, will change your life forever. The difference between a millionaire and a billionaire is simply what they know. The difference between being manager and owner is also information and skill. The difference between English and French is information and vocabulary. The difference between a nurse and a doctor is knowledge. You get the point!

What you know determines what you can do! What you do determines what your experiences are! So, as you can see reading and studying are essential factors when it comes to constantly elevating your life and the type of people you can relate to. One of

my very close male friends always says “I will never date a woman that doesn’t have books in her home.” Reading not only stimulates your mind, it also elevates your entire game as a woman.

Here are some prosperity classics that are essential for every woman’s library:

- ***The Game of Life***—Florence Scovel Shinn
- ***Think and Grow Rich***—Napoleon Hill
- ***The Power of Positive Thinking***—Norman Vincent Peale
- ***Power of your Subconscious Mind***—Joseph Murphy
- ***As A Man Thinketh***—James Allen
- ***The Richest Man in Babylon***—George S. Clason
- ***The 48 Laws of Power***—Robert Greene
- ***50th Law of Power***—50 Cent (Curtis Jackson) and Robert Greene
- ***Art of Seduction***—Robert Greene
- ***The Science of Getting Rich***—Wallace D. Wattles
- ***The Purpose Driven Life***—Rick Warren
- ***The 7 Habits of Highly Effective People***—Stephen R. Covey
- ***How to Win Friends and Influence People***—Dale Carnegie
- ***7 Spiritual Laws of Success***—Deepak Chopra
- ***Spontaneous Fulfillment of Desire***—Deepak Chopra
- ***The Millionaire Mindset***—Gerry Robert
- ***Super Rich***—Russell Simmons
- ***The Millionaire Next Door***—Thomas Stanley and William Danko



Shanel's Tip

Begin collecting books and start a library in your home. Read only one book at a time so that you can focus and grasp a full understanding before you move on to the next. And don't just read a book once or you will never master its teachings.

STUDY the book and read it two to three times; highlight, take notes and then quiz yourself to see if you are putting the information to use. Knowledge is not power, APPLIED knowledge is power. So make your reading purposeful.



Reinvent Yourself



Nothing is worse than waiting patiently to watch your favorite show and then being surprised with a re-run you've already seen four times. It can ruin a perfectly good evening; however, keep in mind that this doesn't just apply to TV; it applies to women who wake up every day living their life as one big re-run episode.

No matter how old you get, where you live or what you do it's important to re-invent yourself and stay NEW. You should always be expanding, growing, changing and transforming yourself. Not only is this great for your relationship—it's also great for you as a woman too.

Reinventing yourself starts with your appearance. Don't ever let anyone tell you looks don't matter, because they do. From the workplace to the bedroom, a woman should never be predictable. She should be overflowing with creative ideas to captivate the attention of those around her at all times.

Too much of the same thing creates consistency; while you want to be consistent in your character and your womanhood, you don't want to become so consistent in how you look that people get bored with looking at you. People will soon say "Oh, she looks the same way she did yesterday." Can you imagine Oprah wearing the same thing on every talk show? Never changing her hair or lipstick or makeup?

That's not exciting at all! Avoid being predictable by developing the habit to re-invent yourself on a frequent regular basis, especially if you're in a relationship with someone who actually cares, admires

and loves you.

Keep them excited to see you, make them feel honored to be with you and most of all keep them impressed and they will want to do more to keep you impressed as well! You don't have to go sit at the cosmetics counter for nine hours every other day, but I do recommend for you to reinvent your- self in some way or another every three to six months at the very least.

Here are a few things you can do that will help to reinvent yourself discreetly:

- *Increase your water intake. This will help to get your energy up, flatten your tummy and make your skin glow.*
- *Start sweating more; it helps to release toxins and clear up your skin making it smooth and sup- ple.*
- *Intensify your workout routine. This gives you increased energy and tones and defines your body.*
- *Start learning something new that will change your conversations and language.*
- *Take a dance class or exercise class to increase your sexiness.*
- *Learn how to cook a new cuisine, perhaps con- sider taking a cooking class.*
- *Clean more and add small décor and pieces to your home.*
- *Grow your hair out or get a sassy new cut.*
- *Start hanging out in new places and making new friends to add to your existing circle of friends.*
- *Take a leap of faith and start working on the dream that you've been putting off for years.*

These are just a few ways to keep people on the edge of their seat, interested and captivated every time you show up in a room. Now, when they're in your presence they'll have to say "Wow! You never cease to amaze me!" But the trick is to re-invent yourself without

making a public broadcast about it.

Most of the time when we workout, change our hair or do something different we make a big public announcement like we're at a press conference. We post a message on Facebook that says "Hey, I'm changing my hair color to blonde," then we tweet to everyone that we made an announcement on Facebook. Although social network sites have numerous benefits, keep your updates to yourself on matters such as this.

What happens when you do this? People watch closely and never get the opportunity to appreciate the change because you've deleted the element of surprise. It would be better to say "Look at the changes I've made," then post the pictures of the big changes. Or better yet, don't say anything at all just let people wonder and admire how you are always on point with everything.

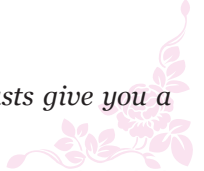
This way you keep the element of "newness" present all the time. When you move the world around you moves too, so when you make changes the people around you will begin making changes without even realizing it. It's actually a way of leading and "being the change that you want to see" as we discussed earlier.

Remember, you never want anyone to become complacent with you, especially your man! When you apply the habit of re-inventing yourself you'll not only keep your relationship fresh, but you'll begin to influence people in a meaningful and positive way.



Shanel's Tip

Three to five day juicing and spiritual fasts give you a jolt of energy and newness.





Give Away a Dollar a Day



A while ago, I created a challenge that asked students to enhance their gratitude by giving away one dollar each day. I explained to them that doing so would allow energy and money to be reciprocated back to them. The results were mind blowing! People “found” money they’d forgotten about. Many people suddenly received bonuses at work. Money came to them in ways they couldn’t believe simply because they planted seeds in their financial gardens.

If you want more money, financial wealth, prosperity and abundance then I challenge you to develop the habit to give away one dollar each day.

When you do this, you’re making a powerful declaration to the universe that says “I have more than enough, so I can give freely.” What you will discover is that the universe will respond to your demands by giving you an abundant supply of money, material things and favor.

Maybe you are laughing at the thought of giving one dollar away because you’ve always had a bank account full of \$10,000 or \$20,000. You may be one of the top 5% of Americans who has 1 year of living expenses saved up. If so, I’d like to congratulate you on your amazing success. However, everyone isn’t so “lucky.”

One little dollar could make the difference between starvation and eating for many people. Or perhaps, it could make the difference between paying rent and getting evicted. It could make the difference between feeding all 4 children, or just 2 of them. You have no idea what power that dollar may have in the lives of others not as fortunate as you.

For example, if you've ever gone to the grocery store and packed your grocery cart with items only to come up short by just a few cents that you simply didn't have it, you know how heartbreaking and embarrassing it is to have to choose which item to put back on the shelf. This is an uncomfortable position for anyone to be in regardless of reason. These are some of the most important moments that will be remembered in a person's life.

By giving away one dollar, you could even be saving someone's life. You never know what that person is going through; a dollar to you could be worth a million dollars to someone else! The value of a dollar is not in the dollar, but in what the dollar can be used towards to help someone else.

This simple act of kindness from the bottom of your heart done without expecting anything in return allows you to develop a relationship with money. This relationship will command money to come back to you in multiple dividends!

The look on their face is priceless and flushed with gratitude. Although it would be nice if everyone was as giving, they're not! And because they're not, people are often shocked when you present them with a dollar as an act of kindness expecting nothing in return.

And when you have more than enough, more than you expect comes rushing back to you. The saying "all of my needs are always supplied" will reign true in your life for days, weeks and months to come. Don't believe me? Give it a try!

Will you accept this simple challenge? If I told you that your life would change dramatically over the next 30 days if you were to

give away just one dollar a day, would you accept this challenge? Would you do everything in your power to give away one dollar cheerfully if you knew you were dramatically changing someone's life for the better? If I simply told you that by implementing this habit for the next 30 days, you would feel better, more confident, sexier and more valuable as you go through your days and nights, would you do it?

I hope you'll accept this challenge, because if you don't then there's a big chance your financial situation will stay just as it is. You'll be limiting yourself financially, for no good reason at all.

Remember; in order for you to receive you have to give. If you don't give extra, there's no reason for extra to be given to you. The only money that will circulate will be the money that you already have. In order to change this, you need to learn to give to others.



Shanel's Tip

Put a single dollar quietly into someone's wallet or purse. Give your dollar away to a perfect stranger. Leave a dollar at the grocery store counter or at the gas station counter for the person behind you to find. People aren't used to receiving like this, and they're not used to other people handing out dollars so you may need to come up with some creative ways to give your dollar away.



Make Your House a Home



Sometime ago I went to visit a friend who lives in the "rough" parts of Brooklyn; the grimy parts that they show in gangster movies. At first, I was a bit uncomfortable to take the journey due to the horror stories I've heard and the run down looks of the neighborhood. I thought I needed a body guard or a bulletproof vest one or the other. I prepared my mind and braced myself to see a raggedy, torn down apartment with rats and roaches and a beat up stove; however, to my surprise I walked into an immaculate, luxurious apartment. My friend had turned his old pre-war apartment into a gorgeous space that resembled the Taj Mahal; it was absolutely breathtaking! This goes to show you that you don't have to live in a mansion and have maids in order to live like royalty.

Your home is a sacred place, much like your bedroom. It's more than a place to eat, sleep and pee, it's the place where you grow, where you love and where you rest.

When you think about it, it's your personal private sanctuary. One of the most important people in the world lives there, you. Imagine someone passing by your house and proudly saying "(insert your name here) lives there!" with a smile on their face. You should feel that sense of joy about your own home both inside and out.

I'm recommending for you to develop the habit of being creative with your home decor. Take pride in creating an environment that

uplifts and supports everyone in your home, especially you since you are an extraordinary woman who understands the delicate role of being a Domestic Goddess.

Don't think you have to be a creative genius to follow this habit, let me tell you that you don't. You just need to have compassion for the way your home looks and feels. Unfortunately, many women lack this sense of pride and therefore, there's nothing exciting or inviting in their homes appearance. This is completely unacceptable! A woman should always take pride in where she lives because nurturing the home is a natural part of being a woman.

Realize that the condition of your environment influences how you feel, think and act! I can never understand for the life of me why people keep their offices cleaner than their own home. You get paid, so you can have a home. You get paid, so you can enjoy all the things in your home - kids, food, love, sex, books, television, pets, and so much more make your home a beautiful sanctuary that you and your family can enjoy.

Home decor is what makes your home feel safe, warm and sexy. It should be a woman's pride and joy — filled with pictures of you and your family, good moments and memories, beautiful art, stimulating colors, soothing textures and an aroma that is both inviting and enticing.

I know home interior decorations and styles are constantly changing, but that's no excuse to settle for living in a dark chamber of boredom. I recommend changing things around, adding new things, deleting old things and rearranging other things almost every season to give your home a new look and feel.

With a little creativity you can transform your home into an oasis that's fun, inviting, warm and peaceful. It doesn't matter whether you live in a house, apartment or extended stay; wherever you stay should be a haven of peace, beauty and serenity.

Your home may currently need some degree of enhancement. You can increase the quality of the décor in your home by looking into better carpeting, painting, tiling, lighting fixtures, furniture, art and

more. The sky is the limit, use your imagination.

But you can also invest in some good quality lampshades, wallpaper, linens and many other things to liven up a room. There are 4 simple things I recommend for you to do today that can dramatically increase the decor quality of your home.

- ***Keep Fresh Flowers in Your Home***

Keep fresh flowers spread around your home, they keep a ton of energy and beauty and oftentimes can provide an alluring fragrance as well. After all, you deserve to be around fresh flowers every day. (And when you keep fresh flowers around you, magically you will start receiving them as gifts from others all the time.

- ***Keep Candles Lit***

Keep scented candles lit in your home (while you're actually at home of course) to create a beautiful ambiance throughout your home. With candles burning throughout your house it makes the experience of being home a soothing and relaxing one. There is something very powerful about the energy that comes from a lit fire.

- ***Keep Things That Entertain People in Your Home***

Keep items like books, games, movies, etc. in your home so that people feel engaged while they are there. You want to make your home a warm, relaxing and inviting space for those who enter.

- ***Have a Sacred Space***

A sacred space is a special place in your home where you go to meditate, pray and get spiritually plugged in. It should be a private area in your home with plush pillows, a nice rug, candles, books, a vision board and any other sacred things that you hold dear to your heart. See Woman Habit #2 as going to your sacred space should be a daily ritual.

- ***Here are some general rules for decorating:***

Utilize the entire space, have color on your walls (unless white walls are part of your décor theme), hang your curtains from the ceiling to the floor to give a dramatic effect and to utilize your space.

Set up your furniture so the layout of your house flows from one room to another with ease. Make your seating and living space as comfortable and inviting as possible for you, your family and your visitors.

Your pictures should fill your wall space (no tiny pictures on big walls) or be spread evenly for a crisp polished look. All pictures should be hung at eye level and should tell a story. For example, don't put a portrait of Marilyn Monroe and African art on the same wall; instead, make sure that your pictures all have a central theme and flow well with the feel of your home.

This may seem overwhelming, but it doesn't have to be. These are just a few ideas to help you to spark your creativity. And more important than anything else, it's important to take action right away. You can be filled with inspiration all day and nothing will ever get done if you don't get up and get started.

I suggest for you to start with a small room or small area first. Once you get into the mood of decorating, move on to bigger more elaborate projects. Before you know it you will have your whole house decorated by going from room to room.

No matter what you do, set a budget and stick to it no matter what. The rule is, don't redecorate unless you're current on all your bills. There's nothing sexy about a broke woman living in luxury. Only buy things you can afford, things that will enhance the quality and mood of your environment.

If you have to get one piece at a time, that's okay. You should never be ashamed of your home, what you have in it or what you paid for your possessions.

However, you want to make home decor a priority in your life. It will be exciting and fun as you get deeper into re-arranging and re-decorating your home space and it should be. Your entire home deserves as much attention as your bedroom, you should make it a habit to be creative with your home decor and always feel at home in your own home, you work too hard not to! You deserve to live in an environment of peace, love and harmony.



Shanel's Tip

Create your own art and décor for your home instead of buying finished pieces. You will be amazed at what a visit to a fabric or art store can do for your creative imagination. Reupholstering old furniture is always fun and can help you to save money as well. Making your own pillows or buying some paint and a canvas can spark your inner Picasso as well, and who knows you may discover a passion you never knew you had.



Wash Your House



Recently, I became friends with a woman I met for lunch a few times. One day, she invited me to dinner at her house; she wanted me to try her “famous” Italian dish, I gladly accepted the invitation. When I arrived, my stomach vomited inside itself. Her house was filthy like a barn — dishes in the sink, rivers of trash, mountains of dust. No mop or broom stood a chance. I felt betrayed; she wasn’t the same “clean” woman I’d been having lunch with.

You don’t want someone to walk in your home and feel violated like I did that day. Even if you’re single and haven’t had company in years, keeping your home clean and organized is a fundamental habit every woman must have.

Your home is a direct reflection of who you are as a person. The way you’re thinking and feelings reflects itself in your home environment and vice versa, so take pride in your home and keep it clean.

To do this habit, you have to clean habitually even more than a maid would do. It’s not a chore; it’s your responsibility as an extraordinary woman.

Don’t wait until your home gets dirty to clean it, instead develop the habit to clean as you live. When you eat, wash the plate immediately. When you get out of bed, make it up immediately. When you take off your clothes, put them in the hamper immediately. This way your home doesn’t have a chance to be filled with dirt, clutter and messiness and cleaning up won’t seem like such a torturing punishment.

You want to give your house a double-strength military style

cleaning that goes beyond the visible dirt; I call it “washing your house.” Instead of wiping the counter with soap and water, give your counter a power wash with bleach to kill the nasty germs you don’t see.

Instead of mopping the floor with a cheap Swiffer, clean the base boards like you clean your fingernails. Clean the top of the refrigerator even though hardly anyone can see that. Be aware of small places in your home like the light switch that used to be white, or the refrigerator door handle that has more germs on it than a men’s urinal.

Here are some simple and easy rules for giving your home extraordinary cleanliness:

Clean your kitchen before you go to sleep - It should look, smell and feel clean enough for the President of the United States to eat his last meal.

Wipe down the walls that are often touched and exposed - You may not even see it, but the wall in the hallway that used to be white is now tan and full of dirt and germs.

Keep your door handles clean and sanitized - Every other day or so, wipe off all of the door knobs or cabinet handles with a Clorox wipe or a towel with bleach on it. Nasty door knobs are the #1 way germs are spread, so make sure to keep them clean and disinfected.

Don’t sleep with trash in your home - Empty and remove all trash before you go to bed to eliminate unwanted energy vibrating in your house.

Wake-up and Make Up - Always make up your bed when you wake up! It’s the fastest and easiest way to set rhythm, order and organization for the day.

Dry your sink - Wipe water out of your sink, it creates bacteria on the sink. You should also wipe the sink down when you finish washing your hands or doing the dishes as well to help prevent bacteria from forming.

Keep your windows and mirrors clean – Always be sure to keep your mirrors and windows clean in order to prevent having a clouded and distorted vision of yourself and of the world.

Take down your curtains every month or so and wash them - They collect dust and dirt just like your bed sheets do and require regular attention. If you have blinds, use some soapy water and wash them to keep them bright and clean.

Dust and sanitize your window seals often - It's easy for street dust and germs to fly into your home through the windows so keeping them clean and sanitary is a good way to prevent these germs from making their way into your house.

Move the beds, couches and large pieces of furniture – This should be done once a week so that you can clean underneath them. If dust and buildup can be seen underneath your furniture then your fraudulent straightening up is just an illusion that your space is clean, when in fact it is not.

You also want to keep your home organized, this can be accomplished by making a place for everything in your home. Work stays on your desk. Shoes stay in your closet. Etc...

