

The Value of the Cookie



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THE VALUE OF THE COOKIE

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**This book is dedicated
to women everywhere.**

**Without you this world
wouldn't be complete.**

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INTRODUCTION

The Value Of The Cookie, is a self-help guide to empower women by giving them insight on what men really think about the cookie. In this over sexed, social media, text era, women are not being loved, valued, cherished anyone. Most have literally given men the power to do whatever, and as a result, find themselves settling for whatever affection they can get. For me, I want to shed light on the issue to show women they are in control of all aspects in a relationship. Also, to help them protect themselves from guys who don't have their best interest at heart.

As this guide is motivational in nature, it's also a rally to get woman everywhere to evaluate their decision making relationship skills, especially when it pertains to the cookie. I know some of you will have to be convinced because you're stuck in your ways... but hopefully I'll be able to open your mind, and help you get everything you want out of your relationship and love life. Please enjoy.

First off ladies, if it wasn't for you and that amazing cookie of yours, none of us would exist. Every man, women and child come from you. Those nine long months you carry your seed separates you from every man on this planet. So on behalf of the six billion plus people in the world...thank you for giving us all life.

That being said, lets get to the issue at hand...The Cookie! Ladies, you possess the most powerful item on this earth. Your cookie is worth more than money, gold, diamonds, cars, houses, clothes, shoes or anything else you can think of. There isn't a man alive (unkess he's gay) who can properly function without your sweet yummy cookie. If you think I'm lying, I challenge you to put the cookie to the test.

This is what I want you to do. For the next month, every time your man tries to get the cookie, stop him, and tell him that he can't get the cookie unless he does something for you first. I don't care if you want him to mow the lawn, or buy you those new shoes you've been asking him to get you all month. Believe me if he even thinks by doing this task he will get some, he will happily do that and so much more.

CHAPTER 1: What Is My Cookie Worth

Ladies, the cookie is our weakness. Everything we do from the time we get our first taste is primarily focused on getting more of the cookie. When we meet a woman our first thought 99.9% of the time is the cookie. For some reason our brains are wired to think that way. How do you think Eve got Adam to defy God by eating the forbidden fruit? Yes, ladies the cookie!

See what you don't understand is that you have all the power. Your worth is recognized by every man in this world. Believe me, you are selling yourself short if you fail to recognize your worth. The insecurities you have about yourself does not apply with us. We want you and need you regardless.

Ladies, everything about you appeals to us. The way you walk, the way you talk, and among other things, your beautiful smile. We need you to survive, and the cookie---the cookie is like a drug we just can't kick. We will always need another hit. There is no rehab. No detox. No cure. It's nothing that will ever stop us from wanting it. And yes ladies, we will even pay for it.

CHAPTER 1: What Is My Cookie Worth

Why am I telling you this? Because so many of you go through life everyday feeling like you're worthless. Somehow you were led to believe that men have all the power. I don't know where this misconception came from but it's absolutely not true.

Ladies, men do not have all the power. We only do what you allow us to get away with. If you allow us to treat you anyway, guess what...we are going to treat you anyway. We will not respect you until you demand us to respect you. Yes, we will sweet talk you and play the role of the perfect gentlemen if the opportunity of getting the cookie presents itself, but we will not give you our all until we feel you are the one. Point blank period!

The key to getting you way with us is the cookie. Stop making it so easy. Make us work for it. If we wanted to buy a brand new Mercedes-Benz, do you know how hard we would have to work to get that car? So why won't you make us work that hard to get you? You're obviously worth more than a car. Like I said earlier, if you don't believe me I challenge you to put the cookie to the test.

CHAPTER 1: What Is My Cookie Worth

Let me make this perfectly clear to you. Men, every last one of us need the cookie. You are literally sitting on a gold mine. And the thing is, you don't even have to give up the cookie. If we even think its a possibility that we can get some, we will do whatever you want. If I was a woman I would have every man wrapped around my finger knowing that. I'm just saying...

The question is not what your cookie is worth, because we all know its priceless. What you should be asking yourself is: Why should I value my cookie, and how do I keep it safely protected from the wrong guy?

Ladies, first off, there are all kinds of disease out there. You do not want to be reckless with the cookie and end up catching something that will change your life forever. Seriously, HIV/AIDS is real, and unknowingly a great number of women are being infected with this deadly disease everyday. Also, HPV and other sexual transmitted diseases (STD's), can cause cervical cancer or worse. You are way to precious to be putting the cookie in harms way.

