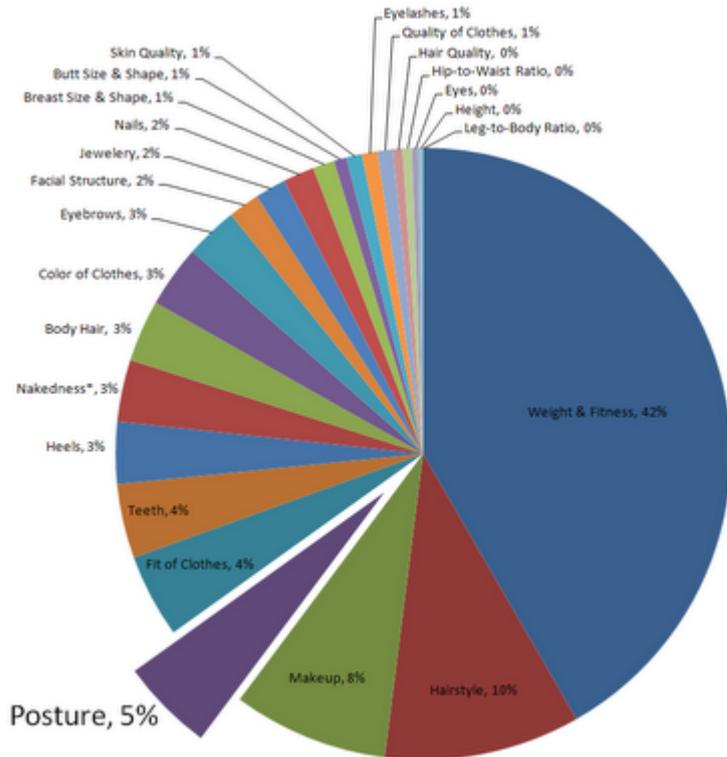


Posture And Attractiveness

The Rules Revisited | 13 January, 2012 | by Andrew

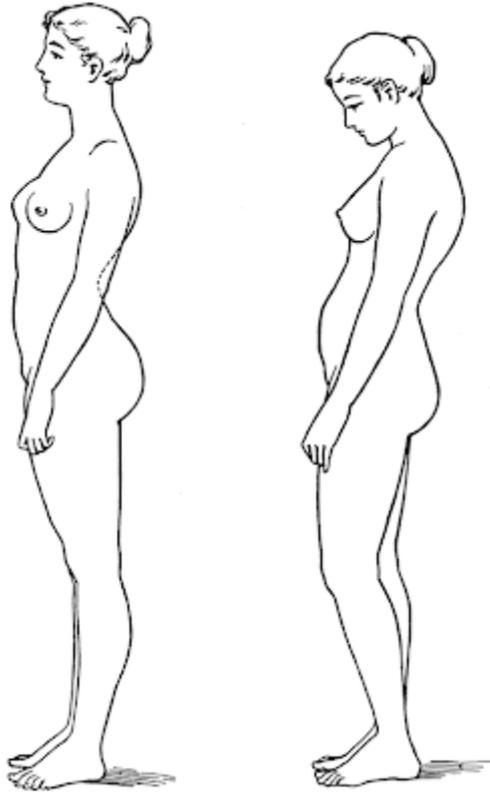


Components of Feminine Beauty by Attention Deserved

I've estimated previously that a woman's posture accounts for 3% of a woman's external attractiveness. And because posture is 100 % controllable, I concluded in [the same analysis](#) that it was worthy of 5 % of the time that a woman spends on her appearance. This might not sound like much, but that 5 % was second only to [fitness](#), [hair](#) and [makeup](#). In other words, once you take care of those three (obvious) things, you should be shifting your attention - not to your nails, breasts or even the [color of your clothes](#), but to your posture.

Posture is important because it is a direct projection of your sense of self-worth. Looks are critical, even for long term relationships, but without personality and confidence you will not get past a [first date](#) or a purely sexual relationship. I plan to write a lot more soon about the importance of personality, and when I do I will make the point that a woman's sense of her own value is vital to her internal attractiveness. Posture is the [subtle](#) but primary mode by which that sense of value is conveyed, and men definitely notice - [whether consciously or subconsciously](#). A woman with good posture exudes confidence, and confidence demands attention. Attention, in turn (the good kind at least) breeds attraction. In addition, being [the external expression of an internal state of mind](#), posture is also a large contributor to external attractiveness.

I went to a bar last night, as I am apt to do on Wednesdays, and ran into a girl that I know and occasionally flirt with. She varies between a [7 and a 10 \(depending on how she presents herself\)](#) - a very good looking girl, and in great shape too. She was sitting on a stool, hunched over - clearly tired and ready to head home. After chatting with her for a little while, her posture started to bother me, so I told her "you should sit up straight, you look a lot better that way," as I placed my hand on her back and shoulder to straighten her out. She laughed, agreed and sat up straight.



I had always known that a woman's posture makes a difference, but this was one of the clearest examples I have ever seen - suddenly she seemed alive. As she lifted her upper body, her back straightened and her chest pushed out, accenting her breasts and diminishing her previously scrunched-up waist; her neck straightened and appeared more slender; her hair fell more naturally over her shoulders and neck: her physical beauty radiated.

But these were merely the physical changes. In addition, her head was lifted - probably by about six inches - so that she became more present in the group, and her beauty was magnified by its sheer prominence (this is an argument in favor of female height that I have perhaps [overlooked](#) until now). She also seemed more confident, as if she could accept or reject any guy that approached her - and looking the way she did sitting up straight, she probably could have. Finally, she smiled. The effect of holding herself up triggered the emotions that normally cause her to hold herself that way, and she was visibly happier. A new energy seemed to come over her. While she was slouching she had seemed tired, maybe even ill; but now she appeared healthy, youthful, alert, engaged, exuberant.

But here is perhaps the most interesting and telling part: when this girl corrected her posture, **I felt a distinct pang of intimidation**. It surprised and dismayed me, because I was sure until that moment that I had this girl wrapped around my finger. Suddenly the roles were decidedly reversed. The impression only lasted a moment, because her mood and attitude were not organic and ingrained; but it still concerned me afterwards - what if she had [appeared that way when I first met her](#)? And if she had maintained it, would I have ever been able to gain [the upper hand](#)? This is the power of posture.

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