When you follow these simple rules you'll be amazed at how much smoother your days and nights end. Suddenly, you'll have more energy, you'll be more productive, you'll feel more powerful and you'll have more peace in your home.

That's because the clean scent of bleach will burst through your nostrils and make you feel 10 pounds lighter. The gripping smell of Pine-Sol will turn your bathroom into a haven of serenity. The glimpse of a clean and spotless kitchen makes you proud to be a woman. And all your hard work creates a natural desire for relaxation.

Living in a clutter-filled environment isn't just unsanitary; it's disrespectful both to yourself and your family. You wouldn't want your husband to force you to live in a barn with hay would you? So

don't allow your home to look like a stable.

Doing so decreases your natural feminine energy and gives you mental and spiritual constipation.

Your friends may never tell you because they've come to know you as a pig. They may know your house is excessively messy, unorganized and has a funky stench of mothballs and dirty socks, but they will not share their thoughts with you.


But most importantly, when you implement these super sterile cleaning standards they'll carry over to every other area of your life as well. Everyone and everything in your life will begin to "clear up" and treat you the way you should be treated — like Royalty. Whatever goes on in your outer environment is going on in your inner environment. So, it's time to clean it up! Now you may be saying: "Shanel I don't have time to clean like a 1950's house wife. I have kids, a career and my life is stressful and hectic!" Well that's why. Because your home, the place where you cultivate your life is unfertile, dry and full of unhealthy dirt. Nothing beautiful could ever grow from that!

A dirty house says a lot about you. Nobody will ever know, but the beautiful woman inside of you deserves to live in a clean environment. If you fail to remember the rules, remember this: if nothing is growing, flowing or happening smoothly with ease, peace and happiness in your life—you house probably needs a good washing.



Shanel's Tip

Create a cleaning schedule and make it fun and sexy. Put on your Stilettos, dress yourself in something sexy and blast your favourite music. If you have children, make it a fun experience for them to get them in the habit of enjoying cleaning.





Leave Your Problems at the Door



One of my students told me she really liked her job, but she worked with people who acted like animals and made life difficult for her. After work she'd bring all of those feelings with her and feel agitated, rushed, stressed and angry when she got home. Sometimes she'd be so pissed she'd yell at her kids and snap at her husband. She said "I finally got tired of saying sorry." This is a result of negative feelings and energy growing like weeds on the inside of your spirit. I told her when she gets home "Leave your problems at the door."

People say life's a BITCH! Well, not really. But if negative energy is in your way then you need to leave that "bitch" at the door. I would apologize for speaking so harshly, except that you wouldn't take me seriously. The fact is you're going to have obstacles, problems, frustrations and disappointments in life. It doesn't matter who you are or where you live, part of living means living with what life throws at you.

Develop the habit of leaving your problems at the door. The average person has over 70,000 thoughts per day. Your brain requires 3 full soda cans of blood each minute. Without oxygen for 10 seconds, you lose consciousness. 10 seconds, 3 soda cans and 70,000 thoughts. It doesn't matter if you're retired and everyday was a Saturday, there's not enough time in the world to allow outside problems to affect your day — especially at home.

You shouldn't have to die to get peace; your home is supposed to be your Heaven, a gateway to peace and tranquility. It's not like you get to stay there all day, so when you're there you should make it a rule to have peace at all times.

First of all, nine out of ten times you're not using the copier anymore, so forget about the so-called "insult" Jim threw in your face. Sally is not in your face anymore, so it doesn't matter if she's "mad" at you because you didn't invite her to your birthday party.

When you're home you should be renewing and rejuvenating, not reflecting on meaningless problems of other meaningless people. Does that sound harsh? Probably, but let's take a walk through reality. Ask yourself if any of these people bringing you drama (or the problems you worry about) will add meaningful money to your bank account if you're behind on your rent, car payment or need to put food in the refrigerator.

If you can adopt this woman habit it will not allow your home to be a space where your spirit can be free, you can also create joy, peace and happiness without any worries. When you have this kind of environment you can create great moments and memories for your life.

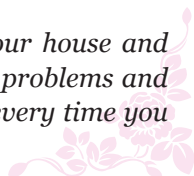
If you don't do this habit then your home will get filled with a mix of energy and you will wind up taking negative energy to bed, spreading negative energy to those around you and you will not really be present to create beautiful moments in your home with the ones you love. If you come into the house with work energies and problems on your shoulders, then you can't fully enjoy your time with family.

You may want to put a visual reminder outside of your door that symbolizes your sacred space and serenity as you walk into your home to help remind you to leave your problems at the door. Hang a wreath, plant flowers or get a giant sign that makes it clear that your home is a sacred and peaceful place.



Shanel's Tip

Take five seconds before you walk into your house and recite "I now let go of today's stresses and problems and I go free to be peaceful in my house." And every time you touch the door knob say thank you.





Preserve Your Power



I know a couple that always argues. They go to stressful jobs, have stressful commutes home and then when they get home the stress is just intensified because they are always at each other's throats. Jamie, the girlfriend called me one day for some help and some sort of solution to their angry relationship and I asked her one simple question: "Where is your power being used?" She sat silenced and perplexed with no answer. I asked her if I could come by to chat with them face to face and when I walked in my eyes and energy were completely blinded—there was a bright light on in almost every room, the TV was blasting and every curling iron, clock, play station and coffee pot was plugged in SUCKING from everyone's energy. Right there in that moment we found the root of their issues. They were always drained from the electricity always running in their house. My prescription for their relationship woes was to come home, turn off everything, light candles and lower their tone of voice to each other. It sounds so simple—almost shallow perhaps—but it worked. They immediately stopped all the arguing and now their relationship is better than ever.

If you plan on being a powerful woman in this world — at work, at home, in your community and in your relationships then it's vital to preserve your power.

Power isn't just electricity to keep your lights on; your body requires power to keep you going. But what many people don't know is that electricity can have a dramatic impact on your personal power. Lights, iPads, Cellphones, TVs, Stereos and other electronic gadgets can drain the life out of your human battery within.

Scientists concluded that electronic devices powered by electricity emit electromagnetic frequencies [EMFs], which could have serious consequences on our health. These man-made EMFs are everywhere.

So what are EMFs? Electromagnetic fields are areas of energy that surround electronic devices. You cannot see them, taste them or smell them but man-made EMFs are everywhere. We are surrounded by electro-pollution all day every day.

When electric current flows it creates a magnetic field. The problem is that our human bodies have their own biochemical responses. Scientists report that our human body has to expend extra energy to protect itself from this electromagnetic field and this process naturally drains our energy and causes massive fatigue to plague our body. All without us even knowing it is happening.

To preserve your power you should be conscious about your electricity usage. The World Health Organization (WHO) is a great resource for more information about how the human body processes electricity. But below are some tips on how you can preserve your power like a lady:

Keep the lights off in your home unless you are using them. When you have lights on they pull from your personal power and keeping the lights on all day not only drains your body, it can also drain your pocketbook as well.

Keep unused appliances or electronics unplugged when they are not being used. If you aren't watching TV or actively using your DVD player or surround sound system then you should unplug it from the wall until it's time to use it again. Not only will this prevent EMF's from being transmitted, it will significantly reduce your monthly electric bill.

This is not only to save electricity; it's also meant to preserve your personal electricity too.

When you apply this habit you will feel an immediate shift in both your mood and energy. Suddenly, you'll find yourself being quieter,

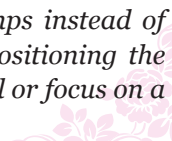
calmer and more balanced and centered. Don't worry about it being dark because dim lights give you a special ambiance that's very provocative. Everybody loves the sight of a sexy home!

Remember when you keep the lights and electronics running all day your natural energy will drain the minute you walk through the door. Pre-serve your power, save your money and use your energy where it's needed the most.



Shanel's Tip

Get light dimmers for your home, use lamps instead of ceiling lights, create beautiful effects by positioning the light in different ways to bounce off the wall or focus on a picture, a piece of art, or wall décor.





Rest in Peace



One of my students started practicing all of the woman habits I suggested and started seeing amazing changes in her personal life. She told me when she started showering twice a day and cherishing the bed she shared with her husband they started having better sex, more often. As she described it, “the most passionate sex we’ve ever had.” She said he just couldn’t get enough of her.

Your bed is a sacred space. It’s not just a mattress, it’s a very special place where you sleep, dream, recharge and energize your body and have sex. Make it a habit to cherish your bed. Take pride in your bed and your bedroom the same way you take pride in your shoes, your jewelry and your kitchen. Everything you do in the bed transfers to your subconscious mind.

Think of your bed as your chamber of life. When you’re tired, you go to your bedroom and lie on your bed. When you have sex, you go to the bedroom and have sex on the bed. When you’re sick, you go to the bed. When you deliver a baby, you go to the bed. There’s something truly sacred about the bed that few women truly understand.

Treat your bed as a sacred space and watch the quality of your life quickly improve. For starters, the quality of your sleep will improve when you take your bed and bedroom more seriously.

There are a few tips I’d like to submit to you that will help you learn to cherish your bed. This is one area where compromise is not an option; you spend too much time in the bed to treat this lightly.

If your sleeping environment is uncomfortable, your living environment will be uncomfortable too, so you must make sure your bed is comfortable. To do this, you'll want to invest in a good bed. Not an average bed, but a very, very good bed. It will be worth the effort and investment I promise! I know you're probably fine with a \$300 entry level bed; however, at this stage in your life I'm encouraging you to dig deeper and take your rest and sleep more seriously.

Don't worry; I don't get paid for telling you to buy another bed. It's your beauty rest, not mine. I'm just advising you to consider making a serious investment in your bed, the way you would think carefully about choosing a new home.

If you're not ready to invest in a better bed then buy a mattress topper. Bed Bath & Beyond and Kohl's are good places to start your search. Also, if you like to go luxury then TempurPedic has mattress toppers at affordable prices. You'll probably want to spend \$299 to \$699, but as I stated earlier there is no place more important than where you sleep at night.

Keep clean sheets on your bed at all times, this is important because your sheets hold bacteria and you're rolling around in it night after night after night. I advise you to change your sheets at least once a week. If you are having sex in your bed, change them a minimum of two times a week. No excuses!

Sleep on white satin pillow cases—they feel very, very good. If you're a black woman, cotton will dry out your hair, so make the switch to satin today. It's important.

Make your bed up every day—NO EXCUSES! Dust and germs float around your room and can literally float back into your bed if it is left unmade.

Plus, it makes you feel better when you come home to a nice, clean bed. Your bedroom is one of the most precious places in your home.

Try not to sit on the bed with your outside clothes on and NEVER

get into your bed with your outside clothes on either.

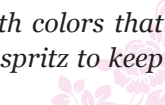
Don't put your purse on your bed - it's been on tables, chairs and floors where people have had their butt, feet, arms and legs and everything else on. And since you know some people don't wipe after they use the restroom, the bottom of your purse has their nasty germs on it.

Not doing this habit pegs you as a lazy careless woman, especially if you're in a relationship! And keeping your bed unmade all the time will prevent you from getting a real restful and peaceful sleep as well. Most people say "rest in peace" after someone dies. Truly, you should rest in peace while you're alive as well, so create a sleeping space that allows you to do that.



Shanel's Tip

Make your bed as beautiful as possible with colors that bring you peace of mind and always use a spritz to keep your bed smelling clean and fresh.





Sweet Morning Breath



When I was growing up my mom always bought plums when we went grocery shopping. They were everywhere around my home. In the living room, in her bedroom, everywhere! As a little girl I didn't think about it. But as I grew older and my curiosity grew, I finally asked "Mom, what's up with the plums?" She said that if you eat a plum every night before you go to bed then you won't have morning breath when you wake up. As it turns out, she was right.

Somewhere in outer space there's a foreign alien who would love the smell and taste of your gross, slimy morning breath. But in most cases here on earth, we'd love it if you kept your bad breath to yourself.

I know it's almost impossible to avoid bad breath at some point; however, there are things you can do to remove morning breath for good once and for all. I want you to develop the habit of eating a plum to avoid morning breath; a plum? Yes, a plum. I'll explain why this works in a minute, but first let me cover a few reasons why you want to take this seriously.

You may be single and satisfied or perhaps divorced or widowed, but this plum trick is a Womanhood secret to keep in mind for those "special occasions" when sleeping alone isn't an option.

Take for example a wonderful, amazing night of pleasure which includes dancing, dinner and mind-blowing sex; the kind of sex that still gives you a climax the next day. (If you haven't experienced this, keep working at it!) The dinner was amazing, the night was

amazing, this man is really everything you dreamed and hoped for.

He wraps his muscular arms around you at night, keeps you warm and safe and makes you feel wanted and needed. It's been a while since you've had a moment like this; for once, you feel like your romantic dreams are coming true; except, there's still one problem.

The next morning you wake up after him. He says "Good morning babe." You try to cover your mouth and hide under the covers and wish him a good morning. Then, the unthinkable happens. He does the one thing that sends chills down your spine.

He grabs you, pulls you close and goes in for a kiss! And right before you're able to squirm away, you let out a yawn. Your sewage morning breath spews into the air. "Damn!" It's too late. He smelled it! Even if he doesn't act like it, you know he smelled it because his eyes suddenly got 10 times bigger for a slight second.

We know that 80% of bad breath comes from an oral source — cavities, gum disease, tonsils, fillings, dentures or your tongue. But even if your teeth are sparkly white and your tongue was sterilized clean, you could have acid reflux or other stomach conditions that cause bad breath too. Obviously you wouldn't know of a health condition or any others, unless your doctor gave you a proper diagnosis. But, your morning breath can be fixed very easily, don't worry.

Get in your car and drive to your neighborhood grocery store and stock up on plums. Plums, plums, plums! Eating a plum allows you to keep your mouth fresh and it aids your digestive system as well and allows you to wake up with no funk in your mouth.

Are you wondering how in the world a plum each night will keep away morning breathe? The reason is simple; the acidity in the plums cancels the acidity in your mouth that would normally cause morning breath.

Before you go to bed eat your juicy plum and make sure you look good. Your man may not understand what you're doing that night,

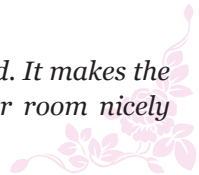
but in the morning he won't be nauseated and rushing to hurl in a nearby trashcan.

You also want to be sure that you see your dentist on a regular basis and brush your teeth every day. If you haven't been to the dentist in the past 6 months, call him today and make an appointment. A man loves a lady with a pretty smile, but he loves it even more if her smile doesn't stink.



Shanel's Tip

Keep a bowl of fresh plums next to your bed. It makes the plums more accessible and decorates your room nicely too.





Invest in Good Bras



I once had a student come to boot camp class with a raggedy, torn-up bra. I made her take it off and throw it in trash immediately. Then, I had her put on a good underwire bra; it completely changed her confidence. You could see the change in her immediately. “I never knew I could look this beautiful, this curvaceous” she said. It’s easy to wear a bra for the basic functions of giving your breasts support, but an extraordinary woman wears a bra that functions well and makes her look flattering and makes her feel sexy too!

It doesn’t matter how old you are or what size you are, a good bra can make all the difference in the world! Every woman should make it a habit to invest in a collection of good bras. Not the bras that you wear around the house or to the gym, but bras that fit well, support well and give your breasts a firm necessary lift.

I’m going to throw a quick temper-tantrum about this issue because nothing is worse than seeing a beautiful woman with a beautiful body look less than her best.

There’s speculation that wearing the wrong sized bra restricts the lymphatic flow within the breast which could increase your risk of developing breast cancer; this is sad beyond belief. Especially when you consider that statistics show an estimated 60-80% of women are wearing the wrong size bra. Another study conducted by hospitals showed that 76% of women with breast pain alleviated their symptoms by having a properly fitted bra.

As you can see, from a health perspective it's definitely worth your time. From a personal care perspective, it's also worth your time and can make you look and feel better about yourself. But when you consider that taking care of your body is equally important as taking care of your face then you can see that investing in good bras is something which is worth your time and money.

I realize this is a sensitive subject for many women. And understand that you've probably been wearing the same size bra your whole life and haven't thought about changing anything. And if you've been wearing bras for any length of time then you know how frustrating it can be to get access to larger sizes. My advice is to take this opportunity now, over the next few days to get re-fitted and invest in good bras that fit you right.

I know what I'm about to say may go against what you've been taught. If that's the case, please consider that you're not reading this book to "confirm" things you already know but to expand into new territory and become an extraordinary woman both inside and out.

When a woman with ample cleavage doesn't wear a bra, it can be a sight for sore eyes.

From this moment on do not purchase another bra unless it fits properly and supports you properly, because as a women your breasts are precious assets. You should nurture them, take care of them and keep them as nice and firm as possible for as long as you can. When your bras get torn up or when you buy cheap bras your breasts begin to sag and your chest muscles are not properly supported.

You should not be buying your bras from places that sell detergents, tires and rain boots such as Wal-Mart, K-Mart, Target or Sam's Club; they cannot help you get the bra of choice. Buy your bras from a place that sells bras; but don't just go there empty handed, make sure you have a solid idea of what you want your breasts to look like.

This may be a completely life-changing experience for many women, revolutionary and contrary to what's normal. But just think of what you'll feel like when you have a bra that actually fits and helps you feel more confident about your body. It won't just give you the support you need; it will also help you feel much more confident in your clothes as well.

Find a local bra shop in your area by doing a search in Google for "bra shop." You can also add your city at the end of the search phrase to get more targeted results for your local area. For example, if you live in Atlanta then you need to type in "bra shop Atlanta." If you live in London, type in "bra shop London."

When you find the shop that is located closest to you or perhaps the one most appealing to you, take your time and remember to have an idea of how you want your breasts to look. Ask one of the trained associates to fit you in a bra that makes you look the way you want to look.

Even if you think you know your measurements, chances are you may be wrong. You've probably been wearing the wrong size bra for a very long time so make sure that you get a fitting and then double check just to be safe. There's no harm in getting a professional opinion and it isn't going to cost you anything.

When you try on the new bras look at yourself closely and don't be shy about letting the associate look at you too. They know how the bras should fit and can tell you if it's a good fit or not. You should have no skin popping out of the bra, nor should any parts of the bra be loose—your bra should fit your body snugly.