There are many reasons you should value your cookie but I'll address the most important one...you being able to give birth. That is the single most important selfless act in this world. Without you life doesn't exist. Nothing exist. That bag you love. Those shoes. Your house. Car. Facebook. Twitter. Instagram. Favorite food. Lifetime channel. ID TV. Your family. Friends. Co-workers. That hot guy. Your vibrator...

Are you beginning to see how serious this thing really is? Hopefully you are because the cookie is God's greatest creation. To not value it would mean that you're not conscious of the power you possess as a woman.

The value you place on the cookie will also determine how you are treated by men. Ladies, men value women who value themselves. We don't want to be with someone that everyone else has been with. We like our cookie freshly baked. That's not saying that we won't sleep with you. But you will not get the ring, marriage, or the happily ever after. And we definitely will not bring you home to meet our mother. That just won't happen. And we do judge. If we know you give the cookie up to a lot of men we hold that against you. We are not marrying that girl. She will always be the side piece or the mistress.

Ladies, valuing the cookie will also make you more confident, and also give you a self worth that will empower you to become the woman you want to be. Knowing yourself and cherishing your body will allow you to make the right decisions in every aspect of your life...career wise, health wise, family wise and love wise. what I'm hoping to get you to do is treat yourself like the Queen that you are. By putting you first, this will make you a happier you, and there is nothing more precious than seeing you be the best you that you can be.

On the flip side, there are some evil men out there who will take advantage of you if you're naive. You must place value on yourself in order to know your worth. You don't want to be that woman who needs validation from a man because she has low self-esteem. That man will only use you, abuse you, and treat you any kind of way. He will have you believing that you're worthless and will steal your joy.

My advice to you is to respect yourself. Know your value and the power you possess as a woman. When you meet a guy let him know up front how you want to be treated. If he can't deliver the goods let him go and move on. Your prince charming is out there, and you don't have time to waste on no guy who is not willing to make you his number one priority. Remember ladies, you and your needs come first. It's a privilege to be with, not the other way around.

Make yourself the top priority. Use the cookie to your advantage and make him respect you. You are already way smarter than us. Stop letting us get away with treating you any kind of way. You don't deserve that. Accepting that kind of behavior only makes you an easy target for a guy looking to take advantage of you.

I firmly believe every women should value their cookie regardless of the situation. You are our mothers, wives, sisters, daughters, aunts and the backbone of every household. Our very foundation is set on the value you place on yourself. How we view you is determined by your every action regardless of your status in life. The way you carry yourself will be the determining factor of how a guy will approach you, and also, treat you.

Ladies, value is the worth of a thing usually equated to a market price, purchasing power, or estimated worth. Your market price, purchasing power, and estimated worth should be determined by you and you alone. There is no question as to why , how, or when. There is only that it must be done. Valuing yourself is the key to having a long, happy, healthy, successful life.

Ladies, the hard truth is when a guy thinks about the cookie its purely sexual. Any thoughts relating to the cookie is 100% nasty. Our thought process won't allow us to think otherwise. If you're looking for an emotional response from him, you won't get it if its determined by his thoughts of you cookie. That's not how we operate.

For a guy, the cookie equates to sex. In my entire life I've never heard a man say, he didn't want the cookie or that he was tired of getting the cookie. That will never happen. Now he may not want your cookie cause he know you're crazy, and he don't want to deal with that, but that doesn't mean he don't want the cookie. Just not yours.

Ladies, a guy will be on his death bed and still want the cookie. You know what he will say..."I'm going out with a bang." Yes, its funny, but its true. He is not passing up the opportunity to get some. If he die, he will die happy with a huge smile on his face gladly ready to meet his maker.

The power of the cookie transcends age, time, and race. Most, if not all our careers are built on it. Men work hard to make money to impress women in order to get the cookie. That nice car, the clothes, the shoes, the condo...it was all purchased to impress you in order to get the cookie. See ladies, men know the fastest way to get the cookie is to have our self together. When you see a well together put man the first thing that comes to your mind is, I wanna have his babies. You're thinking love, marriage, and the house with the white picket fence, when all he is thinking about is the cookie. Love, marriage, and all that other stuff comes a whole lot later. And that's only if he thinks you are the one.

