

GET IN HER MIND GET IN HER BED



Nick Andrews & Taylor Ryan

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Acknowledgements

Nick: “This is for all the girls I was too scared to ever make
a move on.”

Taylor: “And for all the girls I did make a move on.”

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Introduction to Body Language

Eye Contact

On my move across the country, I had an amazing encounter, at a rest stop no less, and it all started with a little glance. As I was coming out of the bathroom, I saw a girl sitting in a van. She was in the driver's seat, the passenger seat was empty, and two children were in the back. When I walked by her vehicle I glanced in her direction and saw her looking at me. I looked back and continued to hold eye contact. She held eye contact as well, and gave me a little smile. As I drove off she looked at me again. Now I was thinking that was kind of interesting and what a weird place for this to happen. A while down the road she passed me and I realized it was her other that she was waiting for. At this point I was pissed at myself for letting this opportunity go. I decided I was going to redeem myself. Being that there were two women and two little children in the car I knew it wouldn't be long until they made another stop. Sure enough about ten miles down the road they pulled off at the next rest area; I followed. When I got out, I was again met with her adoring eyes. I asked her, "Are you following me?" She laughed and we started talking. Within a few minutes I found out that she was actually staying at a campground nearby. Under normal circumstances I would have continued driving for at least another

eight hours, but I wasn't going to pass this up. I was actually curious to see how far I could take things with her. I followed them to their campsite, ate hot dogs with her and her family, and we ended up spending most of the night together. As for my curiosity, I was rewarded. It took most of the tools in my pick up skill set, but like many girls before, she too ended up in my bed. It all started with a little look.

The single most important aspect of being good with women, picking up girls, is eye contact. The concepts you will learn in this book all center around eye contact and the signals women give. Why is eye contact so important? It is how we know a woman is interested. Anything and everything you do in interacting with women is directly related to body language and eye contact. Eye contact with any woman will tell you everything you need to know.

All body language is important, but eye contact and maybe a little smile will tell you what you really want to know. It tells you, "I'm interested in you and I'm available." In the game of pick up that's all you really need to know. Now of course, you will use body language to do a variety of things: get her interested in you, create and continue to build sexual chemistry, skew an interaction in your favor to get what you want, all done with body language, but her eyes are what are telling you, "I'm interested and I'm available." If you want to be good with women, this is the foundation to build your game upon.

Situation: You are terrible with women. You are standing around a bar table with a couple of friends when you noticed a hot ass girl across the room. I mean gorgeous. She walks up to you and says, "There is something about you, I'm not sure what it is but I'd really like to get to know you. I'm not dating anyone at the moment. Would you like to go someplace quiet and get to know each other?" You go off in the corner with your future girlfriend or potential bed buddy while your friends wonder how the hell you just pulled this girl. She appears to be way out of your league, but somehow, you, this guy who knows nothing about women, just pulled the best looking girl in the bar.

That would be great if that is how it worked with women wouldn't it? They come up to you and tell you exactly how they feel. Well that is exactly how it works. She tells you those things with her eyes, with her legs, with her arms, and with her body movements. She is sending out signals with her body language. When you catch a glance from across the room and she holds eye contact she is saying, "I'm attracted to you, I'm available, I want you to talk to me!" You can reassure that signal by dropping a little smile on her. If she smiles back she has just told you, "I am interested in you, come over here and talk to me so we can get to know each other."

In face to face conversation, the words you say only account for ten percent of the total message. Thirty percent is vocal, describing your tone of voice and inflection. The rest of the

message is nonverbal. Sixty percent of what you say is done through non verbal communication; body language. As hard as you try to hide your feelings towards a person, your body language will betray you and tell the world how you really feel.

Yes, it would be nice if that beautiful blonde across the room would approach you. In our society, that just doesn't happen. It's not socially acceptable for a woman to approach a man. Ultimately it is up to the guy to make the first move, but in reality a woman will have already given over a dozen signals before most guys make their first move. Women send out these signals to attract guys they are interested in, but are able to save face by avoiding public rejection. If a guy turns down her signal of advance, there was no harm done, she was not on public display. She does not have to take that walk of shame back to her seat after getting the cold shoulder. She leaves that up to the guy, if he is interested he will pick up on her signals and come talk to her, he takes all the risk and embarrassment. The problem is, most guys don't know what to look for. Most guys don't pick up on those signals of advance she is sending.

Another problem can occur at this point. The fear of rejection sinks in. You read the signs but your lack of confidence is holding you back. You start to ask yourself, "Is she really interested, what if I go over there and she ignores me, what if I misread the signs, what if I can't think of anything to say?" Yeah, what if? What if you grew a pair of balls, and instead of asking

yourself all of those questions, you wasted no time worrying and just approached her? Well then you might find yourself in her bed at the end of the night. The guy who is too afraid of rejection will never make the move to go talk to that girl. He will continue to struggle with women and never find the one that he wants. What if there was a way to be certain that this would not happen. By learning the signals that women give to men, we can increase our chances so much, that rejection becomes a non issue. The single most important aspect of being able to pick up signals is eye contact. It is how we know a woman is interested. Eye contact with any woman will tell you everything you need to know. Here are some things to look for:

The Extended Gaze

Anytime you lock eyes with a woman it is a good thing, it shows you are interested. If she is interested in you she will lock eyes and hold her gaze for a second or two longer than what would be considered a normal glance. Once you catch her gaze narrow your eyes, and I do mean narrow, not squinting or some other dumb ass eye movement. Narrow your eyes and hold eye contact. Holding eye contact or a gaze is different than starring. You don't want to find yourself starring at a woman. If you wait too long to approach her, you can get trapped into starring at a woman the rest of the night. What happens is you continually try to reinforce the fact that she is interested in you and you make eye contact over and over again. After three or four times she begins to lose interest until she is no longer interested. Once you get that initial eye contact approach her.

The Checkout

A woman will check out a guy just as much as a guy checks out a woman. The difference between the two is that the woman is more subtle in her approach and it can be very hard to pick up on. When you check out a girl what happens, you see her face then quickly overt your eyes to her chest. You look back to her eyes hoping she didn't just catch you checking out her tits, and then move your eyes over the rest of her body. Women do the same thing but in a more subtle way. They start at the face then move downwards checking out the rest of the package. If she smiles then you know she likes what she saw. Now when she is checking you out, there isn't a whole lot she can see. She is looking for a few things though. She is going to look at your hands and your feet. She wants to see that you are well groomed, and other than your clothes, the condition of your hands and fingernails is a good way to judge. She is also going to look at your choice of shoe for reasons way more in depth I care to discuss. Bottom line, when she looks you up and down and smiles, it's time to approach her even if the first words out of your mouth are, "GoFuckAFish!" She may even think that's cute.

Dilated Pupils

When we see something we like, the pupils of our eyes dilate and grow larger. This holds true for both men and women. This is an uncontrollable physiological response and we have no control over this happening. You can tell if a woman is attracted

control over this happening. You can tell if a woman is attracted to you by observing her pupils. Studies of photographs have shown that people with dilated pupils are rated more attractive. Magazines enhance the pupils of their models in their ads to increase their attractiveness. Ever wonder why a candlelit dinner with wine is considered the most romantic meal. The dim light dilates the pupils of both individuals, making each appear more attractive. When we drink alcohol our eyes dilate, increasing the effect even more. Familiar with the term, “bedroom eyes?” This is the same effect; you are in a dimly lit atmosphere with a woman you desire. The pupils have dilated thus creating the effect. One thing to think about when trying to gauge if your new friend is attracted to you, is that the lighting will affect the size of her pupils. If it is too dim the pupils will dilate, and if it is bright the pupils will restrict in size. Only use this trick in a regularly lit environment, not the bar.

Blinking

Does she blink at you? Blinking draws attention to her eyes where she can attract and hold your gaze.

The Flicker

The flicker can be seen after you have been talking with the target for a while, building sexual chemistry. When you look into the target's eyes you will see them flickering back and forth, looking from one eye to the other, as if she is trying to figure out if you are interested in her. When you see this, kiss her, she has just given you approval.

As you are out looking for targets, survey the room with your eyes. When you find a girl you like, hold your gaze in her direction. When she looks at you continue to keep eye contact for four to five seconds. If she is interested she will respond, if not forget her and move on to the next target. Once you get that look do not hesitate, approach her and start up a conversation. If you are unsure of the signal, continue to catch her eye about every five minutes, no need to stare. Every time she holds eye contact with you, she reaffirms her interest in you. After the second or third glance, make your move otherwise she will start to lose interest waiting for you.

All body language is important, but eye contact and a little smile will get you far. It tells you, "I'm interested in you and I'm available." Of course, you will use body language to do a variety of other things such as getting her interested in you, creating and building sexual chemistry, and skewing the interaction in your favor. If you want to be good with women, you need to know it all starts with your eyes.

The Alpha Male

I hear a girl ask Nick, "Hey what's your friend's name?" He replied, "Taylor." She continues, "Does he have a girlfriend?" At this point I turn around and say to the mystery woman, "Why don't you ask his friend?" I ended up dating this girl for few months. I found out from her later that the reason she approached me was the way I walked in. We were in a group with about five other guys and she said we all walked in looking good and having a good time. I distinctly remember her saying, "You walked in like you owned the place." She obviously picked me out of the group, but we all looked like somebody worth getting to know. Based on our body language alone, we were interesting, and appeared to be an attractive fun group of guys.

Body language is king in the game of pick up and in everyday life. Remember only ten percent of what you say comes across in the message, the rest is body language. What you say is directly tied to your body language. If you are displaying confident body language, the dialog in your conversation will be coming out in a confident manner. You won't be tripping over your words. The words will be seemingly

won't be tripping over your words. The words will be seemingly meaningless. They will start to flow out rather than seem generic or rehearsed. You will care less about what you are saying and your conversations will become more fluid.

When I walk, I walk with purpose. I walk with an air of confidence and a little cockiness. I walk like I am somebody. Some would say I walk around like I think I'm better than everyone else. When I walk into a club or bar, I walk in the same way. If I enter with girls, I am arm and arm with one of them, with the others close by. I walk tall with my head up, chest out, and I am smiling, perhaps even laughing. I am having more fun than anyone there. I walk in with a purpose, like I own the place. If I walk in with a group of guys, I walk in the same way. I walk tall with a confident gait, head up, chest out, and smiling. All of the things I am doing are putting off body language signals that say I am confident, I am interesting, I have something to offer, I am having fun, and I am fun to be around. I enter, and everyone in the bar wants to know me.

Let's break some of this down. Going places with women, being seen with women, is a good thing. It gives the women observing you peer approval. Meaning that other women will think, "All those girls are with that guy he must be really cool." The women you are with know you and like you, and are giving their "approval." So if I walk in with women it gives all the other women in the bar approval from my peers. I'll take it one step further by locking arms with them and laughing. Now not only

are these girls with me, but they are with me and touching me. On top of that we are laughing and appear to be having an awesome time. So all the girls in the bar, that I will be gaming on later, are already thinking, "This guy must really be interesting, he has girls all over him, they are laughing, he is fun, he has something to offer, I want to meet him." You portray all that just by walking in the door.

Now if it's boys night out, I do the same thing but I want to out Alpha Male them. We have taught all of our friends this so we kind of all walk into the bar the same way. It's kind of a joke now, but again, we all walk in confident, with our shoulders back, heads up, and chest out. We are all usually laughing and joking around, and we all have smiles on our faces. We are showing everyone in the bar that we are about having fun, we are the life of the party, come join in. Now I want to out Alpha Male my friends, but not by making them look stupid, I want to do subtle things that will make me stand out from the group. You always want to be the one that stands out. You want to be the guy that women notice and say to themselves, "There is something interesting about that guy and I'm going to find out what it is."

When most guys are starting out learning how to be an Alpha Male, they make the mistake of not telling their friends about these hidden signals. They fear that if they tell their friends what they know, then there will be too much competition. While this is true to some point, you will see better results by being in a

true to some point, you will see better results by being in a dominant group than you would by being the lone Alpha Male. People hang out in groups. Within the groups there is a pack leader, or Alpha Male. When we go out to bars or clubs we go out in our groups, as does everyone else. The people at the bars and clubs are a big collection of many groups, each with their own pack leader. When we are at the bar not only do we compete against each of the other Alpha Males, but every dominate group as well. The dominate group, is the group women will focus their attention on the most. Within that group they will be looking for the pack leader. Therefore you must teach those that you go out with how to be the dominate group. My group is the one that is seen as the dominate pack. Everyone in the group works together to display confident body language, and all the looks will be heading our way. From here, all you need to do is place yourself as the Alpha Male in the group. When they sit I stand. I might place my hand on their shoulder when I talk to them, or give them a pat on the back when I tell a joke. Both are subtle signals of dominance over the other. We are all there to help each other out, not get in the way.

The first step in becoming an Alpha Male is to carry yourself in this confident manner. This is something you can practice all the time. You don't just flip a switch when you get to the bar and become a confident person. Girls will see right through you. If you want to be better with women you need to make a change in your lifestyle. Start carrying yourself in a confident manner all the time. Even if you are a shy person, if you act confident you will

become confident. Have you ever heard the expression take it till you make it? Same theory applies here. Carry yourself in a confident manner and you will become a confident person. If you exude confidence, you will be perceived as a much more interesting person. This will help you with your career, with your peers, family, everything, not just with girls. If you're serious about getting better at interacting and picking up women, you need to make a concerted effort to become a more confident person. Women will see you in a whole new light.

The second step in becoming an Alpha Male is learning to claim your space. You want to be seen, the center of attention. So when you are looking for space to claim, move to the center of the room and begin marking your territory. Place your drink down, place a lighter down, place your jacket or coat down. You are sending out the signal, "If you want this space, you are going to have to take it from me!" The more space you take up, the bigger your territory. The more territory you have claimed, the more of an Alpha Male you will be.

Where ever you go, immediately head for the center. Sitting on a couch, walking into the bar, entering a room, it doesn't matter. Make a direct line with no hesitation. From the moment you walk into a room, all eyes will be on you if you in with a confident manner. Walk tall, shoulders back, chest out, relaxed, with your head up and smiling. This is what we mean when we tell you to walk in a confident manner. You may not notice people looking at you but they will definitely notice you. The

people looking at you, or any that suddenly notice you. The women will think you are interesting and want to get to know you. The guys will all be jealous because they know the attention is on you, and the women find you interesting, not them. The next time you are at the bar, take a moment to watch the girls currently not talking to any other guy. What are they doing? They are watching the door to see who will come in next, to see if the next guy that enters is the one for them. Take your time to get where you are going, there is no rush, let the women see everything you have to offer. Confident body language will carry you. If you have poor body language but have a killer opener and you approach a girl, whether she finds you attractive or not, she will shortly become uninterested. If you have great body language it doesn't matter what you say, she will be interested. Now obviously you do not want to open her and be tripping over your words, but if you just say the first genuine thing that pops in your mind and have random conversation, your confidence will carry you.

So you have walked into the bar in a confident manner displaying your Alpha Male body language. You have made a direct line for the center of the room, claiming your territory. Now it is time to expand on your space. Start making your rounds, talk to your friends, order a beer. At each stop you make, continue displaying the confident body language. You always want to be on the prowl, looking for extended eye contact from a cute female. This is not a linear process you need to follow step by step. It is a fluid dynamic. You must be ready to pounce at every given opportunity. As you are talking with

to pounce at every given opportunity. As you are talking with your friends look around. You may notice a girl that you did not see when you first walked in. She may not have seen you make your entrance, or claim your territory. Therefore, it is important to continuously display these qualities.

If I am standing in a group with my friends, I like to stand with my feet roughly shoulder length apart. You want to take up room to portray dominance in your group. Stand up tall with your shoulders back, and chest out, but in a relaxed fashion. Do not put your hands in your pockets. That is a sign of nervousness. Remember, you are going for confident. Another thing I see people do is hold their beer in front of their chest. Make sure you do not do this. It makes you look small and closed off to conversation; you are putting up a barrier. You want to be taking up a reasonable amount of space and putting out signals that say, "I'm open and inviting." Point your toes out slightly as opposed to pigeon toed. This may seem like something small with little meaning but it is not. Women notice these things. Something else I like to do that puts out an air of confidence, is I sort of thrust my hips forward. Not pushed way out looking like a retard but ever so slightly. I lock my thumbs in my belt or pants pockets depending on what I'm wearing and let my hands hang down my legs. I have my fingertips pointed slightly at my cock. This is a confident pose that also appeals to a woman's sexual subconscious.

When you are standing at the bar, waiting for a beer, you

want to be scanning the room for potential targets, while at the same time trying to get the bartenders attention. Use the bartender as a guide to how well you are projecting confident body language. They will notice you and serve you well before anyone else. The women around the bar will notice this, so will all the other guys, further strengthening the idea that you are the Alpha Male. Continue to stand tall, make eye contact, and take up space. The bar area is always crowded with people trying to get drinks, it is a true test of your abilities.

Being Alpha Male is about portraying a certain appearance. You don't have to be the greatest looking guy, the biggest guy, in perfect shape, or even the funniest. It all comes back to your appearance and the message your body language sends out. You want to send out a message of sexuality. You want to scream center of attention, so when women see you they think, "Wow! What is it about this guy that is exciting me? I don't know what it is but there is something and I want to find out what it is that is so special about this guy." The ultimate goal is to be able to send out a message of sexuality that makes other guys jealous and arouses a woman's excitement.

You have to learn to look, think, and act like an Alpha Male. You need to move around and have the body language that screams, "I'm big, I'm bad, you don't want to mess with me!" Becoming the Alpha Male can be broken down into three categories, size, strength, and attitude.

Becoming Alpha Male: Size

One way to show dominance is by being bigger than everybody. We are raised to believe that bigger is better. Large men appear more powerful and are rated more attractive than smaller men. That doesn't mean you have to be a muscle bound, cock diesel, ape. You just need to learn how to appear large in your own frame. If you are a big guy, learn to move and stand in a way that is large in stature, not fat. If you are a small guy use certain techniques to appear larger.

Standing Tall

Tall men appear more dominant, but why is this? Think about a business meeting, everyone is sitting at the table, with the boss at the head of the table. When the boss talks, he is the only one standing signaling to everyone that he is in charge. When a police officer walks up to your car, you are sitting there waiting for them to walk up to your window. When he gets there he is standing over you. Those are all situations where the authority figure is displaying dominance. Now think of when you eat out at a restaurant, the waiter will bend down, or sit down next to you while taking your order so that they are at eye level with you. They don't want to be dominate because they want the customer to feel comfortable so they receive better tips. A waiter will portray inferiority.

How tall you appear, has little to do with how tall you actually are. Obviously it is very hard to hide someone who is 6'

actually are. Obviously it is very hard to hide someone who is 6'4", but just because you are average height, or smaller doesn't mean you cannot apply this principle. When you are out with your friends and they are sitting, stand up. You are the one people see, you are the Alpha Male of the group. Women want to know what makes you so dominant, and why you are better than the rest of your friends. You should never slouch, but if you are a short person it is extremely important to stand tall. Get the most out of what you have. If you are a larger guy, slouching will make you appear lazy and sloppy.

Chest Out

Alpha Males thrust their chest out to display their strong pectorals. Men do this both to women, "Look at me I'm strong and will protect you!" And other men, "I'm strong so you'd better not get in my way!" You can exaggerate this move by turning your body at an angle, showing off your chest profile. Women also do this. They accentuate their chest to attract you. Again this isn't you having to put in hours at the gym to show off your amazing pecs. It's standing in a way that taps into the subconscious of women. It doesn't matter how big your chest is, but rather that you are standing tall in a way that says you are strong and have the ability to protect her.

Shoulders Back

Pulling the shoulders back sticks the chest out. Dropping the shoulders is a sign of laziness and poor posture. Poor posture makes you look weak and pathetic. Pulling the shoulders back

also helps the shorter man appear to be taller. It helps the portly man appear to be confident and comfortable in his skin.

Elbows

The elbows can be used to make us appear larger than we really are. Just like a male bird will ruffle up his feathers to appear larger, placing your hands on your hips and sticking your elbows out will make you look bigger, and expands the chest; another power display.

Shoulder Width Stance

Keeping your feet at a shoulder width stance allows you to take up more space, making you appear larger. It leaves the crotch open for attack. This is a signal that says you are open and approachable, versus closed off. By doing so it tells the world that you are not afraid of any threats. Closing the legs protects the crotch from attack, showing fear.

Toes Out

Pointing your toes outwards tells the room that you are open for communication. Again, you are approachable. Pointing the toes in, signals that you are closed off and feel intimidated by your surroundings. You never want to appear to be closed off or to have personal barriers.

Becoming Alpha Male: Strength

Studies have shown that a woman's favorite male body part

is broken down into three groups, legs, butts, and the combination of the chest and arms. Surprisingly the male butt is top choice with forty percent. Overall, women are looking for an athletic body shape. Mix it with strong arms and a tight butt, you can't go wrong. Male bodies were built to hunt, chase food, wrestle animals, and kill any potential threat. Even today women are still attracted to a man who looks like he can provide these basic needs. We're not saying you need to be huge but you should be in shape. If you are not in shape you need to start doing some kind of activity. For skinny guys, start doing some sort of weight training. Even if it is minor you will see major results. If you are a round guy, start doing some kind of running or walking. Again, even if it's only two times a week for ten to twenty minutes it will help. Do what you can.

Broad Shoulders

Broad Shoulders taper down to a narrow waist, creating a V-Taper. This creates the most athletic look. Men who appear to be physically fit are rated more attractive by women. Don't stress out if this does not describe you. What we are talking about is using what you yourself have, and making the most of it; putting yourself in the most attractive position possible.

Muscular Arms

Muscular arms show women that he is strong and able to carry their kill over long distances. It also gives them something to hold on to when walking around the bar. Big, not huge, arms make a woman feel safe. If you have big arms, wear something

make a woman feel safe. If you have big arms, wear something to show them off. If you have bean pole arms, don't wear large baggy shirts. This will make your arms appear even smaller. A tighter fitting shirt will actually make small arms look bigger. You could also opt for a long sleeve button down.

Tight Butt

A nice butt is a favorite of women everywhere. You ask any woman at a football game what her favorite part of the game was and ninety percent will say the uniforms. The reason women find it so attractive is because a tight, muscular rear is needed to make the thrusting motion in sex. A strong thrusting motion will provide greater success of sperm transfer. Wear pants that are flattering to your particular body type.

Muscular Legs

Muscular legs are symbols of masculine power and endurance. They allowed our ancestors to run quickly over long distances to chase and hunt game.

Becoming Alpha Male: Attitude

The attitude of the Alpha Male is what gives us that swagger. It's prominent in our walk, the look in our eye, the thunder in our voice. It's the thing that women can't quite put their finger on when they are asking themselves, "Why am I so attracted to this guy?" If you have the right attitude, you will have the right confidence.

Thousand Yard Stare

Alpha Male's hunt with their eyes. They use them to look for their prey, and ward off all threats. The eyes can be used to attract the girl across the room or stare down any would be competition. As you scan across the room for potential targets, move you eyes slowly looking to make eye contact with the target. Eye contact is very important in the body language game. It is one of the things that allows you to display confidence. Without confidence, women will see right through you no matter how well you present yourself. When you make eye contact, hold it for an extra second, doing so develops sexual chemistry. Throw in a smile to show her you are sincere but it also is seen as a sign of confidence. We are not saying to stare at every cute girl you see until she looks in your direction, but as you are looking around, catch her eye and hold contact, rather than quickly looking away. If you are shy, chances are you have very poor eye contact. Start practicing with everyone you come in contact with, and look them in the eye when talking with them.

The eyes can be a very powerful weapon around other males as well. When you see a potential threat, or some other guy is trying to move in on your girl, squint your eyes a bit, and stare directly at his forehead. Squinting the eyes allows you to focus in on the threat and lowers the eyebrows resulting in a menacing look. We are all taught to look someone in the eyes when talking to them. It is considered a sign of respect. Looking at someone, then looking down is a sign of submission, another

thing that as an Alpha Male we do not do. By staring at their forehead, you are saying, "I don't respect you, I am more powerful than you, this is my territory!" For the person on the other end of the look, it can be very intimidating.

Chin Up

Keeping the chin up keeps the eyes from looking down. Looking down is a sign of submission. Holding your chin high allows your facial profile to be seen more easily by women. The Alpha Male doesn't hide what he has, he proudly displays what he has got. By sticking out your chin you are making yourself vulnerable to attack while at the same time signaling all comers, "Take your best shot, you can't knock me out!" Holding your head high also helps you to stand tall and keep your shoulders back.