A bra can do so much more than provide support. With good support comes good posture and more confidence when walking (or running). Have you ever noticed that when you're wearing your bra whether it's your favorite bra or a new bra, it makes you feel good? This is because you know you are being supported and that it looks good. A good bra can even enhance your figure making your waist more visible too.

Different bras can make you feel different depending on the shape, style and of course color of the bra. Although most of the time you're the only one who will be seeing the bra, it still makes you feel ready for anything! Investing in a proper fitting bra is definitely the way forward...

If all of this has you facing some body stuff, now is the time to let it go; take a girlfriend with you and face it head on. Perhaps you can use it as a wakeup call that it's time for you to release some weight.

A well-fitting brassiere can provide the necessary support to take tension off the breasts and other parts of your body as well.

When you buy a new bra it's usually best to have the band on the loosest fitting snap to allow for some stretching over time. Having already established your band size, you need the right size cup too. The best way of finding out if your cup size, is simply to try on 'all the bras of the alphabet' (or at least a small range of sizes) until you find one that fits you the best.

By now you're probably asking, "How do I know if I'm wearing the wrong sized bra?" That is a good question and I'm glad you asked. Here are a few signs that you're wearing the wrong sized bra:

The bra hurts on your body because it's likely too small or old.

The breast overflows out of the cup. The bra band rides up on the back.

The center of the bra or the underwire does not lie flat on the chest.

The material is wrinkled on your breasts. A proper fitting cup should stretch firmly for proper support.

Bra straps can dig into your skin leaving unattractive and sometimes painful indentations and the bra band can inch up your back, annoying you and causing discomfort.

Here are six things your bra should have:

1. A minimum of two back snaps
2. Adjustable arm straps
3. Durable straps and backing
4. Stretchable elastic
5. Padded/lined cups to prevent your nipples from being seen
6. Some sort of flexible wire or molding for support

You may have to set aside a Friday evening or Saturday to take this bra-fitting field trip, but it will be well worth your time. While you upgrade your life, you'll be upgrading your bras.

Don't trust the internet to guide you with this decision, make sure that you try on bras.

**Shanel's Tip**

Massage your breasts and circulate the blood in your breasts every day. Your breasts are muscles, so you need to make sure your blood is circulating through them well. You should also exercise your breasts by squeezing and then releasing them a few times a day.



Stay Baggage Free



When I started making massive changes in my life, I quickly realized I was leaving my old life behind and starting a new one. I eventually transferred that same idea to my physical world. Before I bought anything NEW, I would get rid of the OLD first. If I was buying a new purse, I got rid of my old one first. If I was buying a new pair of shoes, I got rid of my old ones first. If I was running low on ginger, I threw away the old container when I brought home the new one. Out with the old and in with the new.

You've probably heard the saying "out with the old, in with the new." But you can't wait until January and the beginning of a new year to begin putting this habit in place.

I encourage you to make this a habit. Always keep your life renewed and fresh. What it means is to get rid of old things so you can enjoy new things that much more. Turn away from the old and turn towards the new, forget about the past and prepare for the future.

But please don't minimize this to a worthless kindergarten phrase for the sake of pleasing your ears; this habit must be practiced as if your life depends on it. One of the most common ways to apply this habit is in your personal relationships. You may be single, dating, married or divorced; but, the fact is you can't have a new relationship if you're hanging on to the old one.

u receive a new heart, if you're still holding on to the one that's

broken, damaged and beat up? How can find a new man if 90% of your day is fixed on the old man... the one who mistreated you, abused you and neglected you? Even if the best man on earth walked across your path, you wouldn't be able to give him all of you because you're still holding on to the past.

Okay, maybe you already have a thrilling relationship and get all the sex you need in every position you crave and never have a dull moment or a lack of love, satisfaction and fulfillment. Look at it this way, perhaps you've been yearning for a new car. However, the problem is your garage has been turned into a storage closet. Your current car doesn't work but it is still sitting in the driveway spilling oil on the ground. It has broken windows and hasn't been washed in 2 years but you just can't bring yourself to get rid of it.

There is no way of knowing if you are ready for a new car; and if you had a new car within the next 60 seconds, you would be in a huge dilemma wouldn't you? "I know you're thinking "But Shanel, if I got a new car I would easily be able to get rid of the new one." Yes, you would; but you would be living in a reactive state of being.

When you practice this habit cheerfully, you stay proactive and make it easy for things to come to you. This is what it means to take control over your life instead of waiting for things to come to you. Men won't pass you by because you'll be smiling and cheerful instead of looking mean and heartbroken. People will sign money over to you, because they can see you need a new car instead of thinking you're too lazy to take care of the one you currently have today.

This habit keeps your life clean and full of purposeful things. You want the things in your life to be able to be put to use. Doing this keeps you from collecting baggage, and you want to keep your life free of that physical baggage so it doesn't have the power to pull you down.

This habit must be applied to the small day to day things you collect as well. I'm sure you have a stack of bills piled up from the past 6 months like many people do. If you already paid last

month's bills, shred them. Be grateful and get prepared for the next one, no need to keep the stack of bills that have already been paid. Or perhaps you should take a look in your closet. I bet you have several old busted pairs of sandals that you have not even worn since college, but I'm sure you buy shoes like crazy.

Now the top of your closet is spilling over with unnecessary shoes. Make it a habit that every time you buy a new piece of clothing, a new pair of shoes, even a new lipstick, you find one that no longer serves your purpose and get rid of it right away, that day as soon as you bring something new in get rid of something old that you do not use.

If you don't practice this habit — if you stay handcuffed to your past, to things you don't want or need, you'll be unable to receive the abundant gifts that the universe wants to give to you. You will also look up one day and find yourself living a life full of baggage, both emotionally and physically. An extraordinary woman keeps her life new, fresh and light from unnecessary material things and old mental luggage that can weigh her down.



Shanel's Tip

If you want a new wardrobe, new furniture or a new car start giving things away and make space for it. Even if you feel like you don't have a lot to give or to get rid of, you have to make that space in order to spark that action in the universe.



Keep Your Purse Purposeful



One day, I noticed a woman with a huge shopping bag of a purse. Clearly she grabbed my eye because she was frustrated that she couldn't find what she was looking for. I started thinking "wow, with a suitcase like that you should be able to find anything." After playing hide-and-seek, she did the unthinkable; she held the purse in the air, turned it upside down and dropped everything on the table. OMG! What woman does this at a public restaurant? I saw scissors, nail polish bottles and a can of hair spray, lotion and little wads of paper. If you have to dump your purse to find something, you shouldn't be carrying one.

If you're going to carry a purse, no matter what size it is develop the habit to keep your purse purposeful. I know it's easy for a purse to get filled with lipstick, makeup, money and other "just-in-case" items. But it's a purse, not a suitcase. When you have to dig for something in the purse, you take away a large part of the power that comes from carrying a purse. You're supposed to look sexy when you carry your purse, not look like a tourist going on a hiking trip.

Keep your purse purposeful by filling it only with things you actually use. If you have to carry your purse every day and have things you haven't used in the past three days, remove them. Those little things are clogging up your purse, and if you have

a phobia about being caught off guard then take more time to prepare yourself for each specific day instead of using your purse as a backpack.

Here are a few tips to help you stay sexy, glamorous and elegant while carrying your purse.

There are some, what I call Valuable Woman Purse Essentials, and they are:

- *Wallet (with your money and credit cards organized and neat)*
- *Bathroom Spray (that body spritz that you're going to stop using on your body.)*
- *Bathroom bottle (See Habit #31)*
- *Makeup bag. (With clean make up that you actually use.)*
- *Hand sanitizer*
- *Small notebook/pen*
- *Book*
- *Miscellaneous bag (tampons, pills, personal items)*

Keep the bottom of your purse clean with a Lysol wipe. You set your purse on tables, chairs, car seats, and some make the mistake of setting their purse on floors. It needs to be clean every once in a while to keep that distinguished look. Remember, everything you wear is a reflection of you.

Make the investment in a purse hook, also known as a purse hanger; you can get them from www.milano.com from \$1.99 to \$10.99. It's a small investment to make for something that will help you increase the longevity of your purse. You know not to sit your purse on a dirty floor, so make a small investment in a purse hook that you carry with you that will allow you to keep your purse off of the dirty floor. If you're truly amazing, you'll buy one for a friend so she doesn't think you're being dramatic by hanging your purse on a hook.

This isn't a habit of being excessive; it's being an elegant, classy

lady. That restaurant and all the people who have walked into nasty bathrooms or who have walked in dog pee are not going to replace your purse if it gets damaged or kicked. Besides, if it's on a hook it's going to be in-front of you and visible, not behind you or to the side of you for someone to "accidentally" take from you.

Keep the money in your wallet organized. Money has energy; the way you treat your money is the way it will treat you. If you don't have any money to put into your purse, don't buy an expensive purse. I'm not teaching you to be extraordinary and broke, I'm teaching you to be extraordinary and prosperous. Be extraordinary enough to know your priorities. That means do not buy knock-off purses for the sake of impressing others.

The people you're trying to impress may be fooled temporarily, but the real movers and shakers, managers, executives, leaders and entrepreneurs who are serious about their life — will immediately notice it's a knock off. Why is that, you may ask? It is because they see fashion as a sign of respect.

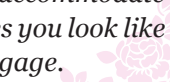
The woman with an authentic purse will be greeted by another woman with a Louis Vuitton with a level of respect because they both view fashion as an unspoken language of respect. If you walk in there with your "knock-off" it will speak very loudly. It screams: "I don't care enough about myself to buy what I can really afford, which may not be a real designer bag at the moment so I'd rather waste money acting like I can afford an expensive bag so I bought this knock off from a purse party so I can impress you." I see women like this every day, and it's sad. Don't make this mistake.

Keeping your purse purposeful allows you to BE purposeful throughout your day. It also makes your basic necessities always available for you. Keep your purse purposeful and fulfill your purpose on earth.



Shanel's Tip

Buy good (leather) purses. Don't carry a big duffel bag unless you have something large to accommodate that you really need (like a laptop). It makes you look like a woman carrying a lot of unnecessary baggage.





Cleanliness is Next to Godliness



Have you ever felt like someone poured foul, stink juice up your nostrils... and gasped in disbelief that someone could smell so bad without smelling them- selves? My assistant once told me a story about a smelly person on the train she takes to work. The problem is, they're always there but she can never figure out who it is. I always say "It might be you." I joke with her because I know it's not, but it makes a good point. You never want to be the mysterious stinky person in the room. And as a lady, you definitely don't want to get into bed next to your man smelling like a day of stress and old vagina juices.

Shower two times a day. I repeat shower two times a day. Again, shower two times a day. Shower first thing in the morning and right before you go to sleep—NO MATTER WHAT. Even if you've showered in the middle of the day take a shower before going to bed.

You shower in the morning because your body goes through a rejuvenation process while you sleep. You sweat, release toxins, dream, (and some- times you have orgasms and ejaculations too). If you don't shower that residue off, you move throughout your day with all of that night manure on you which can clutter your mind, clog your pores and give you an after smell that you don't even realize you have. It's actually quite gross when you

think about it.

Are you wondering why you should shower at night if you plan to shower in the morning anyway? I am sure you are! Let me answer that question for you. During the day, you are exposed to germs, people, toxic air, heat, and sweat. You experience an array of emotions, you say thousands of words, and you think thousands of thoughts. If you go to bed with this layer of life on you, you give it an opportunity to sink into your body and your subconscious mind as well—only to wake up in the exact same frame of mind in the morning that you went to bed with. You want to get rid of that layer, cleanse yourself of it, and go to your bed—which is a very sacred place—completely clean of the residues which have built up throughout the day.

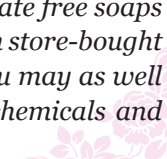
But it's important to stay clean on many levels beyond the physical. You've heard cleanliness is next to Godliness, right? It means when you're free of physical, mental, and spiritual dirt, God can flow through you and speak to you through your intuition. When you are clean, you are pure, only then can your energy and vibrations be lifted so that the things you want can be attracted to you.

But don't just shower; be conscious of how you shower. When you get in the shower, wet your body and then lather a spa glove or gentle exfoliating glove with soap and wash your body thoroughly in a brisk, circular motion. Never use perfumed or cheap body washes in the shower. As you wash do not skip any part of your body except your face and vagina. (We'll talk about a special way to wash these areas later in the book.) Repeat this process two times making the second time more brisk, and finally make the last rinse of soap in cold water. This will close your pores and give you a burst of energy. Cleansing your body should be a sacred ritual that you take very seriously. Your health, happiness, relationship and even your money is all determined by your level of cleanliness.



Shanel's Tip

Instead of using a towel, use an ex-foliating spa glove or pad. Make sure you use natural, sulphate free soaps with little to no fragrance. Don't use common store-bought soaps that are as big as a gallon of milk, you may as well wash your body in Tide. They are full of chemicals and detergents that are harsh for the skin.





Keep Your Body Supple



Women from all over the world come to NYC to attend my Stiletto University boot camp classes where I give them direct, up-close and personal coaching sessions. One time, a student asked if I could help her remedy her “eczema” problem. She had a pretty face, but much to her surprise, I discovered she didn’t have eczema her face was just plastered with layers upon layers of dead skin. It was almost like she was wearing a mask of mildewed dead skin on her face. After exfoliation, you can imagine that she felt like a new woman! But there was nothing new; her beauty was hidden under old, dead skin. Just imagine what ex- foliation can do to your skin.

I urge all women to exfoliate every other day. We are living and breathing organisms and much like animals we shed skin. In order to remove dead skin, it’s important to exfoliate on a frequent basis. Taking a shower every day is a basic requirement for staying clean, but exfoliation takes your cleanliness to a bold new level. And unless you want people to call you “concrete face,” this is one habit that you should not ignore.

According to experts, your skin sheds dead skills at a rate of up to 50,000 cells per minute. That’s three million dead skin cells in an hour. 72 million dead skin cells in one entire day. Just imagine what that looks like under a microscope.

It's as if your body is a graveyard full of dead skin cells clogging your pores and suffocating your skin from breathing properly which can make your skin feel like concrete. Your rough, bulletproof body will do nothing but rip your bedroom sheets and make a man feel like he's sleeping with another man. To avoid being plagued with alligator skin, develop the habit of exfoliation.

Exfoliating removes layers of dead skin, ground- in dirt and the toxins that are in your skin. It renews your skin and gives it a smooth, even surface. Exfoliating keeps your body soft, supple and sexy overall.

Now, I've known women to exfoliate their beautiful pretty face but most women tend to forget about the rest of their body. Exfoliating your entire body can help prevent body acne, avoid ingrown hairs and help even out your skin tone. Most importantly, it helps you keep your skin hydrated, smooth and soft. This is the secret to keeping a soft smooth body.

Here are a few tips to help you exfoliate and keep your skin smooth like a lady:

- *Always exfoliate after your shower.*
- *Use sea salt, salt scrub, sugar, or some sort of granulated cloth.*
- *Use an exfoliator/pad and rub it on your body in a brisk, circular motion. Be careful not to scrub too hard or you'll begin to feel sore and turn your skin red.*
- *When finished, rinse it off thoroughly with cold water.*

Repeat this process two to three times a week in the shower. It will help increase blood flow to your skin and make you look better too.

It should take all of 5 to 10 minutes at most and you'll feel a lot better and a lot cleaner when you're finished. The important thing is to develop the habit to exfoliate on a consistent and regular basis. Write yourself a note and tape it on your bathroom mirror,

or if you're bold get a sheet of paper laminated and tape it inside your shower. I know you have a busy schedule, and I know you're overwhelmed with responsibilities, but take the time to exfoliate.

If you don't exfoliate, you'll have skin like concrete and a graveyard of dead skin cells sleeping on your body. When you fail to exfoliate your body collects the dirt, toxins and dead skin cells to give you rough, bumpy skin much like shattered glass.

Not only that, but you'll look dirty even if you just showered. But it won't be because you didn't shower, it will be because you didn't take the time to exfoliate. Give yourself permission to exfoliate, your skin will thank you and you can be sure that people will take notice.



Shanel's Tip

Create your own at-home exfoliator with pure, course sea salt or brown sugar. You can either use it on a wet body or add olive oil to it to moisturize your body when dry. Do this religiously. Not exfoliating is not an option!



Hit Them Heels



One of my guy friends had the opportunity to date a celebrity he admired very much. He was having the time of his life, until the day she wore sandals. He couldn't believe his eyes! How could

this beautiful woman with so much power and so much money walk in public with her feet looking this way? Her heels were nasty! Crusty, cracked and chapped like an earthquake hit her feet! It must have been a sad day when she realized why he stopped calling her. He told me "If she can't take care of her own feet, how can she take care of me?"

Use a pumice stone on your feet every other day. There are some men out there who make their entire decision about a woman based on her feet and how they look, so you want to make sure that yours look good.

As awkward as it may seem, it makes perfect sense. As a woman, you should be well defined, sharp and crisp from head to toe — from the inside of your pores to the last strand of hair on your head.

You go through all the trouble to take a shower, wear nice clothes, get an amazing hairstyle, but your feet still look like those of a caveman. Don't be the woman who never gets called again once a man has seen your feet. You don't want a man wondering if the rest of your body is in the kind of bad shape your feet are in. Take the time to take care of your feet.

But you're not reading this book just to attract men. You're reading this book to increase your self-worth as an extraordinary woman, right? Your feet carry you; they are the "car" for the rest of your body. If your feet were cut off due to a nasty fungus, I imagine you'd wish you took the time to take care of them.

Believe it or not, your feet collect dead skin faster than any other place on your body. This is because of your body's natural defense mechanism, so you have to pay special attention to this area.

You'll feel sexy when your feet and heels are soft! You will gain extra confidence from knowing every inch of your body is a perfect representation of who you are as a woman. Your feet should be as pretty as your face. When you carry this type of attitude, you'll be a lot more comfortable wearing those sexy stilettos.

The key to having soft, beautiful feet is using a pumice stone on a regular basis. If you don't have a pumice stone, go get one today! They cost on average of \$3.00 to \$15.00. It is an essential ingredient to have in your personal grooming kit, and I recommend every woman to keep a fresh pumice stone in the shower so it's convenient and available when you need it.