Ladies there are only two things that goes through a guy mind when it comes to the cookie. One, he wonder how naughty you are, and Two, he hopes that you are a freak in the bed. That look in his eyes is pure lust. Please don't mistake it with love, even if he does say those three words. There are no off days. Men think about the cookie 24/7/365. He might not get the cookie everyday, but believe me, he wants it. I'll repeat what I said, so you can grasp what is a fact..."**THE COOKIE IS THE MOST POWERFUL ITEM ON THIS EARTH.**"

CHAPTER: 3

We couldn't even imagine life without the cookie. That just wouldn't work for us. This may sound crazy, but we would give a lung, kidney, and rib if that's what it took to ensure the survival of the cookie. Ladies, you don't even know the power you possess. You can get a man to do anything. If you don't believe me I challenge you to put the cookie to the test.

Why do I keep saying that...because it's true! Men don't think about work, bills, or any of that other stuff. We take it as it comes. Besides sports, money, and providing for our family, our thoughts are focused on you. Our day starts with making money in hopes that our nights are spent between the sheets with you.

I don't know who made the rules to this game, but that's how it's played when it comes to men and the cookie. It doesn't matter what we are doing, we will drop it at a moments notice to get the cookie. Yes ladies, in some way or another you have us whipped. That kind of power can go to your head, so be careful how you go about using that knowledge.

CHAPTER: 3

Men everywhere are going to want to kill me for giving up all this info. I will definitely be called a sell out for breaking the guy code. See ladies, a guy will never admit any of this to you. He will never tell you the truth or ever let you know the power your cookie has on him. We are way to cool for that. Plus, we don't want you to use that against us.

But it's all true. Men think about the cookie all the time and can't live without it. The truth is you drive us to be the men that we are. Everything we do is to impress you. You are the key to our happiness. We love everything about you...especially the cookie.

For the most part...YES! But before you decide to give the cookie up to any man, you should know his status. Make sure he's healthy and disease free. I don't care what comes out of his mouth. Make him show you the test results. If he refuses than this is definitely not the guy for you. I don't care how good he looks, or how many sweet nothings he whispers in your ear...**RUN AND RUN AWAY QUICKLY!**

Your life and your health is way more valuable than a night of passion.

Okay now that we got that out the way, here's the hard truth. If a guy has feelings for you, your cookie will be 100% safe with him. He will protect it, love it, care for it, and treat it very well. He will not let any harm come its way. But, if you are just a booty call that is where it will stay. He will not feel obligated to keep your cookie safe, and he will definitely show no loyalty to it.

CHAPTER: 4

The way you present the package and the status of your relationship will determine how safe your cookie is with him. Every woman is treated different with us. The wife, the mistress, the side piece, the one night stand...each has a different level of safety. It starts from the highest point to not caring at all.

You will know when its at the highest point because your man will be concern with the overall health of your cookie. He will even go to the OB/GYN with you and buy tampons and other feminine products when its that time of the month. Let me tell you a secrets ladies...this guy is a keeper.

Now to the not caring at all guy. This is the guy that will give you a disease. More than likely he is sleeping with multiple women, and none of you are his main priority. This is the guy that won't use protection for hisself, so the safety of your cookie means nothing to him. This is when the get test results method is most needed, for this guy is not to be trusted.

CHAPTER: 4

Your cookie will be safe with the man that cares about you the most. We don't know all that goes on down there, but if a guy cares for you and genuinely have love for you, he will go to the end of the earth to keep you and the cookie safe.

The key word in that sentence is care for you. A guy has to be emotionally attached to you in order for him to make you his number one priority. There are too many cookies out there. Men don't have time or the patience to keep every one of them safe. If you want him to separate you from all the rest and treat you different...you have to be different. Don't be like every other cookie out there. Make a guy respect you before you give it up.

I promise you that your relationship will be a hundred times better if you make him respect you for you. He will not only give you all of him, but he will also love whole heartedly. Not to mention all the things he will do to the cookie. Lets just say you'll be thanking me for a long time.

CHAPTER: 4

Ladies, you already control the game. You are not the weaker sex. We just have a better poker face than you. We know what you need, and what you want to hear, and we use that against you.

Will your cookie be safe with us? Most of the time, yes. We are not out to harm the cookie in anyway. After all, we live for the cookie and need it as much as we need the air we breathe.

