

**A SPECIAL REPORT FROM**  
**X & Y COMMUNICATIONS**

# **HOW TO DATE TALLER WOMEN**

***ATTRACT TALL, SEXY WOMEN  
REGARDLESS OF YOUR HEIGHT***

**SCOT MCKAY**  
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## Introduction

**D**o you have a fascination with tall women? You know the ones I'm talking about...the leggy, "supermodel" types who look as if they just stepped right off the set of a Cosmo Magazine cover shoot...out of your fantasies and into your real world.

If so, you are certainly not alone. After all, everywhere you look on television, in movies and even at the shopping mall it's obvious that the tall, skinny woman is the archetype for modern beauty.

But lots of guys in your position are faced with the same challenge: At 5'9", the average guy (at least in North America) often has to come to grips with the fact that such women are *actually taller than he is*.

Of course, if you're on the shorter side of average yourself, the issue becomes even more profound.

So what's the average guy to do? Can you meet, attract and even date these taller hotties if you so choose, or are they off-limits?

The simple but very real answer is *of course you can*. All it takes is a distinct mindset and the courage to execute on a plan.

Read on, because that's exactly what I'm going to share with you.

## The Biggest Obstacle Most Guys Have Regarding Taller Women

**T**he very first thought a lot of guys have when they first notice a strikingly beautiful taller woman is that she must only be interested in taller guys.

And the logical process at work here is understandable.

After all, in the movies leading men are always taller than the women, it seems. Even in real life, it's relatively rare to find a shorter man with a taller woman walking together hand in hand.

So the only reasonable conclusion that most guys can come to is that taller women don't have any interest whatsoever in any man who is shorter than they are.

And to be sure, there are indeed lots of women of taller stature who absolutely rule out dating shorter men. That's a fact.

But instead of stopping there and automatically assuming that *all* taller women must feel that way, let's look at the matter from a different perspective.

Think for a moment about your own personal preferences. For example, you may prefer tall women, hence your interest in this particular report.

What's more, you may have a penchant for blonde, blue-eyed babes also.

In fact, you could be picky enough that you will settle for no less than a woman who has blonde hair, blue eyes and is at least 5'10" or taller.

All others need not apply.

For a moment, let's assume for the sake of discussion that what I've described is exactly how you feel.

Now let me ask you an important question.

Does your particular taste in women mean that ALL women who don't fit your criteria are inherently and universally undesirable?

Of course not. For every man with a similar preference in women to yours, there's another who appreciates a completely different brand of feminine representation.

Take redheads, for example. I'd say about 50% of men tend to be crazy about them, while the other half aren't so impressed.

I've noticed this to be a very real source of consternation for even the most unquestionably beautiful redheaded women I have met. Many such women experience very real emotional confusion over this. But no matter how much redheads tend to polarize the male population, a terrific redheaded woman is made no less terrific in the eyes of her admirers.

Meanwhile, no matter what "type" a woman is, even if she's considered stunningly beautiful by the vast majority of her onlookers there's always going to be a certain group of guys out there who say, "Thanks but no thanks".

Recently I was perusing a list of the "100 hottest women in the world". Clearly the editors of that list think a lot differently than I, because most of the women on that list were very different than the kind of woman I'd personally be most attracted to.

For example, if Heidi Klum knocked on my door buck naked, I doubt I'd even be able to become aroused. Seriously.

But nonetheless, she was on the list.

And here's the kicker: Were Heidi to ever learn that I wasn't at all attracted to her, how do you think she would react?

Do you think she would somehow believe she was no longer attractive to any man at all simply because some guy in San Antonio, TX didn't think so?

Not on your life, man.

The thought is actually kind of goofy to even think about, isn't it?

The reason I related this scenario to you is very basic.

Simply put, I can't count how many guys have called or e-mailed me ruefully recounting experiences with a few women (or even just one woman, in some cases) who expressed disinterest.

Shockingly, those isolated instances caused each respective guy to believe that *all women* felt the way the one or few who rejected him did.

And worst of all, many times such guys never even have bothered to approach a woman since.

A reasonably high percentage of times I hear such a story repeated, it's coming from guys who are attracted to taller women.

Any time we take the negative opinion of one or a few women as a universal truth, we've allowed that opinion to have much more power and dominion in our life than it rightly deserves.