- *After you wash your body, take a pumice stone and get to work.*
- *Lift your heel up by standing on the ball of your foot.*
- *Put soap on your pumice stone and then scrub up and down and side to side on your heel until you feel a smooth texture emerge where the rough dead skin once was at.*
- *Be careful not to scrub too hard with excessive pressure as doing so can result in broken skin and bleeding.*

This process should take less than 10 minutes. But that's a small time to sacrifice to have soft, well-conditioned feet that are ultimately responsible for your daily survival, don't you think? If you don't pumice your feet as recommended, you'll have ashy and cracked feet like a lizard.

Don't make the mistake of thinking "it's not that big of a deal" because it is! You are an extraordinary woman with extraordinary standards for yourself; you need to take care of your feet the way you take care of your face. Your face will be seen by no one if your feet can't take you there. Having sexy feet is part of being a beautiful lady. It's not a chore; it's a responsibility that comes with being a beautiful, extraordinary woman.

From this day forward, it is my simple expectation for you to keep a fresh pumice stone in your shower and an extra one on hand at all times. Use your pumice stone every other day and keep your feet sexy at all times.



Shanel's Tip

After you scrub your feet, put olive oil on your feet, wrap them in plastic wrap, and put big socks on your feet this will help speed up the process and will leave your feet feeling soft and silky.



Smell Like a Woman Not a Girl



(And Don't Spray Perfume on a Dirty Body!)

My Auntie Pat's pores smell good. She's 55 and she is who I have gotten most of these woman habits from. She's been doing this habit for a long time and she always smells so good. Because she's been practicing this habit for so long, she smells good without having to put perfume on.

I urge all women to exfoliate every other day. We are living and breathing organisms and much like animals we shed skin. In order to remove dead skin, it's important to exfoliate on a frequent basis. Taking a shower every day is a basic requirement for staying clean, but exfoliation takes your cleanliness to a bold new level. And unless you want people to call you "concrete face," this is one habit that you should not ignore.

According to experts, your skin sheds dead skin cells at a rate of up to 50,000 cells per minute. That's three million dead skin cells in an hour. 72 million dead skin cells in one entire day. Just imagine what that looks like under a microscope.

I don't have to tell you how important it is to smell good. But I do feel obligated to tell you the importance of wearing perfume like an extraordinary woman. There's a difference between wearing body spray and perfume. Nothing is wrong with body spray from

your typical mall shops, but it can never compare to the power and confidence that comes from wearing a high-grade perfume.

Don't think of perfume as a simple way to smell good, think of it as an extension of who you are. After all, no matter where you go — you'll either smell good, smell bad or you won't smell at all. But we're not here to discuss the ordinary, we're here to help you cultivate the habits of an extraordinary woman, the type of woman that turns heads and leaves lasting impressions. Because that's the standard you've set for yourself. (Obviously, or you wouldn't be reading this book.)

So this Woman Habit is to develop the habit to only wear Eau de Parfum. It's going to become an essential part of your newfound womanhood. Wearing a fragrance has the power to make you feel more sophisticated, sexy, playful, chic and important. Your scent speaks to who you are.

You've probably noticed that many bottles contain the words Eau de Toilette while others say Eau de Parfum, it's important to understand the difference. Men and women's fragrances have different concentration levels of aromatic compounds. The higher the concentration is, the more powerful the smell will be, the longer it will last, and consequently, the more it will cost.

Eau de Parfum contains the highest level of fragrance and perfume concentration available. Eau de Toilette, not to be confused with Parfum de Toilette, contains a lower level of fragrance concentration and is typically a more affordable option. However, it literally means toilet water—so that should give you a clue as to where it comes from and why it's so much cheaper.

Eau de Parfum is pure perfume. It has a fragrance concentration between 10% and 20%; therefore, it's more powerful and lasts much longer. Yes, it's more expensive and typically only made by the best, high-end brands, but it's worth every penny.

Your body deserves the very best; therefore you should have at least one bottle of Eau de Parfum in your fragrance collection

at all times. You'll probably reserve it for formal events, nice romantic dinners or those special events where you need to make a statement. If you are in upper management, work in an executive or senior office, or have any high power role it is imperative that you invest in Eau de Parfum. It's your responsibility to set the pace and set the standard as a leader. And even if you don't—it's your responsibility as an extraordinary woman to smell like one.

If you must buy Eau de toilette then make sure that you buy a top brand on the higher end of the spectrum. A typical Eau de Toilette may cost between \$55 and \$95, and any basic department store will have a wide selection to choose from. But most popular Eau de Parfums are sold in higher end boutiques and department stores and often times have to be ordered or purchased from another country depending on where you live.

Now I know that some women may disagree with me on this one, but never wear body mists or body sprays. This is because when you wear body sprays you run the risk of drying out your skin because they contain a lot of water and alcohol. More importantly, the scent typically evaporates very quickly. So, if you were to attend a gala event or a 4 hour date with a man, your scent would evaporate within the first 30 to 45 minutes, then you wind up smelling like air.

When people ask me why I don't recommend fruit smelling body sprays, I always answer "You're a grown woman—why would you want to smell like a bowl of fruit?" Maybe letting go of body sprays is too much to bear; Fine, then use them as air fresheners. Wear them around the house or mist them on before bed, but begin a collection of perfumes that speak to your essence of being a woman.

This also means you'll take delicate care to choose general fragrances that you can wear at any time to appease yourself, those around you and of course the man in your life. In other words, every woman should have a fragrance collection. You may have only one type of soap, but a woman should never have just

one fragrance in her collection.



Shanel's Tip

I have “Secret Sprays” which is where I apply my perfume. They’re pressure points—the creases of my elbows, behind my knees, the middle of my stomach, between my breasts, and in my hair. (Your hair holds scent really well.) Also, you should buy small bottles because you don’t want it to get stale, and you can infuse olive oil with the eau de parfum and turn it into body oil as well.



Zip it up



At Stiletto University Boot Camp in NYC, I teach students how to stand and walk in an 8-count. One day while walking down the street in regular clothes, one student received the surprise of her life. A random guy stopped his car, got out and walked up to her and said he'd never seen anyone walk so confidently in all his life. He wasn't trying to hit on her; he just wanted to compliment her. He said "I just want you to enjoy your day" and handed her a \$100 bill. Her powerful walk and confident demeanor attracted the man that complimented and that \$100 bill to her. How you sit, stand, walk and talk says a lot about who you are as a woman.

Every single thing you do with your mind, your words and your body has a vibration that attracts things and people to you. When you walk and talk with confidence, you attract things with confidence.

When you slug around and walk carelessly, stand like life has beat your spine in half, like you have been whipped and beaten with chains for the past 10 years of your life or when you can barely stand up straight for longer than two minutes because your feet hurt, you are attracting weak energy into your life.

Now, I have no reason to believe you're a lazy, careless slouch. But in 7 out of 10 cases I find women standing like slouches, sitting like slouches, and walking like hunch backs. This attracts weak energy into your life.

Your mother probably told you a million times "sit up straight"

while eating at the dinner table. But this same habit of having good posture should be carried with you every day throughout the day. Whether you're walking, talking, sitting or standing it's critical to have good posture! Not just for "looks" but to maintain a healthy body as well.

According to research, there's a link between neck muscles and the brainstem that regulates blood pressure and heart rate. If that's not motivation to sit up and walk straight, I don't know what is. Believe it or not, when you have poor posture you are minimizing your body's ability to pump blood through to your heart.

From the outside, you beautiful, sexy, and powerful! People are looking at you and admiring you just because you're a woman! Isn't it amazing that you can attract so many wonderful people, just because you're a woman?

I find it amazing, that's why I urge you to develop the habit of keeping good posture at all times. Pay attention to your posture, because people are paying attention to you. Be a woman full of grace and elegance.

The word poise means a dignified and self-confident manner or bearing; composure; self-possession. I also talk a lot about "visual poise," which means you look physically well groomed and put together. You've probably heard people say that looks don't matter, but they do matter because that's what people see.

Believe it or not, your confidence actually manifests itself on the outside; so standing tall, being graceful in your movements and knowing how to have an irresistible, sassy sway to your walk is very important.

In my boot camp, I teach three important posture tactics:

- **The T-Stance:** Your feet are in an upside-down T. Your right foot lines up its big toe with your ear. Your left foot lines its

big toe with your nose. You have a slight bend in your left knee which gives you a graceful stance.

- **Zip It Up:** I tell my students to imagine they have a zipper from their big toe to top of their head. As they “zip” this zipper, they need to keep their stomach muscles tight, their leg muscles activated and their body movements need to be controlled. To keep yourself zipped up throughout the day, imagine you have a string coming out the top of your head and I am always pulling on it. (And imagine you can hear my voice saying “zip that body up.”)
- **Tummy Tuck:** To do this, you need to keep your pelvis tucked under. If your pelvis is out, it’s bad for your back and makes you look like a bird when you’re standing. Keeping your pelvis under also helps to keep your tummy muscles tight.

Following these principles will allow you to breathe easier, increase your endurance and safe-guard your spine.

It isn’t about being pleasing to the eye or standing like a TOP-MODEL or a mannequin all day. Posture is about representing yourself to yourself, having your own standard of being firm, crisp and tight. What’s the point of putting on make-up, reading, showering or wearing perfume if you walk through life with bad posture? Or worse yet, you stand there with a slump in your back.

You may be comfortable slouching today, but 40 years from now you’ll walk bending over and look like the Hunchback of Notre Dame. But that’s 40 years from now; in the meantime you misrepresent yourself when you have bad posture.


You are blessed to stand on your own two feet, so have the pride to stand as a lady. I’ve given you three powerful tips you can use immediately to help increase your posture, practice in the mirror today and put them to good use. Stand tall and be extraordinary! The next time you go out in public you’ll probably notice a little girl looking at you. She’s watching how you walk, what you say and how you carry yourself and you can bet she’s taking notes. What are you teaching her?

Look confident wherever you are with whatever you're doing. Having good posture will also keep your muscles activated and strengthened. You'll carry a magnetic, intriguing look because your clothes will sit properly on your body — a perfect complement that helps you come across as flattering, striking and amazing. Regardless of what figure you may have, you can improve the way you look in your clothes with proper posture.



Shanel's Tip

Stretch daily so that your body remains flexible and fluid, which adds to visual poise.





Stiletto Flow



I was out walking the other day and I saw this poor girl trying to walk in a pair of heels that were obviously not her regular footwear. Let me tell you, it was pitiful. She couldn't stand up straight, and there was no fluidity in her walk. Her legs were stiff and she just looked so uncomfortable and so unattractive. I really did feel bad for her, but I couldn't help thinking how much like a bird she looked, walking that way; a sad bird, but a bird.

You do not want to be the one people feel bad for when they watch you walk in your stilettos. And worse yet you do not want to have a pigeon walk. If you keep your ankles and your knees flexible, you will never look like a bird in your favorite heels.

Stretching, working out and doing the butterfly stretch every day will keep your ankles and knees flexible and should be incorporated into your morning workout routine. In order to do a butterfly stretch, follow these instructions: kneel down on the floor and sit on the back of your heels, open your knees as wide as possible and then slide your feet from under your hips and allow your butt to sit on the floor. Once you are in this position, lay your torso backwards on the ground and reach your arms up above your head.

Stay in this position for 10-15 seconds. Sit back up, and then do it again 3-4 times. It may seem difficult at first but you will get more and more flexible over time.

If you do this exercise regularly you will get a loose, dainty, flexible

and fluid look, and you will keep your thigh muscles tight and strong too. And best yet you will feel so sexy and powerful in your stilettos. If you don't do this habit, you will look awkward and choppy in your movements and it will hurt to walk in Stilettos. And that's just sad.



Shanel's Tip

Do this exercise when you do your daily check-ins with yourself. (See Woman Habit #





Drink Up



Have you ever heard about water weight? I am sure you have, but did you know that we all carry it? Water weight sits in our bodies and gives us mountains and skyscrapers of fat pockets to contend with. However, you should know that one of the best ways to get rid of all of that extra water we're carrying is by drinking more water. How much water Shanel? LOTS! My assistant can tell you firsthand she lost 22 pounds of water weight in three months; let me tell you how.

Did you know that your body is made of 70% water? Water makes up more than two thirds of human body weight; because of this, staying properly hydrated helps with digestion and oxygen circulation and it also flattens your tummy, cleans out your colon, and prevents your pee from smelling like beer.

Without water, we would die in just a few days. The human brain is made up of 95% water; therefore, just a slight drop in your water supply can easily cause dehydration, memory loss, and difficulty with elementary tasks.

If you grew up in a house like I did, you probably heard the phrase "drink some water" more than a few times. It was annoying then, but now that you're an adult it's critical to understand the importance of your personal water supply.

The simple habit of drinking plenty of water will help you avoid getting dehydrated, fatigued, sluggish, constipated, and bloated. Another reason why water is so essential is that without enough

water circulating through your system, the toxins will stay in your system and cause your skin to break out.

Mild dehydration is also one of the most common causes of daytime fatigue. It's been estimated that seventy-five percent of Americans have mild, chronic dehydration. How so? It's simple, a lack of water. Your body needs water like your computer needs the internet. Without it, you're screwed.

Water serves as a lubricant in digestion and almost all other body processes. It also lubricates our joints and cartilage and allows them to move with greater flexibility. If that isn't enough, water also helps regulate body temperature too.

Our bodies can prevent over-heating through perspiration from sweat glands in the skin as well as from evaporation which produces a cooling effect on the surface of the skin. Blood is also routed into arteries close to the surface of the skin where it can be cooled and then carried back to the interior of the body to help cool off the bodies' interior. Conversely in a cold environment, the skin maintains proper body temperature by shunting the blood away from the exterior surface thereby conserving heat within the body.

Drinking clean water is one of the most important steps in regaining your health. I recommend purified water instead of tap water because tap water increases the risk of contamination.

Women who drink water are more likely to have a lower calorie intake as well as a healthier diet pattern. What this means is, if you commit to drinking water instead of three drinks filled with sugar for an entire year, you could reduce over six-thousand grams of sugar and eliminate 24,336 calories.

I suppose most women will skip over this small fact; however, the small few who are serious about keeping their body tight, will tape this on their refrigerator and find themselves releasing pounds very, very quickly.

How much water should you drink per day? There's a simple and well known formula I use to determine how much water I drink every day. Drink the amount of water each day that is equal to half your body weight (in ounces). To calculate your body weight in ounces, take your weight and simply divide it in half.

That number is the number of ounces of water you need to drink every day. For example, let's say you weigh 140 pounds. Half of 140 is 70; therefore, you need to drink 70 ounces of water each day which is about six 12-ounce bottled waters.

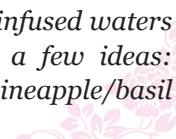
If you don't want to buy a case of bottled water, then you can attach a home water filtration system to your kitchen sink to remove toxins and pollutants from your tap water as well. If that's still unreasonable, you can boil a pot of water and get much of the same purification effect as you would from a filtration system.

Remember to drink clean purified water every day to eliminate toxins and maintain extraordinary overall health! Nothing is sexier than a woman who drinks plenty of water. Just look at her skin, it's usually flawless!



Shanel's Tip

If water is bland and boring to you, make infused waters with fruits, veggies, or herbs. Here are a few ideas: strawberry/mint, lemon/cucumber and pineapple/basil are a few great combinations.





Peel off Your Bitch Face



Have you ever interviewed for a job you KNEW you were qualified for—you had the education, the skills and the experience—but you still didn't get the job?

Did you shake your head when you got the news, completely baffled and certain the job winner must have been related to someone inside the company? A friend of mine is an HR director for a Fortune 500 company, and she told me she doesn't look at the resumes. She bases her judgment solely on the applicants' faces—is there a look of happiness and satisfaction on their faces? Maybe that's why you didn't get that job; a smile goes a long way.

Although a smile may help you land that job, this habit isn't about getting a job — it's much more powerful than that! When you develop the habit of smiling, you open up a world of power for yourself and others around you!

Nothing is more attractive than a woman who smiles. Even if you take all the time in the world to put on make-up, keep your face pretty, avoid pimples, brush your teeth, and get your hair done without a smile it's just another pretty face.

Consider that a smile should be a part of a woman's face. Some of the prettiest women in the world could be ten-times prettier if only they would smile and keep a pleasant look on their face

even during times of trouble. A smile is contagious! Understand that when you smile, you encourage others to do the same. When others smile, it creates a great energy and vibration around you that is contagious.

The act of showing your pretty smile draws people to you because it makes you more approachable and more likable; it also determines your way of being.

Studies have shown that people who smile have lower heart rates and lower stress levels. When you smile, you significantly increase your positive feelings and decrease feelings of stress and anxiety.

Most intriguingly, a small difference was noted in the self-reported stress levels of the groups after the ice water task. Although the amount of positive feelings that participants felt declined for all participants after putting their hands in the ice water, the decline was slightly less for those with a smile on their face than those with neutral expressions.

To learn how to smile like an extraordinary lady, follow these tips:

1. *Keep a pleasant look on your face at all times.*
2. *Make sure it's a relaxed look, not strained or forced.*
3. *Try to keep soft cheeks and peaceful smirk on your face at all times.*
4. *Don't walk around looking like you're sucking on a Sour Patch Kid.*
5. *Check in with yourself and ask "what is showing up on my face."*

I'm not suggesting for you to grin in everyone's face all the time. That might seem outright creepy! But I am recommending for you to smile, cheerfully from the bottom of your heart whenever the opportunity arises.

Despite what you may think, there's always something to smile about at each moment in life, even in your worst moments. When it's hard to smile just remember a few things and you will

be smiling again before you know it.

Smile because the bad days won't last forever. Smile because you still have the opportunity to change your future if you don't like the life you currently live. Smile because yesterday is over. Smile because someone loves you. The reasons to smile are endless.

Smile because you know the truth, even though it hurts. Smile because the sun is shining. Smile because your favorite TV show comes on TV this week. Smile because your parents love you. Smile because you have the opportunity to further your education. Smile because you have this book. Smile because you're a woman!