Shaking Hands

A simple handshake determines who is dominant. When reaching out for a handshake, you can extend your hand one of three ways. You can extend the hand with the palm up, showing submission. You can extend with the hand straight up and down, displaying that you consider the other person your equal, or you can show your dominance by extending your hand with the palm facing down. If another male tries to show his dominance when shaking your hand, you can counteract this by stepping forward with your left foot when reaching for his hand. This will cause him to pull his hand back to make room for your advance, turning his palm vertically. This will bring you to a handshake of

turning his palm vertically. This will bring you to a handshake of mutual respect. But we are the Alpha male, we want to show dominance. Place your left hand, palm down, on top of the handshake, or take your left hand and grab their elbow. Both are displays of dominance over the other.

Adjusting the Crotch

A man will adjust his crotch when his junk is uncomfortable. This is usually done without much thought. However, to do this openly is both a display of power and a sexual display, “My dick is bigger then yours!” or, “Ladies! Check out my cock!” It sounds funny and stupid, but done subtly can be powerful on a woman’s subconscious.

Hands at Your Sides

Keep your hands down at your sides at all times with your palms facing out. Doing so shows a signal of openness, you are inviting a target to come talk to you. What does this pose remind you of? Jesus. Ninety percent of all images have Jesus standing with open arms, palms exposed. This invites people in. Folding your arms across your chest shows that you are closed. Guys who hold their hands do so as a comforting act, showing they are uncomfortable, or hold their hands in front of their crotch showing fear. In the bars a lot of guys will hold their drinks up at chest level. Even this move creates a barrier. Set your drink down, show the world that you are comfortable in your surroundings. Remember, open and approachable.

Cowboy

The most sexually enticing pose an Alpha Male can make is the "cowboy." This is done while standing, with your legs shoulder width apart, toes pointing out, all the things we have been talking about. Place your hands on your hips, with your thumbs tucked into your belt or pants pocket with your fingers pointing in the direction of your crotch. It resembles the pose of a gun slinger from the old west getting ready for a quick draw. Sticking your hands on your hips places the elbows out, making you appear bigger. The hands on the hips draw attention to your crotch, signaling your sexual power. Standing with your legs shoulder width apart, toes pointed out, is saying that you are open for communication.

After Sex

After having sex with a woman, most men want to roll over and fall asleep, however this little tip can help make you a sex god in the eyes of women. After the deed is done, women want to talk, and let out their emotions, while for guys, we just want to fall asleep. Prop yourself up on your side with your head on your hand, looking at the girl. This will make you appear that you are interested in what she has to say, but allowing you to close your eyes and get that much needed rest. Just because you don't care what she has to say, doesn't mean it has to look that way.

You know who gets the most pussy in the animal kingdom, the Alpha Male. Why, because he goes around chasing the

female animals and if any male gets in his way while he is trying to hump he kicks their ass. He displays dominant body language scaring off the other males, and at the same time attracts the females. He doesn't let the other males take away the females he wants, he dominates. As you gain confidence with women and learn the pick up signals, you too will become the Alpha Male. The Alpha Male is not always the biggest, or the best looking. He is the smartest. The Alpha Male uses the tools he has to his advantage. He walks around with confidence because he is confident in himself and his abilities. Alpha Males don't make excuses, they take what they have and make the most of every situation.

Proximity: Moving Between the Zones

Confidence is all about feeling comfortable in our own territory, our own personal space. If you feel comfortable you display signs of openness for advancement, while if we are threatened we put up a guard. Everyone reacts differently and has his own level of comfort. Just as we need to understand the clues that women signal to us, understanding personal comfort zones allow us to know if we are moving to quickly in a target's direction.

An easy experiment you can do to test a person's personal zone is to invade their space. Everywhere we go, every room we enter, subconsciously we determine what our space is and what the space of another person is. Generally everyone divides the space up equally among the number of people in the room. Take for example two people sitting across from each other at a table in a restaurant. Subconsciously they have each determined that they have half of the table. Slowly start invading their space. Place your keys on the table and push it towards them. Move

Place your keys on the table and push it towards them. Move the salt shaker or menus into their space. Take your water and place it in their half. They will do one of two things, either they will react to your threats, and start moving those objects out of their space and back into yours, or they will retreat. They will move back in their chairs, or move their plate to make more room. They don't even know they are doing any of this unless you make them aware of the fact. They were doing all of this subconsciously. People react the same way in social situations. If a person is moving into their space too quickly, they will retreat, or take a step back to regain their space.

Even something as simple as where you sit on a couch shows how open you are to company and your level of comfort. If you sit on the very end of a couch, smashed up against the side, you are portraying the image of, "I don't want anyone to sit next to me, I am scared of my surroundings and am trying to hide." If you sit in the middle of the couch you are saying, "I don't want any company. I am sitting in the middle because I want you to have to feel uncomfortable to sit next to me. This is my couch if you want it you are going to have to come and take it from me." The solution is to sit to one side, not smashed up against the arm nor directly in the middle of the couch. You are inviting company, company being a female, to sit down next to you. You are saying, "I welcome company, I am giving you enough room to sit here and be comfortable."

Personal space is broken up into four distinct zones.

Public Zone

Seven feet and beyond from the target is considered the public zone. This is reserved for large groups, such as a speaker or entertainer. Think of a teacher in a lecture hall. Distant enough for a large audience to see and hear them, yet everyone is far enough away from the target not to pose an immediate threat. The public zone is where you look for your targets, make eye contact with the girls you like, and watch for subtle signals such as pointing their body in your direction or adjusting their body posture to more flattering and attractive positions.

Social Zone

Four to seven feet describe the social zone. The most commonly seen examples are small groups formed in a resemblance of a circle. Every member in the group is able to effectively communicate with one another but the small group adds a nature of privacy and exclusivity. The people that “fit in” the group make their way in the circle, while those who do not “fit in” are slowly squeezed out of the group by their peers. A lot of body language will be on display during these situations so pay attention. Women will point their bodies in the direction of the men they find most interesting, trying to get their attention, or they will move to a position in the group that is in your direct line of sight. Confident women, who are attracted to you, will

position themselves next to you in the group.

The most important part of the social zone is it allows a couple to break off into their own personal conversations. Position yourself next to the target of your choosing, and start up your own conversation. This will allow you to move into your own conversation and break off from the bigger group, getting to know the target.

Personal Zone

The personal zone is between one and two feet. You are able to reach out and grab the target's hand, or touch them in a non sexual manner, but there is still enough space between the two of you to be comfortable. At this zone, most body language signals will be given either with her eyes, or she will start to touch you, as all other signals have failed. It is easy to look into her eyes at this distance and see if they are dilated or if they flickering back and forth. She may lean into you to hear you better, or to press her body up against yours. Any time she touches herself is a direct signal to you that you should be doing the same.

Intimate Zone

The intimate zone is a very close distance between the two of you. Touching in a sexual way, kissing, hugging, or feeling their breath is all part of the intimate zone. It is the personal space we

creativity is an part of the intimate zone. It is the personal space we use during sex. At this zone there is very little guesswork on your part. She is yours to be had and if you haven't made a move by now, she will be quickly making one on you.

To be a true master of the game, you need to understand how to move from each zone to the next. You cannot jump from one zone to another without first going through each, nor is it a linear process. A target may let you into her personal zone and then realize that you are moving things along faster than what she is comfortable with. She will compensate by moving back a zone or two regaining her distance until she gets to know you better. This can go back and forth all night long until she is finally comfortable enough to let you in to her intimate zone to steal a kiss. It's the whole, two steps forward, one step back, mentality. By reading her body language signals, you can gage her reactions and get feedback as to how receptive she is to you coming into her space.

Approaching

When first learning to pick up women, the most difficult and daunting task will be the approach. We may know all the signals, the perfect openers, and how to move the conversation to our favor. But when it comes to the most crucial aspect of the game, broken down to the simplest of terms, moving from point A to point B and introducing ourselves, we fail. The only reason for this failure is because of ourselves; self doubt. We talk ourselves

out of the possibility before we even try. In the rare cases that we do make an attempt, our unconfident body language and weak approach tell the target, "I'm nothing special, I'm not a man of worth, please turn me down!" When she sees this she will reject us, not because she did not like us, but because she was responding subconsciously to our body language asking her to reject us. Thus further justifying our claim that we should have never made the attempt in the first place.

Non Person

The most effective solution I have found to this problem is through the use of a non person. A non person is someone who doesn't matter, someone whom we do not justify their existence, because to recognize their existence would make them human and subject us to feelings and emotions associated with being human. Justifying someone as a non person allows us to act without emotion towards that individual, to accomplish what needs to be done while detaching ourselves emotionally. A perfect example is a bum on the street asking for change. If we were to stop and recognize that individual we would feel sorry for them and perhaps give them money, but we do not want to give them money. To feel good about ourselves we walk by not recognizing his existence. We don't even look at him. To look at him would remind us he was human. We think in our heads, "He is just a bum, street trash, he does not matter, he is not human." That way we are able to bypass him completely, not giving it a second thought.

Throughout the book we refer to women as targets. We do this intentionally. To refer to them as targets takes away their humanity. It takes away our fear of women, and all emotions and feelings we experience when approaching and talking to them. If we do not recognize their existence, we have nothing to fear, no fear of rejection, no fear of failure. We act calm and confident. We remember the teachings of the book and apply them accordingly.

Approach Angles

When you receive the signal from the target and are ready to make the approach, the angle at which you approach her is important. There are three directions we approach the target from, two which we will use constantly, and one direction we will only use in extreme situations.

Approaching From the Front

The most direct, and threatening way to approach, is to approach them at their front, head on. This is a very direct approach. You are telling the target, "I see you, I am coming to get you." While I like to be direct as possible, approaching from this angle does more harm than good. It is a direct attack on the person. You are entering their space, which immediately tells the target to put up her guard and be ready for a confrontation. She is now on the defense and you will have to do some smooth talking to get her to drop it.

The only time I advise the head on approach is when you have direct eye contact with the target. Meaning, you have and are holding eye contact the entire time of your approach. From the initial contact, to when you introduce yourself, your eyes are locked the entire time. In this situation, you want to move directly towards her in the shortest line possible. The reason being, any hesitation or movement away from the target shows a lack of confidence on your part. That moment of hesitation will cause the target to lose interest in you and you will be shut down before you can finish your approach.

Approaching From the Side

The most successful and non-threatening approach, is to approach the target from her side. She can see you coming in her peripheral vision or with a turn of her head, but since it is not a direct attack, you are not seen as a threat. If she does not welcome your approach she can quickly turn her back, avoiding the confrontation without publicly humiliating you. It is her polite way of signaling, "Don't talk to me!" If she welcomes your advance she will either keep her side to you or turn her body towards you in an inviting manner. The signal may be small and hard to pick up on, but any movement in your direction is a positive signal.

Approaching From the Rear

No one likes to be caught with their guard down. At no time should you ever approach a target from the rear. Not only does

this show a lack of confidence on your part, but it is essentially a sneak attack and has the same effect as stabbing the target in the back. Approaching from the rear exploits the target's vulnerability and she will respond by immediately putting up her defenses. Any attempt for conversation on your part will lead in disaster.

The only time you will ever approach someone from the rear, is when you also have your back to the target. This situation does not present itself that often, but take advantage of it when it happens. Imagine you are in a group with your friends and the target happens to be behind you, or part of another group. She must be within earshot for this to work. Your backs are both to each other. You would look like a fool if you were to walk around her group to approach her properly, nor can you turn around and tap her on the back. What you do is, while keeping your feet in place, turn your head so you can engage in conversation. Even though you are approaching her from her rear, your back is also exposed making you just as vulnerable. She will not see you as a threat and will be receptive to your advance. Once you start the initial conversation, you can turn around.

Try to approach from the proper direction whenever you can. Not every situation you find yourself in will allow you to do so. If the opportunity is there, then take it, but do not force it. If approaching from the proper angle will make it aware to the target what you are doing and make you look foolish, then you

target what you are doing and make you look foolish, then you are better off taking the most direct approach to her. It is always better to have approached the target and be shut down, than it is to not have approached at all.

Leveling

After making your approach, you now want to start building attraction, but for this to happen you need to be on her level. By this I mean if she is standing, you are standing. If she is sitting then you sit. If she is sitting and you are standing, you will appear to be dominant and she will try to retreat from your threatening presence. The opposite is also true, if she is standing and you are sitting, she will feel dominant over you, thus taking away from the Alpha Male persona you built when you entered the room.

Proper leveling is all about being ready to move, and moving in a confident manner. If you approach a table of girls and they are all sitting down, then make your approach, introduce yourself, and sit down in an available chair. If no chair is available then squat down, or tell a girl, preferably the target, to scoot over and make room for you. This shows confidence on your part, and if you are sharing a chair it allows you to break the touch barrier in a matter of seconds. Leveling is all about not showing hesitation. Never ask if you can sit down, or join the group. That gives them an opportunity to reject you, and it makes you appear needy, or that you are trying to seek approval from them. You are the Alpha Male, and they are blessed to be in your presence. Take your rightful seat and join the group.

Now that you are at the proper level, the games can begin. At this stage, we already know the target is attracted to us. We saw that in her initial eye contact and her body language. Now we must continue to build the attraction. We must let it be known to the target that we are interested from the beginning. We do this by properly positioning ourselves and our body to show that interest. Open your body up to hers, keep your feet open, keep your arms to your side, showing openness, now is not the time to be closed off.

Touching

We are working to break the touch barrier. As you begin conversation with the target you start out at a short distance from one another, about two to three feet. As you continue your conversation, you want to be moving closer to her. It is important to note that she is the one who needs to be initiating this closeness. If you come across as too aggressive, she will back up and put up her defenses. She needs to feel comfortable around you first before letting you in. The first time she leans into you to tell you something, take this as a chance to take a step closer to her and close the distance. You converse back and forth and she touches you on the arm. Now you are free to touch back. Keep moving closer and closer and pretty soon you are standing or sitting right next to each other, either with your arm around her or your knees touching. This is building sexual chemistry and the slow build up and anticipation will drive her

Touching does not always have to be sexual in nature. In fact, it is the innocent touching that we will use specifically to break the touch barrier. When you introduce yourself to the target, she may or may not try to shake your hand. If she does, shake her hand with both hands and hold it for two to three seconds while the introductions are being made. This shows confidence on your part and shows her you are not afraid to touch her. If a good female friend of mine introduces me to a girl I find attractive, I open my arms as if to give a hug, unless they hate all of mankind, they will hug you back. When another female introduces you to another, you have already passed the "female test" and are thought of as a good guy, so while this hug may seem innocent and friendly to them, we are setting her up for later. If she does turn you down for the hug tell her, "Don't leave me hanging here, at least give me a high five." Any time you are about to walk with the target, give her your arm and say, "Shall we?" She will respond by grabbing onto your arm. You can also just grab her hand as to lead her through the crowd. This allows you to be touching her while taking charge in a dominant fashion.

Once you establish physical contact in the relationship, there is no turning back. From that point it will be expected and welcome. The innocent touching will soon lead to something more sensual such as a back rub. Once she begins to touch you, you need to be able to respond. Touch her back without

hesitation.

Here is an example conversation in a bar setting of how to move through the touch barrier.

You: "Hey my name's Nick, how are you doing?"

Her: "Good I'm Natalie."

You: "Nice to meet you Natalie." Shaking her hand with both hands.

Repeating her name back to her does two things, it helps you remember it later, and women like to hear men say or call them by name. This could get her immediate interest and pave the way for a smooth pick up.

Her: "What brings you out tonight?"

You: "I'm sorry, it's loud in here." While pointing to your ear.

Her: "I said what brings you out tonight?" She leans forward so I can hear her better.

By telling her you can't hear her, you have invited her into your personal space and she will accept. This is not threatening in nature. but what you are actually doing is making your way

in minutes, but that you are actually doing a running start through the zones, and bringing down her walls.

You: In a sarcastic tone, "Me? Oh you know I came to dance. The guy's and I were talking, we had a stressful week, so we came here to let it all out on the dance floor!" Taking a small step forward in her direction.

Her: Laughing, "Yeah I'm sure that's it!" While hitting you on the arm

You: Grabbing your arm, "You pack quite the punch, you must be a gym rat!"

Her: "Oh yeah check out these guns!" While flexing

You: Feeling her muscle, "It's rock solid, I can already tell my arm will be sore for a week, you owe me a back rub!"

Her: "I might have to take you up on it."

If she says something flirtatious like that, you are in. It really doesn't matter what she says because you are being flirtatious and you put it in her mind to touch you. No matter what she says respond with this:

You: "In the meantime, how about a dance, I told you that's what I came her for. Shall we?" While giving her your arm.

Her: Laughing, "Sure!"

This will work every time. The dance further allows you both to become comfortable touching and in such close proximity with one another.

There is no magic secret to approaching a woman. No sure fire pickup line that works every time. What worked for one girl may fail on the next twenty. Everyone has their own style, what works for them, what they are comfortable with. If I knew a one size fit all routine that worked on any woman at any time, this would have been a ten page book selling for hundreds of dollars. Lucky for us, every target has its own unique challenge. We learn from every pickup, successful or not. Sure it sucks to be shot down, but we grow from it. We learn what worked and the signals she was giving us. To be able to read her body language from the moment she starts to become disinterested, so that we can change the interaction back in our favor. The more we know, the easier it will be to control any and every situation, to the point where there will be no woman that will turn us down, because we know how to counteract every possibility.

YES/NO: Picking Up On Her Signals

I was seeing this one girl, and she had amazing tits. I had been out with her a few times and I started to notice something she did. She always sat with her hands together, almost like she was praying but her forearms were always perpendicular to her body resting on her legs or the table. I didn't really think much of this, it was just something I noticed. Now this girl didn't wear boob shirts but she always had cleavage. We would be talking and my eyes would always drift down to her chest, and she picked up on that. That's not entirely bad but we will address that later. Finally, it dawned on me what she was doing. She was putting her tits out on display for me. She was presenting them to me, basically saying, here I am, take me. This was probably our third date, and sure enough that night I knew that I got my yes signal so I pushed the issue a little more and we ended up taking things to the next level. She had been giving me this yes signal ever since we met but it wasn't until I picked up on it that I could use it to my advantage.

Throughout your interaction with a woman, she will be sending signals. We have already talked about some of these signals. The signals she sends with her eyes to tell you she is interested. The signal she sends with a smile to show interest. Some of these signals will be good and some will be bad. Let's call them "yes" signals and "no" signals. "Yes" signals will be signals that you are sending to or receiving from a woman that say, "I want you, come get me, I'm interested in you, lets progress this forward, take me home, I want you to screw my brains out." "No" signals will be Just the opposite. Signals that you don't want to see and if you do you need to right the situation or skew the situation in your favor. No signals will be things that are saying, "I'm not interested, you just turned me off, you said the wrong thing." You can over come all that crap so don't worry about a no signal. We will discuss that in the next chapter.

We have already discussed some of the eye contact signals to look for. Now lets take a look at some of the other signals a woman will send using body language.

Lips

Next to the eyes, the second most visual signal comes from the mouth. Lips can say a lot of things without words. Lipstick is used by women to draw attention to their mouth and exaggerate

used by women to draw attention to their mouth and exaggerate the signals that are sent by them. Continually staring at the mouth is a sign that she wishes to kiss you.

Parted Lips

Lips that are slightly parted is the first stage in speaking, and means that the individual would like to talk to you. A lot of times, once I am engaged with a woman, I will look at her with my lips ever so slightly parted. For one it makes my lips look a little fuller, thus more appealing. I'm hoping subconsciously she will take this as a yes signal that I'm sending to her, that I want to kiss her. At the very least it draws her attention to my lips and gets her thinking about them; a kiss is logically the next place her mind goes.

Licking the Lips

Licking the lips is a deliberate signal that indicates desire. It is sexually enticing and used in foreplay or as a quick tease. Refer back to the section on eye contact and holding a gaze. Once eye contact is made, slightly narrow your eyes while holding her gaze. At the same time touch your tongue to your lips as to wet them. Again, don't lick the hell out of your lips excessively. Just touch your tongue to your upper lip. It is a mannerism used to work on her sex subconscious. A woman will often do the same thing, wetting her lips while holding eye contact. This just further reinforces the fact that she is interested and you should be on your way over to her.

Smiling

Smiling indicates pleasure or approval. A full smile engages the whole face and involves the eyes. If only the lips are involved then the smile is most likely forced and they are trying to show their approval, but may actually feel differently toward the situation. Think of when you walk into an elevator and make eye contact with the person standing there. You force a smile and so do they, but in reality you are probably both a little uncomfortable and feel your space bubble is being invaded. However, when in a social setting you should treat a forced smile as an invite to approach.

Laughing

Laughter is a smile that shows even greater pleasure or approval. Women will laugh at men they like, so if they laugh at one of your lame jokes, they like you. Being funny is deemed as non threatening or harmless and it helps break down barriers.

The Face

The face contains thousands of tiny muscles used together to create hundreds of expressions and display any number of emotions. A woman's hair does more for her then just enhance her beauty. She can use it as a barrier, draw your attention, or send signals your way. All it takes is a little flip of the hair.

Head Tilt

Tilting the head forty five degrees to the left or right indicates

interest in you or what is being said at the time. When the head is tilted, the carotid artery on the side of the neck is exposed, it is a sign of submission and vulnerability.

Blushing

A red face may indicate that the target is hot as the blood comes to the surface to be cooled. In a social setting this is usually from embarrassment or emotional arousal. For example, when a woman becomes excited and energized her face and or neck will become red. Everyone will blush in various ways. Some people's neck goes red, with others it is mostly the cheeks, sometimes the whole face goes red. When a woman has an orgasm, her face goes flush. On a physiological level, it's the same thing going on inside during sex to cause the red face as when in a social setting. Take this as a sign that she is interested.

Tossing the Hair

Tossing the head throws the hair backwards drawing attention to it. She is saying, "Hey, guys, wouldn't you like to stroke my gorgeous long, hair!" Long hair that covers the eyes can be used as a barrier to help the target feel more comfortable in social situations. Pulling the hair back exposes the face, opening the doors for communication.

Stroking the Hair

Stroking the hair is a preening gesture, to reassure that everything is in place and they look their best to attract a

potential mate. It is also a flirtatious signal that invites the person of attraction to play with their hair. Once you are engaged in conversation she will continue to preen saying to you, "Look at me, don't you like me, look how beautiful I am." She does it as a way to make you interested in her.

Revealing the Neck

This is a key signal that includes many interpretations. A woman with long hair will reveal the neck by brushing her hair back. It is a preening gesture that allows the target to fix her hair and put it in place to look more attractive, as we discussed above. This action will draw attention to herself and her hair, inviting you to stroke it. Women use their hair as a barrier. By moving it out of the way she is inviting you to open communication with her. Lastly it is a submissive move. In the animal kingdom when two animals fight the weaker animal will submit defeat by lying down and giving their neck to their opponent. It is their way of saying, you are dominate over me.

Women are conscious of their appearance at all times. When they see an object of desire, they check themselves to present their best appearance. They wish to present themselves in the best light possible to attract a future mate. From constantly checking their appearance to sitting in a flattering position, a woman will do what it takes to attract your attention.

Primping

Women always want to look their best to attract the men they want. When women see a guy they find attractive they will primp themselves to make sure they look their best to catch his attention. Fixing her hair, checking her makeup, adjusting her clothing for a better fit, or sitting up in her seat are all signs of primping. You know the target is into you based on what she does when walking away from you. The two of you have hit it off and have been talking for thirty minutes or so. She excuses herself to use the restroom, go talk to her friends, whatever the reason, watch what she does as she gets up. If she is into you she will run her hands down the back of her clothing. The reason being is she wants to present the best appearance possible to you, even as she is walking away, she wants to show off that “ass” in the most attractive manner.

Seated Position

The most appealing sign a woman can give is to sit with one leg pressed on top of the other. This gesture makes the legs appear very well toned. A hand on the thigh completes the position and is definitely considered a call for attention. The body has a mind of its own. Many times our subconscious thoughts are seen in the actions of our body. Many examples of this are pointers. We use various body parts to show others the direction we wish to travel. This can be done with any part of the body. No matter how hard we try to hide our true intentions, the truth eventually comes out.

Pointers

One thing to look for is the direction in which a woman crosses her legs. The crossing of her legs toward you is a yes signal. She is interested, and more importantly she wants you to take things up a notch. If she crosses her legs toward you and makes and or holds contact with you, that's even better.

Touching Herself

Touching a particular part on her body draws attention to herself and it makes the man think of doing the same. Touching her face, chest, or legs will direct your attention to the body part she believes is most flattering. This is a highly suggestive and flirtatious act. Stroking a particular part of the body is an even louder cry for your attention.

Pointing the Elbow

We tend to point at people and things in which we are interested in some way. The most obvious way is with the finger. One of the most subtle and subconscious of these is the elbow. The most common way this is done is by placing her hand on her hip, pointing her elbow in your direction.

