Men's Health
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The 21 Principles of Iconic Style

Remember that in the end Manners *make the man*

Define yourself by how you make others feel and you'll always come off looking like a gentleman

Empathy always trumps etiquette. That's the key to CNN news anchor Nicole Lapin's precocious poise, which has helped her report live on such stories as a contentious execution at San Quentin Prison in California and the 2007 shootings at Virginia Tech. "People will always know if you're being fake," says Lapin, 23. "You just have to connect with them however you can. It doesn't matter whether you're on air covering breaking news, giving a presentation at work, or on a date." Here, Lapin shows you how to develop a captivating presence, no matter how intimate your audience. The heart of the matter is that manners make the man

BE GRACIOUS, NOT GRATUITOUS

"We're not judging you against Emily Post's rules of etiquette. A woman wants to feel taken care of. Be genuine. Pay attention to her needs. Chivalry is not charismatic if it's forced."

DEVELOP YOUR POKER FACE

"Drama is a big turnoff for me—in a bedroom, in an office, or in a restaurant. I don't want a guy to lose his cool. I like a guy who makes things look easy. If I compliment your suit, don't tell me you spent 3 hours deciding what to wear. Say, 'Thanks,' and move on. And if you make a mistake—you drop a drink or forget someone's name—apologize and just move on. Whether on air or on a date, you're not the voice of God. You're a person. You're allowed to mess up. Don't be discouraged."

BE WISE BEYOND YOUR YEARS

"Intelligence is attractive, but so is life experience. You can't amass it just by reading a ton of books. But you can live a lot of life in a short amount of time. Travel. Talk to everyone. Collect adventures, and use them to understand the world. That's how you learn to treat people well. And that's sexy."



"Chivalry is not charismatic if it's forced," says CNN news anchor Nicole Lapin.

Results from an online survey posted on MensHealth.com and Cosmopolitan.com