If you aren't smiling then you're being someone you don't want to be. You'll walk around with an ugly face and miss opportunities because your scarecrow face scared away the people who wanted to approach you. You'll also create crow's feet and wrinkles, something no woman wants.

Most importantly, you become less attractive. Therefore, you'll attract more things that make you frown.

Worst of all, you can end up with ugly-face syndrome, which you definitely do not want. Ugly-face syndrome is when your face is permanently ugly from frowning all the time. Do you know women with that syndrome? Of course you do. You don't want to be that woman!



Shanel's Tip

If there is nothing in particular to smile about at the moment, in the words of the famous Tyra Banks, "You have to Smize!" Smile with your eyes. These are great words of advice.



Value Your Vagina



You vagina is sacred. It's the source of all pleasure, and very often the source all pain. But most importantly, it is the source of life. Therefore, taking care of your vagina is an absolute must.

What I'm about to tell you may be contrary to what you've been taught; but if you give me an opportunity, I am certain you (and your lover) will be more satisfied with your vagina.

The reason you wash your vagina externally is to remove waste and germs.

Despite what you've been told, you should wash your vagina every time you take a shower. However, you absolutely should not wash your vagina using standard products. Do not use sprays, scented soaps, douches, scented tampons, powders, or scented pads. And you should never **EVER** use soap in the inside of your vagina. Your vagina is the one part of your body that has a natural cleansing system that you should **NEVER** tamper with.

Your vagina has a natural internal cleansing process. When you try to interfere with the internal cleansing process (like by douching), you throw off your natural PH balance which can easily result in BV (bacterial vaginosis) or a yeast infection. If you would like, you can get some special soap made using honey, glycerin and vinegar. Do a little research and see if you can find a soap maker in your city.

Here is the healthy, effective process for washing your vagina like a lady:

- 1. Use unscented soap and only on the outside of your vagina. NEVER was the inside with soap.*
- 2. Use clean hands, not a towel or a rag.*
- 3. Wash your body first keeping your regular soap away from your vagina.*
- 4. Use your palm to wash the outside of your vagina, if you have pubic hair, lather it up well.*
- 5. Take your index finger and clean the inside of your lips, NOT the inside of your vagina.*
- 6. Rinse your entire vagina with warm water.*

Use a cup or extended nozzle to spray the water directly on your vagina. Never use a towel to rinse off the soap.

Thoroughly pat your vagina dry. And make sure the inside lips of your vagina are totally dry. Leaving moisture inside of your vagina can cause an infection.

Remember how we talked about the importance of exfoliating your body two to three times a week? (Woman Habit #23) The exfoliation process keeps layers of dead skin from accumulating on your body. In addition to normal exfoliation, you must also exfoliate your vagina as well.

If you don't exfoliate your vagina, it becomes a breeding ground for infections, either from not washing it properly or not washing it enough, which is both unsanitary and uncomfortable. Your vagina also sheds skin just like the rest of your body. And over time it will begin to look like a tree bark of piled on dead skin. Which is not sexy at all and not only is it ugly for you to look at; it's also an extreme turnoff for men as well.

Here are three simple steps to exfoliate your vagina:

1. *Use sugar (It retains moisture.) Mix it with a little olive oil.*
2. *Scrub your outer lips in a gentle circular motion (and only your outer lips) and between your legs for 30 seconds.*
3. *Rinse the sugar off.*

Wash your vagina as instructed above and dry off.

**Shanel's Tip**

Do squat cleaning. If you have the time and energy, after you pee, take a clean hand, lather it, and wash the outside of your vagina. Remember the #1 vagina rule: nothing goes in your vagina except clean fingers, clean penises, clean toys, unscented tampons, or a doctor's instrument.



Pee like a Lady



There is nothing more disgusting than hearing the woman in the stall next to you let out a long, hard, stream of urine into the toilet bowl. It sounds like she's a fat racehorse peeing into a bucket of water. Then, when she gets out, she doesn't flush, doesn't wipe and leaves a lingering scent of male piss mixed with corn nuts. It's disgusting!

Are you this woman? I don't think so. Even if you take the best degree of care while you pee — meaning you wipe properly and are careful not to sound like a giant water hose — there's still more to peeing like a lady besides controlling the sound.

Here are a few ways to properly pee like a lady (and avoid a UTI):

- ***Wash your hands before you pee*** - This keeps your contact with outside germs to a minimum.

When you pull down your pants or clothes, make sure they are not dragging on the floor - It's filled with other peoples pee, germs and dirt from the bottoms of their shoes. You don't want to pull that nastiness back up onto your body so be sure that your clothing does not touch the floor at any time.

- ***Sit Properly*** - When you sit on the toilet to pee, tilt your body all the way forward and scoot to the edge of the toilet seat and get on your tippy toes to prevent the loud, obnoxious pee noise.

(Be careful not to sprinkle while you tinkle.)

When you're done, rinse your vagina with water and wipe, making sure you wipe from front to back. (Carry a small bottle of water in your purse at all times and refill it after each use or keep a flower pot or a cup filled with water in your bathroom next to the toilet.) Although this may sound strange, an extraordinary woman should never have dried up pee or poop left on her body.

- ***Pat the tip of your urethra dry*** – Always pat yourself dry first and then use toilet paper to wipe your vagina dry, again from front to back—never wipe from back to front. You can drag fecal matter and germs from your backside into your vagina that can cause an infection.
- ***Be sure to flush*** - And as you flush, flush away your negative thoughts at the same time. This is a good habit to get into.
- ***Thoroughly wash your hands with warm water and soap*** - Rub your hand together and clean under your nails for at least 30 seconds. (Or just sing the entire happy birthday song in your head and wish yourself a happy birthday. Its 30 seconds to be ex- act.)
- ***Spritz the room*** - When you're done, spritz the room to leave it inviting for the next person, its only polite.

Does this seem over the top? It may. But consider waking up with a yeasty, itchy vagina for days and weeks at a time. A yeasty, itchy foul smelling vagina that is so filled with bacteria, you develop boils inside the folds of your vagina walls. The disgusting, improperly cared for vagina is floating through the air with each step you take in public, god forbid you have on a dress.

When you don't pee like a lady, you get man results. You walk around with leftover urine and trickles of feces on your body. Nasty germs and bacteria that multiply to create and in turn create a horrifying odor; and to make it worse, you may be completely

unaware of how you smell because your nostrils may have become “familiar” with the scent. Take this habit serious! Your vagina and your life are worth it.



Shanel's Tip

Drink lots and water to flush your- self out so that you pee often and so that your pee is clear and free of odor.



Public Peeing



Don't be alarmed. You don't have to bring potpourri, incense, vanilla scented candles and matching bath towels public restrooms. But it is a nice gesture to leave a public restroom the way you'd like to find it.

For example, you flush the toilet at home, why wouldn't you flush it in public? You wash your hands at home, why wouldn't you wash them in public?

If you're like me, you've probably asked yourself this question a thousand times. There's nothing worse than being in a rush to use the restroom, only to find it looking like a pig sty. You are immediately greeted by the foul stench of rotten urine, the sight of toilet paper on a wet floor, drops of pee on the edge of the seat, and an un-flushed toilet full of half yellow and brown juices.

The sad fact is some nasty women don't care to leave it clean because they figure it's not their house. As long as they can "do their business" without soaking their own pants they could care less how they leave the scene. How selfish is that?

Even if you don't know the lady who walks in after you, I recommend for you to make it a habit to leave public restrooms as you'd like to find it. As a way of respect to yourself, and to other women, it's important to lead by example — do whatever you can to make the restroom experience presentable for the next lady who enters after you.

Here are a few tips to help you ease your public restroom experience:

- 1. Keep a small spray in your bag and spray the bathroom when you come out regardless of what you did in it. (Remember that body mist that you're going to stop putting on your body? Well your purse is a great place to stash it for times such as this.)*
- 2. Wipe off the toilet seat to make sure you haven't left any pubic hair or sprinkles from your tinkle.*
- 3. Don't sprinkle when you tinkle. (See "Pee like a Lady" Woman Habit #31.)*
- 4. Make sure there's no toilet paper, tampon wrappers, etc. left behind.*
- 5. Leave the toilet paper roll full. If it's empty, replace the roll (always making sure the tissue rolls from the top).*
- 6. When you poop, flush as you go and eliminate excess odors by keeping a book of matches in your purse. When you're done, light the match and blow it out, allowing the smoke to dissipate over the toilet. (Make sure you throw away the match stick.) This little trick will immediately kill possible poop odor that could be left behind.*
- 7. After thoroughly washing your hands (See "Pee like a Lady" Woman Habit #31.) wipe off any sink wetness that is left behind.*
- 8. If the entire bathroom is just overall messy, take the initiative to clean it up. Is that your job? No! But it is a kind gesture for the other ladies that will enter behind you, and it will come back to you in many amazing ways.*

The way you leave your bathroom or any public restroom says a lot about the way you lead your life.

Realize that everything you do has energy and is always reciprocated back to you in some sort of way. So leaving the bathroom tidy and fresh is not only considerate for the next person, but these simple actions will also come back to you in incredible ways.





Keep a Pretty Pussy



(To the Preference of Whomever Has Access to It—and Don't Shave)

The vagina is actually a work of art and you should treat it that way. Make it a habit to keep your pussy pretty. I know it sounds a little vulgar, but necessary to drive my point home. You never know when the time or mood will come for you to share it with someone else, make sure it is pretty.

You may be preparing to wear a swimsuit or preparing to wear lingerie or maybe even a thong; no matter what the case may be, even if it's just you, yourself and you, I highly recommend keeping your pussy pretty at all times.

Follow these guidelines to keep your vagina inviting:

1. Consciously choose a look for your vagina. It should be pleasing to the person who has access to it (you) or the person you give access to (your man or your lover).
2. Depending on your preferences, keep it as groomed as possible. (For example, trim the hair evenly if you prefer to keep your hair.)
3. Change the texture of your hair by waxing it off, then growing it back in.
4. Only use hair removal cream on your inner thighs. NEVER use

it on your vagina!

5. If you do wax off some or all of your hair, after showering massage olive oil on the outside of your vagina to moisturize the skin. (Be careful not to use too much, you don't want it to go inside of your vagina.)
6. If you choose to have hair then you must wash it briskly like you are washing the hair on your head. It holds bacteria and odor like a sponge and should be washed every time you shower.
7. If you do have hair, use a small comb to un- tangle the hair before you put on your panties. Having a dread lock growing from your lady part is completely unattractive.
8. Never shave, instead use wax or an electric shaver to remove your hair.

I know it may be shocking to discover I don't support shaving, but it can be extremely messy and also makes your hair grows back extremely fast. It can also make ingrown hairs much more common. This is your vagina, the most delicate part of your body; so, I prefer waxing. As an extraordinary woman, you must go to extraordinary lengths to give your body the proper care it deserves.

You wouldn't give a Mercedes regular gas, so don't give your vagina regular \$.99 treatment. You're worth more than that and your vagina de- serves a higher caliber treatment than to be scratched to death with a sharp razor blade.

If you want to look good and feel good, take the time and energy to get the proper care which you can accomplish by waxing.

When you wax, you can remove all the hair you want without scraping your vagina into bits. If you're worried about the cost of going to the spa or salon, don't be afraid it doesn't cost as much as you might think.

There are do-it-yourself kits for home use available everywhere as well. If you've never tried a wax, I recommend getting one done professionally before you attempt to do it yourself. You'll enjoy the experience and have a better understanding of what you like, how to do it and what you want to be different.

From this day forward keep your pussy pretty. You are blessed with the privilege to be a woman; you can respect yourself and those who see it by keeping it pretty. Keep it as pretty as you would keep your face, especially if you like to have someone else's face down there pleasing you, and I am sure that you do.

If you don't follow the guidelines in this habit then your vagina will look like an ugly mess. You can also potentially hold on to germs and infections if your hair is too long and you could even carry a smell.

Most men would prefer if you were vagina hair wasn't longer than his beard so find out his preference and be sure to honor his wishes.



Shanel's Tip

Spray perfume on your inner thigh—but make sure you keep the chemicals away from your vagina! The heat from your body will warm up the fragrance for you (or your mate) to enjoy every time your lady parts are open for business.



Tasty Lady Parts



An old boyfriend of mine surprised me one day when I came back from a workout covered in sweat and he started kissing my shoulder. I was like, “What are you doing? I’m all sweaty and nasty!” He said but you taste so sweet, what have you been eating? Of course that wasn’t the time to tell him, so I told him “keep going” instead.

You probably don’t make the habit of tasting yourself on a daily basis. But there’s no doubt in my mind, you love having a man’s face in between your legs. However, if you’re among the 1% of women who doesn’t experience amazing cunnilingus on a frequent basis, then you are about to get the awakening of a lifetime.

This is a simple habit that transforms the taste of your vagina from ordinary to extraordinary. Your man will be more inclined to devour your body, if you have a natural sweet smelling odor and taste. But what many women don’t know is that their vagina secretions are affected by your diet.

Hamburgers, onions, pork and many spices will turn your vaginal juices into a skunk smelling stench like green eggs and ham. This is unacceptable for the extraordinary woman. The extraordinary woman goes to great lengths to not only enjoy frequent oral pleasures, but she makes sure her lover enjoys the experience of her body as well and will do whatever she can to ensure this.

By making simple changes to your diet, you can improve the taste of your juices making you taste like a sweet tasting honey nectar. Your lover will find it almost impossible to resist tasting you, pleasing you from head to toe.

To make your lady parts taste sweet, all you have to do is just eat fresh pineapple every morning. There is a chemical in pineapples that when it's secreted by your body, makes your lady parts taste sweet.

Also remember the importance of hydration! Water flushes out toxins and helps you stay moist like a Niagara waterfall! Following these steps will keep your candy tasting like candy.

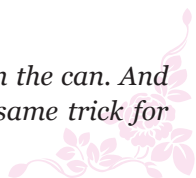
If you're still skeptical, think about it this way, you want to give your man a treat so when he has oral sex with you, it's yummy and delicious. Which means you'll both have a longer and more enjoyable experience.

If you don't eat pineapples, your lady parts just taste like lady parts. Although that's not a turn off, it always helps to surprise your man and go above and beyond.



Shanel's Tip

Eat only fresh pineapple, not pineapple in the can. And have your man eat it as well; it does the same trick for him.





Vagina Workout



Your vagina is nothing but one big muscle; therefore, the stronger it is, the better it functions (if you know what I mean). You can strengthen your vagina by squeezing your kegel muscles for 10 minutes each day. If you do not know what your kegel muscles are, they are the muscles you use to hold your pee.

When you do this exercise you will have more control during sex, which leads to stronger orgasms. Plus, this exercise keeps your lower body tight, and your body zipped up too.

This exercise is easy! All you have to do is squeeze and release your kegel muscles over and over again for 10 minutes a day. Pretend like you're in the middle of peeing and you are shutting off the flow in the middle of it. Those are the muscles you're targeting.

You can make this exercise work harder by doing spread eagle squats while squeezing your kegel muscles at the same time. Spread eagle squats are where you drop your body down into a squat except your legs are pointed outwards and on the way back up, pull your body up using your vagina muscles versus your leg muscles.

Over time you will build strong vaginal muscles that will make your man feel he's in heaven when he's inside of you. And not only is it good for him, it will intensify your pleasure and help you have

deeper more powerful orgasms too. If you don't follow this habit and do this exercise, you will have a loose vagina—especially after having children. And that's no fun at all for either one of you.



Shanel's Tip

Do 10-20 spread eagle squats in the mornings. It's a great way to stretch your legs and get your body moving. You should also set an alarm on your phone reminding you to do your kegel exercises throughout the day. Remember, you can do them at your desk and no one would even know.



Know Thy Clitoris



If you don't take time to know your clit, you do not know thyself! Your clitoris is the gateway to the highest form of ultimate pleasure a woman can possibly experience. Unfortunately, few women enjoy this amazing pleasure because their clitoris spends most of its time locked away in a dark, dry dungeon called panties.

Your clitoris is actually a smaller version of a penis and it has a personality all of its own. Take time to let it free and get to know what pleases you.

Before you stimulate your clitoris make sure you set a soothing and relaxing atmosphere. Get yourself in a sexy, erotic mood. This may seem basic, but when you're all alone it can be extremely frustrating to stay in the mood without the help of a partner.

Once you've set the mood, it's time to get turned on! If you're comfortable with yourself then you probably know what to do to reach peak arousal. If not, you'll have to experiment to find out what you like and don't like.

Some women can be aroused by stimulating their clitoris, while others have to get warmed up before they feel comfortable enough to stimulate their clitoris. Do what's best for you, don't rush it and don't set huge expectations for yourself.

Remember, it's your body and there is absolutely nothing wrong with getting to know your body. When you're fully ready to stimulate your clitoris there are a few tips that can help you reach

a breath- taking orgasm.

Think of your clit as a tiny penis. It's very sensitive. Stroke it up-and-down, round and round, back and forth or if you prefer you can also use a vibrator if you like added stimulation and vibration. Some women are extremely sensitive and may find the vibrator too powerful for direct stimulation; if that's the case you can cover your clit with a towel and stimulate the clit through the towel to reduce the power.

In 99 out of 100 cases your clit will need direct stimulation by you or your partner in order to experience a clitoral orgasm.

The best sex positions for clitoral climax are the cowgirl (you on top) and doggy style positions.

While you're on top of your man, you can reach down and rub your clit while giving him good amazing sex. If he's sexing doggy style he can reach between your legs and stimulate your clit or you can reach down and rub it while he stays focused on you.

You've probably heard of a clitoral orgasm and you've probably even tried it before, but I recommend enjoying maximum, extraordinary sexual pleasure every time you have sex. That means you should be enjoying a clitoral orgasm every time you have sex.

Don't leave your clit hanging! Enjoy a clitoral orgasm once a day for increased sexual health and sexual pleasure.



Shanel's Tip

When you're being sexual, decorate your pussy. You can take a sparkly necklace and let it hang from around your waste, or wrap a long string of pearls around your inner thighs and across your vagina. It will surprise your man and give the same effect as you getting all dress up for date.