Pointing the Feet

The targets feet show you the direction she wants to go. Look across the room and look for women that are pointing in your direction. They want to come talk to you. Look for a target who is talking to a guy whom you can tell she is not interested in

who is talking to a guy whom you can tell she is not interested in. Rather than being mean, she will point her feet in the direction she wants to travel, away from the guy. This is her no signal saying, "I want to walk away from you, stop bothering me."

Pointing the Pelvis

Along the same note is the direction of the hips. This has a greater significance than the feet and the two together are a sure sign that the target is open to your advance. To break it down, when a woman points her pelvis in your direction it means that her vagina is open to your advance. You see this a lot in couples. Watch as they hug. If they are intimate then their hips will be in line as though they were in the missionary position. A couple who has not had sex before, or is not ready for sex, will each tilt their hips to avoiding being in a direct line, or they will lean forward, keeping their hips away from the other, signaling they are not ready for sex.

Thrusting the Chest

Pushing the chest forward draws attention to it. Men are programmed to be aroused by the sight of breasts. When women push their chests forward they are inviting you to come take a closer look. High heels, which curves the spine to push out the chest and buttocks, accentuate this position. The target can also turn sideways or at forty-five degree angle, exaggerating the signal and displaying the curve of their breasts in a more flattering position. She may also position herself in a way to create more cleavage; another way to get your attention on her

most flattering feature. Remember, this is all done by her subconsciously. These signals are programmed into a woman to attract a male and reproduce.

Thrusting the Hips

The hips contain the vagina and thrusting them forward is a provocative gesture. Pushing the hips forwards is difficult without losing balance, so this move is accomplished by leaning back against a wall or chair. This pushes out the breasts, drawing further attention to them.

Displays

A woman who is bold or is feeling confident will show the object of her desire exactly what he can have if he so chooses to make a move and come talk to her. She will display parts of her body in erotic and inciting fashion, putting on a personal show of display, saying “This could all be yours!”

Showing of the Wrist

When a woman exposes the thin skin on her wrist, she is saying, “I want to show you more.” This signal is much like that of revealing her neck.

Opening Legs

Women are raised to be ladylike and so they are taught to sit with their legs closed or crossed. When the target opens her legs to you, either deliberately or subconsciously, she exposes her

vagina to you, sending an open invitation. When wearing a skirt, the target will go to great lengths to keep her legs closed to avoid public humiliation. There should be no question the type of signal the target is sending if she opens her legs to you while wearing a skirt.

Physical Signs

Women will drop subtle hints ninety percent of the time. When all else fails the last thing they can resort to other than directly telling you their feelings, is to make physical contact with you.

Accidental Touch

When you are talking to the target, one of the strongest indicators can be a simple touch. An accidental touch is a dead give away. In fact, an accidental touch is rarely a true accident. Many times, the target will resort to this if none of her other clues seem to be working. Once she begins touching you, you are home free. Make contact early, and make contact often. Touching breaks the personal zone barrier and opens her to more intimate touching such as, holding hands, hugging, kissing, and sex.

When talking about body language, there is sending signals and receiving signals. You are doing both. You are looking for signals, you are looking for the girl to hold eye contact longer.

maybe a little smile, she will primp herself, play with her hair twirl it, she will play with her earring or necklace. She will play with her shirt in a way to make her breasts more appealing. She will have her arms uncrossed in a way to show off her breasts or slightly push her chest out. If you are sitting there talking to her she may fold her arms in a way to present more cleavage. She may cross her legs toward you, move closer to you, lean in toward you, a slight touch on the arm, all those things are yes signals that you are looking for.

When you are getting those signals you want to reciprocate them. Any time you reciprocate a signal you are moving to the next level of intimacy, basically building sexual chemistry. If the girl is leaning toward you, you want to lean towards her. If she touches your arm when saying something to you, girls love to do this, you want to find a way to touch her back. One thing I like to do is when in a bar or club, some place crowded where it's hard to hear, I lean in and talk into her ear and while doing this put my hand in the small of her back. By doing this you are doing a couple things. You are reciprocating that touch, but also you are breathing on her ear, an erogenous zone. This seems simple, and it is, but it does the job, and all the while you continue to build that sexual chemistry. Some people call this chicken pecking and discourage it but we call bullshit on that. If it is loud in a club there is nothing wrong by getting close to her to hear her. Also you don't want to put her off by invading her comfort

zone to early but at the same time you are breaking the proximity barrier.

Rejection Signals

Rejection is a fact of life, and something you must be comfortable with handling. By being able to recognize signals of rejection, the quicker we are able to respond to them and turn the attraction back to our favor. There comes a point where we must realize that no matter what we do, the target just isn't attracted to us. This will happen from time to time, but you would much rather leave on your own terms, then have her turn her back to you completely and publicly humiliate you.

The Face

The face is on the front of the body and so we present the front when talking to women. If they do not wish to talk to us, they indicate their desire not to talk with us in several stages:

- Averting the gaze, not making eye contact.

- Turning the head.

- Twisting the torso while keeping the feet planted.

- Twisting the torso further, moving one foot in another direction.

- Turning at an angle, so both feet are pointing in another direction.

- Turning around completely so that their back is to us.

Each of these is an escalating signal, with turning their back to you as the maximum rejection. Even turning at a slight angle sends a clear message, "I do not wish to talk to you." Turning fully around sends the loudest possible signal, short of her telling you, "Go away!" So how do we combat this? Well as you notice her slowly moving away, this should be a clear signal to change up your approach. If what you are currently doing is not working, it will continue to fail if you keep it up. Change the topic of your banter, go into a routine, or simply excuse yourself and regroup while you are still in good standing and try again at a later time.

Crossed Arms

Crossing the arms shows disagreement with you or what is being said at the time. It hides the chest, keeping her breasts hidden. It can also be used as a defensive barrier. By crossing the arms she is saying, "I will not let you in." Before effectively communicating with the target you must get her to drop her defensive guard. It can be as simple as handing her something to hold on to, such as your drink while you fix your shirt or hold up your hand for a high five. You can make her self conscious about it. Tell her you read a study on body language that when a person crosses their arms they are putting up a defensive front. If all else fails go into the cold reading routine. Grab her hands and tell her you have a psychic intuition and would like to do a reading on her.

Double Crossed Legs

Double Crossed Legs

A woman will sit with legs crossed ninety-five percent of the time, this is normal. What you want you to look out for is the double cross, where she crosses her legs once and again at her ankles. Just like the crossed arms it shows disagreement and an unwillingness to open up. To counteract this simply have the target stand up. Ask her to show you her shoes. Say, "I like your shoes, can I see them?" As she uncrosses her legs to show you her shoes, she opens her body up. When she puts her foot back down she will be in a more open position and will be more receptive towards your advances. If her legs are crossed in a direction away from you, that is also a no signal. She is either no longer interested or you have done something to put her off.

PUSH and PULL

I was dating this one girl. She was very playful but she always gave me conflicting signals. I thought it was kind of fun because I liked to play around with her and play the reciprocation game. She would give me a yes signal, so I would give her a yes signal. When she would give me a no signal, I would give her a no signal right back. It was kind of funny because we would meet at the bar, we weren't dating more like fuck buddies, and so of course when I got there she would come up and give me a hug. We would get a drink and sit down, and she would be really flirty. After a few minutes, and kisses, we would go our separate ways and do our own thing. Then the games would begin. If she was off doing something, where if she was my girlfriend I wouldn't like, I would give her a couple of no signals. I would start flirting with another girl or go talk to some friends that were girls. It was really funny how she would respond. Any time I would do something like that, she would be right back over to me. Whenever I wanted her to come back over to me and sit with me or kiss me a little, I would just start talking to another girl or get a little flirty with someone that had happened to sit down. I would give some no signals, and she would come over to get my

attention back on her. If I was talking to another girl that had sat down near me, she would come over and put her arm around me or make it a point to touch me in some way, again giving me yes signals so I would reciprocate.

In the previous chapter we talked about specific body language signals to look for. It is very important that when you receive any body language signal from a woman you respond in the correct manner. If she gives you one of the yes signals we described, you need to give her some sort of signal reciprocating that body language, reciprocating interest. By the same token, if she sends you a no signal indicating lost interest, you need to reciprocate that message as well. If she has lost interest you need to give her the correct body language to get her attention back on you.

Let's take a look at some of the yes body language signals we have discussed.

From Across the Room

Eye Contact:

We have already talked a great deal about eye contact so we're not going to get into it too much here. Eye contact is however the most common body language signals you will get from across the room. I have said before this is the first

from across the room. Like we said before, this is the first indication you will receive that a woman is interested in you. Again, once you make eye contact with a woman, hold her gaze for a few seconds. She sent you a yes signal by holding eye contact. You reciprocate by also holding eye contact. Now get your ass over there and talk to her.

Facial Expressions:

The most common thing that happens while you are making eye contact with a woman is that she will smile. This is the second yes signal you have now received. When she smiles at you, you reassure her that you too are interested and have picked up on these signals she is sending, and smile back.

She might also part or lick her lips. She is trying to draw attention to her mouth. This is a sexual yes signal. You need to send some signal back to her to show her your interest. In this case don't try and part or lick your lips. You will only end up looking like a jackass. Just smile back, and head over to her. Something I like to do in this instance is I will look back at her with extreme interest and attraction. I do this by slightly squinting my eyes while holding eye contact. At the same time I will give her a little smile with my lips slightly parted, then take a drink of my beer. I do all of this while holding eye contact. Then I approach. I basically did the same thing she did to draw attention to my lips, but I took a drink to drive home the point.

You might notice her laughing with friends but glancing in your direction. She uses laughter much in the same way she uses a smile. In this case do the same thing. Have a good time with your friends while showing her attention. When you make eye contact with her but are smiling and joking with you friends, you are showing her a couple things. You are showing her you are fun and interesting, and that people like to be around you. You are also sending her a yes signal that, while you are having a good time with your friends, you are thinking about and interested in her.

Body Positioning / Touching Herself:

Along with eye contact and a smile she may tilt her head. This is just another yes signal she is sending you. Now if a woman has held eye contact, smiled, and tilted her head all within that initial gaze she has sent you three yes signals in a matter of seconds. There is no need to stand there like a dick. Approach her. She is interested.

A woman will toss her hair, throw it behind her neck, and reveal her neck to you. She might be doing this to draw attention to her beauty. She may be fixing her hair to appear more desirable. These are all yes signals. Again you want to reciprocate this yes signal. You can't really toss your hair back at

her, but you need to do something. In this case I might smile and approach the woman. You can also do something like, adjust your collar or you might run your hand down the back of your head. You would then be doing the same as her, making yourself more desirable. If she exposes her neck to you this is a yes signal in a sexual manner. Remember, all these signals are being sent subconsciously to you. She isn't aware why she is doing these things or even that she is doing them at all. If she exposes her neck, its time to pounce. Smile, and approach her.

After the Approach / Initial Conversation

Many of the yes signals a woman sends from across the room she will also send once engaged in conversation with you.

Eye Contact:

A woman who is interested in you will continue to keep good eye contact throughout the interaction. It's important that you keep good eye contact as well. As long as she is showing this interest in you, you need to reciprocate. She shows interest, you show interest.

Facial Expressions:

A woman will continue to smile and laugh at you throughout your interaction. Again, this is done to show an increasing interest in you. This is her way of building sexual chemistry with you. If she is smiling at you, smile at her. If she makes a joke, laugh a little. As long as she is showing you interest, you need to

do the same. One thing you don't want to do and need to be careful of, is showing too much interest. If you are overly eager to win her affection she will be turned off. An easy way to do this is just to show the same attention to her as she is showing to you, reciprocate.

Body Position / Touching Herself:

Again, playing with her hair and exposing her neck are yes signals. She will continue to do this if she is interested. Continue doing what you are doing and be comforted by the fact that it's working.

Pay attention to the way a woman positions herself when talking with you. If you are standing side by side talking and she turns slightly toward you to talk, turn slightly toward her. In turning towards you, her body language is saying she is comfortable being closer to you and she is opening herself up to you. By turning toward her, you show you are accepting her in your space, and you are comfortable in her space. You are reciprocating her body language. When seated, a woman will cross her legs toward you to show increased interest. If this is done you should know things are going in your favor and she is interested. A lot of times when a woman crosses her legs in my direction, I will turn myself and find a way to make contact with her. An example would be: She crosses her legs toward me, so I will turn in towards her a little and position my legs in a way that

one of them is touching her leg.

Accidental Contact:

If a woman's attraction toward you is growing, she will find a way to touch you. One common way she does this is to touch your forearm or thigh when talking to you or laughing at something you say. Like we talked about earlier, if she is breaking the touch barrier you want to touch her back. The more she touches you and you touch her, the more comfortable she will be with you touching her later. If she is talking and touches me on the forearm, I will respond and touch her right above the elbow on the back of the arm. If she touches me on the thigh, I will touch her in the same place, or on her hand resting on her thigh. If she is laughing at something I said and touches me, I will touch her in the same way just described, and continue with what I was saying. If it's loud and I need to lean toward her so she can hear me, I will place my hand in the small of her back while responding. It really doesn't matter how you reciprocate the touch, it just needs to be done in a natural non-threatening manner.

Touch Barrier Broken / Extended Conversation

Eye Contact:

By now you should know where you stand with a woman. If she is interested in you, you will know it. You should already have her number, and maybe you have even kissed her. Now is the time when you should be continuing to build sexual chemistry. She should still be making good eye contact with you and you

the same. Now you want to look for the "fuck me eyes." "Fuck me eyes" are characterized by intensely held eye contact, in most cases a glossed over look from being drunk, parted lips, biting of the lips, a lot of touching, and when you look in her eyes it really looks like she is saying, "I want to have sex right now, take me home!" If you are looking to score its time to go. If not, just make sure you have her number and you're good. Do the things you have been doing all night and continue to build sexual chemistry.

Facial Expression:

Just as with eye contact, you will be getting the same smile you have been getting all night. As long as she is still smiling and laughing at your stupid jokes, she is interested. At this point she may start to bite her lip while slightly smiling at you. A lot of the time this means she wants to kiss you, but not always. It could mean she is thinking about kissing you, but not quite ready. It could mean she finds your lips irresistible and kissable. Regardless of what she is thinking, she wants your attention on her lips and she is thinking about yours. If it were me, and I had been talking to this girl for a while and was receiving and sending the yes signals we have been talking about, when she looked me in the eyes and bit her lip, I would kiss her.

Body Position / Touching Herself:

Once you have been talking with a woman for a while and some sexual chemistry has been created, her body language will

become more sexual in nature. A woman may open her legs toward you to indicate interest. What she is saying is I am open and inviting you. You should take this as a sexual advance. If you want to advance things she just gave you the ok. Ask her, "Do you want to move over there where we can talk," "Do you want to go someplace more quiet," "Do you want to go back to my place." All of these questions will move the interaction to a more intimate place

She may start to push her chest out towards you or position herself in a way to create more cleavage. Again, remember that all these things are being done subconsciously. If she is putting her tits out there on display for you, she is giving you a yes signal. She is saying I am interested in you and becoming increasingly attracted to you. I want you to be attracted to me so look here. If she does that reciprocate. Continue to show interest in her. You might adjust your collar, smooth out your shirt, pull your shoulders back and slightly stick out your chest.

Just as when she turned to you to indicate interest early on in the conversation she will now become even more drawn in. If you are standing, now instead of turning toward you, she might face you, put her hand on your shoulder and get really close when talking to you. If she does this, do the same. The touch barrier has clearly been broken and it's important that you keep

moving forward. The more touching you do now, the more touching you will do later. If you are seated, now not only is she crossing her legs toward you, but she probably is very close to you with her legs touching or intertwined within yours. This is good. The more touching the better. I said before that if she crosses her legs toward me early on, I like to turn towards her and position myself so our legs are touching. After we have been in conversation for a bit and touch barrier has been broken I like to position myself in such a way her legs are between mine, or one of my legs is between both hers. This encourages more touching and in a sense wraps us up. It creates an environment where it is very easy for her to touch me and be comfortable being close to me. It also reciprocates her body language toward me.

Accidental Contact:

Accidental contact becomes touching on purpose. Once you have broken the touch barrier and she becomes more comfortable touching you and being touched by you, an accidental graze becomes a prolonged touch. Where as before she might touch your arm while laughing at a joke, now she might put her hand on yours while it's resting on your thigh. Her interest is now turning to attraction and she wants to take things further. It is still important to show her you share her attraction and reciprocate. The thing with touching is when she touches you, touch her back in the same manner. As the touches become more frequent and intimate, you can touch her in a more intimate way. I recently went out with a girl who seemed to know every

guy at the bar. Her and I were sitting at the same table trying to talk but it seemed like different guys just kept showing up. Every once in a while she would grab my hand and give it a little squeeze as almost to say, "I'm not trying to ignore you, he is just a friend, I really like you." When she did that I would reciprocate with a squeeze of the hand back or maybe I would lightly squeeze her thigh. I was saying, "It's alright, I understand, I know you are into me, we will get our time alone later." I was speaking to her subconscious and I was continuing to build sexual chemistry.

A woman uses yes signals to show interest. Just like you want to know a woman is interested in you, she wants to know you are somewhat interested in her. So what happens when a woman is sending you no signals? In some cases if a woman is not interested you should just move on. However, sometimes when a woman is showing disinterest, there are signals you can send to re-engage her. Here are some examples of common body language signals a woman will send to show disinterest and how you should respond.

From Across the Room

Eye Contact:

What are you looking for in eye contact with a woman? You are looking for an invitation to approach her. That is a yes signal. Well, there are two ways in which a woman can show that she is

not interested in you through eye contact. The simplest way, is just to have poor eye contact with you. If she is not looking in your direction or you can't seem to lock eyes with her, she is probably not interested in you. In this case you should probably move on. Remember, if you walked in with the confident swagger we discussed in previous chapters, then this shouldn't be a problem. If you came in like your normal shy self, then yeah, you are going to have a hard time finding anyone that will hold eye contact with you because you are just not interesting.

Another way she will show disinterest is by looking away when you do make eye contact. This signal can be tricky to read because she could just be shy. A shy woman will often look away when a man she is interested in makes eye contact with her. The key here is to be aware of what else she is doing; what else is her body language telling you. If she looks away and then looks back at you, she is interested just shy, approach her. If she smiles when she looks away, she is interested. Wait for another look, smile back, and approach her. If she keeps looking in your direction, she is probably into you. Approach her. If she makes eye contact with you, looks away, and pays no more attention to you, it is time to move on because you have no chance. Something about your body language has told this girl that there is nothing interesting about you and you are not worth getting to know. If she keeps looking away, and it looks like she is thinking, "This creepy guy keeps starring at me," chances are that is exactly what she is thinking. Regroup and move on. The good

is exactly what she is thinking. Regroup and move on. The good thing about interacting with girls is if you mess up with one, you always have a chance with the next. The only reason you won't catch a gaze and a smile, thus inviting you to approach, is poor body language on your part.

Body Positioning / Touching Herself:

Like we said before a woman who is interested in you will be facing you. She has to be facing you to make eye contact and smile at you; the yes signals you are looking for. Facing towards you also signals that she is open to you. She is open to the idea of getting to know you. She is open to the idea of you approaching her. Obviously if she has her back to you, she can't and won't do those things. The most common thing an uninterested woman will do as it pertains to her body position, is make eye contact with you, look you up and down, and turn away. Once she does this you are done, move on. This is a major no signal. Everything about her body language is saying no to you. She is making it impossible to make eye contact with her, and closing herself off to you. Again, you should probably just move on to the next girl.

After the Approach / Initial Conversation

This is where it can get tricky. Once you are interacting with the girl, the no signals you get are not as cut and dry. When you get a no signal you can react in certain ways to turn a no signal into a yes signal.

Eye Contact:

If she starts giving you poor eye contact, it means her interest is wandering. She is still talking to you but she is probably looking around to see what else is currently available. If this is the case you need to do something to re-engage her in the conversation. You need to get her interest back on you. You can do this in a variety of ways. It's still early on in the conversation so say something random. Ask her a really creative question so when she responds you can get her in a role play situation. We will discuss role play in later chapters. You can use one of the gimmicks we provided at the end of the book. The point is it doesn't matter what you do, but that you do something to regain her interest in you.

Facial Expression:

Facial expression is the same as eye contact. If she is interested she will be looking at you and smiling, doing the things we have already talked about. If her interest is wandering, she won't be paying much attention, thus making it impossible to give any kind of facial expression to you. Just like with eye contact all you need to do is something to re-engage her in the interaction.

Body Positioning / Touching Herself:

A woman that is interested opens herself to you with her body language. A woman that is not, will turn away from you. If a woman turns her back on you, that's not good. You may be out of luck if that's the case. Pay attention to her feet, arms,

head, hands, and legs as well. If they are pointed away from you it probably means she wants to get away from you.

Now, if we are sitting there talking and she crosses her legs away from me, she is giving me a no signal. When this, or something similar happens, I will turn my legs or hips away from her. I am reciprocating her body language. Her body language says, "I'm not really feeling you any more," or maybe I said something that put her off. If I respond by saying with my body language, "I see you're not interested in me but that's ok with me," she will usually respond in a favorable way. If you give the impression that you are not interested, a woman will forget all about the no signal she just sent you and start sending yes signals your way. She wants you to be interested and it kills her if she thinks you are no longer interested in her. It's like she is thinking, "This guy was just totally into me and now he is not. What did I do to turn him off?" She will re-engage herself in the interaction because she wants to leave the interaction feeling good about herself. She feels good about herself by knowing you are interested in her. Remember in previous chapters when we talk about women seeking approval. Same concept here, she doesn't want to leave an interaction thinking you are not interested, she wants to leave the interaction thinking you want her.

Accidental Contact:

If she isn't interested, there just won't be any. We want

women to break the touch barrier. There are many things we can do to position ourselves in a way to make it impossible for a woman not to touch us. But essentially, we want her to touch us first showing she is comfortable with us touching her. If she isn't touching you then you need to work on building sexual chemistry so she feels comfortable touching you. Lack of touching doesn't mean she is not interested. It just means you haven't built enough chemistry for her to want to.

Touch Barrier Broken / Extended Conversation

If you are in an extended interaction with a woman then there is really no way she will up and not be interested in you. If you are interesting enough for her to talk to for the last hour then she is feeling you, you have succeeded in building sexual chemistry. The only thing you can do now to mess it up, is say or do something that pisses her off. In this case she will do one of two things. She will get pissed and walk away, in which case you can let her go or chase her down and beg. Or she will stay but give you one of the no signals we have talked about. This is a good thing because she is using her body language to tell you she didn't like something you just did, knowing full well that she still likes you and isn't going anywhere.

If it is the latter, play the reciprocation game we have been talking about. If she gives a no signal, give her a no signal of the same manner. Example, she turns her hips slightly away from you and crosses her legs away from you. You do the same while

and crosses her legs away from you. You do the same, while maybe re-engaging in some kind of conversation. She knows she isn't walking away from you she just wants to play a little game with you. She wants you to come after her, so to speak, and when you don't, she will come back to you. That's a metaphor for the mental game she is trying to play, not that she is going to get up and walk away and come back. Remember, she has been talking and laughing with you, having a good time with you for over an hour. She likes you and she isn't going anywhere.

Conflicting Comments

Just as we have talked about dominating an interaction with your body language, you can do the same with what you say. With body language you become aware of the subconscious signals she sends, and react in a way that will give you a favorable result. With body language you match or mirror her body language. With conversation you do just the opposite. You say conflicting things.

The easiest way to explain this would be, you respond to something a woman said with the word yes while shaking your head no. That sounds goofy and you probably wouldn't actually do that, but that is the concept. Here is something I do quite often:

Many times I have been talking with a girl and she will say something like, "My ass looks fat in these jeans, or I don't like the way this shirt makes my boob's look," anything about her body as it relates to her appearance. So let's say she says something about her ass, I will lean back and check out her ass for a second, and say, "It looks pretty good to me," or if I'm feeling froggy say, "You're right it does." She will look at you with disbelief. Give her that sly grin and say, "I'm just kidding, it looks good to me." You are doing a couple things here. You are complimenting them for one, but doing it in a way that shows them that you are confident, you are the Alpha Male. I look at their ass and I don't care if that makes them a little uncomfortable or makes me seem a bit overbearing because I'm building sexual chemistry. In the case of the second approach you are giving them conflicting verbal cues, showing even more confidence and building even more sexual chemistry.

