

Why do women like men with muscles? Ok, maybe many will say that they don't like those bulging, over the top muscles that make you look like a swelled up sausage. But, nine out of ten of them would certainly tell you that they find men with toned and rip bodies more attractive than skinny-looking guys. We're talking about just the right amount of muscles in all of the right places. You know, toned arms and legs, six-pack abs and a solid chest. Now, why do they find that so hot? Muscles are suggestive of good health. They make a man look strong and fit. It's a very primitive instinct. Since ancient times, muscles have always been treated as a show of a man's physical, emotional and sexual prowess. Men with muscles are seen as physically powerful. Women look at that as being strongly built and sturdy and that he can be relied on to lift, pull and push for them. Men with muscles are considered reliable and dependable, made of the strong stuff. That's an emotional turn-on for most girls. Men with muscles are seen as active and energetic. And to be in good physical and mental shape is always a plus point. You want to go from skinny to buff and make the girls go gaga over you? You can learn how with the information on this book!

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