The answer... when you are ready! Its not up to him at all. Its your body. You're the only one who has a say in that decision. Your cookie is priceless. Never give it away just because you think you'll disappoint a guy if you don't, because more than likely he will move on to the next chick after he get it from you anyway.

Ladies, know that the guy who you do decide to give the cookie to is worth receiving your love. Don't be that girl who says its just sex, because there's consequences to your every action. How you are treated, your health, and your reputation is on the line. Remember, we judge. Yes we will sleep with you if you give it up, but as far as you being a keeper... well I think you know the answer to that one.

When you are with a guy you'll have a gut feeling as to when the time is right. Listen to your gut feeling. Don't doubt yourself or second guess it. If you are not ready... wait! Its that simple. If a guy is really into you he will wait as long as it takes because the cookie will not be his only objective.

CHAPTER: 5

A guy who wants a relationship with you, who sees a future with you, will be patient with you. Yes he wants the cookie, but your heart, love and happiness is also what's important to him.

Ladies, the truth of the matter is all men want the cookie. For us the sooner the better. If we could get it within the first five minutes of meeting you that would be the ideal situation. But that's not how it works. We are at your mercy when it comes to the cookie. Regardless of what you may think you control that aspect of the relationship. Its all up to you.

If you feel you are ready... go for it. Just be safe and know what you are getting yourself into. If you're looking for love and a long-term commitment, make sure the guy is on the same page as you. If its just a fling, don't get emotionally attached, or put your heart in a position to be hurt, especially when you and you alone have the power to control the situation.

Ladies, you already know what you want in a relationship, love, marriage and sex. Its not up to no one but you to make it a reality. You are solely responsible for your happiness. How long you wait to give up the cookie is up to you. Its your cookie! No one has control over that aspect of your life but you. Trust yourself and believe in the choice you make.

It depends! If a guy really likes you, is feeling the chemistry between y'all, and want it to go further than the first night. Yes, he will still respect you. He will more than likely want to see where this thing with you is going. Its a tricky subject though because it can be a hit or miss. You can either become another notch under his belt, or the woman he ends up pursuing.

I personally think if you keep it classy then a guy will respect you no matter what, unless he's just a complete jerk. I can tell you this though, no matter how it plays out, every time you see him, he'll think of that night. Especially if you put it on him.

Ladies, when it comes to stuff like this, men are stupid. Everything comes with age and growth with us. When we are young the last thing we think about is respect or your feelings. Its only as we mature and realize the value you have in our life is when we begin to act like men.

CHAPTER: 6

I'm not sure why that is, but that's the way it seems to be. And sadly, some of us never get it right even in our old age. I would personally like to apologize for those guys. They make all the stand up respectable guys look real bad.

As for you, giving it up on the first night will only make you seem easy, even if you are not that type of girl. You may be thinking love and the potential of a relationship, but at this point, its only sex to him. You are no different than any other women, and a relationship and love is the last thing on his mind. What he's thinking is how good the cookie will feel, or felt depending on if you've already given it up.

I don't know of any couples that have had a long successful relationship, or marriage stemming from a woman giving it up on the first night. In my life I haven't seen it. I'm sure there are some but its definitely not the norm. Those rare lucky few are the exception to the rule.

CHAPTER: 6

Will he still respect you if you give it up on the first night? It all depends on the guy you're dealing with, and how he perceives the relationship. If you just met the guy after a couple of drinks at the bar, then more than likely he will not respect you because he doesn't know you well enough to. For all he know you could be a jump off that sleeps with every guy on the first night.

The way you present yourself is the key to everything. A guy is only going to respect you if you respect yourself, and demand that he respect you. Remember, you have control over the situation. And even though you can't determine every outcome. If you respect yourself, more than likely he will respect you also. There are a lot of decent guys out there.

Eighty percent 80% of women regret having sex on the first night. The other twenty percent 20% are either ashamed they gave it up, or wished they would've waited. Of course in that 20%, there are some women who enjoyed it and would happily do it again. Emotionally though at some point all of these women have an emotional breakdown, and begin to question their judgment in men due to not getting what they've hoped to get out of giving up the cookie (the man, his love and the relationship).

The majority of women don't feel good about them self after giving it up on the first night. A little piece of them is taken away and it plays on their self-esteem, confidence and conscience. Stress and depression are usually high factors but its her self-worth that begins to be at an all time low, leaving her with the never ending questions of... Where is my Mr. Right, why am I still single, and what's wrong with me?