When you bag on a woman, or make fun of them a little, you are using cocky smart ass jokes to build sexual chemistry. That can be very powerful. You don't want to be a dick, but you do want to make fun of them a little bit when it's appropriate. It's appropriate when they give you an opening. You want to do this because it is how you build sexual chemistry with the words you say. Just like when you were in first grade, and you were mean to girls you had a crush on, the same theory applies at this age. There is a fine line between poking fun and being a dick. You want to walk it but don't cross it. If you cross it you are just like

walk it but don't cross it. If you cross it you are just like every other asshole. If you can walk it you have developed a great tool for interacting with women. We will touch on different ways to do this in later chapters.

Over the past few chapters we have given you a lot of different body language signals to look for, and how to respond to them. The important thing to remember is that all these things are done subconsciously. The signals being sent between men and women in a social setting are all done without their awareness. We have made you aware of this and you should be able to use this to your advantage.

The Pick Up

Approach and Open

What is opening? Opening is the term used for when you approach a girl for the first time and begin conversation. It's the first thing you say to a girl. It is the thing each one of you is sweating over every time you see a girl you are attracted to. You stand there with your buddies, trying to come up with the perfect thing to say, and you never go over and talk to her. It's the reason someone else talks to her all night. It's why she is going home with someone else and not you.

Opening is probably the one thing people stress over the most, and it's the least important part of the pick up. If you think of the pick up in stages, like we are laying it out for you in the book, opening has its place. It's exactly what we described in the last paragraph, when you first approach a girl and begin conversation; the first thing you say. That's it. In the chapters on body language we mentioned that body language accounts for roughly ninety percent of the message you are sending, while what you actually say only accounts for ten percent. Guys, she

doesn't give a shit what you are saying.

We want you to think of your opener as the eye contact you make with her. With her eyes she is saying, "I am interested and I am available, get your ass over here!" By holding her gaze you are saying the same. Go over there and be direct. Introduce yourself and have a genuine conversation.

Don't waste any time either. Some people will make eye contact with a girl then do nothing. Remember, not just eye contact but eye contact that is held just a little longer than normal. Guys will make eye contact with a girl, maybe get a little smile, and then they will wait fifteen minutes before going over and talking to her. Maybe they just wait five minutes. The point is, that is too long. I used to do this. When I first started interacting with girls my body language was very good. I was confident so I had no problem with eye contact, but just like most of you, this was where my game went to shit. Once I got the opener over with I was fine. I could carry on a conversation all night. See my problem was I thought I had to say something spectacular when I approached a woman or she wouldn't be interested. I thought there were some magic words I could say, and if I waited a few minutes and thought of them, I would be able to come up with something good. I didn't realize that she was already interested. That is what she was telling me with her

body language, with her eye contact. Don't make the same mistake. As soon as that body language takes place, as soon as she tells you with her eyes, "I'm interested," take a deep breath, and go talk to her.

Going off my example above, I would stand there with my buddies for a few minutes asking them, "What should I say? Come on think of something, anything." I would continue exchanging glances with her. Finally, I would realize I wasn't going to think of anything good to say and I would go over to her and say, "Hi my name is..." I want to go back for a second and touch on exchanging glances. That might seem like a good thing to some of you, but it's not. Some may think, you continued to vibe so to speak, kept up good body language, and were building sexual chemistry. Well, not really. After the initial, "I'm interested" look and smile you both share, it is time to approach. When you lock eyes again and again, she is questioning, "Wait, are you interested, when are you going to come over here?" She begins to think, "This guy is not very confident at all," and she begins losing interest. All that intrigue and sexual mystique you worked so hard to develop with your body language is now gone. Just because you continue to make eye contact doesn't mean it's working in your favor, but it's not the end of you either. My point is don't waste time. It's best to be direct and approach her as soon as you know she is interested. How will you know? Her eyes will tell you, and it's the same look with every girl, every time.

every time.

So I have got my initial "I'm interested" look, and I approach the girl and I introduce myself. Now over time and many trials and different approaches, I have come up with a magic script. If that is what you are truly looking for I have found the best approach you can use. Pay attention because this next sentence may be the best piece of advice we give you in this entire book. It is the most important thing in this chapter. When you approach a girl, the best thing you can say is, "Hi! My name is..." I know, it sounds so simple. It can't possibly work right? She is so hot, and you have to stand out to get her right? Bullshit! You do stand out, and she is already attracted to you and interested in you. That is what she told you with her body language and her eye contact. Guys have been brainwashed into thinking that pick up lines work, that guys are making great impressions on women with the first thing they say. That part is true, but the first thing they say isn't with their mouth, it's with their body language. If you see a guy walk up to a girl and pull some bullshit line out, and it works. It's because of something else he did right, with his body language. He was displaying confidence and sexual attractiveness. He already had her interest.

If you are still having trouble coming to grips with the concept that you don't need a good opening line to impress a

girl, let's try a different approach. When you go out, you take a shower, put on some nice clothes, spend a little time trying to look nice, meet up with the guys, and head out. It usually takes what, we'll say on average thirty to forty five minutes to get ready. If this doesn't sound like you, it needs to be. When I'm going out, I get cleaned up, pick something out to wear that is going to look nice but that is also going to make me stand out. I want the attention on me when I walk into a social setting. You need that mentality, if you want to get better at attracting and picking up women, you need the attention on you. I groom myself, primp myself, whatever you want to call it (yes, guys can and should look there best too). Then I put on some kind of accessory; a watch, some kind of bracelet, maybe a ring, necklace, or sports coat, just one more way to make me stand out. This takes maybe thirty to forty five minutes total. When we go out, by we I mean guys, we go out to find girls. If you don't agree with that, you are full of shit. When we go out we are looking for some kind of female connection. Whether it be female companionship, someone to talk to all night rather than the guys, someone to flirt with, someone to date, a potential girlfriend, or someone to go home with and have sex with, we are looking for girls!

When women go out, they are doing the same damn thing. They may tell you they are out with the girls but that's bullshit. It's a barrier or a wall they put up. It's a way for them to go home feeling good about themselves if something good doesn't

happen to them tonight. By good, I mean getting a good feeling from a guy. You spent thirty minutes to an hour getting ready. The average girl will spend well over an hour getting ready, sometimes two. She didn't spend all that time getting ready to go out with the girls. She did it because she wants to look good for the guys. When a woman goes out she wants one thing. She wants to feel good about herself. That happens in a couple of ways, both tied to you. The first thing she is looking for, by spending all this time getting ready, is she wants a guy to make her feel good about herself and make a connection. How do you do that? She sees a guy she is interested in, and he talks to her. There are probably a hundred different reasons for why this makes her day or why it makes her feel like this, but it all ends with her talking to a guy she is interested in. The second thing she wants is directly tied to the first. She already feels great because she is connecting with a man, but she is also getting respect from her friends. In her subconscious mind, she gets the guy and her friends are thinking, "What is it about her that is attracting this guy? What does she have that we don't?" Women are weird in this way. They are always in competition. By you talking to her, she is perceived as the most attractive female in the group by her friends. A woman will never admit this and it's quite possible she isn't even aware of it. But talking to a guy does make her feel good about herself for many reasons on many levels.

Essentially both men and women are out for the same

reason. You are both out because you want an interaction with the opposite sex. If that is the case, then when you approach a woman, she knows what you want and you know what she wants. Why would you use some cheesy pick up line in an attempt to fall into a natural conversation or interaction? You just end up looking like a jackass. She already knows you want to interact with her. It's not natural to walk up and talk to a stranger, so don't try and make it seem that way. You don't need to impress her with a line. You already have. Your body language is what made her interested in you. She is impressed. Her eye contact is why you approached her. You don't need to manufacture something from nothing, because there is already something there. If she knows what you want, and you know what she wants, then she will be sending you yes signals with her eyes saying, "I'm interested, come over." You will respond by sending yes signals back saying you are also interested. Doesn't it make more sense to just go over and introduce yourself and have genuine fluid conversation?

The concept of an opener is so overrated. The reason people have such a dependency on openers, or think there is a magic script that always works, is because they don't know how to have a real conversation. They don't know how to carry on a playful conversation that will continue to build sexual chemistry off of the initial body language that attracted the girl to them in the first place. They don't know how to flirt. That is why body language is so important; 90% body language/10% what you

say. I know it sounds like we are beating a dead horse but that is the difference between being the guy she wants, and watching her walk out the door with someone else. We have already touched on some things you can do in the form of playful touching and body language once you are engaged in the conversation to continue to build sexual chemistry.

It's easy to fall into this idea that there is such a thing as a great opening line. There are things that work sometimes, but like we said earlier it's probably something else that you have been doing with your body language, not the line, that has her interest. I'm sure you have seen something on TV, the internet, or maybe in a magazine or in a crappy book, that made you think, "openers are essential." There was a show on MTV that had "players", they called them, which would coach guys through a date in order to try and get a second date. Most of the "players" would try to get the normal guys to use cheesy pick up lines to build sexual chemistry. To a guy that already has trouble with girls, pick up lines look like something that would work, but that's definitely not the case. On the internet you can find several openers that work from time to time. Again, it probably wasn't the line, but something else the guy was doing that made the line work in that particular instance. I'm sure that in some books, some of those guys that are "so good with girls" will tell you some fail proof things to say. However, coming out of your mouth that same line would sound absolutely ridiculous. The

point of all of this is that if you are like any of these people I have described, if you do what I used to do, you need to change your approach. You need to realize that relying on an opener is a crutch. A direct approach is much more likely to turn out with the result you want. Remember, she is already interested in you because of your confident body language, and she has already told you that with her eye contact. You have already won her over.

There is no doubt in my mind those lines consistently worked for the so called "players", in the TV show I mentioned. However, when the normal guys being coached used those lines, they sounded stupid. Those types of lines, the type of banter or flirting the "players" used will never work for the "coached" guys, because it is not consistent with their personality. When you are talking to women you have to be yourself. You have to be genuine. Those lines worked for the "players" because that was their personality; that is who they are. If you are going to open with an approach other than direct, use something that is within your personality that sounds like something you would actually think of or say. If you are shy, quiet, and very polite, don't say some smart ass remark or a "hey baby" comment. A girl will see right through that. Now, my nature is somewhat cocky, in a confident non asshole manner. I like to joke around with girls in this way. My one hundred percent of the time opener is the eye contact. My usual approach is direct. I introduce myself and play off that. If I do not approach in that way it's because by some

on him as he does not approach him may be because of some chance reason, something happened to make us meet. Maybe she spilled her drink on me and I said some smartass remark, normally the first thing that popped into my head, and our interaction began that way. Other than that, I always go direct. The key point in approaching a woman is to be yourself. If you are yourself, a woman will find whatever you say cute and charming. Even if you say something dumb, she will find it cute because you were vulnerable in that moment. She saw the real you. If you say something that goes against your personality, she will see through you and you will look like a clown. Direct should be your main weapon of approach.

Every once in a while we will go out and try different things just to see what will happen. Here are a few things we've tried that have worked for us in the past.

We were in Nashville for the weekend and from the start of the night we saw there were a lot of bachelorette parties. We decided we were only going to open bachelorette parties all night. You know how the bride always wears a sash and she has a list of things to accomplish over the course of the night. We used that against them. We opened every set the same way and had a lot of success. When we were near a group of them we yelled, "Woou, someone's getting married! What do you got left on that list?" From there it's easy. They all huddle around you

on that list. From there it's easy. They all huddle around you and start telling you what you can do on their list. Of course you should pick the best one left, such as something to do with kissing or touching in some manner. At that point you should be displaying great confidence and you are in. You have put yourself in the center of that group of girls and the conversation should flow easily from there. The girls are already having a good time and they will see to it that the fun continues. You have to do very little work on your part.

There was a period of time that we stopped drinking. We would go out and always get badgered as to why we weren't drinking, so we developed a routine for it. We would be chatting up a group of girls and they would always say, "Why aren't you guys drinking?" We would say something like, "I just don't feel like it tonight." One particular night a girl kept coming at me with this, "Why aren't you drinking crap." It came to the point where she was telling me she would get me a drink and force it down my throat. I went right into role playing with her. I said, "You know, I went to college, I know what you're doing." She kind of looked at me with this puzzled look and I said, "You're trying to get me drunk and take advantage of me." She laughed and then she said, "Maybe" with a smile on her face. This is the kind of thing that really works well. You know you are vibing now, she is allowing herself to fit into this role you have made for her, now you just play it out. I said, "In that case I'll take two, why don't we get some shots to move things along." We kind of stayed in

that role play for a bit longer taking flirtatious jabs at each other. This is a prime example of role playing and vibing with a girl. Use this approach if you want to get a girl to buy you a drink or two, or five, and easily start a flirtatious interaction.

Here is something that we will do when we see a hot girl on the street, just walking by. I never like to let a cute girl pass without saying something to them:

If I see a cute girl on the street I will go up to her and say, "Excuse me." I start like I'm going to ask her if she could suggest a good place to eat. So I will say, "Excuse me, can you tell me..." and then I will interrupt myself and say, "Wow, you're really cute," and pause for a second. Then I kind of make a face or a gesture like I can't believe I just said that and then say, "Do you know of any good places to eat, we're not from here and we've been walking around forever and can't find anything that looks good." I am being direct. I think this girl is cute and I tell her that. I just sort of sugar coat it with the do you know where to eat line. I'm not really lying because it's true. We do travel all the time and we like to eat. So I use that as a way to sort of back door the direct approach. I am bypassing the awkwardness and at the same time directly letting her know I am interested. Usually I don't even get to asking about where to eat till the end of the conversation if at all. We usually start

bullshitting and flirting and getting to know each other right there. It is important to note that as soon as she shows interest, introduces herself, says thank you, anything, you abort the where to eat line and get into banter and flirting.

Like we mentioned above we don't like lines, but here is one that we have used a couple times and it usually works pretty well. We will use this when we don't have a lot of time but at the same time don't want to let an opportunity pass:

If you are in a restaurant or a bar, any place like that, you think the waitress or hostess is cute, try this, "Do you have a pen and something I can write on?" She will find something for you. Hand her back the pen and paper and say, "Write your name and number on there, I want to take you out for ice cream," or anything goofy like that. This may seem over the top but it does work.

We were out getting some household things. We had just moved into a new place, so we went to Wal-Mart, Home Depot, Lowe's, and our last stop was Target. We had decided when we left that we were going to open every attractive girl we saw. That was our goal for the night. We didn't care what the

outcome was we just wanted to open as many girls as possible. We left the house around six at night and we saw nothing. I mean hardly any girls, and the ones that were out just were not attractive at all. So we got to our last stop which was Target. We were there for about half of an hour, and I had basically given up on this mission. I wasn't even thinking about it any more. We were walking toward the checkout counter and just before we got there, we caught a glimpse of this gorgeous girl. We circled back through one of the isles to do a little re-con work. We saw she was with her mom. We pussy footed around and followed them to the register. The girl took off toward the door and Nick was like, "Chase her out the door and open her, you know it's going to make her day." So I was like, "You're right, fuck it." As I started to chase her I saw she was going to the bathroom. We paid for our things and as we walked out her mom was outside waiting for her. Nick starts in, "Dude, talk to her mom that's your in, go through her mom." I replied with, "What the hell am I going to say to her mom?" Finally I just decide to wing it, because I know if I didn't I would be kicking myself once we got in the car and for the rest of the night. So I turn around, we were about ten feet past the mom at this point, and I say, "Excuse me, I just wanted to tell you your daughter is beautiful." Mom is looking at me with this stunned look on her face, doesn't say a word. So I pause for a second to let that sink in and I ask if she has a boyfriend. Mom says, "Yes," so I reply, "Oh. Well, you can tell her I said that. I just knew I'd be kicking myself for the rest of the night if I didn't say something." And that was that. As we walked back to the car I looked in their

direction and her mom was talking to her. The girl was looking in our direction with a smile on her face, so I knew that even though the end result wasn't what I had hoped for, I did manage to make the girl feel good about herself.

On the way home we were talking about this opener and we really thought it could be good. We have both tried this many times since. Any time a cute girl is with her mom, wait a couple seconds until the daughter is nowhere to be found or you see her walk off. Now go after mom. This works all the time. The best time this worked for me, I had asked the mom about the boyfriend, and mom said she did not have one, so I ask how old she is. Mom says, "twenty-three." Then I start chatting up mom almost in the same way I would any woman I was interested in. I asked, "Are you from here?" Off that I started talking about where I was from. We talked about why we both lived here, and then the cute girl came back. This is where it really got good. The cute girl walked up and I could tell from the look on her face she was thinking something like, "What's going on here, this is kind of weird." Before either one of them could say anything, I introduced myself to her, "Hi I'm Taylor." She told me her name was Sarah, still not quite knowing what was going on. Before either one of them could say anything, I came right out with, "Yeah, I was walking by and your mom grabbed me and said I just had to meet her daughter, that I'd be perfect for you." Both of them kind of looked at each other, daughter a little embarrassed. mom a little stunned. Then I kind of laughed and

embarrassed, mom & dad smiled. Then I had to suggest that said, "No, I'm just playing. I just wanted to tell you I think you are really cute." At this point, mom is laughing, and it was a really nice segue into casual conversation. I chatted the girl up for a few minutes, told her I was supposed to be somewhere about ten minutes ago but that I'd really like to get to know her, and she gave me her number.

All these gimmicks and routines are nice when they work out, but really you should just be direct and genuine. We included the stories because they show just how easy it is to be direct, have a genuine approach and conversation, and have success. However, in most cases you have to approach to get into a routine like this.

If you want to get better with women you have to change you mindset. You have to change your attitude towards openers and you need to change your approach. Start working on that. If you really have an anxiety over the initial approach work on getting over that. The best way to do that is go out and open every girl you see. It will be awkward and you will get rejected, but you will also get over your problem with approaching and you will eventually get a number. That is going to be what makes you better with women.

The Art of Conversation

Banter. You've heard the term thrown around the pick up community, but exactly what is it? Some describe it as a crucial step in the pick up process. Mess up during the banter stage, you might as well stop talking, turn around, and go find another girl, because you just blew it with the current target. You may have also heard that it's a form of flirting, or keeping a playful mood. While technically that statement is true, banter is so much more. Banter is a total interaction. According to Webster's, banter means to speak or act playfully or witty. Banter is something you do, and continue doing. It is not a phase of the pick up, it encompasses the entire interaction with the target. Banter is more of an art than a science. Having a good time, flirting with a girl, all the while building sexual chemistry between you and the target, this is banter.

When first talking to a target, most guys will proceed with the twenty questions routine, otherwise known as a pick up interview or Q&A, which we will touch on in a bit. They will ask

the most common basic questions, "What's your name? Where are you from? Where do you work?" You know what they are. We are all victims of doing this, but what does this do for us? Absolutely nothing! Most of the time when you ask questions you are focusing more on what you are going to say next than what she is actually saying, which is what's important. Not only are you not creating any sexual chemistry but you are also boring the target and ruining any chance you may have had. Besides, by now you are about the tenth guy of the night to ask her the same questions. The goal is to make yourself stand out from other guys, not be one of them. You have no interest in her job, friends, or hobbies. If the target is cute enough for you to talk to, does it matter if she works for a fortunate 500 company, or down the street at the local coffee shop. Sure, maybe in the long run when you are ready to settle down, but you need to be able to make it to the third or fourth date before making that determination. If you continue to use the interview pick up, you better be taking notes. If you somehow manage to keep the target's interest long enough throughout the night she will start quizzing you, "What's my name, where do I work?" Even if she doesn't, you run into the risk of repeating questions and then she will know what a dick you are because you can't even remember what you talked about an hour ago.

So what is banter? Banter is playful interaction or flirting, but it is more than just that, it is the total interaction. A better question to ask is what is playful flirting? Flirting is nothing more

question to ask is what is playful flirting. Flirting is nothing more than a conversation between two people in which they drop subtle hints that they are attracted to each other. A conversation is fluid in nature, meaning it flows back and forth. If you are role playing, what are you doing? You are creating a fantasy land for you and the target to enter where you can both have fun, escape reality, get to know each other, and build sexual chemistry. If you are using push/pull comments, or negs, you are exchanging ideas and emotions while at the same time flirting and building sexual chemistry. That is banter, the total fluid interaction, combining role playing and story telling, minor Q&A, and dropping negs at the appropriate time.

Role Playing

Not something to be kept only in the bedroom, role playing is a very powerful technique used to break down barriers and keep the mood playful. When you first meet a girl, her defenses are on alert and she is not about to let you penetrate them. Sure, we could continue talking to her and slowly gain her trust over an extended period of time, but there are many more women out there and the bars aren't open all night. So how do we get them to drop their guard and let us in?

You ever notice how different you feel while dressed up on Halloween? You act and feel different. You have taken on the personality of your costume. At that moment you are no longer tied down to whatever perceived notions your friends and family

have about you. Maybe you get this feeling when you put on sunglasses. When I am wearing sunglasses I feel like I have on an unpenetrable mask. I do and say things that I would not necessarily do or say. I feel like I can do anything. This same idea is applied with role playing. It lets the woman escape into a fantasy world where she can let down her guard, and let you in!

The first chance that arrives, you can start to role play. It can be brought up anywhere. For example, upon meeting a girl for the first time, shake her hand. Regardless of the grip she used to shake your hand with, pull your hand back and shake it out like you were in pain. Tell her, "Ouch, that's quite a grip you got there, what do you work construction or something?" Remember you are having fun with her not insulting her, so say it in a playful manner with a smile on your face. Now that you have her in a predefined role, you can play that role with her, off and on, all night long. Continue with, "I'm going to be building a fire pit in my backyard this weekend, you should come help. You can wear a little jean skirt and flannel top, you know, and tie it up top. We'll put a hard hat on you, and a tool belt. I think you'd look pretty cute. It might even catch on as a fashion statement."

I used this same routine on the phone the other day with a girl I knew from back home. We were talking about the new house Nick and I bought and how we were going to be doing a

house I can take a shower and then we were going to be doing a lot of work in the back yard. I went right into a role play, "I'll get you out here to do all the hard work, all the digging and paving, and I'll supervise and work on my tan. We can go get you some cute work clothes like a short jean skirt, and a small bikini top, something to show off your tits. Maybe some boots, some sexy boots though, I've got to have something to look at while I tan." She of course went right along with it, talking about what she could wear. It's fun conversation for both of you. The more crazy the story the better.

A lot of times I'll use the girlfriend role play. I'll tell the girl, "I like you, you're cute. I'm going to make you my girlfriend." Now that you have her playing the role of your girlfriend, you can start acting on it for the rest of the night. Be creative, tell everyone that the two of you are out celebrating your six month anniversary. If you're believable enough you might even be able to get a few drinks bought for you by other couples, happy for your success. If she starts acting catty to you, tell everyone that you are experiencing your first fight. Come up with elaborate stories. Tell everyone about the time the two of you went to Vegas and almost got married. When you woke up in the morning, neither of you could remember a thing, but on the nightstand was a marriage certificate. The two of you started to freak out, until she noticed that the marriage certificate was not signed, but upon further search you found a wedding picture showing that you were married by a 400 pound, balding,

drunken Elvis.

The girlfriend play is also great for getting past the touch barrier. How does a couple act? They hold hands, put their arms around each other, they kiss. That's what you will do. Hold her hands, put your arm around her, have her give you a massage. You should probably refrain from kissing her, at least until you know it's wanted, but there will definitely be the opportunity. Anything a normal couple would do, so should you. Just don't overdo it. It is important to make every move playful and non threatening. If she wants more, she will let you know.

The girlfriend role play is my number one choice. It gets the target in the right mindset. The more you put her in that role, the more comfortable she will be with that idea. By the end of the night she might even believe that she is your girlfriend. Taylor and I used to use this approach quite often. Taylor was growing out his hair and it looked terrible, it was all over the place. He would always wear a hat when we went out. We used this routine where I would take off his hat and ask a group of girls, "What do you guys think of his hair, looks pretty gay huh?" Taylor would look embarrassed, and when his target answered he would go right into this girlfriend role play. If she said she liked it, he would say, "You know, you're the only girl who has ever said that, you are my new girlfriend. Wait can you cook? That doesn't matter,

you think I'm sexy, you are my new girlfriend." He would play off what she said. If the girl agreed that his hair looked bad, he would say "Damn that was mean." She would smile and try and get out of trouble but Taylor would keep right on with the routine "You know, you're the first person who cared enough to tell me the truth. You're awesome, you're going be my new girlfriend." See it doesn't matter what she says. The point is to put her into a role, and play it out.

If you do not want to be so forward take it back a step and make her your sister. Tell her, "You're kind of a brat, you're just like my little sister!" Treat her just like you would a sister. Put her in a headlock, tease her with names like brat, kido, and sparky. If you are in a group tell a story about a family trip you took, back when the two of you were seven and eight. Make up an embarrassing story about her, how she was eating a chocolate ice cream cone not paying attention to where she was walking and tripped and fell. Somehow her ice cream cone landed underneath her and when she stood up the ice cream was all over her butt. It looked like she had crapped her pants. She cried all the way back to the hotel room and would not leave the room the rest of the trip. Or when she was older, about fifteen, she had a guy over she really liked, to watch a couple of movies. As she was getting up to change to the next movie she accidentally farted in the boys face. Let's just say the guy never came back over.