But when you automatically assume that one tall woman's statement to you that "women don't like shorter men" is true, you've allowed her to take an almost superhuman level of control over your life.

She doesn't deserve it. Because her opinion is exactly that—*and opinion*. As we've already seen, there is no such thing as "universal truth" when it comes to attraction.

So be not deterred by the opinion of a taller woman, even if you find it's shared by a few others. The few simply cannot speak for every individual woman out there.

## How To Change Your Own Mindset And Approach

**F**or many guys who prefer taller women, even the logic presented in the first section isn't enough to inspire renewed courage.

The reason for this has nothing to do with the women themselves.

That's right, it's all in OUR heads.

Knowing what social stereotypes are, we automatically project preferences upon even the taller women we hope to attract.

Those stereotypes get inside our heads and we practically begin to expect that taller women will reject us.

All of this is exacerbated by the very real fact that what we perceive to be our own greatest limitation—our height—is *exactly what is at play* when approaching and meeting taller women we'd like to date.

Our insecurity is literally magnified by the taller woman standing before us.

But here's a crazy thought that I'd be willing to bet has never occurred to you.

Have you ever stopped to think that your limiting belief regarding your height could be the very last thing on the mind of another person who doesn't have a personal issue with his or her own height?

That's right. It's highly probable that anyone—man or woman—who is reasonably tall probably *doesn't even think about height* much.

If you have a full head of hair, you probably don't think of baldness much do you? Yet, if you have a friend who is losing his hair he may be all but obsessed with it.

Meanwhile, you may interact with that friend on a regular basis and *not even notice* that he's losing his hair.

What if you could get outside your head for a moment and start realizing that others do not necessarily share your own limiting beliefs?

Would that limiting belief's power over you then start becoming a bit more unreasonable to you?

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Recently I met a guy who is shorter than average and had been wearing 3" inserts in his shoes for years.

After having spoken to him on the phone for a while and related to him much of what I'm sharing with you in this report, he decided to do away with the inserts once and for all.

I was amazed by his resolve. Having discussed the possibility of migrating from 3" to 2" inserts and gradually down to regular shoes, he dismissed that notion and went "cold turkey"...deciding to do away with his insecurity all at once.

The very next day he reported for work at his natural height.

And he was shocked that *virtually nobody even seemed to notice*.

The only exception was the one guy at his workplace who was naturally shorter than he.

If you think about it, that makes sense. In fact, it validates the notion that the limiting beliefs we have are the ones involving traits or behaviors we obsess about or consider the most, even in the form of projecting them upon others.

So a major linchpin in the quest to date taller women if you're a short guy is, ironically enough, to *stop seeing yourself first as a short guy*.

In other words, instead of viewing yourself as a *short* man, view yourself as simply a man...without potentially negative qualification.

Next we'll discover why this is more important than it even appears at first glance.



## What Taller Women Will Respond Powerfully To

Okay, I'm not exactly going to tell you to "stop thinking of yourself as short" and leave it at that. No way. There's much more to this story.

Let's talk about what women want from men for a second.

You've heard that confidence attracts, and you've heard correctly. As we've found out already, there are no "universal truths", but this one comes about as close as possible to hitting that mark.

So when you are insecure about anything, it's a strike against you when attracting women.

Naturally, then, if all you can think about is your height "disadvantage" when approaching a taller woman, your issue is going to morph into a full-blown self-fulfilling prophesy.

The mind-blowing part is that a taller woman may indeed be likely to reject you at that point. And yes...it will be because you are shorter than she is.

But there's a crucial nuance to understand here: The rejection won't be because you are shorter. Rather, it will be because *you are insecure* about being shorter.

It's importance to see the difference here.

Remember, the taller woman is probably not hung-up on height. When you are confident in yourself and comfortable in your own skin, height is far less likely to even be perceived as an issue.

Now here's where some true magic can occur.

Just because height may not be a woman's sticking point doesn't mean she's without any insecurities at all.

Far from it.

In fact, the more beautiful a woman is, the more likely it seems that she'll have deep-seated insecurities. This is likely because she has been pushed and cajoled to an ever-higher standard of physical attractiveness all her life.

And the fact is, most of her insecurities would seem highly irrational to you.

Sound familiar?

You bet it does.