Panty Replacement



The habit of “Replace Panties Often,” requires a very serious approach. Too often, I find women not taking their personal hygiene seriously for reasons that just don’t add up. Today, I’d like to give every woman a serious wake-up call about the importance of replacing their panties often.

Imagine a mother, Susan who is smiling and holding her 9 month old baby in the air for her friends to see. Her precious little girl is glowing with a soft innocence and happiness that fills the entire room with joy. However, three minutes later Susan realizes it’s time to change her baby’s diaper but in stead of changing her she does the unthinkable.

While talking to you she takes off the diaper and takes it to the kitchen sink and washes it with soap and water. You’re shocked and horrified! What is she thinking?! There’s a fresh pack of diapers lying right next to you, but clearly she insists to use this one for some reason. She says “She’s had this one on all day, she has six more in the room but I really don’t open the new ones until she wears this one out.”

What would you say about this mother? You’d probably think she was an unfit mother and call child protective services. Her child deserves better care.

Yes, I know you would. But some of the same women who can understand this perfect scenario are walking around doing the

same exact thing because it's been six months since they've bought new panties. Today, at this exact moment someone you know (maybe sitting right next to you) is wearing nasty panties filled with germs, bacteria and all types of other foreign objects invisible to the eye.

Your panties are a breeding ground for bacteria because they collect discharge, sweat, and germs every day you wear them and every time you go to the bathroom. There isn't a washing machine or laundry detergent on earth that can get rid of all that bacteria. With each new day you wear them, each time you sweat in them, each time you use the restroom especially with your bowel movements you pile on more and more mounds of bacteria. You can see how this can be quite nasty as time goes on.

Your washing machine can get them clean yes, but they will never be as clean as they were the day that you bought them. If you're still wearing six month old panties you could just as easily squat down and soak your vagina in a bathtub full of infested bacteria, because those old panties are being strapped back to the same vagina to reunite with more new bacteria.

Do you think your carpet will ever be as clean as it was the day you moved in your home? Absolutely not! So why would you treat your panties the way you treat your carpet? Let me answer that question for you. You shouldn't!

This is one of the essential, fundamental habits every woman should have; unfortunately, many women I come across are more interested in the "cost" of new panties, or their false belief that they can simply wash the germs away in the washing machine.

This is completely unacceptable! Please throw out your old panties and buy new ones every three months.

If you do this correctly you can catch seasonal sales and get anywhere from 30 to 50% off each new pair, so you'll save a lot of money and build a nice collection as well. Don't think you can't afford it? What you can't afford is yeast infections growing in your vagina or

hospital visits and a beat-up vagina that never gets touched, licked or sexed because you were more concerned about spending \$75 to \$200 on a new set of panties.

But buying new panties is just the first step; after you have them you must wash them before you wear them. This is an often overlooked step. But you washing them will remove the dyes, dust, and dirt that have collected during their time of sitting on the racks at the store.

I recommend washing them using Woolite or some other gentle and unscented detergent. Always wash your panties on a gentle cycle and completely separate from your regular clothes too. When it's time to dry, lay them out flat to air dry instead of putting them in the dryer. This will maintain their condition and elasticity longer and will help keep them in top-notch shape so you feel sexy, confident and comfortable when you wear them.

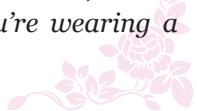
When you don't replace your panties on a regular basis, you continuously recycle germs which can result in recurring yeast infections, BV (bacterial vaginitis) or other nasty infections that you don't want, trust me. Plus, after a while your panties just become dingy, worn out and faded and let me tell you; that is not sexy.

Your man would probably be so happy he's start doing back flips if he didn't have to see the tattered up, dry rotted panties that you often wear anymore. You may have to ask yourself what is more important: getting your nails done or taking care of your vagina. I can assure you that taking care of your vagina should come before getting your nails done.



Shanel's Tip

Buy panties with a cotton crotch so that your vagina can breathe. If you are bold enough to do so, go without, there's really no reason to wear them unless you're wearing a skirt or you're on your period.





The Panty Line No-No



If you want to attend the Stiletto University Boot Camp, you have to agree to wear the uniform. The uniform is spandex, and if you come to my boot camp and I can see your panty lines—you're going to take them off and go without anything on between you and the spandex. Think I'm kidding? I've made students do it before, and I'll do it again if I have to.

No matter how great your butt looks in a nice pair of jeans, panty lines are an automatic turn-off for most men. Make the habit to wear seamless panties or thongs and do not, under any circumstances wear granny panties.

If you have some I will kindly ask you to put this book down, go get them and throw them in your trash can, pour any left-over food and trash over them and thrown them in a giant trash container so they cannot be redeemed. Sounds dramatic, but if you take these steps - you'll be less interested in wearing them again, trust me.

Let's do a quick exercise. Think about your husband or your boyfriend for just a minute. What do you think he's thinking if he can see your panty lines under those nice tight jeans? Let me answer that question for you, he's probably thinking about your granny panties. Or he may even be thinking about his

grandmother. And how do you feel when you get undressed and see those things?

Now, think about what your husband or your boyfriend is thinking if he sees you in a nice tight pair of jeans without panty lines. He's thinking about you—not your panties. If you'd like to take it one step further, he would prefer to think of you without them on anyway.

Think about how much sexier you would feel if you were wearing pretty seamless panties or a thong instead of granny panties.

Sometimes regular underwear just won't do the trick.

Seamless panties combine the comfortable wear one expects from normal panties with the ability to eliminate those embarrassing panty lines or creases that can be visible through clothing. This no show underwear is made of stretchy, synthetic material such as polyester, spandex, nylon or sometimes a blend of these materials.

Invisible seamless panties are the perfect option for many different occasions that call for tighter fitting clothing.

Seamless panties are invisible no show panties, it's almost like you aren't wearing panties at all. In most cases you'll want to stick with nude colors.

If you are trying to impress that special someone by wearing a hip-hugging pair of pants or a little black dress, let seamless panties put your self-conscious booty thoughts at ease.

Panty lines are easily seen on solid colored dresses that do not have any designs to camouflage the crease marks, as well as on tight pants (especially those that do not have any back pockets).

A thong or seamless panties gives you one less thing to worry about. Now, if you've never done this before I recommend setting aside a day to get comfortable wearing your new underwear so that you can emerge with confidence for your special day or night with that special man in your life.

I know some women feel it's a "sin" to wear a thong, while others will be self-conscious all day long wearing seamless underwear because it's completely different. Then there are others who don't mind the panty lines because they like the idea of knowing "at least people know I have on panties."

Let me tell you, that is ridiculous. And if you go out of the house with deep panty cuts in your butt, then you look ridiculous too.

Wearing tighter pants or leggings make panty lines stand out even more, these are the type of situations where thongs come to the rescue.

Always check your backside before you leave the house. You want to look polished, attractive and sexy in any garment you choose to wear and granny panties will not do that for you. But thongs and seamless underwear can work miracles like no other to keep you looking hot, sexy and fabulous.



Shanel's Tip

Keep your butt nice and tight because wearing thongs, but then having cottage cheese cheeks is not sexy either. Try doing 20-40 dead lifts every day and squeeze your butt muscles tightly to give your toosh a nice smooth surface.



Conceal Your Cycle



A good friend of mine once told me a story about his ex. He was so in love with her and at first he thought she was the perfect woman for him, until they really started to get to know each other and began to spend more time together. He said every month she would morph into this monster and become the nastiest, sloppiest, angriest women he'd ever known. It scared the mess out of him. She was the perfect woman 26 days a month, and then drag- on she turned into the other 5 days out of the month he just couldn't deal with. He said "I can't imagine dealing with this every month for the rest of my she was a nasty mess during her cycle.

You might not like what I'm about to tell you, but it's important to say this in a simple, straight- forward manner: You're a woman, you get a period and you get it every month. Get over it!

It won't go away easily. All the temper tantrums in the world won't make your periods disappear. It happens every month to millions of women just like you, so complaining and having an attitude won't do anything but make it worse and create something that you really don't want. Even if you have mood swings, the universe doesn't know or care that you're on your period! It's still listening to your every command.

And if you have any hope, desire or wish of having kids and enjoying the ultimate aspect of womanhood, it's a good idea to develop some basic appreciation for you menstruation cycle. The real reason you have cramps and go through this cycle is to prepare your body for

child birth, so just be over- all grateful that you are a woman and you get a period in the first place. Believe it or not, it is a blessing in disguise.

When it happens, be prepared. Develop the habit to keep your attitude, cramps, pills, period panties, tampons and pads out of sight.

What I'm asking you to do is to be clean and discreet when the time comes. No one should ever see your tampon wrappers, bloody pads, or period panties, EVER! Your man shouldn't see them. Your husband shouldn't see them! Your kids shouldn't see any of these things. Nobody should see them but you. So, in essence here's what I'm saying: make people think you don't have a period even when you do.

Your monthly cycle should be invisible to the human eye, and if you're super extraordinary than no one should know about it. It's like telling some- one you put your shoes on today, although we all know you wear shoes every day, there is no reason to tell everyone about it. Unless you plan on inventing a new pair of "period panties" or a new tampon or pad, what is the discussion really about?

Nothing! Give the people around you the courtesy and respect to keep your bloody pads in the trash, tampon wrappers off the floor, and period panties in a separate hamper where nobody else has to see them.

Here are some tips to handle your cycle with extreme ladylike delicacy:

1. *Never use scented tampons or pads. (See Woman Habit #30)*
2. *Don't wear a tampon for more than three to six hours or you could get toxic shock syndrome.*
3. *When you remove a tampon, immediately flush it in the toilet and wait to make sure it's gone all the way down before*

leaving.

4. *When you take your pad off, fold it and roll it so that the bloody part is on the inside. Wrap it tightly in toilet paper and throw it in the trash. If there are paper sanitary bags available, use them.*
5. *Don't complain about your cramps to other people, especially men. They can't help the pain, they don't understand it and most of the plaining with seeking comfort. It can be quite soothing for your man to rub your back or give you some loving attention during your period.*
6. *Keep your packs of pads and tampons in a private place where people won't see them. So yes, you need to remove them from the medicine cabinet! Your man should not grab a tampon on accident when he is reaching for the toothpaste.*
7. *If you happen to leak on your panties, hand wash them and scrub them to lift the blood before it stains.*
8. *If you have stains in your panties, throw them out. No EXCUSES!*
9. *Never sleep with your tampon in; instead wear a pad to bed.*
10. *Pull the tampon string back when you use the restroom so you don't pee on it. If you do by mistake, change the tampon.*
11. *Never douche or attempt to cleanse your vagina yourself after your period. This is a delicate time where your body is cleansing and balancing itself back to its natural state.*

Before I close this chapter I need to address one more thing. I know some of you, a slight few of you, are such sexaholics that you love having sex on your period. If this sounds like you, fantastic! If you are one of these exceptionally kinky ladies, I still advise you to keep the blood out of sight and out of mind!

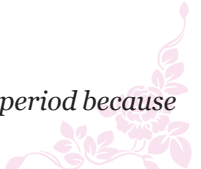
Your man may like it during the sex, but what's tolerable during sex

isn't tolerable after sex. Immediately clean yourself up. Be classy, be a lady, and take good care of your cycle.



Shanel's Tip

Remove or trim your pubic hair before your period because your hair traps odor and bacteria.





Track Your Period



Tracking your period allows you to know when you can or cannot get pregnant and also allows you to be fully aware of the changes going on in your body.

A woman can get pregnant only during the time when she's ovulating, so knowing when you're ovulating helps women understand the best time to have sex and the best time to precede with caution especially if you are not planning a baby in your immediate future.

Develop the habit to track your period. Look at it as a responsibility and a privilege of womanhood, not a chore!

Also, there are certain times of the month when you will be more sexual or more easily aroused as well.

(Insert illustration of ovulation cycle) Every woman's body is different.

The average woman's cycle is 28 to 30 days; however, many women have what's known as an irregular period.

Many of my students ask "Why should I track my period?" It's a good question because for most women they get their period when it comes and deal with it accordingly. But your menstruation cycle much like your home, your pussy and your panties is a delicate responsibility that should not be taken lightly.

Your doctor or gynecologist will always ask the exact last date of

your period, how long it lasted and how heavy you were bleeding. It's very useful information to know, the same way you know your birthday you should be able to recall this information about your period as well. It's your body and more importantly, it's your vagina. Knowing how often your vagina bleeds should be something you care to know about.

But then there are other women who become horrified when their period comes up "missing." This is when they frantically call their best friend to go with them to the nearest store to pick up what's known as a PREGNANCY TEST.

The fear of getting pregnant should not be the only thing that prompts you to keep track of your period because living your life on pins and needles in this way is a sign of immaturity and irresponsibility. Not only should you not be having sex you shouldn't be clueless about when or why your period is irregular either.

If you track your period and do so faithfully then you'll have a solid, up-to-date reference as to when your next period will be, when your last period was and if anything is presently out of balance you'll have a good guesstimate of why.

Write down the date it starts, the day it ends, what day it starts getting lighter or heavier or even if there is anything unusual with it.

Don't guess, know! Whether you're thinking, planning or wishing for pregnancy or not it's important to have a firm grasp on your menstrual cycle! Know it like you know when your rent is due and you'll be okay.

Get a regular planner or calendar and mark the first day of your period on your calendar — this is the first day you start bleeding. Then, take note of the last day you finish bleeding — this is the day you're 100% certain your period is over.

But there is another important number you need to know which is the time between the first day of your period to the next time your period comes. For most women, the average menstrual cycle is

28 days.

When you understand the rhythm of your menstruation cycle then you can plan to conceive or be more careful to avoid pregnancy. This calendar rhythm method is simple, easy and efficient.

To avoid pregnancy you can abstain from intercourse for several days prior to ovulation and a few days afterwards. Ovulation normally occurs 14 days before the start of your period but it's always best to use birth control to prevent pregnancy to avoid any "mistakes." Remember, don't guess know.

Having to say: "My Period is late." Why? Because you had unprotected sex, things got heated, I told him to... (You can be creative and finish the rest) is not a good feeling.

Tracking your period allows you to be aware of these times as well as what is happening with your body's overall health too.

When you don't track your period you run the risk of getting surprised by a pregnancy, of being completely unaware of your emotions and of your period coming down while you're unprepared. As an extraordinary woman, it's just the thing to do.



Shanel's Tip

Keep a period tracker on your phone. Download an app or mark it in on your phone's calendar so you can always keep track.



Befriend Your O.B.G.Y.N



Your health should be your top priority. If you get sick, you can't work. If you can't work, you don't get paid. If you don't get paid, you can't take care of yourself. If you can't take care of yourself, your life is essentially over so make sure that you take care of yourself.

As a woman, especially in today's world it is critical to get a check up on a frequent regular basis, not just when something is "wrong". It reminds me of the saying "It's better to prevent than to cure."

What this means is, your body is always changing. Something is always happening inside your body that you can't see with your natural eye. Therefore, whether you're married, dating, single, celibate or unavailable your body is always working.

If you don't take yourself in for regular check-ups, you risk having a disease or infection that could be detrimental to your life or your ability to have children in the future.

Many women may develop infections and diseases because they are completely unaware that something is going on "down there." In addition to infections, women are walking around unaware that they have HPV (human papilloma virus), ovarian cancer, cysts, fibroids, and so many other things which could be treated and preventive with regular checkups.

But it's not just your vagina that I'm talking about, it is important to have regular checkups to avoid heart disease, STDs, cancer, mental health illnesses and other scenarios that no woman should have to experience. If you're over the age of 18, I am demanding that you make the habit to get a checkup every 3 months!

Here's a list of things to discuss with your doctor:

- *Full checkup*
- *Mammogram (x-ray of breasts) Breast Exam*
- *Pap test (smear) Thyroid (TSH) test Blood pressure test*
- *Blood count*
- *Cholesterol*
- *Blood glucose test - check out Lab Test Online*
- *Pelvic Exam*

You can also ask questions and address any concerns you may have. If you think it, say it. If you feel it, say it! If a hair on your body seems out of place, speak up. That is what your doctor is there for.

Even if you don't feel like you "need" to go to the doctor, make sure you schedule an appointment every 6 months or at least once a year. And if you notice anything unusual, please don't be afraid to speak up and never ignore the warning signs. And don't avoid your doctor visit just because you don't see, feel or experience any symptoms.

Early treatment and preventive care is always best, but your doctor needs to know all of your concerns to properly diagnosis any problems you may have. That means you must be willing to be brutally,

100% honest with yourself and honest with your doctor. I know you may be tempted to minimize

some of your concerns, but don't do it; it's a serious mistake.

Unless you've spent 9 or 10 years of your life at Harvard University or at your local college studying the human body and have a PHD, it's always best to go with the experts when it comes to your health. Don't listen to me, don't listen to your friends, listen to your doctor. He or she is professionally trained to help you keep and maintain optimal health.

Let no one tell you different: you are beautiful both inside and out. Nobody can treat you right if you don't treat yourself right first. As women, we have to take our health more seriously in the preventative phase to maximize our health during this time on this earth. I mean, I don't know about you but I plan to look pretty, feel pretty, and live a pretty good life for a long time to come.

By making the habit to get regularly scheduled checkups, we can make this possible for ourselves through preventative care and treatment if needed. There are many affordable insurance plans available. If you do not currently have health insurance, check online, check with friends and check with your job. They're willing to give you good rates because they know if you're proactive and preventative, they can reduce otherwise expensive medical costs which could have been prevented.

Above all else, take your health seriously! I don't need you to be pretty and sexy if you're unhealthy. This habit may be labeled #31 but I don't have to tell you that it should be your top priority. If you're not in the best health, not one of these other habits will be of use to you.

Don't worry about being embarrassed! Your health is your doctor's job and he or she is there to care for your health, not judge you about what you did or didn't do. Please don't be ashamed to get a check-up, I'm begging you as a coach, as a mentor, as a friend and as a woman. It's never too late and it's never too early, get a check-up so you can keep your health up.

A good resource to get more information is womenshealth.gov


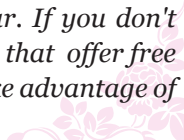
you'll learn about National Women's Health Week and get other health re- sources that can help you maintain excellent health.

Your body is your responsibility! Don't wait on your family, your friends, the mailman or the Presi-job.