Role playing is very open ended and has no boundaries. You can say you are forming a group like a bowling team. You have designated the target to be its newest member, and she is the ringer that will lead you to the league championship; or the two of you are going to run away to Mexico and open up your own bar, complete with a mariachi band and an hourly wet t-shirt contest. Whatever role you choose for her, include yourself in it. The more she can picture the two of you together in her head, the closer to reality that idea will become. It will make her laugh and give you something to talk about when you run out of things to say. Girls are drawn to guys with potential. As long as you can keep her dreaming and show her a life beyond what she currently has, she will eat up every word, and play right into your hands.

Are you starting to see how easy this is? You are taking the target out of her mundane every day life and adding excitement to it, transporting her to a place where she can be someone else and break out of her shell. She is now having a fun conversation with a guy she just met and she is intrigued by you. You have created interest and shown her that you are different than the other guys. You are worth getting to know. Most importantly you have started to build sexual chemistry. Another thing you are doing, is putting the idea in her head of the two of you being

together. This is very important in terms of her letting her guard down immediately. If you create this fantasy land in which she sees herself with you, she is instantly feeling comfortable with you. This is just another way we will build sexual chemistry. This idea is powerful enough to turn a wholesome, church going girl to a sexy, leather clad, dominatrix. Again, role playing is easy. Anyone can do this, just be creative and have fun with it, she will too.

Story Telling

Story telling is another way to get to know someone. A lot of guys approach a girl and use some kind of opener and then go into Q&A. If you tell stories you can accomplishing the same thing as you would with Q&A, but without asking the same old questions she hears from every guy that approaches her. What kind of stories do you want to tell? Any story is fine but tell one that gives her information about you, something real. Here is something I would say. Maybe the girl says something about her dad selling insurance or her working at an insurance office. I used to own an insurance agency so I will tell her that. In me telling her about owning and running an insurance agency she picks up certain information about me. Not only have I given her information about me, but I have given her an opening to tell me about what she does. Now she knows what I do or what I used to do, and now I know what she does, all without boring her with common and uninteresting questions. Maybe we get to talking about family vacations or spring break. She tells me stories about her vacations and I tell her about when I went to

Mexico or on a cruise in the Bahamas. You get to know about each other and each others experiences by telling stories. The important thing with story telling is that you give and get the same information you would asking questions, but you do it in a way that is not boring to her. The key to story telling is not doing all the talking. You want it to be 50/50. You tell a story and then let her tell one. Don't just ramble on and on and then interrupt her when she is talking. Remember, you are telling stories in an effort to find out information about her, and to make her feel comfortable with you and lower her guard.

Another good thing about story telling is that by telling stories you will continually have chances to jump into a role playing situation. Many of the stories you or your target tell will spark ideas to dive into a role play. Let's say she tells you a story about snorkeling when on a family vacation. You can jump right into a role play and say something like, "Oh you're a snorkeler? We could move to Mexico and open a snorkeling operation. I will finance the operation but you have to walk around the beach dressed up in snorkeling gear." You can get as involved in the role play as you want.

I refer to this next technique as advanced because if done incorrectly it can have drastic negative effects. Implanting future visualizations is a technique where you describe a possible future

between you and the target. The idea behind this is to get her thinking about the two of you in a more comfortable and intimate way. If done correctly she will feel so comfortable with you that her guard will be down and you will be able to go home with her tonight.

Tell her a likely event involving the two of you that could happen in the next three to six months. What this does is it gets the target to visualize a relationship with you. The more and more she sees herself with you, the more open and comfortable she feels being around you. The target starts to feel as though she actually has known you for six months, and she is comfortable with the acts of intimacy that normal couples are experienced with after six months of dating. It is best to tell stories with a great amount of detail. The more detail you provide the easier it will be for her to see the story in her head. The better the picture, the better chance you will have of her believing your story. We also want to include stories of the two of you becoming successful and wealthy. It does not matter what your current situation is. Even if you have \$5 to your name and the only car you drive is the city bus, it is not relevant. Women judge you on your potential. If you make her believe that one day you will own your own business, and be worth millions, all with her by your side. She will see you as a great investment, and a man of quality.

Now herein lies the danger. A story that is too far fetched, or telling too many stories, can turn the girl off and looking for a quick exit. We can't start talking about marriage and kids after knowing her for a few hours. We want to tell fun and exciting stories.

Story telling is just another tool in our arsenal. An important thing to note here, is that role playing is not story telling. In a role play you make up a fantasy land for the two of you to get lost in. The more creative, the better the role play and the more sexual chemistry you build. When story telling, you tell true stories about yourself as a way to get to know each other.

Q&A

Question and answer is the worst kind of conversation you can have with the target. We see a lot of Q&A when we go out. There is nothing wrong with Q&A, but it's boring as hell. It's the same thing every other guy does. "What's your name, where are you from, what do you do, what school do you go to?" The problem with Q&A is that it feels scripted, and it comes off that way. A lot of times you get caught up in the questions you are asking and busy thinking about what you're going to ask next, that you aren't listening to what she is saying. Plus if you ask too many questions it sounds a lot like a job interview and she will get bored with you and lose interest. We like to ask only one

question, maybe two, just to get the ball rolling and give us something to play off of and go into story telling or role play. We basically use it just to get started or if we are transitioning from one story to the next. If you do find yourself asking a lot of questions, pay attention. Tilt your head to one side to show interest. Q&A should only be used as a backup for when you run out of things to say, not an opener.

Negs

Negative comments are very powerful, if used correctly. They are comments directed at a target that appear nice enough on the surface, but mean spirited in their meaning. For example, tell a girl she reminds you of your baby sister. We have all heard the saying before, "You're like a brother to me." We all know how much that line sucks to hear. Turn the tables on her instead. Telling the target she reminds us of our baby sister is essentially telling her that she is immature, we are not attracted to her, and she is a pain in our ass. She does not have any value. I know we said earlier that you can use the sister line as a role play. You can, it all depends on how you come across when you say it. If you come across in a fun, joking matter, you are role playing. If you come across saying she reminds you of a sister, therefore you are not attracted to her, it is a neg.

Negs take girls out of their element. Women are so use to guys kissing their ass all night long that when they don't hear a

flattering comment about them, they are taken aback. It takes them off that pedestal that the other guys have placed them on and snaps them back to reality. Now you hold the power, she will want to prove herself to you, rather than the other way around. You are calling the shots. She will do everything she can to gain the upper hand, but now it is too late, you have already positioned yourself as her equal and you have effectively broken down her barriers. You are no longer another random guy, you are someone of interest.

A favorite neg of ours is to tell the target is, "You are a really attractive girl, you're just not really the type of girl I date." The reaction you will get is incredible. She will take it as a challenge. Here is a girl who has been receiving compliments all night long by every guy in the bar, and you are the asshole that tells her she's not your type! Instantly you have separated yourself from every other guy. The only way she can redeem herself is for you to find her attractive. By the time she has done so, you have already established sexual chemistry with her, broken down her barrier, and are well on your way to closing.

The bad thing with using negs is that if you use them incorrectly, you are just a prick. In the pick up community, negs are used just as described above. You make a woman insecure about something, and then she does whatever it takes to change

your mind. The problem is, for the most part negs only work on really insecure women. So you are basically tearing down an already insecure person and making them feel worse about themselves. Granted, they will react in a way to make you change your mind and this does work, but do you really want to be that guy that gets women into bed by making them feel bad about themselves. You can get them into bed many other ways without tearing them down.

Our Approach

We have said a few times that the conversation must be fluid. That just means that a conversation can't be scripted. You can't plan what you're going to say and then anticipate what your target will say. The conversation is fluid. A lot of what you say is determined by what she says. There is no stage of the conversation that you have to stay in for a certain amount of time before you move onto the next. The best way to approach a girl is to do it with the intent of having a genuine interaction. You can't go up to a girl and think in your head, "I'm going to ask her a question then tell her a story, and then I'm going to jump into a role play." That's just not how it works.

I will approach a woman and introduce myself. From there I play off what she does. If she sits there all quiet like, I might ask a question to get things going. Her answer should allow me to move into a free flowing conversation without having to ask

anymore direct questions. If she says something funny to me from the start, I might bust on her and go from there. In almost every case no matter what a girl says to me it almost always evokes some life experience that I have had that I can relate to her. Relating to her means I am building sexual chemistry. It's hard to say exactly what I would do because every conversation is different and new. However, one thing that always remains the same is that at some point in the interaction I will use each of the techniques discussed in this chapter.

ABCs of Closing

“Always be closing” is a term used in sales that basically means, seal the deal. This is the attitude you must adopt to be successful with women. Too often you will see a guy do everything right. He reads the target’s signals, then makes his move and introduces himself. He builds sexual chemistry throughout the night through body language, banter, and playful flirting. He has done everything right. His target is eating out of his hand, but when the lights come on and its time to go home, he goes home empty handed, without the girl, without a kiss goodbye, without a phone number to call the girl for a date.

After learning the techniques, beginners are surprised at how easy it becomes to talk to and build sexual attraction with women. They get so caught up in the moment they forget the most important part. They forget to seal the deal. This is a common mistake many beginners make. The ability to close on a consistent basis is what separates a beginner from a true master of pick up.

There is the guy who again does everything right. He knows that the target is his. He sees the signals and she's wanting more, but he freezes. He is locked in fear. Fear of rejection, fear she doesn't feel the same way, fear that she will laugh in his face, fear of being a bad kisser or bad in bed. This fear over takes him and he never makes the move, he doesn't get the girl. These are extreme situations but they happen everyday.

Closing has a different meaning for every individual. It is a way to evaluate your game and is a baseline from which to gage your success. There are four distinct types of closing you can have with the target. You can close with a phone number, a kiss, sex, or a long term relationship. Which one you use to gage your success is entirely up to you. Some guys want to build a little black book full of hundreds of numbers and are content with nothing more than a phone number. Other guys enjoy making out with as many girls as they can. Some gage their success on sexual conquests or notches on their bedpost and just want to sleep with anything that moves. The last of the type just want to use the teachings of this book to find a meaningful and long term relationship. Your personal goal, will dictate the type of closing you pursue, or it could be a combination of all four and you are down for whatever happens on a particular night.

Closing With a Number

I was standing in line at the grocery store waiting to buy a soda when this cute brunette with an amazing body gets in line behind me. She was wearing low cut jeans with a white midriff shirt revealing her belly button ring. She was just standing there teasing me, I wanted to see more. I was already running late so I didn't have time to stop and run a routine on this girl, but there was no way I was going to pass up this opportunity. I turned to her and said, "This may seem out of place, but you're really cute!" She looked at me in amazement as if she could not believe what I had just said. She blushed and looked down as if she didn't know what to say. I said, "You are a really cute girl, I would love to take you out sometime. Can I get your phone number?" She wrote her number down and we talked for another couple of minutes while I paid for my soda. I ended up calling her the next day and met her for coffee that afternoon.

Closing with a phone number is nothing more than getting the target's number. Most guys make the mistake and think that this must wait until the very end of the night or conversation. Why wait? You can't predict what may or may not happen. One moment you can be enjoying a drink with the target and before you know it, one of her girlfriends has an emergency and she is gone before you can react. Getting a phone number is easy. All you need to do is ask. Getting the target's phone number early in the night is beneficial in more ways than one. If you are bad with

names, or couldn't remember her name, she will write it down when she gives you her number. If you don't have a piece of paper and a pen, give her your cell phone to type it in, that way you can find out her name without having to admit you never knew it.

The best way to get a number is to directly ask for it. You can say something like, "I'm having a good time talking to you, can I get your number." Or say, "I should get back to my friends let me get your number so I can call you." Some people don't like to be so direct. Here is a little trick you can use. Once you have been talking to a woman for a bit, you have built attraction and sexual chemistry, say to her, "I'm having a good time with you, we should do it again." Or, "You're really fun, we should go out this week." In most cases she will say, "Yeah that would be good," and offer you her phone number. You don't directly ask for her number, but it is the next logical step for her to give it to you, and she will.

Another thing you can do is to ask the target if she has an email address. While not as personal, it has rapidly become common for all correspondence to take occur online. Since email address is considered less personal than a phone number, if the target is resistant to giving her phone number ask for her email instead. She will oblige and what you have done is plant the seed

for her to say yes to your requests. While she is writing down her email, tell her, "Okay now write your phone number below!" This is the old bait and switch routine.

Giving your phone number to the target is not closing. Giving your phone number without getting hers in return is giving her all the power in the relationship. You are the one waiting by the phone, you will be the one wondering when she will call. This is not how an Alpha Male acts. Never leave anything to uncertainty. If she won't give you her number, get up and walk away. There is nothing more to be gained from the target. Tell the target, "It was nice meeting you." Get up and move on to the next available girl. One of two things will happen: Either she will call you back over, not wanting you to leave, and give you her number; Or she will let you go, saving yourself the time spent on talking to a girl that will not lead you anywhere. More often than not, if you are willing to show her you will walk away, she will cave into your demands. This is because you have just demonstrated your value, your dominance, that you do not have time to play games, and if she is not careful she could lose you. You may find girls that call your bluff every once in a while, but the important thing is you didn't waste any more time on her. You moved on to another target, perhaps one that will give you her number, or even better, a woman who is planning on taking you home tonight.

There is a way to stay out of this situation completely. When she asks for your phone number, give it to her. When she finishes inputting it into her phone tell her, "Now call me to so I can have yours." You can also say, "Now call me to make sure you put in right." The second is a little less threatening. You will now have her number and you really didn't even have to ask for it.

Closing With a Kiss

I was at the bar talking to a girl I had just met. I was using the girlfriend role play on her and she was just eating it up. She was getting ready to stand up to excuse herself for a moment when I told her, "What's this love? No kiss goodbye?" And I pointed to my cheek. She gave me a peck on the cheek and I said to her, "After six months of dating that's all I get?" She laughed and leaned into me giving me the kiss that I wanted. Needless to say she was back at my side before I was able to finish the rest of my drink.

The second type of closing is the kiss close. This is simply kissing the target sometime during the night. Kiss closing usually involves a deeper connection with the target than what you would need to get her phone number. You have built up a high level of sexual attraction, developed good rapport, and have moved things to the next level. A kiss can be innocent, intimate, or passionate depending on the level of sexual chemistry you

have built. Depending on your goals, a kiss close can either be the end state, or even better the beginning of a sex close.

Unknown to most, a kiss close is almost easier than a number close. A kiss is innocent and welcome, as long as you don't try and force your tongue down her throat. Just be direct, tell her in a soft voice, "I want to kiss you right now." If she hesitates move your face in front of hers for the kiss. Pause a few inches from her face. Take one last look at her. If her eyes are closed, her lips are parted, or her eyes are flickering back and forth, you have her approval. If she moves her head backwards call the kiss off. It is better to ask for forgiveness than ask for approval. As you move your face in slowly for the kiss, you build up anticipation in the target's mind. The more anticipation you build up, the stronger the kiss. A quick kiss can come as a surprise, but a slow, deliberate kiss can seal the deal.

Let's say you are nearing the end of a date. You know that you have built sexual chemistry and are pretty sure the girl is into you. You really want to kiss the girl but you have no idea how you are going to do it. You are thinking about it the whole ride home and you finally have an image in your head of how it's going to go. You are going to walk her to the door and as you tell her goodnight she is going to pause and allow you to move in. As you are walking to the door you are all ready to go for it,

only she doesn't pause and you are left on the doorstep without your kiss. This is bad because if she was ready for a kiss and you didn't make a move, you likely won't get another chance. There very rarely is a perfect or magic moment. It doesn't work like in the movies. However, it is very easy to create a moment that resembles this. When you're walking to the door grab her by the hand. Look her in the eyes and pull her, by the hand, toward you. Then kiss her. It's so easy. You can do that anywhere. Take her by the hand, look in her eyes, and slowly move in for a kiss. You just created the moment.

A kiss close is dependent on your own personal preferences. I only kiss close if I plan on having sex with the girl that night, otherwise I am content with a number close and setting up a date later that week. You can build just as much sexual chemistry without the kiss and it helps build the attraction for the upcoming date. A kiss close is again all about timing. Like getting the phone number, there is no reason to wait till the end or the perfect moment. If a kiss is all you are after, then let the anticipation build up, teasing her until you create the moment. If you are just going through the steps to get her into bed, try to kiss her within the first fifteen minutes. That first fifteen minutes is important. It sets the tone for the rest of the night.

Closing in Her Bed

I was dancing with a girl at a bar that I had met that night. It

was nearing the end of the night and to that point we had good conversation, built sexual chemistry, and created attraction. At some point in the night she had told me she didn't kiss random guys from the bar and while we were dancing she reminded me of that. As we continued to dance, I positioned my face so that I was lightly breathing on her neck near her ear. When I talked to her I moved my mouth close, almost touching hers, so she would feel my breath on her lips as I spoke the words. I could tell it was really turning her on and at one point she even tried to kiss me. I pulled away and reminded her, "You don't kiss random guys at the bar." Then I went right back to talking to her with my mouth close to hers. Essentially what I was doing was creating this enormous sexual tension and chemistry. She left with us and once we were in the car she couldn't keep her hands off me. We made out the entire car ride home, and as we got to our house I led her to my room.

The third type of closing is the sex close, sleeping with the target. A sex close can be a one night stand from a girl you just met at the bar, or a girl you have went out with a few times. The sex close is getting the target in bed for a wild romp between the sheets. How does one move from a kiss close to a sex close? It all starts with physical contact. The quicker we are able to break the target's touch barrier, the faster we can move in for the kiss. Once we combine the physical kissing with the sexual chemistry we have built up, the panties will be coming off in no time. If we can introduce ourselves, break the touch barrier, and the intimate

can introduce ourselves, break the touch barrier, and the intimate zone, all within fifteen minutes of meeting her, she will have sex with you that night. It is not because she is easy. It is because we were able to develop a deep connection within that time. Over the rest of the night, that connection will only deepen, and she will feel as though she has known you forever. It's all about making a woman feel comfortable with you on an intimate level. Really it's the same feelings she would develop for you if you were to date for a while, only you are speeding up the process.

A sex close moves in a back and forth linear pattern. After opening the target, we break the touch barrier and make physical contact, either deliberately, through a routine, or initiated by the target. We quickly expand on that contact and move into her intimate zone and steal a kiss. Tell her any of these lines, "I want to kiss you right now" "I am trying so hard not to kiss you right now," "You want to kiss me don't you?" Each one gets her thinking about kissing you, and if she is thinking it, she will be acting on it. Once you start kissing, you continue to press further and further until you are back at your place. This will proceed in a back and forth motion. You start kissing her neck, try taking off her shirt. She stops you there, you go back to kissing. After two or three minutes, you get her shirt off, but she won't let you take off her bra. You start rubbing her breasts, increasing her arousal and after a few minutes, take off her bra. This continues in a back and forth until all clothes are off. You are always moving forward, constantly advancing, and all the while

increasing her arousal.

This is why those first fifteen minutes is so important. You have programmed her to respond quickly to you. Everything moves at a fast pace. She will be caught up in the moment, the excitement. It is new and exciting to her. The fact that someone can make her act and feel this way, most women will feel empowered and let this moment happen. It's quick, it's spontaneous, and it's a story to make her friends jealous. She will like you because you are taking charge. You are the Alpha Male. She is succumbing to your dominance and her natural born instincts to be dominated by the Alpha Male. It has been hardwired into her physiology over the last three thousand years, to submit to you and her desires.

The fifteen minutes is just a guideline. The point is that you want to make a woman feel comfortable with you, in an intimate way, within a short time. Just because you were unable to get a kiss in that time, does not mean she won't sleep with you. But, if sex is your primary goal, then you also do not want to waste your time with women that are not going to go home with you.

Closing Into a Relationship

No matter how hard I tried, there was always one girl that would enter my mind before the others. I would catch myself

would enter my mind before the others. I would catch myself dialing her number or making plans with her for the rest of the week. I barely even noticed the other girls when I went out anymore. I was in trouble, I was smitten, I was in a relationship.

The final type of closing is the relationship close. While it is great to have casual sex, or go out with a different girl every night of the week, you are just not able to develop the same kind of connection as you would with a steady girlfriend. Ultimately, dating is nothing more than being able to find out the qualities you prefer in a woman prior to settling down. Everything from looks, to personality, to personal goals, and family values. Dating is a selection process where we find out these traits through first hand experience. What you may think you are attracted to, turns out to be a major problem once you are around it on a constant basis. Dating is important. Consider it a science experiment with you as a test subject. The only way to truly know the qualities we find attractive in a mate, is find out ourselves through trial and error.

Starting a relationship is easy, just keep your expectations open and honest. There is no reason to lie or make up stories to the different girls you are dating. You can be involved with one, two, ten girls. As long as you are honest with each one there will be no problems. If a girl demands you be exclusive to her, then

you must make that choice, but that right there should be a sign of things to come. If she wants to control you now, she will be controlling in the relationship. The best part of telling the girls you date that you see other girls, is the level of competition it brings out in them. They want to be the only one for you, and they will do everything in their power to make you see that.

When you finally do decide to be exclusive with one girl, talk to her about it. Just because you have dropped contact with all the other girls does not mean she has done the same with the other guys. Most guys will assume that if she spends all her time with you that the feelings are shared, and are shocked to find out she has been seeing someone else on the side. If you want her, let her know. Tell her, "I've really enjoyed dating you these last couple of weeks. I want to put it out in the open that I want to date you exclusively and want you to do the same." If she says no, then keep showing her the qualities that we have taught you, and she will realize no other guy out there compares to you. Continue to date other girls, to keep your game sharp if things don't work out. If it is meant to happen it will work itself out. Whatever you do, if she does not feel the same towards you, do not develop "oneitis" for this girl. Oneitis is where you stop going out, and stop dating other girls while you wait for the one to come around to you. This will only show you as needy and lacking the qualities of the Alpha Male. It will drive her further away from you. Dating is a game, you must be willing to play and fight dirty if you want to come out on top.

Of the four types of closings, the phone number is the most important. It is the only sure fire way of being able to get a hold of the target at a later date. If you want to setup a future date, you must be able to get a hold of her somehow. Going to her place of work to pick her up each date or running into her at the bar on a consistent basis is not going to cut it. While it can be mysterious the first or second time, it tells the target that you have something to hide and throws up a red flag.

To some extent closing can be a linear process, but not necessarily all four stages one after another. If your goal is to have a relationship, then you would start off by getting her number. Get a kiss on the next date and then after a few more dates you decide to have an exclusive relationship. You did A and B to get to D. Sex is not a determining factor if you have a relationship or not. If your main goal was to have sex with the girl and nothing more, such as a one night stand, you can skip the phone number altogether and start off with a kiss. The kiss will lead to more and eventually back to the bedroom where you can sex close. In this case we only went through step B to get to C. You cannot move directly to a sex close without a kiss or a relationship close without having to get a phone number.

If you don't plan on finishing, you never should have started in the first place, so always be closing.

Rejection

The other night a buddy and I went to eat at a local hot spot. Our waitress was pretty good looking and she was really chatting it up with us. We were flirting back and forth with each other and my buddy thought I should ask her out. As the night went on she was spending more and more time at our table. One thing to keep in mind in a situation like this, is that it is her job to be nice to the customers to get bigger tips. I was confident this was not the case. She was spending way too much time at our table, thus ignoring her other customers. I could tell that she was interested in me. At one point she even sat down beside me and we rated how good looking the girls at the table beside us were. All the while we continued flirting with each other for the better part of an hour. After a while, I said to her, "Jenny, I think you're really cool, can I call you sometime." She replied with those dreaded words, "Well maybe, if I wasn't practically engaged. My boyfriend actually lives with me." We were there for about another fifteen minutes and the flirting continued, but I was going home alone.

I had been rejected. Yes, even we get rejected sometimes. Everyone gets rejected. The thing with rejection is, that guys are so afraid of getting rejected that they don't try in the first place. Your fear of rejection is keeping you from trying, thus keeping you from succeeding. Just because she says "No" doesn't mean she is saying no to you. Think about what that means. In the story above, I knew the waitress was interested in me. Did she have a boyfriend? She very well could have. Even if she didn't she could have been saying no to a million other things beside me. She could have just got out of a bad relationship, maybe her boss was right around the corner and they aren't supposed to date guys from the restaurant. She could have been having a bad day or a bad week, and although I just made her night by flirting with her and asking her out, she said no for some internal reason. What I'm getting at is that women say no for all kinds of reasons that have nothing to do with you.