The answer to those questions often go unanswered, leaving her to make even more bad relationship decisions in search of love and what she perceives to be happiness. The pain that comes with the rejection after the fact of giving up the cookie is what hurts the most. Wondering why he hasn't called, text, or has unfriended you on Facebook also plays a negative role. This leads to major trust issues determining how a woman deals with relationship issues in the future.

Its hard for most women to respect themselves in this kind of situation. Especially when she feels she has been cheated out of the deal. Here she is giving up her most prized possession, and in return she receives absolutely nothing. The normal response is hurt, pain, and all the emotions that come with the disappointment she feels at that time. Here she is thinking she found her Mr. Right, when in all actuality all she found is a cookie monster.

For those of you that don't know what a cookie monster is, I'll explain it to you. A cookie monster is a guy that has no regard for you or your feelings. He is only out to get the cookie, and once he accomplish that task, you will not hear from him again... unless of course he wants more of the cookie.

This guy is armed and extremely dangerous. He knows all the right words to say, and is a master at making women fall head over heels for him. I will go into full detail about the cookie monster in chapter 9, and also tell you how to protect yourself from him.

Ladies, you have to be smart when you decide to give up the cookie. I know sometimes you can't help it because lust plays a part and you want to get some... but you have to think about how it will affect you in the long-run.

Your biggest challenge when giving up the cookie is your physical and emotional health. You don't want a guy to come in and destroy everything that you've worked so hard to build up. Your well being comes first. Your mental, physical and emotional state is what makes you the woman that you are. You can't be the best you if your happiness and emotional well being is dependent on a guy. You will always be unfulfilled.

CHAPTER: 7

Ladies, your cookie is precious. When you give it away, you want to be more to a guy than just a warm body and a easy lay. Forget about the guy. Think about how you're going to feel, if, and when, it doesn't go the way you hoped or expected it to.

Remember, you are in control. Whether you respect yourself or not only matters if you continue to make the same choices over and over again. I just ask that you know what you're getting yourself into, so you're able to make the right choices when it comes to the cookie, because at the end of the day you are the one who has to live with the repercussions.

You will know when a guy is with you for you because there is nothing in this world that he wouldn't do for you. When he sees you at your worst and still think you're beautiful, or when he turn down the opportunity to get the cookie from someone else, then you'll know. Ladies, when a guy starts to put you before his boys, as well as, begin to spend every moment with you, that will be a clear sign you are number one in his life.

A guy that is serious about you will express wanting to have a future with you. The topic of marriage and family will come up, and he will be supportive in your quest to achieve your goals and dreams. He will also give you security, allowing for you to conquer your fears, and any insecurities you may have about yourself. Your happiness will be his main focus. Seeing you be the best you that you can be will be his reward at the end of the day.

CHAPTER: 8

The bottom line is, this guy will love you unconditionally. He will often put your needs before his own, and do everything in his power to keep a smile on your face. Your overall well being will be important to him, and no matter what y'all face in life, he will be right there to face it with you.

Can you trust him? Absolutely! He is not the running away type. He is with you completely. If you allow him, he will grow old with you, and be there through the ups, downs, good, bad and the ugly. When you have health issues he will be there to hold your hand and comfort you. Also when you are no longer able to take care of yourself he will be there to love and take care of you.

Ladies, many of you have already met this guy but because you are looking at things in an unrealistic fashion, you've failed to notice him. Do me a favor... stop taking relationship advice from your single girlfriends that can't keep a man. I'll repeat that! **STOP TAKING RELATIONSHIP ADVICE FROM YOUR SINGLE GIRLFRIENDS THAT CAN'T KEEP A MAN!**

CHAPTER: 8

If a guy is treating you good, doing all he is suppose to, and absolutely adores you, stop questioning the status of your relationship. He is not the guy that hurt you, cheated on you, or broke your heart. Stop looking for him to fail because every man you've dealt with in your past has come up short. He is not every other man, and just because your girlfriend can't stand him doesn't mean that he's wrong for you.

Remember this is your life. You are responsible for your happiness and ^{ow}has it turns out. You don't wanna end up being alone, and bitter with no one to hold you at night. Your gut instinct will tell you if he's with you for you or not. Trust yourself to make the right decision. If it doesn't work out the way you want it to, don't worry, its not the end of the world. Your Mr. Right does exist and you will eventually find him.