Shanel's Tip

Schedule four doctor appointments a year. If you don't have insurance, there are women's clinics that offer free checkups. Don't be naive to your options take advantage of the resources that are available to you.





Be Submissive



My grandparents have been married 40+ years without one thought or conversation about separation or divorce. My grandmother says he has been happy, spoiled, and fulfilled and never wanted or needed anything at any time throughout their marriage. I once asked my grandfather what was the secret to his lasting love. He said it's because she respects him, listens to him, and allows him to lead without question or doubt. Because of that, he's done all he can to supply her with an amazing life.

If you want a man to protect, provide, cherish, love, and respect you like a queen then you must respect, nurture, love, and have compassion for him as well.

Yes, there will be many days and nights of confusion, many moments of misunderstandings, many disagreements that seem to get bigger and bigger with each new word spoken. Sometimes, you may find your heart beating out of your chest because what he said hurt your feelings so badly. And to make it worse, he seems clueless as to what he said or what he did or what the entire "conversation" was about.

But always remember your power as a woman! Only a woman can give a man a soft and smooth tone of voice. Only a woman can say words softly that leave a man speechless for hours. No matter what you say or do, you will never win a yelling and screaming

match with a man, unless you become a man. Save your energy and use your power as a woman correctly!

There are a few guidelines to this habit: First, talk to a Man like a Man. If you do this, you will be able to communicate more easily with the men in your life. You may be one of the few women than men open up to and can fully express their fears, insecurities, doubts, joys, pains and dreams to.

I'm not suggesting that you talk to a man as if you are a man. My suggestion is to understand that no matter what, he is a man. You can't talk to him like a woman. Doing so will only cause arguing and frustration, you can avoid turning an ordinary conversation into World War III by following this habit.

It takes work and effort on your part, but if you can remember to follow these steps, you will be surprised at how much more willing he is to listen and take action on your advice.

The first rule of effective communication is to listen. Listen before you speak. But the most powerful tool you have in a conversation is pure silence; this gives him space to speak his mind thoroughly without you interrupting his thoughts.

When you are expressing yourself, speak in facts, not feelings. Men are not built to communicate in feelings, so your point will never be understood if you try to communicate with a man in this way.

Do NOT raise your voice. And NEVER curse or call him out of his name. If you do, you may as well call yourself a bitch first because you can expect to hear it right back at you if you initiate the name calling first.

Use good eye contact, and never roll your eyes or swirl you neck when you are listening or trying to get a point across.

Don't assume he understands just because he listened to you. Ask questions to ensure he under- stands what you're saying

throughout the dialogue, not just at the end. This is a great way to be sure that he is following you throughout the conversation.

When you speak to him whether in an argument or at dinner, always speak in a soft, sensual and endearing tone of voice.

When you talk to a man like he's one of your girlfriends, your role in the relationships becomes distorted.

Yelling and screaming at a man is a serious mistake. Actually yelling and screaming at anyone is a serious offense regardless of how old you or they may be. But yelling at a man in particular is emasculating and disrespectful! It causes a man to lash back at you and reciprocate that energy right back to you, but to a woman it's not emasculating, we call it being mean, and him not listening, understanding or caring about our feelings.

Now I am not saying that you should ever allow a man to disrespect or mistreat you. But, allow a man to be a man. If he chooses to disrespect you anyway and begins to act like a boy, leave him on the playground with the rest of the kids instead of yelling and screaming back at him. If you have to raise your voice, you should ask to revisit the conversation because it's probably already unproductive.

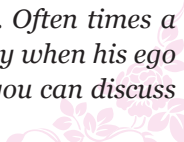
If you do this habit on a regular basis, you create energy of respect, so you receive energy of respect in return. This creates a great environment with open lines of communication between you and your mate. There is nothing worse than a nagging, complaining, loud-mouthed bitch. And women like that often attract ignorant, disrespectful low life men who aren't worth much to begin with.

If you don't do this habit your man will begin to resent you, and all lines of open communication will be destroyed. Without communication, there is no relationship!



Shanel's Tip

Stay silent until a man's anger has passed. Often times a man can't communicate clearly or effectively when his ego is flared up. When the smoke clears, then you can discuss whatever issues you have.





Protect Your Relationship



Ordinary women in ordinary relationships air out dirty laundry about their relationships with their girlfriends. But know that this is completely inappropriate, not to mention a million miles past unproductive.

It's almost like talking to a brick wall just to make you feel better. Essentially, these long emotionally draining conversations do absolutely nothing but confirm that you're right and the other person is wrong.

There is a reason why power couples like Beyoncé and Jay-Z keep their relationships private, it's because they understand that their relationships are sacred and that it is unproductive to air their dirty laundry for all to see.

When you talk to others about your relationship, it's no longer between you and your man; you are now sharing your man and relationship details and having an emotional swinger's session with absolutely no climax. It's like one big orgy of a relationship with your friends, co-workers and family all up in your mix, and that's No Bueno. (No good)

You're probably saying, "Well, Shanel, how am I supposed to vent or get advice about my relationship?" First, if you want to vent

first get over your anger then ask yourself what the real problem is. Once you have determined this, communicate your issue with your man. Although it may temporarily feel good, venting fixes absolutely nothing, it's just hot air blown into the wind.

Secondly, if you want advice about your relationship don't ask your girlfriends—they don't know any more than you do especially if they are single. Your girlfriends have accumulated knowledge from their successful and failed relationships sure, but here's what most people won't tell you about getting advice from your girlfriends.

Their advice is almost always skewed in your favor because they know you, and because they "know you". You are never going to get an objective perspective about your situation from your girlfriends.

Imagine having a court date to defend a traffic ticket. You're unable to make it because your boss made it clear that if you miss work you'll be fired.

Unfortunately, you're in the middle of saving for a house so you can't afford to be terminated because of this. Upon further investigation you discover every single person on the jury knows the police officer that gave you your ticket, in fact they're all neighbors, friends and relatives of his who had the extra time to take the jury duty.

You're not able to make it, who do you think will win this case? Your police officer would, even if he was right or wrong because his jury knows him so well that they are unable to give a fair and honest assessment of the situation. What would make this situation worse is if you weren't speeding. But, this wouldn't matter because you would not be there to defend yourself.

This is what it's like when you have conversations with your girlfriends about your relationship. You get immediate understanding, consoling and agreement; however, you walk away feeling more justified and less "educated" about ways to fix the

original problem which you came to them with in the first place.


Instead, if you must vent then find a relationship mentor or an older couple that has some life experiences together and can offer another perspective or lessons to you that is unbiased, honest and accurate. It should be someone who has what you want and who can show you what YOU have to do to get it. Or, another alternative to having gossip girl episodes in your relationship is to go to therapy or counseling with your man before any real problems arise, this is called prevention. Prevention equips you with the tools you need to solve and resolve your own problems in your relationship with only the people that are in your relationship- you and your man.

Having an orgy with friends and family is awkward and absolutely no fun and also just sounds wrong. If you don't keep your relationship private and sacred, there's no room for intimacy or trust in your relationship and without these two key elements there is no relationship at all.



Shanel's Tip

Check in with your man and your relationship every month to make sure there are no unspoken issues or problems that have been swept under the rug. This is how arguments, miscommunications, and unnecessary break-ups happen. A relationship means to RELATE, so do all you can to make your relationship a great one not one filled with drama and messes that have become too big to tackle and overcome because they have been swept under the rug for too long.





Never Say No



Denying sex is one of the worst forms of rejection for a man!

When you choose to be in a relationship with a man you make the choice to give him access to your body, your mind, your energy, and your entire life. So once you make a commitment to be in a relationship, you need to remember that includes always having the energy and desire to have sex whenever he wants to.

A recent study showed that men thought about sex an average of 19 times per day while women thought about sex only 10 times per day. It may not seem like a big deal to you when you refuse to have sex, but you have no real idea how your man interprets your rejection of him.

You have no idea what type of unspoken conversation he has with himself about why you rejected him, or what he'll do next after being rejected again. There's a big difference between a genuine "Not right now baby, wait till I'm done working" and a flat out "I don't feel like it."

When you say "I don't feel like it" or just "No" you instantly kill his desire like a fly swatted against the wall. When you say "maybe later" or "after I'm done working" you communicate that you genuinely care, but aren't necessarily interested available or turned on at that given moment. But as an extraordinary woman, you can take it one step further by adding three more words to the end of

your plea for a pass. These three little words work like magic to keep the sex energy flowing until you are ready and available.

After you say “maybe later” or “babe... I’m a little tired” or whatever cute phrase you invent, you can add “is that okay?” Doing so gives him a chance to express how he feels and more importantly, it opens up the possibility for dialogue if necessary. Instead of saying “no” turning over and going to sleep, he can say “well babe, I wish we could do something.” Or “I really need my woman right now, what am I able to do to change how you feel?” Then you can both chose options, instead of one or both of you feeling like the other had all the power.

No matter what you say or do, the worst thing you can do is reject him repeatedly. It will raise natural suspicion and create tension between you two.

Sex is the one area in every relationship that should have the least amount of tension as possible. No matter what people tell you sex is a huge and important part of any relationship!

As women, we go through our cycles of being tired or having a temporary infection, or we simply aren’t in the mood. Your man will understand, but he shouldn’t feel like he got lucky and hit the JACKPOT when he has sex with you! If this is the case, then you are saying no way too often.

On these days when you lack the energy to have sex, you still have no excuse to deny your man the pleasure of having frequent sexual experiences with his woman. It’s important to keep your energy and stamina up so that this never becomes an issue, it should be a part of your self-love ritual.

If you can’t have sex, what else can you do? Foot jobs, hand jobs, blowjobs, boob jobs, elbow jobs, or instruction jobs; there’s hundreds and thousands of ways to help your man get his “fix” on those rare days you simply can’t find the strength to give him what he truly desires.

Consider it a privilege that you both still want each other sexually, you could be in a relationship where your man never asks or tries at all.

If you don't do this, you will find your man looking elsewhere because another woman is there always ready, willing and able to do everything you won't do; no matter what time it is! You don't have to be his human toy whenever he wants, but keeping your sex drive at peak performance is critical to the success of your relationship!

- Keep your sex game on point at all times so you both crave each other and have the freedom to enjoy an exhilarating sex life. Keeping your loving to yourself can cause bitterness, tension or cheating and can eventually program him to lose his sexual desire for you overall.



Shanel's Tip

Have one sexual experience with your man every day. It could be a passionate kiss, a sensual massage, spontaneous oral sex, or sending a few naughty text messages to his phone while he is at work. But you should make an effort to never let your sex life get boring, no matter how long you've been together.



Act like a Lady

Think Like a Woman



There are certain “old” traditions that balance the male and female roles. Things like opening car doors, pulling out chairs and standing while a woman takes her seat are things men sometimes do as a way of showing respect to a woman.

Today’s women aren’t used to these traditions, in fact many wouldn’t even know how to demand or accept them. But what happened to these “old-folk” traditions of chivalry?

Why are you stuck opening your own car doors, pulling out your own chair and carrying your bags down the street? I have an answer. In his book “Good Men Do Cheat,” Carl Roberts says “Chivalry is dead—and women killed it.” (Don’t be shocked by the title. It’s sometimes true. But that’s a whole different subject. You’ll have to get his book to explore that one.)

If you want to be treated like a lady, your actions should be ladylike. For example, if the gentleman you’re with doesn’t open doors for you it’s perfectly okay. Instead of getting mad, irritated or giving him an attitude — stand there with a giant smile and wait gracefully until he opens it for you. Trust me, he will get the point.

A man will want to go above and beyond for you, when he can see that you’re not just being a “demanding bitch” but that you’re a

deserving woman of class. There's a difference between the two and any good man will quickly catch on.

Here are other ways to increase your presence as a lady:

- *Don't argue or be overbearing in conversations.*
- *Don't expose all of your goodies; leave some skin to the imagination.*
- *Don't promote all of your assets. A man doesn't need to know you can cook, clean, change a tire, that you have a degree and can blow his mind in the bedroom the first time you meet him.*
- *Carry yourself gracefully and with poise. (See Woman Habit #26 for stretching and posture exercises.)*
- *Master table etiquette, dining, and socializing skills.*
- *Keep a positive, lady-like attitude.*
- *Speak with a soft sensual voice.*
- *Have a set of rules and standards that you abide by and don't bend them for anyone.*

To be treated like a lady you must first act like a lady. If you don't make a habit of walking in your power as a lady then you'll be treated with far less respect than you truly deserve. Even if you have a good man or good people in your life you are limiting the potential experiences you could be having.

You're not reading this book to be an ordinary woman who makes outrageous demands, nor are you reading this book to pass as an average woman who wants the world and has nothing to offer.


You are a woman who takes pride in improving herself. You are willing to go above and beyond for the man in your life. You are willing to scrub floors until their spotless, cook 5 star meals, turn

your house into a home and make him feel like a King. Having doors opened for you after you take such good care of him, is not that big of a deal.



Shanel's Tip

Start to expect doors to be opened and chairs to be pulled out for you. If you are in a relationship and those things aren't currently happening, have a conversation about it and try to create that possibility for your relationship.





Keep the Coochie Covered



(Unless You Are Planning to Have Sex)

Contrary to popular opinion, you should not walk around your man naked all the time. Even if your man recommends it, I highly suggest keeping it to a minimum; not because you don't want to make him happy, but because you understand the simple fact that people want what they can't have.

If seeing you naked becomes the norm then there's not much to lust after. It leaves nothing for the imagination. If you've been having sex for any length of time, with someone who truly knows how to have sex then you probably know how powerful it is to have sex with at least some articles of clothing on. There's something mysterious and mischievous about pulling your panties to the side or ripping off your skirt to have sex.

It is your responsibility to keep your man lusting, craving and begging to see you naked, he can't do that if you're always naked.

If you're always feeding someone then they'll never be hungry. But before you jump to conclusions let me tell you that this is totally opposite from restricting sexual pleasure, which is not what I am suggesting at all.

Men are visual creatures, they are also adaptive creatures. Once

they get adapted and used to some- thing then they become content and pacified. And once that happens they can't truly see all of its greatness any longer.

So when you are in a long-term relationship and you're getting dressed, brushing your teeth or doing your daily hygiene and beauty rituals keep it all be- hind closed doors.

Although this may seem silly to some women, doing this keeps the experience of seeing your body exciting. When a man sees breasts, skin and a vagina his mind automatically thinks "sex." And if you are just getting dressed for work—teasing the poor man—eventually he will become immune to your sexiness.

If you continue to walk around naked, your man will get desensitized to the full beauty of your body because he sees it all the time. If there's nothing to chase, there's nothing to chase. Plain and simple!



Shanel's Tip

View your body as sexy and desirable. When you do this, not only will it keep you feeling good about yourself but your man will view your body in the same way too. The moment you start to look at your body as "just a body... so who cares" is when your sex life and his desire for you go down the toilet.



Unhinge



It's time to have a discussion about the importance of oral sex. Before you think it's gross, disgusting, or un-lady like, I'll ask you to put your inhibitions aside and be open minded when it comes to this subject.

Giving your man oral sex can be fun and extremely pleasing for both of you. You'll be surprised how powerful you feel with a man's most precious body part in your mouth. When you think about it, it gets no more private, personal and intimate than that. But we're not here to talk about the ordinary, I'd like to introduce you to the fellatio habit I call "Unhinging".

When a snake devours its prey, its mouth opens up more than twice its regular size to fully consume the prey; it's able to do this by unhinging its jaws from its skull. When you emulate this same method with your mouth, it allows your mouth to open up wider than it normally can. With practice, you can literally open your jaw wide enough to make your entire jaw feel like a vagina—which after all is the purpose of oral sex.

Your man will be amazed at how deep he can fit in your mouth. But this isn't just your typical "deep throat" technique. This unhinging technique allows you to "fit" more in your mouth and gives you greater control and flexibility to please your man orally.

You can give your man the experience of a life-time by showing him how much you can take, how long you can take it, how much you

like it and how skillful you are at pleasing him without any struggle or strain.

To unhinge your jaw, open it as wide as possible and then tilt your head back as far as you can with your jaw still open. Then close your mouth. Repeat this 3 to 5 times.

Then do it again, but this time move your lower jaw bone from side to side as though you were trying to detach it from the top. It may feel a little weird, but when you do it over and over, you will find the muscles in your jaws become much stronger yet more flexible. (This exercise is also good to help chisel the shape of your face and jaw bones.)

Other oral sex techniques:

Sip on some warm water before engaging in the activity which can warm and lubricate your throat.

Coat your throat with saliva by bringing it up as though you are about to spit.

Use your hand as a guide to give your leverage and added stimulation. While giving oral sex, keep your hand connected to your lips and twist it as you make your mouth move up and down.

Keep your teeth as far away from his penis as possible.

There is one thing you must remember! After discussing this with several men, the large majority agree they don't like it if it's done poorly. If the woman shows any sign of not wanting to do it, or she's afraid of doing it, it ruins the entire experience for him.

This doesn't mean you should be intimidated, it means you should practice. Ask him if he likes it and use this feedback to continue to improve each time. There are a few shortcuts, but they must be exercised with upmost care.

The number one secret of giving amazing, life- changing oral sex to a man is to be completely unrestricted. Give yourself permission to

fall in love with having him inside your mouth. Do it slow, do it fast and love every minute of it.

Don't fake it and don't do it just because he asked for it. Do it like you've been waiting to do it your whole life. To take it one step further, the best way to give super oral sex is by developing the skill so well that you do it because you want to. When you get to the point that you day dream about giving your man head, you'll know you're becoming an expert at the unhinge technique.



Shanel's Tip

Practice with a cucumber or a toy prevent gagging.





Behold the Penis



Know your man's penis like you know your own hands. You wouldn't eat a piece of raw, soiled, rotten, infested meat that sat in the sun for several days because you know better. You know you'd get sick. So sick you wouldn't be able to eat, drink or sleep for days. The slimy, nasty maggots on the meat would slither down your throat and gladly feast on the insides of your stomach, have babies and grow worms so big that your doctor would have to cut you open to get them out.