Guys who fear rejection are self-conscious about themselves in one way or another. They consider themselves not very good looking, maybe they have a weight problem, or because they don't spend two hours in the gym everyday they feel average. They have a problem approaching good looking women because they believe it's all about physical attraction. What they don't know is, what women find attractive is body language and confidence, how you carry yourself. All the things we have already been talking about. When they work up the courage to

already been talking about. When they work up the courage to go talk to that girl, they already have it in their head, "She won't like me because I'm not as good looking as that guy over there." Those negative thoughts are portrayed in our body language. If we don't feel confident, it will show in our actions and movements. As we walk up to that gorgeous girl, we are telling her, "You don't like me, I'm not attractive, I have no value, will you hurry up and reject me and get this over with?" She will read right through you and comply with your wish, completing the cycle and reinforcing the belief that attraction is all physical.

Confidence is all about feeling comfortable in your own skin. When you approach a group of beautiful women, within the first few minutes of talking to them, throw out a funny comment about what makes you feel inadequate. If you are heavy, make a fat joke about yourself, "I heard a wide belt helps make you appear thinner. I went out and bought one only my stomach covers up the belt. I guess I'm going to have to buy a bigger belt." If you don't consider yourself overly attractive, tell her you don't mind being her "eye candy" and that she can stare at you all night long. You are showing these women you are comfortable with yourself, but more importantly that you are comfortable around women.

Compare this to a guy who feels inadequate about himself and has no self-confidence. He will make statements putting

and has no self-confidence. He will make statements putting himself down, convincing the target that she should not like him. "I understand if you don't like me because I'm overweight." "I'm sorry I'm not, very good looking." Do you see the difference? One shows you are comfortable with who you are, the other has you apologizing for being you.

Being confident and displaying good body language is what will give you a chance with women. You are also showing her that you are someone that has something extra to offer, something worth getting to know. Whether she becomes attracted to you or not, is not really important. What is important is you are displaying qualities that women find attractive. Even though she herself may not become sexually attracted to you, she might know someone who will. She did not come alone and she has friends. You are doing all the right things, displaying all the right body language. You have confidence in yourself and are comfortable around women, and she has noticed this. You have now made a friend with a beautiful girl or group of girls. Just because she is not physically attracted to you doesn't mean she does not like you. She will talk you up to her friends, introduce you to her group, which will lead to girls who want a relationship with you. Even though you were "rejected", you have now opened the door to other opportunities that would not have been there if you did not make that attempt.

Weeding Out Targets

Reading Our Targets

No matter how good looking you are, how good of a body you do or don't have, how smart or stupid you are, or how good or bad with women you are, there is a girl in every bar that will go home with you. Let me say this again, every place there is a crowd of people, there is a girl that will go home and have sex with you tonight. All you need to do is learn to determine which girl it is and take her home. She already wants it, she just doesn't know it yet.

Think of how powerful that statement is. You can always find a girl who will go home with you on any given night. The problem is finding the one that will go with you. It all starts with being able to read the signals. If a target is giving you "No" signals or not responding to you with any interest, then there is no reason to approach her. To do so would only set yourself up for rejection and waste time. If you have approached a target and are making good conversation but you have been unable to break the touch barrier, then you must decide if it is worth continuing the conversation with, or get her phone number and move on to another girl. Rejection happens only because we let it happen by not paying attention to the signals.

We have all seen the guy in the bar that hits on every single girl. The guy that constantly gets shot down attempt after attempt. If you were paying close enough attention, you would

attempt. If you were paying close enough attention, you would have also noticed that by the end of the night that guy is off in the corner with some girl, while you are still watching, waiting to approach a girl. While no one in their right mind wants to be shot down twenty times in one night, those guys have it figured out. There is a girl out there that will go home with him. They use the old plug and chug method, as long as they keep at it, they will find a girl. Even though these guys get rejected many times over, they always find a girl. The reason for this is they try. They are not afraid to approach and are not afraid of rejection.

There are also the guys that deliberately hit on the most attractive girls in the bar. All women are aware of their surroundings at all times. They know who the most attractive girl in the bar is and they take note of who she is talking to. By approaching the best looking girl there he has now put every woman's attention on him. To the girl across the room, all she knows is, if the best looking girl in the bar is talking to this guy, there must be something about him. He then goes down the line to the second best looking girl, third best looking, and so forth. All the best looking girls know this guy, he has status. Eventually he continues down the line until he talks to a girl that has been watching his movements, watching him around all the beautiful girls. She believes she is lucky just to be in his presence. In her mind, because he associates with only the most beautiful girls, he is out of her league. She will do everything she can to be with this guy. She played right into his hands. A girl who twenty minutes

ago would have nothing to do with this guy, now is doing everything in her power to win him over.

Rejection is all about appearance. The biggest fear is the Hollywood rejection, the girl that screams out “Get away from me!” and throws a drink in your face, letting the whole world know. This has never happened, nor will it ever happen, as long as you walk over in a confident manner. If things do not go your way, shrug it off. Tell the girl it was nice to meet her, and walk back to your seat in a confident manner. If you take every rejection personally, you won’t be inclined to move on to the next target. It will also show in your body language. If you walk back dejected with your head down in shame, the girls across the room will know that you were rejected and they will follow suit. For every girl that you do not make a connection with, you are setting yourself up for the next. Maybe she turned you down, but she liked you enough to introduce you to her friend. Or you were turned down by one group of girls, only to have another group across the room notice you talking to them. You now have status in their eyes and when you talk to them, they will accept you. Pick up is a game, full of strategy and strategic moves. Sometimes you have to sacrifice a few men to win the war.

You must get in your head that rejection is not a bad thing. Being rejected means you tried. Being rejected means whatever

you just tried didn't work. You learn from rejection. Most importantly you succeed with women when you place yourself at risk of being rejected.

NLP (Neuro Linguistic Programming)

What Is It?

Do you know anyone you would describe as "good with people." Someone whom everyone likes, is easy to talk to, is outgoing, and easily becomes the center of attention when introduced to a new group of people. Sure you do. We all know someone like that. Whether it be a friend, someone you work with, or someone you run into from time to time. On the flip side, we all know someone on the other end of the spectrum, a person no one really likes. Maybe it is someone at work that doesn't really get along with anyone; an outsider. It could be a person in your own group of friends. Someone that you just don't like and don't know why; a person that rubs you the wrong way.

Now if I was to ask the first person, "What is it about you that everyone seems to like?" He would probably say, "I don't know... I guess I've always just been good with people?" If I was to ask the latter, the person that no one seems to like, the same thing, "What is it about you that everyone seems to dislike" He would say something like, "They just don't," and would

probably describe himself as shy or an introvert. The difference between the two, the reason one is well liked and the other isn't, is that they have differing skill sets when it comes to communication. These skill sets could have been developed through personal experiences, environmental surroundings, the way their parents raised them, any number of things. One of them has developed a good skill set in communicating with others and one is lacking. One thing they both have in common however, is that neither of them are aware why they have the skill set they do. In other words, the first person, the one that is charming and gets along with everyone, "has always been good with people." While the second person, the one that rubs everyone the wrong way, people "just don't" like him. Neither of them know why they are, or are not, communicating well with people.

I was just like this. I was always good at talking to and making a connection with people. I had a way with people that made them feel comfortable. If I could just get into a conversation with a girl I didn't know, I knew she would be hooked and at worst I would get her number. I knew this based on previous experience. I was just good with people, more specifically good with women. There was something about the way I talked to them, whether it be at work, school, people I had just met, long time friends, I was always able to make them feel comfortable with me. What I didn't know is why. I thought it was because I had a natural gift at interacting with people:

was because I had a natural gift at interacting with people, something I was born with. It wasn't until I started doing a little research on NLP (neuro linguistic programming), that I realized it was because I was interacting with people on there level. We will get into that in more detail a little later.

For the purpose of this book, we are going to take a very small part of NLP, and apply it to interacting with women. More importantly, we are going to use it to build sexual chemistry on a subconscious level. We have referred to sexual chemistry a lot in this book. It is the number one factor in determining if you are going to have a relationship with your target, regardless of if that relationship is going to be a date, a long term thing, or a one night stand. But what is sexual chemistry? Sexual chemistry is having rapport with that person. It is creating a likeness between the two of you that will drop her guard, and her panties. When you build sexual chemistry, or rapport, you are making that person (your target) feel comfortable with you in a way that will allow her to drop her walls of defense; to remove her mask. We are going to break it down, and give you a skill set to create an "instant bond" between you and your target, or with anyone for that matter. Think of it in terms of developing your skill set in communication.

You may need to read the following chapters on the concepts of NLP a few times to get a handle on the process

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Processing

Over the course of your life you have met people that you get along with really well, people that you “click with,” people that it was easy to be around from the very start. When building chemistry or rapport, people are drawn to others that are the same as them; people like other people like themselves. You and your good friends probably enjoy doing the same activities. You all like to play sports or enjoy working on cars. You probably like the same kinds of music. That is why you are all good friends. It is easy to be around each other because you like the same things. It's the same thing with women. You usually get along with women you have things in common with. That makes sense. What you may not be aware of, is that you are probably communicating in the same processing language too. Meaning that you both process information in the same dominant way. You are both visual, auditory, or kinesthetic. You have also met people that you don't like for whatever reason or you clash with. People whom from the first few minutes of meeting them you didn't like them, but didn't really have a reason for not liking them. With these people you were most likely having trouble communicating with them in the same processing language.

The first thing you need to understand is that people process the world in different ways. The way they perceive and interpret stimulus is different. The three main ways people process information is visually, auditory, and kinesthetically. It is important to note that people process information predominantly in one of these ways, but everyone uses all three ways to process information. The why is not important to us. What is important is that you understand people process information differently. Think of it in terms of speaking a different language. You are in a group of three people. One speaks Spanish, one German, and the other French. You can speak all three of these languages fluently. You wouldn't speak Spanish to the German girl, and you wouldn't speak French to the Spanish girl. You would speak to each of them in their own language. Same concept here. To connect with someone quickly, build sexual chemistry quickly, you need to find out how each person processes information, and communicate with them in their dominant processing language.

The majority of the population is visual processors. They process and make sense of the world primarily with their eyes. You would recognize a visual communicator by specific words they use to describe things. That **looks** fun, the beach **looked** awesome. **imagine** that. you **see** what I mean. that asshole is

awesome, imagine that, you see what I mean, that woman is **shady**, that girl is **sexy**, her **ass** is nice, her **boobs** are **huge**, **look** at them **bounce**. It is easy to spot a visual person because everything they say is; see this, see that, is looked, she looked, they looked... Everything is visual in nature. The thoughts visual people have are in a way formed as pictures, and then expressed through visually descriptive words.

Auditory people process the world through sounds. They express their thoughts with sound specific words. That **sounds** fun, **listen** to the ocean, her **voice** is like a bird **singing**, she **sounds**..., can you **hear** the..., that's **loud**, they're **noisy**, that was **harsh**. An auditory person hears the world. Sight is secondary to an auditory processor.

Take a look at the first example I used for each; that looks fun, and that sounds fun. The message I am trying to get across is the same but the descriptive word I used is different. I used looks as a visual descriptive word, and sounds as an auditory descriptive word. Both examples are saying, "I think that would be fun." However, in each case you are speaking a different processing language. You may have noticed in the first sentence of this paragraph I used the descriptive word look. Clearly I am a visual processor.

Kinesthetic people process the world through touch and feeling. They are more sensitive than the other types. Kinesthetic people would express themselves with words like; can you **feel** it, the **energy** in the room, the sun **feels** hot, the water is **cold**, her boobs **felt** nice, I bet she **fucks** like an animal. In that sense, "fuck" being a feeling. They rationalize the world based on feeling.

Like I said before, it's not important that we understand the actual differences between these types of people. The important thing is to realize people speak different processing language, and that to build chemistry quickly you need be "like" them. It is also important that you are able to identify what processing language they speak. To do this listen to the descriptive words she uses when talking to you. It's not by happenstance that people use the descriptive words they do. They use the words that they think will best express themselves or the way they are feeling. It makes sense that a visual person would chose visual words to express their thoughts to you. That's how they process the world, visually. Same goes for an auditory or kinesthetic processor. Just like in the examples above, the descriptive words used in everyday conversation will reveal a person's main processing language. Seems easy right? That's the point. It is easy.

So if it makes perfect sense that a person would express themselves in a way that was congruent with how they perceive the world, doesn't it make sense that they would feel more comfortable with someone that perceived the world in that same way? A person that was "like" them. Going back to the example above, of the three women each speaking a different language. You wouldn't try and have a normal conversation with them in another language. So why, in the realm of building sexual chemistry, would you speak in a visual processing language, to a girl who processes information in an auditory way? Or speak auditory to a woman whose predominant way of processing is kinesthetic? You wouldn't.

You've opened a girl, maybe a little banter, storytelling, whatever, and you are getting to know each other. At this point, early in the conversation, you should be listening for key descriptive words she uses to determine what kind of processor she is. Remember, it doesn't matter if you process in the same way. It matters that you identify her main processing language and communicate with her using that language. After you determine what type of processor she is, begin speaking to her in that language. So if she is speaking using visual descriptive words, then you should be trying to speak using visual words too. This will be the basic concept of her feeling an instant connection to you, ultimately building up sexual chemistry.

So here is an example:

Her: I went to Mexico for spring break.

You: Oh really, where did you go?

Her: We went to Cabo.

You: I've been there twice what was your favorite part?

Here I just asked a question that allows her to answer using descriptive words.

Her: The beach, the way sand **looked**, the **color** of the water, how **clear** it was.

In that sentence she used looked, color, and clear as clues to the way she dominantly processes information. So you would want to talk to this person using visual comments.

In this case I might respond like this: The beaches there are **beautiful**, the sand is so **white** and the **blue green color** of the ocean. It's not like the beaches here.

I just responded using her processing language. If I continued to speak to her like this she would feel a "closeness" to me and her walls would begin to come down. She will start to feel an unexplained attraction to me. That is because we are building sexual chemistry.

Let's say she responded in a different way, maybe she said:

Her: The beach, the water was so **warm**, and the sand **felt** incredible on my feet.

In this case she is a kinesthetic processor. She is using words that correspond with touch; water was warm, sand felt.

I may respond by saying something like: I remember that too. The sand **felt** so **hot** though, it always **burned** my feet. The water is nice though. Nothing like here. It's **freezing** here.

Again, I'm speaking her language.

Her: The beach, the **sound** of the ocean, how the waves **crashed**, even the **noise** of all the people didn't bother me. It was like heaven.

You: When we were there, some kid was following us with a **loud** boom box. That's all we could **hear**.

Clearly this person is an auditory processor. If you noticed, I even worked in some story telling there. These concepts are not complicated you just need to practice using them. Practice identifying people's processing language and then speaking to them in that language with anyone you have a conversation with; at work, at your coffee shop, at the grocery store. The more you practice doing this, the better you will get and before long you will do it automatically. This is a skill that will help you in all facets of life, not just pick up. If you are still having trouble understanding why this would work, stop worrying about that. It doesn't matter why it works, and the why is very complicated. Instead, just accept it as true. You are connecting with this person on a subconscious level. You are building, creating rapport, or "sexual chemistry."

At this point some of you may be a bit skeptical. Maybe the

concept is a little confusing, or it doesn't make sense that this would work, or maybe that it's just too easy. That's the point. It is easy. It's a skill many of us possess and have already perfected. You have used this skill everyday, but were just unaware of exactly what it was you were doing. For others, you have the tools to use the skill, you just need to practice. To put those tools to use. For the people who still find this hard to believe, let's try a totally different approach. Have you ever been to, or heard a psychologist or counselor talk to someone. If not, how about a TV show or movie in that setting. They always say, "So what your saying is" and then they repeat what you just said. Or they will say, "Let me get this straight. I want to make sure I understand what you mean," and repeat what you said. That is what they are trained to say. They went to school for five years to learn how to talk to someone in a way that would allow that person to open up to them, let their guard down, strip away the walls. That is the same concept we are introducing to you.

Mirroring

The other night I was at the bar and I started observing two girls dancing together. These girls were dressed a bit slutty, a little sexy, they looked good. A guy approached them and started dancing with them. He was just an average guy, but he was dancing like a jackass. Upon first glance I thought this guy had no chance. The girls were paying him no attention and were kind of making fun of him, sort of stringing him along. They put up with him for a while and it was easy to see they weren't really into him. He seemed like he was picking up on that and just before one of the girls grabbed the other and walked off the dance floor, he started moving his hips and shoulders in conjunction with the other girl. He was mirroring her. As the girl grabbed her friend to walk away the one wanted to stay and convinced her friend to do the same. Not ten seconds before, the girls were done with this guy and ready to walk away from him, and now because of this seemingly meaningless body movement the one girl is now interested, or at least wanted to keep dancing with this guy. They continued to dance with him and I stopped paying attention to them, but the point is his mirroring the girl's body movement built an instant rapport or

sexual chemistry with her.

I'm quite sure the guy had no idea what he had done to gain the girl's interest, and neither did the girl. It was his dancing, the dancing that initially was killing him, that ultimately led to this instant chemistry we have been talking about. By mirroring the girl's dancing, he was matching her body language. Mirroring is another way to build instant rapport or sexual chemistry.

Hopefully by now you have accepted that talking to a target in the same "language" she speaks will help you build sexual chemistry, and you are applying that to your skill set. So if you can build sexual chemistry by talking "like" someone else, remember, on a subconscious level, people like people like themselves, wouldn't it also be believable that you could build sexual chemistry by matching her body language; i.e. mirroring? I think by now we have made it clear that body language is super important in pick up. I mean we did devote one third of the book to body language.

Mirroring is something everyone does on some level and they don't even realize it. If you go to watch a movie, how do the rest of the people in the theater act? Most people sit to

themselves, and for the most part everyone is quiet. Throughout the movie there will be times when it is appropriate for the entire audience to make noise, like laughter, or maybe a scream. Everyone basically acts in harmony with everyone else. You are all mirroring each other. Everyone knows courteous theater behavior and their actions reflect that behavior for fear of conflict. Now if one person was constantly talking throughout the movie and being disruptive you would get pissed. In fact, everyone in the theater would be unhappy. The reason is, that person's behavior is not consistent with everyone else's behavior. He is not mirroring the other people and for that reason is in conflict with everyone. He doesn't have chemistry with anyone.

If you are at a football game most of the crowd is standing up cheering. Everyone in your section is standing up, being loud, joking, cheering, just having a good time. Everyone is in harmony with each other and on some level a bond has formed between you. Now try and picture that same scenario with two people sitting down and being quiet. The two sitting appear to be hating this experience. They are in conflict with the rest of the group. This would actually decrease the level of fun everyone in the section was having because there would be an internal conflict within the section. The two people not having any fun are actually dragging down the morale of the rest of the group, and on a subconscious level you resent those people for ruining the fun time you could have had.

We have talked a great deal about body language and different signals to look for. We have even talked about how to respond to those signals using your body language. If you will recall the last chapter in the body language section titled Push and Pull, we introduced the concept of mirroring. Look how closely the concept of mirroring as it relates to NLP resembles the concept of push/pull. Remember, these are things we are doing to tap into her subconscious to create attraction, or sexual chemistry.

The most important thing to remember when mirroring is that you are not copying. What I mean by that is that mirroring works because it creates an instant chemistry on a subconscious level. If you are copying her body language she will become aware of that, and that won't be good for you.

Here are some examples of things you can do to mirror her and create attraction:

Match the movements she makes with her body. If she crosses her legs, you might pause and then cross your legs. If she

plays with her hair, necklace, or earrings, you can adjust your tie if you're wearing one or smooth out your collar. If she takes a drink, you pause for a second and then you take a drink. If she is using a lot of hand motions when she is talking, you might do the same. I bet if you think back, you will find a time when you did just that. You found that you were using a lot of hand expressions while talking for no other reason than that the person you were talking to was also very expressive while talking. Now you know why you did that. You were subconsciously building chemistry with that person.

Another body movement women tend to do is when their legs are crossed they bob or tap their foot. If she is bobbing her foot I may tap my heel on the ground (bobbing my knee) in the same rhythm as she is. Or if she is tapping her foot, I will tap my beer bottle or the table with my finger in the same rhythm. Not only am I mirroring her, but I am doing it in a way that is not copying. I'm not doing the exact same motion as her. That would be easy for her to pick up on and be counter productive. I am however, mirroring her in a way that is congruent with her movement thus subconsciously building chemistry. Do you see the difference?

You can also try and match her facial expressions. When you make eye contact with a girl, or anyone for that matter, what

do they usually do? They smile at you. What do you do in return? You smile back. You do this without even thinking. So when you are talking with a woman and she flashes you a smile, return the favor. If it's a big smile, smile big. If just the corners of her mouth flip up, give her a small smile in return. If she laughs at something, you laugh. If it's not very funny, smile and give a little chuckle anyways to show you are in the same state she is. When someone is sad, you don't smile at them. You try and act empathetic and tone down your demeanor to match theirs. I often do this when I'm joking with a girl, bantering her, or role playing. At some point in the interaction I will get a look where she raises an eyebrow, or the corners of her eyes close a little, and she will give me a little smile. Almost as if she is saying with her facial expression, "You are crazy," or, "I don't know about that," or "You are mysterious and intriguing;" it's a good look. Whenever I get that look I give it right back, as almost to say "You're right, I am interesting and you can't quite figure out why. I am worth getting to know." Another situation when I like to mirror facial expression is when arguing with a girl, or I say something to put her off a little. Then I get that "you're in trouble" look, where the nose scrunches up and the eyebrows crinkle/crease. I'll give her that look right back. Not only am I trying to get her to laugh and get her right out of that negative state of mind, but I'm also building sexual chemistry with her by mirroring her facial expression.

Mimicry can also be done vocally. If she is speaking fast

Mirroring can also be done vocally. If she is speaking fast, try and match her pace. If she speaks slow, slow your pace. If she uses a lot of slang words, do the same. If she talks in a very proper manner, try the same. As she raises and lowers her voice, match her in that aspect. If she is a very soft speaker, speak softly.

Breathing is a great way to create sexual chemistry. By breathing in the same pattern as your target you can create chemistry. If she is taking slow deep breaths, you try the same. She may be breathing rapidly or very loudly. Do the same. It's important to do this in a subtle way. If you normally breathe very shallow and she is taking deep breaths. Take a very subtle deep breath every so often. One place I find mirroring breathing patterns really works well is on the dance floor. When you are close to her and can feel her breathing pattern it is easy to be in sync with her and match hers. She feels your breath on her neck or shoulder and subconsciously knows you are in sync with her on this level. Other than the dance floor, I like to do this when I'm making out and want to take things to the next level. If we have been kissing and groping for a while and things are stagnant, I will match her breathing pattern (pace, tone, depth). I will do this for a short time, maybe ten to twenty seconds, just long enough for her to realize we are in sync. You will know it's been long enough because she in turn will match your breathing pattern. She may even start to slightly moan. After these ten to twenty seconds, I will start breathing a little faster, deeper, and

louder. She in turn raises her breathing pattern to match mine, and once that happens the clothes start flying.

An interesting thing happens here. All this time we have been talking about doing things to mirror her to build attraction or sexual chemistry. In the example above the target has now started to mirror you. You have been trying to get her in a state of mind all night that she feels comfortable with you and there is a heightened state of sexual chemistry. By her now mirroring you, she has reached that state of mind, and in a sense is trying to get you to that same place. If your goal was to get your target into bed you've reached your goal, but this isn't just confined to the bedroom. You can do this anywhere; the bar, a coffee shop, the movie theater. We have been talking about you matching her body language this whole time. To see if you have been doing a good job of building chemistry or attraction with this person, take the lead and see if she mirrors your body language. If she does, well then on a subconscious level you have built attraction; you're in sync. Don't fuck it up. If not, its no big deal continue to do the things we have talked about.

Anchoring

I was with a couple of guy friends of mine and a couple of girls they had met the week before. We were sitting outside talking and for some reason the conversation turned to sex. These girls were pulling out all the stops telling detailed stories. Naturally, like I always do, I picked the one I was most attracted to and went to work. She was telling some of her sex stories, so I start asking her questions that would allow her to elaborate, "What's the craziest place you have ever had sex, what was your favorite experience, most public place, is that your favorite (position)?" Now that she was comfortable talking about sex with me I say to her, "Okay tell me your best sex story, I mean the best sexual experience you have ever had." She starts telling me, but she doesn't want everyone else to hear so she is whispering everything in my ear. Among other things, she tells me her ex used to give her back rubs all the time, and that always got her super horny and made her "wet." She finishes telling me about her best sexual experience ever, and I leaned in and whispered in her ear, "That's really sexy." Later that night we found ourselves alone and I was giving her a back rub. I leaned down over her shoulder and whispered in her ear, "You're really sexy." She

rolled over, and as I found myself straddling her we began kissing. I was in.