Now, let's build upon this concept by introducing another important truth.

It's true that most guys tend to believe that women are the "choosers" and men are the "chasers". I hear complaints from men that "attractive women can get any man they want, while we're left to face rejection" or "women only have to wait around to be asked out, and we have to take all the risk and do all the work."

Well, what if I told you that I receive e-mails from women *all the time* who view the world quite differently. In other words, their point of view suggests that men hold the cards and they are left to wait by the phone wondering if he'll ever call. Or, they go out with a man and have a great time only to be left unsure if he's ever going to make plans with them again.

In actuality, the one who is in control of his or her dating life is the "chooser". He or she with the options calls the shots.

Portraying yourself as a man who has options when it comes to the women you could potentially choose is a natural outflowing from a genuine sense of self-confidence.

Every approach to a woman is no longer viewed as a "make it or break it" moment.

But there's something more significant that happens as your ability to control your own destiny is recognized by a woman you are communicating with.

Your attitude begins to have a positive effect on her.

She begins to realize that you are a man who makes his own choices. And she *likes* it.

As women are often drawn to confidence, they are also often wildly attracted to a man who has strong leadership abilities.

And by definition, through coming forward as assertive enough to choose her, you've demonstrated to her exactly the kind of leadership traits that she admires most.

So how about it?

Can you be a man who is comfortable in his own skin, doing away with insecurities about height differences?

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Do you have the strength to parlay that comfort with self into sheer confidence?

From there, will you boldly accept your leadership over the situation and pronounce yourself a “chooser”?

Hopefully the exercises on gaining new perspectives that I’ve shared with you thus far have been valuable in helping you get there.

If so, fantastic.

Now, it’s time to take all of that even one step further and be even more of a leader in the sense that you are going to now *impart **your** ability to stand confidently and securely to **her***.

Don’t get me wrong. To be perfectly clear, this isn’t about showering her with empty compliments like countless other guys who are only manipulating her because they want something.

Rather, what this *is* about is empowering her with an attitude that you appreciate her as she is and—importantly—that you will not tolerate any self-loathing behavior on her part.

You reward her for being confident, and speak up when she speaks poorly of herself.

Even if meeting her for the first time, you can project confidence as you introduce yourself to her and then simply lead a conversation that allows her to do most of the talking.

Listen carefully for any indication that she’s insecure about anything at all.

At that point, firmly but considerately share with her that you believe the rest of the world doesn’t see the negative that she sees. In other words, you can talk to her about exactly what we’ve covered in this report.

At that point your re-framing of how you view yourself and your perception of how women view you has come full circle.

By leading the woman into a place where she is empowered to let go of her insecurities, you will have affected her in a way that is irresistibly attractive to women.

You will have first shown confidence, then leadership.

What's more, since your words are genuine, she'll begin to develop trust for you. At that point she won't help but view you positively. Quite literally, she will have anchored a better feeling about herself to the feelings you give her when you are around.

Once you get to that level, it seems almost foolish to even think about reverting to self-consciousness about your own height, doesn't it?

And indeed, over the course of a hopefully brief amount of time, and with some practice, you will see dramatic results and will thereby eliminate your limiting beliefs about dating taller women forever.

## Actually Dating A Taller Woman

Once you have successfully attracted a taller woman, it's time to relax, enjoy her company and manage the relationship as you would any other.

But this conversation wouldn't be complete without some valuable 20/20 foresight on what to expect.

First and foremost, remember that you have actually *chosen* the woman you are with. You have gotten what you wanted—the opportunity to date exactly the kind of woman you desire most.

So now is absolutely not the time to lapse into self-consciousness.

Embrace what you have even with the understanding that the two of you will generate attention when out in public together.

Now, I'm not going to give you a simplistic exhortation to “not care what others think”.

The truth of the matter is that by dating a woman who is taller than you, you have implicitly agreed to accept the fact that others will have an opinion.

If the woman is only a bit taller than you, you may find that others seldom even recognize that, let alone say anything.

But let's face it, the greater the height difference, the more people will take notice.

To be sure, when a man is in the romantic company of a significantly taller woman it will always be an “elephant in the room”, as one guy I know described it.

To simply attempt to ignore such attention from others is to take the low-road of weakness and failure to deal with life as it is.