Fortunately, this is just your stomach now imagine how much worse it would be if this were happening in your vagina. One wrong move and you'll be unable to have kids, or worse yet you may wind up catching a life altering disease and you would spend the rest of your life hating yourself simply because you didn't take the time to look at your man's penis.

You can't get into the White House without a security check. You can't get into your own car without a key. And you can't get into your bank account without having several pieces of identification. Why? As they say "it's for your own protection."

As a woman, you bear the sole responsibility of protecting your vagina. Every penis that goes in your body must meet your personal guidelines because you get out what you put in. Look at a penis before it enters your body the same way you look at food before it enters your mouth.

This sounds harsh, cruel and awkward for some women; but, when you visit your doctor for a check- up you expect him to use the best, cleanest and most sterile utensils. You wouldn't want her dirty, germ hands and crusted fingernails digging inside your vagina would you? You trust your doctor and you are fully confident that she's qualified and certified to examine every inch of your body.

Why would it be any different with your man? Well, it shouldn't! However, this habit does require a certain level of delicacy. The last thing you want to do is sit your man down, pull out a magnifying glass and inspect his penis like he's in your CSI crime lab.

I suggest you ask to look at it in a sexy and intimate way. Be genuine, caring and concerned. That shouldn't be too difficult; after all, you do plan to see this penis more than once right, right? So look at it, admire it, marvel at it and most importantly if you see something, ask questions.

Don't make accusations or assumptions, just ask questions. By this stage, you should be able to ask and know that you'll get an honest answer. If you ask a question or feel uncomfortable then it's up to you to decide what to do next. There are 3 things you can do: proceed, pause or postpone.

If you proceed, you trust him and allow him to enter your body. If you pause, you have doubts and have a discussion right then and there or later in the evening. If you postpone, you're more than likely completely unsatisfied, untrusting and are requiring him to get a check-up the next day.

I know that you may feel uncomfortable confronting this issue, but you shouldn't be. It's his penis, but it's your vagina. Once it's in your mouth or inside of your body, that's it! One way to ease the tension is to suggest you both take time to look at each other's privates before going all the way.

"Babe, let me see it." And when he's done of course you'll let him see you. It actually can be an experience that can turn you both on.

Another way for you to accomplish this if you feel truly uncomfortable is to suggest for him to look at you first, then ask to see him second. By going first you'll almost always diminish defenses and eliminate the uncomfortable feeling you both may have.

Behold his penis! It is his manhood! In this moment of looking and marveling at his penis, do everything in your power to admire his manhood without shame and disgust. You're an extraordinary woman; the chances of you looking at a molded, infected penis are slim. But there's nothing wrong with a double check safety check just to be sure.

Here are a few things to look for so you need to know what STDs exist and what they look like:

- **HIV/AIDS:** Sadly, many people are infected with HIV and don't know it, which is why it's so important to get tested! You need to talk to your man and find out if and when he's been tested in the past. It takes 3 months after being infected for HIV to show up in a blood test!
- **Gonorrhea:** Men will have a puss-like discharge leaking from their penis, and they will experience frequent, burning urination.
- **Chlamydia:** Men often have no symptoms when they have this; but if they do, it will be a swollen testicles, prostate and urethra. This is another test he should get to reassure you that he's healthy.
- **Herpes Simplex Virus-2:** Look for what appear to be cold sores in his genital area.
- **HPV (Human Papillomavirus):** Depending on your age (if you are 26 or younger), you can get the new vaccine to prevent yourself from getting HPV which can lead to cervical cancer. HPV is also known as genital warts so if you see something like that on your man, stay away!

- **Trichomoniasis:** Men will have a frothy discharge from their urethra and swelling of their groin area.
- **Syphilis:** This disease begins with crusty sores in the genital area.
- **Cancroid:** This is a very rare STD but one that definitely exists. Most people can confuse it with herpes or genital warts because it causes open sores on his penis that produce pus. These sores are very painful.
- **Crabs:** Crabs are often called pubic lice. These cause intense itching in a man's crotch. You can also see them in his pubic hair if you look closely.

Get familiar with his size and shape. One thing I will suggest is to get everything out in one conversation. Because it's such a delicate issue you probably don't want to go through it every week or every month. So if you need to ask about his past or he needs to ask about yours be willing. It will save you time, energy and heartache.

When you don't do this habit, it says a lot about how much you value your body. You also run the risk of having a terrible sexual experience that could possibly kill you!

You take care of yourself and you don't allow tainted substances in your mouth so don't allow a tainted penis to enter your body.



Shanel's Tip

Know thyself and your own vagina. Know what you need to be pleased and always have a conversation about sex before sex. It's too late to talk while you're in the middle of it.



Lay Hands on Him



Everybody needs a therapeutic massage every now and then. Have you ever looked in someone's eyes and felt the weight of the world on their shoulders? They talk slow as molasses, their voice is deep, and their movements are in super-slow motion like the matrix and their eyes heavy?

I'm sure you have, and if you're the type of woman I think you are then you've probably offered a quick shoulder massage to help them relieve tension on the spot. In most cases, your helpful massage is met with them saying "don't stop, keep going."

Whether you're stressed or having the best day of your life, the soothing feeling of another human's touch is something your body craves on a frequent basis. Studies suggest the human body should be touched and massaged at least once a week; it helps circulate the blood as well as relieve tension and stress. Plus it heightens the sexual chemistry between you and your partner which is an added benefit.

But as an extraordinary woman, I highly recommend cultivating the habit of giving massages on a frequent basis. Not merely on birthdays, holidays and vacations. Instead develop the habit of giving your partner a massage three or four times a week.

You don't need to be an expert to give a massage, and you certainly don't need to spend send your partner to the spa. Doing so will

take away from the intimate, personal feeling that only you can give.

In addition to their natural healing powers, your hands are very sensual and powerful tools as well. Today, we'll cover a few basic steps that help you turn an ordinary massage into an extraordinary, therapeutic massage.

Ironically a lot of women are clueless to this fact. Learning how to give an excellent massage will take your relationship to a whole new level:

Create a relaxing, sexy atmosphere with candles, dim lights and soft music. No lights or TV on! NO EXCEPTIONS!

Invest in a good massage table. You can find a good one for \$150. Just Google "in-home massage table."

If you don't have one, let the person lay with their head at the foot of the bed and put a pillow in a chair and let them rest their head on the pillow. This will allow you to walk around their neck area for a better massage.

Distribute massage oil by rubbing it in the palms of your hands to warm it up. Never drop cold massage oil on someone's body.

- *Use the balls of your fingers, not your finger-tips or nails.*
- *Only rub muscle, never rub directly on someone's bones.*
- *Always rub in an outer, upward, circular motion you should never rub in. The goal of a massage is to get out stress and toxins, not bring them in.*
- *Whatever you do to one side, you must do to the other. Never leave a person unbalanced.*
- *Don't disconnect your hands abruptly or suddenly.*
- *Use long, strong strokes down a person's back. Never short choppy movements.*

- *Don't talk loudly or even talk at all while giving the massage. Unless it's sexual and sensual.*
- *Make sure your personal scent is inviting and pleasant since you are in such a close space.*

There are two reasons why I believe you should master this skill. First, as a woman it's important to have an arsenal of skills that set you apart from other women.

Cooking, cleaning, washing clothes and sex are basic expectations of a woman, but the habit of giving great massages dramatically increases your value in the relationship. The more you do for your man, the more he'll do for you and he will notice that you've developed a new skill.

At that point, he will naturally wonder "what's happening" "why is she buttering me up" and eventually, he'll think to himself "okay, I need to step my game up." Because as I said in the beginning of the chapter, when things get good, nobody wants you to stop.

Second, giving a massage allows you to increase your own self-worth. It takes some energy to give a massage but it can be relaxing experience. It's an amazing feeling to have the power to sooth some- one's tension and stress away.

When you don't do this habit, you leave your man with tension and stress which will eventually be taken out on you. It's also a great way to spark some sexual interaction between the two of you.



Shanel's Tip

Take pride in making this an experience he'll never forget. Massage your man naked with Stilettoes on. Be creative. Don't only rub with your hands—use other parts of your body like your breasts, inner thighs, and forearms too.



Protect yourself at all Times



This is one of the most sensitive issues in this entire book. What I'm about to share with you may seem harsh, unfair and unforgiving but it's absolutely critical you read this chapter thoroughly.

What we are about to discuss in this chapter is developing the habit to protect yourself at all times. I'll say it again; protect yourself at all times — sex-ually!

I love sex, I don't like it I love it!! Don't be shy you probably love sex too. There is nothing more pleasurable than having a man make love to you, give you his all, squeeze you, hold you, keep you warm and be fully inside your body. But it comes with great responsibility.

The responsibility comes from knowing how valuable you are. I don't know when the last time a man took the time to tell you this but you are beautiful, you are valuable and you are loved! There's only one of you on this earth. There will never be a day that you have to give up yourself sexually just to feel loved by someone.

People can tell you to wear condoms and take birth control all day long but here's what they won't tell you; they don't tell you that sex is sacred. They won't tell you that even when you're enjoying it sideways, missionary or from behind... that it's still a special moment. How special, so special that another human being is

literally inside of your body.

Protecting yourself goes far beyond just using a condom. When you have sex, in that very moment you are making many decisions: you are potentially choosing a father for your child, you are choosing to have this person in your life—for the rest of your life—or you could be choosing to take emotional or physical pain that you may not have wanted or even seen coming at you.

These are some of the consequences you can face from having sex. Yes, maybe we do all know them, but they're worth your attention:

- STDs
- Unwanted Pregnancy
- Infections
- Heart Break and Pain
- Baggage
- Drama, Arguments & Turmoil
- Liars
- Cheaters

Ray Rays (those men who are energy suckers with no purpose besides taking up space and air)

- **Unwanted circumstances:** For example, you're with a guy and you've led him on and now you're in a position where you are being forced to fulfill certain expectations.

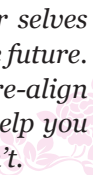
When you don't protect yourself you run the risk of suffering emotional damage, unwanted circumstances and unwanted STDs—which have the potential to kill you. So protecting yourself sexually goes far beyond a little piece of plastic that covers a his penis. You have to be powerful enough to cover your heart, your mind and

your spirit. Shield it like you would your new born baby from the sunlight, as an extraordinary woman you should always make wise, intuitive decisions when it comes to men, sex and relationships.



Shanel's Tip

When you're dating or in a relationship, single or married, check in with yourself to become aware of what you are creating. Set a time weekly to check in with yourself and your feelings. Often times we don't even realize we're pushing away our men, creating a relationship we don't want or that we have our selves involved in something that may do us harm in the future. Once you check in, immediately correct and re-align yourself by making powerful choices that will help you create what you want, rather than what you don't.





Congratulations on reaching the end of this book; it is not accident you've made it this far. However, giving you these habits is the best that I can do for you; I can't wake you up in the morning or stand you're your shoulder and force you to create commitments, develop a spirit of gratitude shower twice a day, watch your posture, exfoliate, schedule a doctor's appointment, keep your home clean or pee like a lady.

All that I can do is give you the habits and believe in you knowing that you will accept the challenge in order to elevate your life as an extraordinary woman. I also want to thank you for being willing to consider new ways for living and know that if you succeed then you are one of 20% of women who have followed the guidelines in this book for more than a few days or weeks.

Perhaps some women will do the first five habits and then lose sight of their goals and veer off track altogether. If you fall within the 1% of women who will take these habits and burn them into your heart and engrave them into your mind then I assure you that you will love the new world that awaits you.

When I wrote this book, I set out with the intent to raise awareness about charm, etiquette, class and sophistication that is missing from today's modern woman. By mastering these important skills and characteristics you will be able to unleash the new you out into the universe and experience all of the power that comes from being the true you.

I sincerely believe being a woman is a beautiful and powerful thing and also know that there's something really special about walking this earth and knowing we have the power to bring life into this world! We carry the power to nurture everything from children to gardens. We carry the power to turn a house into a home — we can cook, we can clean, we can run a company, we can laugh, we can smile, we can understand, we can love and so much more.





We are women, and we are extraordinary. What separates you from millions of other women across the world is that you take pride in yourself as a woman; you believe there's more to womanhood than being and doing the ordinary; obviously, because you made it to the end of this book. So, the question is, will you accept my challenge? I truly hope that you do!

If you are one of the sophisticated women that are serious about improving yourself right down to the core, then I would love to hear from you. I have a special area on my website which is just for you at www.shanelcoopersykes.com/womanhabitstracker.

We need women like you in this world, women who are dedicated to living their life with exceptional principles and values. We are the ones who carry the responsibility to lead the next generation of women to come. We're healing families, repairing marriages and demanding new levels of respect, care and love from everyone around us. We're training men, women, employers, associates and partners how to treat us by how we treat ourselves.

If you are committed to following at least five habits within the next 30 days then your continuation of the journey will be the best thing that has ever happened to you! If you do make the choice to continue, life will reward you with a new sense of self-worth, satisfaction and fulfillment. However, if you choose not to then you must realize that your tomorrows will simply mirror today. The New Year will hold nothing new for you and will leave you reheating the leftovers on last year's plate.

It's so important that we understand we have a responsibility to be everything that God designed us to be. This book is the beginning of that new journey; don't put it down just because this is the final chapter. Now is the time to live the habits and begin your new life.

Now that you have been exposed to a new level of extraordinary within the pages of this book, it is up to you to elevate your life to





this new level of extraordinary. The best way to do this is by keeping this book in plain sight. Don't just put it on a book- shelf; instead, keep it in the bathroom so you can stare at it while you undress for your shower. Keep it in the kitchen, next to your coffee maker or some other place where you'll see it and use it as often as necessary.

When you take the time to do the little things with excellence, get ready for change in your life. Because you carry yourself different and have a to- tally different demeanor than most women; you will easily stand out in a crowd. People will look at you differently — in a good way. You will naturally at- tract more friends, better relationships, more favors, more discounts, more compliments, more of the things you yearn for. It's true; everything you touch will be extraordinary because you have cultivated a giant.

Think of this fact... You've gotten this far in life, how much more amazing do you think your life will be when you begin implementing these habits? I think you'll agree there is something to be said about the woman who cares enough (and knows enough) to cure her morning breath.

I believe in you and in your pursuit of cleanliness, godliness, happiness and sexiness. And I promise you that if you take the time to carefully study these habits you will discover that true happiness is achieved through your inner ability to be fully expressed as a woman. You can create an environment that is able to uplift and empower you as the beautiful and sexy women that you are by mastering the 50 habits you have been armed with.

If you stick to these habits I can promise you this; there will be an amazing new world that opens up for you. Life will reward you with a new sense of worth, satisfaction and fulfillment for every ounce of effort you put into these habits. Your friends will find you as a beacon of inspiration and your family will soon shift their way of thinking by letting go of the limiting beliefs of the past which they





have been embracing; replacing them with empowering attitudes for the future.

The men in your life will suddenly find you more interesting, powerful and attractive because you now emit a sense of power and control over your life that you did not have before! However, the most important thing is that you will see yourself as a more empowered woman if you commit to following through at least five of these habits over the next 30 days.

You will learn that true happiness comes from peace of mind which you will gain from knowing that your body is disease free and has a doctor's approval. Knowing that your morning will not be interrupted by drama because you started your day out with reflection and meditation is a form of happiness all by itself.

The more you practice and master the habits within this book you will find that your mind is clear and that your days are filled with space which can now be filled with joy, love and abundance simply because you have taken the time to adjust and refine the daily habits that you practice in your life.

Don't worry if you slip back or get off track at some point; we all make mistakes. What's important is that you make a commitment to constantly improve the woman you are each and every day. One way to get more value out of the book and stay on track is to find an accountability partner.

This will be the person to remind you, ask you, nudge you and help you stay on track with implementing your woman habits. I invite you to share your journey with a friend. If there's someone in your life who may benefit from implementing these habits or perhaps can help you to implement yours you may want to consider buying a second book to give to a friend as a gift. If you know of the perfect person, use discount code WHFRND12 and you will receive a 25% discount off of your order!





Whether you choose to use an accountability partner or not; the first step to mastering these habits is to want more for yourself. I want to take this time to applaud you for taking such a bold step, now the next thing that you need to do is continue taking steps forward, climbing higher and higher each day.

If you want more for yourself, your family, your love life or your community then the transition should be easy for you. The more you want, the more will come your way, and better yet the easier it will become. Eventually, these habits will become a part of your natural DNA and you won't be able to forget them even if you were brainwashed.

By increasing your level of womanhood you will be able to bring strength, peace, power, harmony, love clarity, joy, prosperity and focus into your life as you have never known before. You are already a powerful women and I invite you to continue on your path towards becoming the extraordinary women which you were destined to be.

Now that you have read this book and devoured these habits don't just put it down because you have come to the last page. Now that you have been exposed to a higher level of thinking, awareness and consciousness I would expect you to elevate your life to a higher level.

Now is the time to choose the habits that spoke to you while reading this book and begin your journey to your new life! You've already taken the first step; now, the second step is to continue implementing these habits in your daily life until they become a part of your DNA. Despite what anyone has told you in the past you are extraordinary! From the way you brush your teeth to the way you shave your vagina, every hair on your body, every thought that you think, every part of you is extraordinary. And I know this because only extraordinary women take the time to read books like these.






You have been given these 50 habits to elevate your power and begin to radiate the extraordinary power that you have within to transform yourself as well as the world around you. Make it a habit to be extraordinary in everything that you do because there is only one of you in the entire universe.

I believe in you! Stay Extraordinary!





This book is for any woman who wants to elevate her femininity to a superior level... to be in a higher class of extraordinary women. You can attract the **FINEST** men, the **BEST** jobs and have a real **FAIRY TALE** of **HAPPINESS** that most women could never imagine!

"Woman Habits" reveals **50 Habits** that instantly transform your home, personal, professional life from average to extraordinary. You can use these **50 Habits** in your daily routine to achieve the **WOW FACTOR** that attracts men, money and happiness in your life.

Shanel Cooper-Sykes is a certified life-coach, charm and etiquette expert, professional make-up artist, and a highly sought after speaker and entrepreneur. Shanel works and plays in New York City where she is also the founder of SCS Media Publishing. A multi-media enterprise focused on cultivating extraordinary women.

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