Another technique used to create sexual chemistry is called anchoring. Anchoring is a lot like conditioning. In conditioning, this guy named Pavlov, noticed that his dog salivated when he brought out his food. The salivating was an involuntary response to the dog seeing his food, the stimulus. Pavlov started ringing a bell every time he fed his dog. Eventually the dog would salivate when he heard the bell even when there was no food. I like to think of this process of anchoring as leading the subject to a desired state of mind that will be beneficial for me.

What I did that night, was put that girl in the same state of mind she was in as when she had the best sexual experience of her life, and took advantage of it. I did that by placing what is called an anchor on her. Anchors are used to put someone in a desired state of mind, thinking about sex, pleasure, lust, all of the above. Then at a later time, when we were alone, I used the anchor to put her back into the same state of mind she was in when I placed the anchor.

To place an anchor the first thing you need to do is get your

target in the desired state of mind. Whether you want her to feel happy, feel sad, or feel like ripping your clothes off, you need to evoke those kinds of "strong feelings" in order to place an effective anchor. The more intense the feeling is, the more effective the anchor will be.

There are two ways in which you can do this. One way is to wait until your target is in the desired state of mind, then drop the anchor. An example of this would be: the girl you are talking to just got a promotion at work and is out celebrating. She tells you about this and is instantly in a state of extreme happiness. Another example would be: a girl you are dating just got in a huge fight with her best friend. She is telling you about it and starts to cry. She is in a very sad state of mind. An anchor placed in either one of these situations would be extremely effective at recalling that feeling at a later time.

The second way is to place your target in the desired state of mind. In other words, you need to evoke the desired feelings in your target, then place the anchor. An example of this would be: you tell the girl you are talking to, to tell you about a time she was really happy. You continue to ask her questions about that time so that she is taken back to it. The more vividly she remembers this happy time, the happier she will become in the present. Now that you have achieved the desired state of mind,

place the anchor. Do you see the difference between the two? In one way she is already in the desired state of mind, and in the other you have to get your target in the desired state of mind.

Now that your target is in the desired state of mind the anchor can be placed. To place an anchor you can: make a sharp clap sound, whistle, put your hand on her shoulder, snap, whisper in her ear, say a certain word or phrase, squeeze a finger or a wrist, anything really. The concept is that by setting the anchor while she is in the desired state of mind, you can evoke these same feelings at a later time by doing whatever you did to set the anchor.

Here is an example:

The girl you are talking to got a promotion at work earlier that day and is out celebrating. Just by telling you about this you see her face start to light up. You ask her a few questions about the new job just to make sure she is in the heightened state of mind. Now that you can see she is extremely happy you reach around and tap her just above her elbow and say, "Jumanji." I know that sounds goofy but bare with me. The tap on the elbow and the word jumanji is what you used as your anchor. The tap

above the elbow seems like a congratulatory touch but in reality it is the anchor. The word jumanji is goofy and she may look at you like you are crazy but you can play that off. Just say something like, "Yea you know, like woooo, hooray for you, jumanji." At a later time if you want her to be happy or in the same mood she is in right now, tap her above the elbow and say, "Jumanji," or you might be able to just say, "Jumanji." That is how setting anchors works.

In the example we used two anchors but that is not necessary. One anchor will suffice, but when choosing an anchor you need something that is somewhat original. By original I mean something that is not common to everyday life. In the example you said jumanji. That is something only you are going to say and would be very effective. If you chose the word congrats, that is something she will hear often and the effect will slowly wear off. The tap of the elbow may not be very effective, but when coupled with the word jumanji the anchor will be stronger.

Now let's go back and take a look at my experience. As a group we were talking about sex. By me asking her specific questions about her best sexual experience I am taking her back to that time in her mind. I am putting her in a state of mind that was extremely pleasurable. I continued to ask her specific questions about that experience to get her to the highest

pleasurable state possible. Then I placed the anchor. I used the word sexy, but more importantly I whispered it to her, to anchor that state of mind. I chose that particular anchor out of convenience mostly since she was whispering to me. It was natural to whisper back to her. Whispering was an effective anchor for two reasons; one, the sound or tone of a whisper. Two, the feel of my breath on her ear when I whispered. From her story I also picked up an important piece of information. Back rubs made her horny. While I didn't place this anchor I could definitely benefit from that piece of information. I knew that by giving her a back rub she would feel just as she did when her ex used to do it, "horny and wet," only she would have those feelings for me. From there it was only a matter of breaking away from the group. Once we were alone I used the back rub and whispered in her ear to trigger the desired state of mind. I had placed her in the same state of mind she was in when she had the best sex of her life, and then I placed myself right next to her in that state of mind.

Here is another situation where I like to set an anchor. Dancing is a sexual experience. You are close to each other, she is grinding on you, you are grinding on her, not a lot unlike sex. She is in a sexual, horny, heightened state of arousal. So put an anchor on her. Do something to her that will later put her back into that sexual, horny, aroused state of mind. A good one while dancing is while she is backed up against you, run your hand down her arm and take one of her fingers, tie between two of

down her arm and take one of her finger tips between two of yours and give a slight squeeze. I like to use the pinky finger. You could also lightly grab her wrist instead of using her finger. At the same time, get really close to her and exhale on her neck behind her ear. I like to use the finger tip because there are many nerve endings and that could assist in achieving a higher state of arousal. The pinky/wrist squeeze is the anchor. Again, exhaling sensually on her neck is another way to heighten her state of arousal. Remember, the higher the state of arousal she is in when the anchor is set, the greater the effect. Later that night while sitting back down at the table or standing next to her, reapply the anchor. Take her finger tip between two of yours and give a gentle squeeze. She will be taken back to the same sexually aroused mental state she had while dancing. On the car ride home or when back at the house waiting for something to happen, take her wrist in your hand as you did on the dance floor. You will be in her bed in no time.

Keep these things in mind when setting anchors. The more heightened or aroused she is in respect to the desired state of mind, the more effective the anchor will be, and the stronger that state will be when called upon at a later time. The more original the anchor you chose the stronger the desired state of mind will be. If you learn to use them effectively anchors can be a very powerful tool in pick up, but also with everyday life.

The Sexual Touch: Bedroom Anchors

THE SEXUAL TOUCH: BEDROOM ANCHORS

If you have been practicing our advice over the last twelve and a half chapters it is only a matter of time before our techniques lead you into the bedroom. The one thing that will separate a great man, from any other man, is what he can do in bed. It doesn't matter if you're a smooth talker, have six pack abs, or loads of money to throw around. If you can't lay the pipe, she is not coming around for a second go around. That's fine if you're into one night stands, but word will eventually spread, and wouldn't you rather be known as a sex god, then a sex dud.

Earlier in the chapter we talked about the application of anchors. Now we're going to focus on dropping sexual anchors. As we already know we can intentionally drop anchors at the height of stimulation, through any of the five senses. By using this in the bedroom, we can make a woman feel things no man will ever be able to top.

The secret to great sex is multiple orgasms. No, not by having a marathon session and having her cum two or three times in a night, I'm talking about multiple orgasms all at once. Impossible? It's not really as hard as you think, all it takes is carefully dropped anchors whenever she begins to orgasm.

The first anchor we can drop is the touch anchor. You need to find a place on her body that is easy to get to, yet won't be touched in everyday situations. I prefer the right trapezoid muscle, between her shoulder and neck. It is easy enough to grab in any position, yet rarely touched any other time, except maybe a back rub, which wouldn't be all that bad in itself. As you bring her to a climax, reach out and give her a short 1 to 2 second squeeze. She is so busy enjoying her orgasm that she won't notice you squeezing her. Hell she probably likes it rough anyway. Now the deed is done, and subconsciously she has associated the squeezing of her right trap, with an orgasm. Do this every time you make her cum to strengthen the connection of the anchor.

The second anchor we can drop is through sound. You know the safety word everyone jokes about with a dominatrix; well it's the same principle here. As she is cumming whisper in her ear, or shout out loud, a word or phrase that you will only use during sex, and at the peak of her orgasm. What you say really doesn't matter, though I know it will feel strange to shout out uncommon words. To get around that come up with something like a naughty nickname that was made only for the bedroom. This does two things for you; one she will have already associated that name with sex, and two it will make you more comfortable using that name. A lot of women like fantasy and

want to feel sexy. Give her one of your favorite stripper names and she will happily play the role.

The third anchor you can set is through sight. At any point during your sexual encounter you can make any number of different faces. I'm not one to practice in front of a mirror my special "O Face," which is only brought out during her orgasm, but you can use the idea. Practice the look on some friends first, because the wrong "O Face" can leave bad memories. Instead, I keep to the eyes. I make sure that as she is cuming I look directly into her eyes. Most times a woman won't have her eyes open during the entire orgasm, but all she has to do is catch a glimpse of you staring deep into them, and this anchor is set.

Now you have set three separate and distinct anchors. Use them at every opportunity. We'll do the math. Every time you have sex with her she will be experiencing the orgasm she would reach on her own, the orgasm from the squeezing of her trap, the orgasm from saying her stripper nickname, and her orgasm from looking into your eyes. Four orgasms simultaneously, or one super orgasm! The more you use the anchors, the stronger the connection of each anchor and the feeling of the orgasm gets stronger and stronger. Really we are dealing with four orgasms multiplied by the strength of each anchor which can be a hundred times more powerful than one orgasm alone. You will have

ruined her for all other men.

Anchors are helpful when it is taking too long for her to reach an orgasm. By using the anchors you help speed up the process. If you're feeling horny, dropping any one of the three will get her in the mood. Don't be surprised if she starts ripping your clothes off to get at you. A perfect example would be to start giving her a back massage, squeeze her trap, and whisper in her ear, "Ecstasy you do me nasty!" Count the seconds before her panties are off and she is tearing at your pants. If you really want a good time, drop an anchor in public and watch her panties get wet.

10 Tips

1-First Dates

The thing about first dates is that you are still in the initial stage where building sexual chemistry is key. That being said, you need to do something where you can talk and get to know each other, but at the same time be flirtatious and have fun. A lot of times people will do dinner and a movie. I don't know why anyone would do that. Sure its normal, it's safe and it's easy, but come on, be creative you dumb shit. We already know when approaching a woman you need to be original. You need to stand out in her mind. You need to be different than the other ten guys that have hit on her. So why should you take her on a first date that she has been on several times before. No one in there right mind should ever chose to do dinner and a movie as a first date. There is nothing wrong with dinner and a movie, if you're past the initial stage of building sexual chemistry. If you already know it's in the bag and she will be sleeping over, then yes, by all means take her where ever you please, but not on a first date.

Chuck E. Cheese's or Dave and Busters

Do your research and make sure that they serve alcohol, some Chuck E's don't. You may be laughing but this is an

SOME CHUCK E.'S DON'T. YOU MAY BE LAUGHING BUT THIS IS AN excellent choice. Unless your particular target has dated me, there is a very good chance she has never been to Chuck E. Cheese's on a date. It is a place where you can let go, and have a great time. I say one that serves alcohol because you should leave yourself that option. A beer, or ten, will allow her to take the edge off, and the same goes for you. It reminds her of her childhood and lets her act in a playful manner. When she's feeling playful she will be touching you, creating that chemistry. Add a little competition with skee-ball or some hoops and her hands will be all over you.

Cooking Class or Seminar

I'm not sure what they are called, but something like the one in the movie Hitch. Again, you can let loose and have a good time. It is a place where there are no restrictions on conversation. You don't have to worry about entertaining her or planning anything. The activities of the evening are planned for you. All you have to do is provide good flirtatious conversation. You get to eat, and more importantly you get to feed her.

Fair or Carnival

If you live in a small town this is great. It may sound lame but if she is from an area that has these things, then she grew up doing this and will like it. Just like the other options, it's a place you can let go and have fun. There are many different things you can do, go on rides, play games, get your pictures taken. It's a great time for the both of you

Museum or Art Gallery

If you know that one of her interests is art or literature, take her to a museum or art gallery. You can spend hours at a place like this. She will love it. You may not know shit about art, and don't pretend you do, but that's a plus. It will allow her to run her mouth about it for hours, teaching and telling you things you never cared to learn. The main thing is she will enjoy it. Plus it doesn't cost much and you have a lot of time to build chemistry.

The Zoo

The zoo is awesome. You get to act like kids. Again, there are no restrictions. I'll bet the last ten guys she dated didn't take her to the zoo. Good conversation, ice cream, cotton candy, and lions. You can't go wrong with big ass cats.

Park or Beach

You will need to do a little planning, but this can potentially be a really cheap and fun date. If you go to the park take her an hour before sunset. Take something like a football or Frisbee. You may have a great time just walking around and talking but if you need an activity you will have a ball to toss around. Bring a picnic for dinner at sunset. If you go to the beach, it's the same idea; walk, talk, throw a ball around. When it starts to get dark build a fire. Bring hot dogs or some variation, and marshmallows. She may tell you that she won't eat a hotdog, but if I can't persuade her to, "Give in just this one time, for me," then she isn't

the kind of girl I want to be with anyway; I've never not been able to get a girl to eat a hotdog. After you eat, get close to her look at the stars, ocean, lake, whatever, and you possibly have a chance to get physical.

2nd and 3rd Dates

After the first date, you should know the target pretty well and if you have not broken the touch barrier either by holding hands, a hug, or a kiss, now is when you want to start thinking about it. These dates will allow you those opportunities to get close, and make that contact you need.

River Walk, Park, or Flower Garden

Just like with a first date these places are great for second and third dates. It doesn't cost money. You can walk around and build sexual chemistry, and possibly get intimate. Walking around is a great way to hold her hand. It may sound simple and second grade but it is the first step of becoming intimate. If you are at the park, try and get her to take roller blades or something crazy like that. You don't want to do this on a first date, but on early subsequent dates it is good. By doing this you are; having fun and standing out from the other guys she has dated, showing her you can take a risk by doing something like this, being original and creative. A little sweat is good because of the effect of pheromones and physical activity physiologically spawns sexual feeling, meaning it will help with getting to the intimate zone. However don't go all out and get all nasty and shit. If you do this in the afternoon you can pack a picnic dinner and relax

in the afternoon you can pack a picnic dinner and relax afterwards.

Cook Her Dinner

I like to cook dinner for a woman around the third or fourth date. If a girl can make it to a third or fourth date with me, that means I like her. This is always a great date. Take her grocery shopping with you, but only buy things specifically for that night. Go home, and cook. Make sure she is in the kitchen with you while you are preparing the dinner. Have a glass or two of wine while preparing, but make sure you have enough for a few glasses with dinner and afterward. If that means two bottles of wine, make sure you have two. I keep a bottle of wine at the house all the time for this reason. When shopping buying two bottles of wine may give her the wrong impression, so plan ahead. Cook something that takes a little time and that you have made at least one other time. If you are unsure of the recipe, practice and let a buddy or your roommate judge. Watching you prepare dinner will turn her on. After dinner you should be primed for any type of intimacy you want. I will include a few recipes down below.

Pizza and Mini Golf

This is a good option for any date, first dates included. It's the same concept as the rest. You have a fun activity there for you. Doing activities she did as a kid will be fun for her. When she is having fun you are building chemistry. Plus when you do activities like this you appear a little vulnerable, almost like you

are letting down your guard. She will take notice of this and it will help her to let down her guard.

2-Creative Places to Meet Women

Single women are everywhere. From the grocery store, to the mall. From the coffee stand you go to every morning, to the gym. Just walking down the street, or running your dog in the park. You never know where you might find the next girl you hit on. Based on things you like to do and your interests, here are some places you might go to find one:

Cooking Classes

It can be any class for that matter but cooking class is a good one. You will probably be one of the only guys there. You're a guy so you should love to eat. It's much cheaper if you can cook something for yourself that tastes good, versus not being able to cook and eating out all the time. Save your money for all the dates you will be going on. It is a huge plus if you can cook something for a woman. Plus single women are here.

Art Galleries and Museums

I have no interest for these types of places what so ever but

I have no interest for these types of places what so ever but there are single women here. If this is your type of thing you can go by yourself and have a good time. Single women do the same thing. There will be no pressure on you, and you already have a conversation starter because you can talk about the art or shit in the museum.

City Parks

If you have a dog you should walk it at the park or popular social venue every minute you are not out with a girl. When you're at the park what do you see? I see a cute girl reading a book, a girl with big boobs jogging by, two cute girls walking a dog, an ugly girl running by. It is the Christmas tree farm of women. They are not all good looking and some are taken, but eventually I will find one.

Brunch on Sunday Mornings

If you are a bit older, and/or don't mind divorced women this is perfect for you. Older (late 20's to 40's) divorced women, or friends of, meet for brunch on the weekends. These groups can be tough to open, but if you can get through their outward bitter facade, you are in. Or if you wait for them to finish that third mimosa. You can also run into large families coming from church that just happen to have a very attractive twenty something member of the family. Even though she just came from church, looks can be deceiving and she could be fantasizing of a rendezvous in the bathroom with you. Go to a place like this and try your luck.

Singles Group

Join a singles group. Usually older people join singles groups for a variety of reasons. Most are divorcees or people who were never very good at interacting with the opposite sex. If you are older this could be perfect for you. If you are having trouble doing the things we talk about in this book, try it out. It will be a non threatening way for you to have an interaction and work on building sexual chemistry. It may be just what you need to get to the next step and be comfortable approaching women at the bar. Even if you are a master pick up, you might want to try it just because it will be a target rich environment. There are cute younger girls that join these things. Some join with their parents to help them, some join because they are tired of meeting dick heads at the bar, and some join just because they actually go on some pretty cool outings. Singles groups go rafting, camping, all kinds of good shit. Don't tell me it wouldn't be cool to shack up with someone out in the woods on a singles rafting excursion.

3-Day Game

When most guys envision themselves as being good with women, they think of the bar scene and being able to pull the hottest girls home from the bars and clubs. They don't realize what a huge obstacle they are up against, from the loud music, paying cover charges, stealing a girl away from her own group of girls, or even dealing with your own drunken friends. We are at the bars maybe only one or two nights a week for four or five hours at a time. What about the rest of the week and all those other hours we waste by not actively picking up women. Day game opens us up to all the other beautiful women out there that do not go out to the bars or club every weekend. Some people just aren't into the bar scene, you may not be into that either, so it is even more important to be able to pick up a woman in an everyday situation.

Day game is a whole different realm of pick up. Women in the bar are in a social mood. They go out wanting to meet that certain someone, or talk to guys, get drunk, and have a good

time. When we see them out during the day, they are locked into their routine. They aren't thinking, "That guy by the bus stop is cute, I hope he comes talk to me." No they are thinking about whatever is going on in their lives at that time. When you do stop to chat her up, as you should never let an opportunity pass, chances are she has some place to be, and as much as she wants to stay there and talk with you, she has other priorities.

With day game, we are not looking to hook up at the particular moment, we are trying to create a future date. A number close is your ultimate goal. You can get a kiss close from time to time, but how many girls want to kiss a guy they just met on the street or super market.

Depending on where you are at the time, girls are surprised that someone is actually talking to them. It can feel uncomfortable at the beginning. Once they realize you are just being playful, they will start to notice what a great guy you are and start opening up to you. With day game, time isn't normally on our side, so it is best to be as direct as possible. If you see a girl on the street, go up to her and ask her an indirect question such as, "Excuse me have you seen, or do you know where..." Stop yourself and say, "Wow, you're really cute, I definitely need to get your number, my name is..." And go into your routine from here. You want to keep this short, maybe five

minutes tops. Tell her you have some place to be but it was great meeting her and that you will be calling her to setup a later date. On the off chance that she is free, you can start the date right there.

If you are at the beach or lake, walk up to a group of girls and ask them to watch your stuff while you go take a swim, if you have a good body it's a good way to show it off. Go for your swim and when you come back say, "Thank god my stuff is still here, I thought you might hock it," with a smile. From there introduce yourself and go into your normal conversation, role play, and start flirting.

Meeting a girl just out and about during the day fits in with a girl's fantasy of meeting their dream guy. It was almost like it was meant to be. It creates a story the girl can take back to her friends, something she can make them jealous about, which raises your value as a great and interesting guy, and not some random guy that she met at the bar. In addition it just makes her feel good. If you go up to a girl walking on the street or working in a store, and tell her how cute she is, regardless of what happens next you just made her feel good. That is a good thing.

Day game is about being able to adapt to your environment. You must be able to play off your current location, what the girl says, be able to read her body language to see if she is in a hurry or not. You see some girl sitting on the park bench it's as easy as taking a seat next to her. If you are in a store and you see a cute girl walking by, grab her and ask her opinion on what to buy. "Hey you think this would look good on me? Really you think so, ok you're now my personal assistant and today's task is to help pick out a new wardrobe." You see a girl at the supermarket, grab an item off the shelf and say, "Hey have you ever made...I have a special occasion coming up and I need it to go well." When she asks what that special occasion is tell her, "I have a dinner date with you of course. Hi I'm..." It's all about being able to adapt and use the items you have around you. If you are at the park playing Frisbee with a buddy, toss it in the girl's direction, "Sorry about that, give it a throw, let's see what you've got," and now she's engaging in an activity with you. The most important thing to remember with day game is to be direct and honest.

As with any successful day game pick up you must be able to do these three things.

1. Interrupt her routine
2. Get her talking
3. Create sexual chemistry

If you can accomplish these three things you will be

If you can accomplish these three things, you will be successful and will be able to get the girl's number and setup a later date.

4-Date Warp

It's only a matter of time before a woman decides to take things further and sleep with you. The only thing we are concerned about is, how much time will this take and what can we do to speed things up? Well we already know tricks to build sexual chemistry, moving through the different zones, breaking the touch barrier, and using body language in our favor. But ultimately every woman has her own individual idea of how much time she needs to have known someone before she decides to let you take it to the next level. To make things more difficult this is not the standard time we think of as in hours and days, but some internal clock she has in her head.

There are many different factors that can affect this. A very religious girl can be hard to break because you up against her religion and its views on sex. If you are not of the same religion you do not fit the mold of her potential mate and partner, and she will be reluctant to sleep with you. A girl, who is a virgin, can be hard to open because of her feelings of insecurity of her own

body and her lack of experience and she can still be waiting for that perfect Hollywood moment of losing her virginity to the “one”. On the opposite end, we have the girls that everyone has slept with but you, that is until we start applying the basic principles of the book. This girl will be ready to sleep with you at a moments notice. It has nothing to do with having all the qualities of being the perfect mate, it's just a matter of just being next to her when she decides she wants to go home and fuck. Then we have the girls on vacation, out of towners, or summer flings. This can be when we go on a trip and meet local girls, when we meet girls on vacation, any situation where both parties know that no long term relationship can develop because you will only be around for a few days. These girls are also quick to have sex because time is short, and there are no expectations of a relationship. She can have guilt free sex because there is no time to invest her emotions. She is willing to drop all her barriers in the sake of having a good time.

Let's go back and see how a woman comes up with this idea of time and how we can exploit that. The easiest way to think of it, is not by minutes, but as to specific instances. Lets take the following scenario that we are all to familiar with. We are out at the bar find a girl we like, we get her number, call her up and make plans for the weekend. We take her out to the park, maybe go out for ice cream, have some interesting conversation, but that's about it. On date two, we initiate some contact. playful touching. go out for dinner. If things go well we

contact, physical touching, go out for dinner. If things go well we get a hug. On date three we go bowling, walk around the park, the sexual chemistry is there and we create the moment and get our much deserved kiss. Things slowly progress further and further, until three months later, she finally lets us in and we get to sleep with her. Sound all too familiar? Well that's a nice story to tell the grandchildren, but we're not reading this book to follow the norm. We want instant results. We want to achieve in two or three dates what takes three months to accomplish. How do we do this? Time distortion. You see, when a woman thinks about a man she is dating, she doesn't remember specific dates, she recalls distinct situations. If you took a girl out to the coffee shop, the park, and then out for some ice cream, she doesn't remember just one date, but three separate and distinct experiences. Coffee is one experience, the park is a second experience, and ice cream is a third experience. To her they might as well be three separate dates.

So how does this apply to us? By taking the girl to different locations she will start to break down her barriers. One date will feel like three. Two dates will feel like six. After a week it will be as though she has known you for over a month. From my experience using this technique, the average girl will sleep with you after one week. Now you may be thinking, this would work, but three dates in one can be expensive. Not every date has to cost money, look at the list below to see some potential free or low cost dates. More often, it's the cheap dates that have the

most impact because of the thought you put into creating such a great date for her.