Rather than avoid those who show interest in your extraordinary pairing, it's helpful to understand what exactly is going through the minds of others who notice you. Their thoughts may not be what you'd guess they are.

In fact, having spoken to several couples where the man is significantly shorter than the woman, I've heard some surprising, counter-intuitive reports.

According to those with first-hand experience, most people who take an interest in a “short/tall” couple (as self-described by one pair I consulted) actually mean well.

Typically, they are neither rude nor judgmental, at least not intentionally. More often than not, people want to get to know you and your taller companion simply because they are *intrigued by you*.

In fact, one guy I spoke to whose wife is several inches taller than him mentioned that he often is perceived as having something particularly special about him, such that he would attract a taller woman.

That is to say, instead of getting made fun of as some guys in a relationship like his might fear, guys instead often shake his hand and think he’s a hero!

Imagine that...the world is generally not judgmental. They generally don’t act like “something’s wrong”.

And even if they do, you’ve really got to ask yourself who really has the problem.

Is the author of any criticism directed toward you really just advertising his or her own personal inadequacies?

Remember, you’ve conquered your own limiting beliefs, so be gracious as you recognize others who have not yet been so fortunate. Doing so keeps any bitter words you do encounter from getting inside your head and staying there.

Of course, the concept of *embracing your relationship* transfers to every aspect of your relationship, down to the details of your daily life together.

Let her wear high heels if she wants, and enjoy how she looks in them. You’ve *embraced* the height difference, so why not *embrace it fully*?

By making the choice to date a taller woman, you’ve also agreed in principle to dealing with any potential awkwardness that comes from it.

Dancing with a taller woman is inherently different than dancing with a shorter woman. You’ve got to deal with that, and get way past the standard comic devices reprised again and again by Hollywood screenwriters. Instead of basic slow dancing, why not try Tango, Salsa or other dances that are sensual but which allow for some distance between each partners.

When holding hands with her, try walking further apart to create a more natural hand position.

Some things, like having sex in the shower, may need to be deprioritized. But ultimately, the only yardstick by which your creativity as a couple will be measured is your own.

One last point.

You know, when you get a new car, you begin to notice others like yours when they drive by on the other side of the road more often.

A similar principle holds true when you are in a relationship with a taller woman. You'll soon notice that you are far from an absolute anomaly, really. Although relatively rare for a man to be with a significantly taller woman, it's still more prevalent than you might think.

## Epilogue

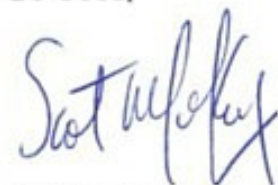
I trust that this special report has been a thought-provoking read for you. In many ways, as you've likely inferred, meeting and dating taller women really does involve overcoming anxieties and limiting mindsets that are common in one form or another to all men at some point.

That said, there's no doubt that the specific complexities of approaching and relating to taller women really do tend to highlight particularly sensitive insecurities, thereby creating a situation that literally paralyzes many guys even before they take a chance.

Even with all the practical information contained within this report, the final decision rests with you. Are you committed enough to dating taller women to make the habit changes in your life necessary to affect dramatic improvements in your success rate?

Please feel free to write me with any questions. And by all means, be sure to share your success stories.

Be Good,



Scot McKay

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## About The Author



**S**cot McKay graduated from Messiah College in Grantham, PA in 1988 with a Bachelor of Arts in Education. From there, he did graduate work in psychology and counseling while working as a life-coach for "at risk" kids in Yuma, AZ.

After a difficult divorce years later, Scot heard from virtually everyone that "it wasn't his fault" and that "there was nothing he could have done" to have been a better husband. Not accepting the victim's mindset, he adopted an attitude of continuous research into exactly what it is that attracts men and women to one another, and--more importantly--what keeps them together for years.

In other words, what exactly *is* a "healthy" relationship, and what makes it happen?

This research has been ongoing for five years to date, and has literally been a life-changer for him—going from divorced and alone to married to the woman of his dreams during that span.

The findings have been so profound and meaningful that Scot has gone back to his roots of life coaching after a successful management career in the IT world...and X & Y Communications is born.

Scot lives in San Antonio, TX with his wife Emily, three children (David, Danielle and Scot Jr.), plus two hairless terriers called Cosmo and Gracie.

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