Ladies, you are under a full scale attack. For every good guy out there its at least six or seven cookie monsters lurking, hoping to prey on your cookie. What is a cookie monster? A cookie monster is a guy that has no regard for women, their feelings, and is only out to get the cookie. Most women would call him a "player," but if they've been hurt by him, they would call him a "no good dog." Yes ladies he is the bad boy, the cheater, and the heart breaker. Each and every one of you have either dealt with a cookie monster personally or know someone who has. In this chapter I'll show you how to protect yourself from him.

First things first. Ladies, you need to stop falling for the B.S.! You now that slick talking man is only out to get one thing. You've heard the rumors about him, even know some of the women he slept with, and know exactly what he is all about. He is who he is, so please stop pretending like you don't know who you're getting yourself involved with. That being said, lets get to the issue at hand...

Ladies, the only way to protect your cookie from the cookie monster is to stop giving your cookie to the cookie monster. Stop placing all the blame on the guy when you are the one that allowed him to get the cookie in the first place. Okay, yes he sweet talked you and made you feel like the only woman in the world. That doesn't mean you were obligated to sleep with him. That was your choice. If that's all it takes to get the cookie, what does that say about you. I'm just saying...

Everything starts with you. If you put your hands in fire you will surely get burned. Same rules apply here. The cookie monster doesn't care about you at all. He is only out to get the cookie and will do, and say whatever he has to in order to get what he wants. Ladies, you already know his game. You know if you give your cookie to this man he will only end up playing you. Now if you are okay with having your heart broke, and your feelings played with, then keep dating cookie monster because they have that covered.

CHAPTER: 9

Ladies, you have all the power to crush his whole game. Instead of being the victim, be the woman that he can't get. The one that didn't let him take advantage of you. The smart one. The strong one. The one that he will respect. The one, if any, who he would be willing to change his cookie monster ways for. You are that smart beautiful woman. Stop letting the cookie monster get away with stealing your cookie. You know better girl!

No! The cookie will not help you find love. When a guy think about the cookie love is not in the equation. Its more lust than anything. love is an entirely different subject for us. When we seek to find that special someone we look at her qualities to see if they match the things we are looking for in a woman. The cookie plays an important part but that's not the motivating factor.

It also depends on the age and maturity of the guy you're dealing with. If you're dealing with a young guy that's not experienced in love and relationships, you may be able to use the cookie to make it work in your favor. The thing about that is, it won't last. When the guy matures he will begin to question what he wants out of life, and depending on what that is, he may very well end up resenting you. Then you will be back at square one, having wasted years of your life in a relationship that didn't go anywhere.

A man is usually ready to settle down at the age of 30 (give or take a few years). At that point he is in tune with himself, and know the type of woman he wants to spend the rest of his life with. For the most part he has already played the field and is not looking for the casual hookup, that more than not leads to unwanted headaches.

Ladies, you have to stop thinking sex automatically equates to love for us. We are not emotional creatures like you. Yes, we may love having sex with you, but that doesn't mean we are in love with you. Let me repeat that... YES, WE MAY LOVE HAVING SEX WITH YOU, BUT THAT DOESN'T MEAN WE ARE IN LOVE WITH YOU! There is a big difference between the two. Please don't fool yourself.

And please don't have a baby by a guy just to keep him. That almost never works. That will only make a guy run away from you faster. The child will be the one hurt in the long-run. When a guy is ready he will give you his all. It doesn't matter if you give him the cookie or not. He will love you regardless and the difference is he will really love you for you.

In a relationship respect is everything. Make a man respect you and you'll get the best love you've ever known. Not only will he treat you like a Queen, he will bring you home to meet his mother and put a ring on it. Ladies, guys want to know that their woman has some backbone. We don't like pushovers or passive, but at the same time you can't be too bossy either. You have to let us think we are in control, even if that's far from the truth. Its called MAN-ipulation!

Ladies, don't worry about the cookie. That is not the way to get a guy to love you. The cookie is the way to get a guy to do everything else you want him to do after he has already fallen in love with you. The cookie is the treat. If he behaves, he gets a treat. If not, I promise he will do whatever it takes to make it right. He might be crazy, but he ain't crazy enough to go without the cookie. Not if he can avoid it anyway.

