

BONUS CHAPTERS

The Man Worth Chasing

The First Six Months

Looking the Part

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A note before you start

Thanks for reading *The Man Worth Chasing*, and for signing up for the 30-Day Rebuild.

These two chapters pick up where the book leaves off. The first is for the stretch after you've met someone good, the months where most promising starts either settle into something real or quietly fall apart. The second is about the part of you people see before you've said a word.

Read them, then do the short task at the end of each. As always, reading is the easy part.

Darcy

The First Six Months

The book ends at the door. You've built the life, written your 5/5, and a woman worth keeping has walked in. Then you meet her on a Friday, and by Tuesday you want to know what happens next. This chapter is the next part. It isn't a full relationship manual. It's enough to get you through the stretch where most good things either settle into something real or quietly fall apart.

Lead

Make the plan. Pick the place, book the table, suggest the day. Don't ask her what she wants to do, and don't send three options for her to choose from. She told you what she wants when she agreed to see you. The planning is your job, and doing it well tells her something no line ever could. You can be relied on.

Leading isn't the same as deciding everything. Ask what she likes, notice what she mentions, and use it next time. She said she's never been to the night market, so that's Saturday. Leading well means listening first, then taking the work off her hands.

Keep your week

The training, the friends, the work and the rooms you built in this book don't stop because she's arrived. The most common mistake men make in the first months is to drop their whole life the moment someone good turns up. They cancel on mates, skip the gym and reorganise everything around her. It feels romantic. To her it reads as a man with nothing else going on, and it removes the very things that made him interesting in the first place.

She fits into a good life. She doesn't replace it. A man who keeps his week is a man she has to make a little room for, and that's exactly what keeps the attraction alive.

Say the difficult thing while it's small

Something bothers you in week three, say it in week three. Calmly, plainly, without a speech. Sit on it until month four and it comes out as something else, usually louder and about something unrelated. Most relationship blow-ups aren't about the thing being argued over. They're about the six small things nobody mentioned.

The promises about people from Chapter 2 apply here more than anywhere. When something's wrong, I say so that day. When I get something wrong, I own it that day.

When she goes quiet

She'll go quiet sometimes, and it will feel like it means something. Usually it doesn't. People get busy, phones get buried, moods pass. Ask once. Is everything alright? Then carry on with your life and let her come back.

The man who fills every silence with messages makes the silence longer, because now she has a pile of texts to deal with. The man with a full week barely notices. That isn't a tactic. It's what having a life looks like from her side.

Say what this is

Somewhere around a month or two in, if it's going well, you have to say so out loud. Most men avoid this and let it drift, and six months later they're surprised to learn she'd been seeing other people, because nobody ever said they weren't.

It isn't a big event. It's one sentence. I really like this, and I'm not interested in seeing anyone else. Where are you at? It's direct, a little exposed, and exactly the kind of leading a good woman is usually waiting for.

When the shine comes off

The early weeks run on chemistry, and chemistry fades. Researchers who study romantic love have found the intense, can't-stop-thinking-about-her stage usually lasts somewhere between several months and a couple of years. Its fading isn't a sign something's wrong. It's the relationship becoming real.

This is the stage avoidant men run from, because the drop in intensity feels like the end of something. It's actually the beginning. The first ordinary row, the week the sex goes flat, the day you see her tired and short-tempered. Chapter 11 told you what to watch for. If you start building a case against her right as the shine fades, that's the old wiring, not a verdict. Ask whether it's a real deal-breaker or a reason to leave dressed as one.

Bring her into your life

When it's real, she meets your people. Your friends first, then your family. Watch how she is with them, and listen to what they say about her afterwards. Good friends see what you can't when you're keen.

It matters to her too. Being brought into your world tells her she isn't a secret or a side room. A man who keeps a woman separate from everything else is either hiding something or not serious, and she'll feel it.

This week

If you're seeing someone, ask yourself three questions. Am I keeping my own life, or dissolving into hers? Have I actually said what this is, or am I letting it drift? Is there something small I haven't said that's turning into something big? If any answer makes you wince, deal with it this week.

BONUS CHAPTER 2

Looking the Part

Book 1 built the body. This is what goes on top of it. A good body hidden inside bad presentation is a wasted asset, and it's the most fixable thing in this whole series. Most men decided at twenty-five that they weren't the sort who cared about clothes, and they've coasted on that decision ever since.

You don't need to become a peacock. You just need to stop working against yourself.

Three seconds

People decide a lot about you before you've said a word. Princeton psychologists Janine Willis and Alexander Todorov found that people form judgements about a stranger's trustworthiness and competence from a glimpse of their face lasting a tenth of a second, and that longer looks mostly confirm the first impression rather than change it. You can't control your face. You can control almost everything around it.

The basics underneath

Before clothes, the things clothes can't hide.

Teeth. If they're stained, get them cleaned. If they're crooked enough to bother you, aligners exist and plenty of adults wear them now. A good smile does more for a face than any haircut.

Smell. Shower daily, use a deodorant that works, and pick one good fragrance. Apply it once, lightly, not doused. Keep your

breath fresh, always, because bad breath ends a conversation and nobody will ever tell you that you have it.

Hair. A cut every three or four weeks, from someone good. A bad haircut is visible from across a room. If you're thinning, go short or shave it. The comb-over and the desperate cling look worse than the baldness ever did.

Skin and hands. Moisturiser, sun cream if you live somewhere sunny, nails clean and trimmed. She'll see your hands early and often, and they tell her whether you look after yourself when nobody's watching.

Fit beats everything

You don't need fashion. You need fit. A cheap shirt that fits beats an expensive one that doesn't, every time. Most men wear everything a size too big, either because they bought it heavier or because they think loose is comfortable. It reads as sloppy. Clothes should follow the shape of the body you've built.

The rest is a short list. A few plain T-shirts in dark colours that fit across the shoulders. Jeans or chinos that fit properly. One pair of clean, decent shoes that aren't trainers, because men are judged by their shoes more than they'd believe. A jacket, overshirt or good knit for when it's cooler. Everything clean and uncreased. A wrinkled shirt says a man who couldn't find twenty seconds for himself.

That's a whole wardrobe, and it costs less than one big night out.

Dress your age

A warning for men in their late thirties and forties. The band T-shirt, the loud trainers and the youthful rebel look read as a man who hasn't noticed the years. Women your age don't find it young. They find it a little sad. Dress like the best version of a man your age. Simple, well-fitted, grown-up clothes on a man who looks after himself beat a midlife costume every time.

Dress like the life you're building, too. If your week is full of training, work you care about and rooms with good people in them, look like that man. Not flashy. Put together.

Why men resist this

Plenty of men believe caring about appearance is shallow, or vain, or just not them. It's worth asking where that came from, because it's usually a defence. It's easier to decide you don't care than to admit you tried once, felt awkward and gave up. Looking after how you present yourself isn't vanity. It's respect, for yourself and for the people who have to look at you. A woman reads a well-presented man as a man who respects himself, and that's high on the list of things she's quietly checking for.

This week

Ask a friend whose taste you trust, ideally a woman, to be honest about three things. Your clothes, your grooming, and one thing you can't see about yourself. Don't argue with anything she says. Write it down. Then pick the two easiest fixes and do them this week. A proper haircut, a dental clean, three T-shirts that fit, one decent pair of shoes. Small changes, and people will notice them straight away.

What's next

Your 30-Day Rebuild emails start tomorrow. One small action a day, taken from the book, and by the end of the month you'll have thirty kept promises behind you.

Keep an eye on your inbox.

Darcy