Seriously though, finding love is hard enough. Don't sell yourself short thinking the cookie is your only way to get a guy to love you. A guy can get the cookie from anywhere. When the cookie is not an issue and he still want to be around you everyday, then you've found a keeper. Its never to late so don't beat yourself up, or ever think it won't happen for you. Just be true to yourself. In the end, it will all workout for you.

YES! That's exactly what you should do. At least until you're able to figure out where you continue to go wrong with the guys you do decide to give the cookie to. Seriously, there is a reason why you keep making the same choices with every guy you date. Maybe the approach you use is wrong, or you're simply unaware how your decisions affect you love life. Either way you're putting yourself at a major disadvantage and I strongly suggest you close the cookie shop, so you can fully evaluate you decision making relationship skills.

You have to remember this is about you and getting what you want. Your happiness is what matters here, nothing else. Yes life may throw many obstacles your way, but that doesn't mean you have to settle for whatever comes along, especially when it comes to a man. Being miserable in a relationship just for the sake of being in a relationship is not healthy. You can do bad all by yourself. You don't need a man to do that for you.

Being alone for a little while in order to get yourself together so that you can find your Mr. Right, is way better than continuing to go through all the drama with your Mr. Wrong.

Ladies, taking time for yourself is the best thing you can do. By focusing on you , it will not only allow you to think clearly, but it'll also allow you to avoid getting into a relationship that will put your heart and cookie at risk. The reason for closing the cookie shop is because you are the one who's not getting what you want out of the relationship.

While you're left with broken promises and that empty hole where your heart use to be, the guy, is most surely on to the next one, not even thinking about you. Sadly to say, this happens to millions of women all over the world. You meet a guy, thinks he's the one, sleep with him, then end up never hearing from him again. Sounds familiar.

Ladies, closing the cookie shop doesn't mean you're dead. I'm not asking you to take a vow of celibacy or anything. All I'm asking is that you take some time for you. I know you have needs, and believe me I'm not against a girl getting her groove on, but if its at the cost of you getting used, abused and treated like a piece of meat... I would rather you wait until you're able to find a guy that will respect and cherish you.

You already know what the results will be from picking a loser. If that's the road you wanna go down, hey, keep doing what you're doing. But if you're tired of being treated like crap, do something about it. Guys respect women who respect themselves. If you let a guy get away with treating you bad, he will only continue to treat you that way. Especially if he knows that he can get the cookie whenever he wants.

Ladies, you're the one that sets the tone in a relationship. From the time you meet a guy, you are in control of how the relationship will go. You hold all the cards.

CHAPTER : II

Believe me if a guy really wants you, he will fall in line and skip to your beat. You'll know the cookie monsters because they won't stick around long. When they realize they are not going to get the cookie, they'll run away from you so fast. Knowing they can't sweet talk you because you will refuse to fall for their game, will make them back off leaving room for your Mr. Right, to come along and sweep you off your feet.

Your Mr. Right will come. Please don't doubt yourself or ever think something is wrong with you. You're perfect! Always remember you're a strong, smart, powerful woman. Never forget the value you possess or ever let anyone take that value from you.

When you do eventually make that decision to take the next step with a guy, make sure he's a keeper and not someone who won't value you after he gets the cookie. You have all the tools. Use them to your advantage and make sure at the end of the day you end up with the fairy tale.

EPILOGUE:

As I bring this guide to a close, I would first like to thank you for reading. I can only hope I've open your mind and given you insight to any questions you may have had about the value of the cookie. Though some of you may still doubt the power you posses as a woman, I assure you if you follow the advice in this book, your decision making relationship skills will only enhance, giving you the tools to make the right choices when it comes to love, relationships and the cookie.

Remember you are the one who's in control of your happiness. The Value Of The Cookie is simply a guide to help give you an advantage. That being said, I'm going to close. I wish you the best in all your endeavors.

ABOUT THE AUTHOR:

Kenneth Hogan, is a loving father of two from Albany, New York. He graduated from Albany High School in 1999. Unfortunately, as a misguided youth he got caught up in the street life and was arrested on homicide charges in September of 2000. No less than two years later in 2002, he was tried, convicted and sentenced to 25 years to life in prison.

Vowing to reclaim his life, he decided to turn his bad situation into an opportunity to fully develop his talent and love for writing and creating ways to help and inspire people.

Hogan is currently seeking clemency. As of now, his earliest release date is September 14, 2025.