1. Happy Hour, restaurants and bars offer half priced food and drink specials.

2. Get in touch with nature, search online for local trails to walk.

3. Spend the day at the beach or lake. Bring some firewood along to build a fire.

4. Explore the city. Visit downtown and eat at one of the local mom and pop restaurants.

5. Plan a picnic. Visit the local park, drive out to the country, or set up a blanket in your backyard.

6. Build a bonfire. All you need is some firewood.

7. Go nostalgic, visit popular hang outs you went to as a kid such as a roller rink or a pizza joint.

8. Go camping, park fees are less then \$20.

9. Go swimming at your local pool, lake, or beach. Bonus: check her out in a bikini.

10. Movie marathon, rent your favorite trilogy.

11. Write her a “remember when” note. Try to recreate a fond memory by recreating the date or experience.

12. Take a scenic drive out in the country, pick a direction and go. Stop and eat at the local Mom And Pop restaraunts.

13. Go wine tasting. Most wineries charge a small fee for tasting a select number of wines. As a bonus you can take a walk through the vineyard.

14. Visit a local art gallery. Most galleries have at least one

day a week where admission is free.

15. Go see a play at your local high school or college. Admission is cheap.

16. Paint a mural. Designate one wall in your bedroom to paint together.

17. Go undercover. Pick one person at random to follow. See where they take you. Once you can no longer follow them, pick another target.

18. Ride the bus and people watch.

5-Style

Need to make a statement? Clothes matter. Your personal image and the way you carry yourself through body language and the Alpha Male attitude determine whether people take you serious or not. Whether you are trying to pick up women or go to a job interview, the first impression you make matters. If they say clothes make the man, then make the man you want to be.

What to Wear

Not everyone looks good in everything. Your body type will determine what clothes you should wear.

Skinny Guys

If you are really skinny you don't want to wear something that makes you look even smaller. Vertical stripes are slimming, stay away from vertical stripes. I personally wouldn't wear horizontal stripes and would not recommend that, but if you are going to wear stripes wear horizontal. I would go with solid colored shirts.

Layering clothing is also a good idea. Wear a long sleeved shirt or thermal. Layer that with a vintage type t-shirt or a button up. If you go with the button up roll the sleeves up to the elbow. Long sleeves may make you appear even skinnier. You could go with a button up with a t-shirt over the top. Pull out the collar and roll up the sleeves. Stay away from baggy clothes. Big sweatshirts will look stupid. Wear smaller t-shirts. Short sleeve shirts that are too big will make your arms look even smaller. If the shirt is snug, not tight, you will actually appear to be bigger.

Any kind of jeans are okay. I like pants with designed holes in them, but that's just me, Nick likes to keep it looking good, without any holes. If you go some place nice you need nice jeans or some kind of slacks. The big thing with your pants is make sure they fit. Don't get tight jeans and then tuck your shirt in. Both have slimming effects.

Big Guys

You know you're big, and so does everyone else. What you wear isn't as important as how you stand and position yourself. Remember your body language will carry you. If you are comfortable with you so will everyone else. Vertical stripes are slimming. Wear a t-shirt and a button up with small vertical stripes. Wear a shirt that fits. No baggy clothing for you. You can add a sports coat/evening jacket if you want. I would.

Any kind of jeans or slacks will do. Again, wear pants that fit. If they are too small your belly will look bigger. If you sag them, or they are too baggy, you will look like a fat gangster. That's not what you are going for.

Average or Athletic Guys

You are the lucky ones, most clothes will look good on you. Since all clothes look good on you, style is most important. Wear clothes that are the right size. If you don't know what that means ask the girl working in the store, "Does this look to big, or does this look to tight?" For a top option any of the things we mentioned above will work. Be creative.

Because of your body type you should wear jeans that will show off your ass. All that means is pants that fit and wear them up around your waist. Wear shirts that are short. They should end one or two inches below the waistline of your pants.

To Look Taller and Thinner:

Wear clothes that fit well.

Wear solid colors from head to toe.

Wear your pants at the waist.

Avoid too many accessories.

Wear vertical stripes.

Avoid patterns with a lot of detail.

To Look Shorter and/or Heavier:

Wear contrasting colors.

Accent with bold colors.

Wear patch pockets or styling details.

Wear layers.

Select a top coat in a thick fabric.

Limit using the same color from head to toe.

Style

"Peacocking" is a term used to describe a certain type of style. The term is used to reflect how a peacock bushes out their tail as big as possible, showing all the colors and design, when attracting a mate. The more colors, the more beautiful. The more bold and flashy of design, the better. Some people will wear outrageous clothing or accessories to draw more attention to themselves. This is referred to as peacocking. You have to dress within your personality so if you are not over the top, you can peacock conservatively with maybe one or two accessories such as a hat or sports coat. You could also wear a shirt that says something really crazy. The brighter and bolder your personality, so will be your clothing. Just keep in mind, you will get more attention the more outrageous your clothing and accessories, so you better be ready to handle that.

Shirts

Go with the types of shirts described above. When I go out I wear button ups over t-shirts, or long sleeved shirts or button ups under some kind of stylish jacket. Sometimes I will go more casual with a crazy t-shirt under a jacket or t-shirt over long sleeved shirt. If I'm feeling crazy I may wear a button up with a tie, tied loosely, sometimes with a jacket, sometimes without. Or maybe I will wear a t-shirt over a button up.

Pants

Depending on what I'm wearing up top and where I'm going will determine my pants. I mainly wear jeans but when the occasion calls for it, I will wear dress pants. Most of my Jeans have designed holes in them because that's my style, it's a subtle form of peacocking. If I am going to a high end club or a nice restaurant I will wear nice jeans or dress pants.

Belts

You can use belts in a variety of ways. With a big flashy belt/belt buckle you can use that as a form of peacocking. A small stylish belt is used for just that and to hold your pants up where they belong. I wear smaller stylish belts. You need a few belts to match the rest of your clothing. This is very important to a woman. It is also imperative that your belt matches your shoes.

Shoes

Shoes are extremely important. Shoes are sometimes the first

thing a woman will notice. If it's not the first it is definitely within the first few seconds of noticing you.

Not only is it important as to what type of shoes you are wearing, but it is also important that they match the rest of your outfit, belt included. I don't know shit about shoes, but the cute girls that work at department stores that sell men's and women's clothing and shoes do (Nordstrom... etc). I do not hesitate to walk up to the best looking one and ask her, "Can you help me pick out some shoes. I don't know anything about shoes. Pick me out something that girls will think are hot. What would you want to see me wearing in a club if I had on..." You can say anything from there. All you need to know is what color you need. You probably need black and a couple shades of brown. The girls will tell you what you need.

Did you also notice that this is a perfect way to build up sexual chemistry in a non threatening manner? You are essentially role playing out a real life scenario. You can take it as far as you want. Walk in and tell her, "I need all new shoes and I need help. I have no style at all, you are cute you could probably pick out some shoes that will..." Whatever you want from there, "that will get me laid, that will make girls notice me in a good way, that girls will see and think that guy is hot, he's got style."

Accessories

Using accessories is really just a way for guys to look our best, to peacock. I have earrings, some flashy, all types of necklaces, bracelets, three of which I never take off, rings, belts, sunglasses, I have even worn an ankle bracelet for an extended period of time. Sports/evening jackets are accessories. I will wear any combination of these at any time to achieve a desired look. It all depends on my mood that night and what will go well with the clothes I am wearing.

Just like with shoes, you can ask any girl in any department store for help with clothes. Yea you get to have a non-threatening interaction with a girl, but you really do need help with your style. Just be honest with her. And don't be a chicken shit and ask a guy or an ugly girl. The guy probably got his style from those same hot girls that work there, and the ugly girl is not the kind of girl you want to impress so her opinion doesn't mean shit. Simply walk up to a cute girl and say, "I need a new wardrobe and my style sucks. You are cute so you probably know what is in. Can you help me pick out...." and continue with what ever you are planning on buying, whether its a shirt and pair of pants, or ten shirts, five pairs of pants, and two jackets.

One trick I have learned with accessories is how easy it is for a girl to make a connection with a particular item of yours

for a girl to make a connection with a particular item of yours. You know how they love to sleep in our shirts or boxers. Each time I go out I wear a cheap ring or necklace that has little meaning to me so I don't care if I still have that item at the end of the night. When I meet a girl I make a connection with I will tell her, "Wow, I really think we have something going here, I want you to take my ring to remember me by." I give her my ring, get her number, and move on. To me it was no big thing, but to the girl it's huge. Every time she looks at the ring she is reminded of me, all night long and each day after until I decide to call her up. Anything will do, even a ring out of a quarter machine will work.

Grooming

Grooming is an act that has been incorporated over thousands of years. It is important that we put our best foot forward, and we must groom ourselves. It is okay for guys to be man pretty.

Eyebrows

Keep your eyebrows in check. There are men out there with a unibrow but are too macho to do anything about it. No women out there find this attractive. Same with bushy eyebrows, grab some tweezers and go to work.

Nails

Only children bite their nails. Keep your nails trimmed short. This applies to toe nails as well. Some women like rough hands but I find more of them prefer soft hands. If you have big ass,

rough calluses on your hands get rid of them.

Facial Hair

There are studies that suggest men who shave every day have more sex than men who don't. That means that more women prefer clean shaven to anything else. If you want facial hair, by all means have it. Just keep it in check. You can be clean cut with facial hair. If you like the rugged look, then get a trimmer and use it everyday. Keep your shit looking good.

Hair

Most men don't get haircuts often enough, once a month is fine for most men. If you like it long, still go in once a month to clean it up. If you use gel or other products in your hair, wash your forehead after you are done. Most products will leave a shiny film on your head making your forehead light up.

As with facial hair, keep the hair on top of your head clean cut. By clean cut I mean keep it looking good. Any messed up, spiky type style is good. Women like it when your hair looks like you spent ten seconds on it. For most of you, you probably do spend ten seconds on it. The truth is, it takes time to make it look that way. Learn how to do it. If you are losing your hair, once you go from thinning, to power alleys and a bald spot in the back, it's time to just shave it off.

Grooming is something that some of you will have a real problem with. It is a concept that some aren't willing to accept. You don't have to believe in it, but just take it as fact and do something about it. Go into a salon, put the fate of your new look in their hands, and tell them you need a make over in the hair department. Tell them you want something that is trendy and in. Then tell them to teach you how to style it.

Just as our body language says what we are really thinking, the colors we wear also send out a certain message. Colors enhance our appearance and influence our behavior. For instance, the color pink is known to have a calming effect on people, therefore it has been used in jail cells and in the locker rooms of a visiting sports team. A lot of restaurants use red, orange, and yellow to attract customers, but these colors are designed to encourage you not to stay long making room for more customers and more sales. The color red increases your appetite causing you to eat more. Colors can affect the size of a room, your sense of temperature, and most importantly, how women see you.

Black

Black is the color of authority, elegance, sophistication, and seduction. It is a slimming color and makes people appear

thinner. Black can also imply submission such as a woman who is wearing black panties implies she wants the man to see her in her underwear.

White

White symbolizes innocence and purity, which is why the wedding dress is white. Doctors wear a white coat to imply sterility and cleanliness.

Red

The color of dominance, power, and sexual energy, the color red attracts attention. It is also the color of love.

Blue

One of the most popular colors, blue represents knowledge, authority, and loyalty. Blue causes the body to produce calming chemicals so it is often used in bedrooms. The color blue shows loyalty, it is a popular color to wear at a job interview.

Green

Green represents compassion, prosperity, money, and vitality. It is a relaxing color. Many TV studios have a “green room” for people to sit in to relax before they go on the air.

Yellow

Yellow is another attention getter. While it is considered an optimistic color, symbolizing enthusiasm and playfulness, the

spiritual color, symbolizing enlightenment and piety, the color yellow is very difficult for the human eye to take in and can be overpowering.

Purple

Purple is the color of royalty. It represents luxury, wealth, and sophistication. It is also feminine and romantic and rarely found in nature.

Brown

Old reliable brown. Brown shows stability. It is the color of earth and a favorite of most men.

6-Cold Reading

Women love men that are both mysterious and entertaining. Cold reading is a technique used to convince another person that you know much more about them than you actually do. With enough practice you can quickly obtain a lot of information about a woman by carefully observing her body language, clothing, fashion, hairstyle, religion, race, education, and speech. Much like a detective will create a profile of his assailant, you too can find out personal details in a matter of minutes.

This process begins with basic observations and knowledge of current trends. You open with a generalized statement that would apply to just about anyone like, “Sometimes you are insecure around people you don't know very well.” From there you move on to more specific details like, “You often put other's needs before your own, especially those close to you.” By reading the woman's reactions, you can confirm or deny how close to the truth you actually are.

Read the following:

You have a need for other people to like and admire you, and yet you tend to be critical of yourself. While you have some personality weaknesses you are generally able to compensate for them. You have considerable unused capacity that you have not turned to your advantage. Disciplined and self-controlled on the outside, you tend to be worrisome and insecure on the inside. At times you have serious doubts as to whether you have made the right decision or done the right thing. You prefer a certain amount of change and variety and become dissatisfied when hemmed in by restrictions and limitations. You also pride yourself as an independent thinker; and do not accept others' statements without satisfactory proof. But you have found it unwise to be too frank in revealing yourself to others. At times you are extroverted, affable, and sociable, while at other times you are introverted, wary, and reserved. Some of your aspirations tend to be rather unrealistic.

How accurate would you describe that statement about yourself? In a nationwide poll 84% said it was accurate, but how could that be? This works because of something called, "The Forer Effect." When an individual is given a vague statement about their personality, they will rate that statement as highly accurate even though that statement could apply to anybody.

The first thing you need to know is what is called a Barnum statement. A Barnum statement seems personal, applies to many people, and is open ended. Think of a horoscope. They elicit identifying responses from your target. This works because people will fill in the details and make connections between what is said and some aspect of their lives. They will go back through their whole life's history in order to fill the void, or reinterpret the statement so that it applies to them. Examples of this are:

- Sometimes you are insecure around people you don't know very well.
- When you were a child, you had an accident involving water.
- You are having problems with a friend or relative.

The second type of statement you will need to become familiar with is called the rainbow ruse. Here you tell the target a specific personality trait and also the opposite of that trait. It is a catchall statement that covers all possibilities. These work because at some point in their lives, the target will have experienced both traits. Examples of these statements are:

- Most of the time you are positive and cheerful, but there has been a time in the past where you were very upset.
- You are a very kind and considerate person, but when somebody does something to break your trust, you can get very

somebody does something to break your trust, you can get very angry.

· You are mostly shy and quiet, but when the mood strikes you, you can easily become the center of attention.

Personality Types

As much as we like to think that we are all different, people can be simplified into four basic personality types, knowledge seeking, identity seeking, sensation seeking, and security seeking personalities. Each personality type also falls into one of two attitudes, introverted or extroverted, where an introvert is quiet, reserved, and self-interested, and extrovert is outgoing, loud, and the center of attention.

Knowledge seeking personalities account for 5% to 7% of the population. They are technically minded problem solvers. They have a rational basis for everything they do. Systematic and logical, they have a hunger for learning and achievement. They tend to be interested in the sciences.

Identity seeking personalities represent 8% to 10% of the population. They try to give meaning to their lives and strive to have a positive effect on the lives of those closest to them. They describe their lives as a constant fight between good and evil. They are known to be sympathetic, enthusiastic, intuitive,

insightful, and subjective.

Sensation seeking personalities enjoy life and all its shortcomings. They are easy going and open to trying new things. They never miss a chance to indulge themselves in activities that they find pleasurable. They are open minded, tolerant, artistic, and athletic. They will compromise and are determined to get what they want. Sensation seeking personalities account for 35% to 40% of the population.

At 40% to 45%, security seeking personalities are the largest and most common group. Hardworking, conservative, detailed, and stable. Security seeking personalities seek order and routine in their daily lives. They instill traditional values and seek memberships to clubs and organizations.

Personality and Age

As we grow older, and learn from our experiences, our views and beliefs about life change with the times. Age eighteen to twenty-two is considered the breaking away period, where a young adult breaks away from their parents and sets out on a life of their own. This can be done by going off to college, joining the military, or moving out of the house into their own place. They tend to follow the latest fads that conflict with the values of their parents. They surround themselves with friends who share the

parents. They surround themselves with friends who share the same views as their own, which serve as a temporary family element.

From ages twenty-two to thirty, people change their focus from trying to break free from their parents, to realizing their own personal goals. They may latch onto others to define their roles or look to mentors. One of the biggest fears of this group is that the decisions they make today will affect them in the future. During this period people will make one of two choices. To start building a firm foundation, marriage, family, and security, or run away from all commitments and live a life of exploration, risk taking, and life experience. Either path they take, they almost always look back and wonder, what it would have been like if they took the other choice.

The thirties is a period of self evaluation and settling. They question their career and relationship choices. If they don't have a family, now is the time they start considering getting married, buying a home, even having children. They shift their focus to their careers and other opportunities for advancement.

From the forties people feel the affects of aging and their youth diminish. They go through the typical mid life crisis due to

the fact that they no longer can do what they were once able to do in their youth. They reach out more to friends and find a renewed sense of life through new hobbies and activities. The kids are off to start their own lives and they are finally able to let them go.

One Minute Profile

A few key observations to various aspects about a woman can tell you everything you need to know, even if you observe the most basic of facts before going in.

Height and Weight

The average height and weight for a woman is 5'3", 135 pounds.

Body Language

How does she hold herself in the group? Is she comfortable in her surroundings or is she closed off and watchful. Is she the center of attention and displaying dominate features or she keeping to herself and playing a submissive role.

Age

The face shows the most prevalent signs of aging. As we get older our skin becomes less elastic. Look for wrinkles around the eyes, mouth, and forehead. People who are overweight, smoke, and drink heavily, age faster than those who do not.

Speech

The more articulate the target is, the higher the education level, or amount of wealth that person has. Listen for an accent and to the words they use. Every place has its own local vocabulary. Are they consistent with their locality or do they seem out of context.

Jewelry

We all know that a diamond ring on a girl's left hand means she is married, but jewelry can tell us so much more than that. Women without a lot of money, but an extrovert personality, will often wear cheap jewelry to show off their own personal style. A necklace may show us a religious preference and signs of wealth. Look at the size and quality of the stones in the rings, necklaces, and earrings. The bigger and better quality of stone, the more wealth that person has, or they can be gifts from past relationships and it shows the type of guys she normally dates. A pin or ribbon is normally worn in support of a belief or cause they feel strongly about. If the target is not wearing any jewelry, she is generally an introvert who does not want to conform to pressures of society. She will think of herself as highly intelligent.

Clothing and Appearance

Name brand and designer clothing show a sign of wealth. Formal or business casual dress shows the target most likely works in an office or similar professional setting. Casual wear is for comfort, but the brand and style will match the targets income

level. Are they expensive and name brand, or last years style and worn out. Look at her shoes, again are they the latest fashion and well kept?

The target's personal grooming habits tell the world how they want to be perceived and what they think of themselves. Is her hair styled and well kept. Does she get her nails done professionally or does she do them herself. Good grooming habits are a sign of success and achievement. They think highly of themselves and want the world to know the same. Poor habits show signs of laziness, little wealth, and that they don't care what others have to think about them.

Beauty

A target's attractiveness is a personal call. We all have different tastes but we all know what an attractive woman looks like. The really attractive women have their own set of concerns. Most men find them intimidating, and they are a threat to most other women. Others do not recognize their intelligence or other special skills, and they find that most men step over the line in their advances.

Putting it All Together

So how do we go about this? I tend to use this technique about five to ten minutes into the conversation, after the initial banter is over with and I can tell the conversation really isn't

...and is over with and I can let the conversation really start going anywhere other than small talk. Turn to your target and say, "Do you believe in a Sixth Sense? This is strange but I'm feeling a strong connection with you. Ever since I was little I've been able to sense things about people upon meeting them for the first time. Do you mind if I do a reading on you?"

Now that you have her interest, grab her by the hands and close your eyes for a few seconds. Much of the success of a cold reading depends on your ability to sell the act. The more convincing you are, the more she will believe the things you are saying about her.

By now you should have made several observations about your target by using the one minute profile. With this in mind, we will come out with a few flattering remarks about them. The following list is how the average woman will describe herself.

Friendly

Bright

Loyal

Independent

Honest

Unappreciated

Preceptive

Good natured
Fun to be around
Family oriented
Problem solver
Excellent people skills
Puts others before them
Natural intuition

Ready to try? Tell her the following, “I can see that you are an independent woman, who often puts other’s needs before your own, especially those close to you. You are a loyal friend, and your natural intuition about others has helped out friends and family in the past...” You can continue on from here, but one or two statements are generally enough. Next we will try to get the target to open up and provide us with all the answers. We will use a Barnum statement or a Rainbow Ruse such as, “Most of the time you are positive and cheerful, but there has been a time in the past where you were very upset.” Another good one is, “There is a woman in your life that you do not get along with.” Sit back and wait for the target to search their thoughts, and provide you with the answers. Say nothing, just listen. Add another couple of statements. Watch their body language; you should be able to tell when you are close, and when you are way off target.

By now you should have some good information about your target. All you have to do now is sum everything up, and repeat back to her everything she just told you. She will be so wrapped up in the reading that she will forget that she was the one that supplied all the answers. Give her a final open ended statement about the future and you're done. A good closing statement I use is, "I see a new relationship starting in your near future, it will most likely be someone you just met, who has spiked your interest in a way no other has before. He will be good looking, with dark features," describe yourself. If she picks up that you are describing yourself she will think it's cute. If she doesn't, and trust me a lot of times she won't, you will have just talked her into the idea of being with you through suggestion.

If you bomb terribly and mess everything up, don't worry. Look her in the eye and say, "What? You really didn't believe I was physic did you?" And laugh it off. If nothing she will be entertained by your act and you accomplished many of the things we have been talking about. You were able to break the touch barrier by grabbing her hands. You demonstrated value. You were different and interesting. In the long run, those things can do more for you than a successful cold reading.

Sample Readings:

College Females

You have a natural gift for understanding others, and because of that you have a friend that is almost like a sister to you. You get good grades in the classes that you like, but you don't fully apply yourself in the classes you are forced to take to meet core requirements. You love your parents but they still see you as a child and are over protective at times. You are trying to break free and become your own person, but you feel as though they are trying to live out their goals and aspirations through you.

Single Women Under Thirty

You are intent on finding your soul mate but you are not about to compromise your principals to do so. You are tired of the bar scene and the men you meet are either the wrong type or too old who do not fit your criteria. Your family wants to know when you will settle down and that makes you upset. There was a relationship in your past that did not work out. You have remained friends but want more than he has to offer. When you do meet the man you will marry you will know it at once, you will feel it instantly.

Single Women Over Thirty

You learn from the past and grow stronger with each new experience, while other women you know continue to make the same mistakes over and over again. You love to travel when given the opportunity, and through these travels you have developed an appreciation for the finer things in life. You have developed a strong intuition about whether a man is worthwhile

or not upon meeting him for the first time. While you are still able to attract men much younger than you, they do not display the type of character you are looking for in a soul mate.

Current Trends

By staying current with your surroundings, you gain an upper hand in being able to read your target and know what she is thinking. There are plenty of sites on the internet that will give you the latest charts and graphs of almost any statistic you can think of. It all depends on how in depth you want to be able to go. From the most popular girls names from each decade to popular pet names, anyone can find any type of data that may come up during a reading.

Most Popular Girls Names by Decade

1970: Jennifer, Lisa, Kimberly, Michelle, Angela, Maria, Amy, Melissa, Mary, Tracy

1980: Jennifer, Jessica, Amanda, Melissa, Sarah, Heather, Amy, Michelle, Elizabeth, Nicole

1990: Jessica, Ashley, Brittany, Amanda, Stephanie, Jennifer, Samantha, Sarah, Megan, Lauren

2000: Emily, Hannah, Madison, Ashley, Sarah, Alexis, Samantha, Jessica, Taylor, Elizabeth

Top 20 Pet Names

Max, Tigger, Tiger, Jake, Buddy, Smokey, Sam, Bear, Molly, Kitty, Bailey, Shadow, Simba, Lady, Sadie, Lucky, Misty, Patch, Maggie, Cassy

ivisly, I atch, Iviaggie, Sassy

What a Drink Says

A woman's drink of choice can say a lot about her. Study the list and next time you spot that cutie in the bar, teach her a little something about herself that she did not know before.

Beer

Charmer likes to be in charge.

Cocktail

Sensible, reserved, elegant.

Cognac

Thinker, reserved, isolated.

Rum

Idealistic, determined, perfectionist.

Tequila

Crazy, wild, spontaneous.

Whiskey

Powerful, dominant, challenging.

Wine Cooler

Generous, good friend.

Wine

Elegant and secure.

Final Words

What is the number one secret to being a successful cold reader? To listen. More often than not, the target will do most of the talking and fill in the voids. All you need to do is repeat back to them what they are saying, and they will be amazed. In most cases the target will forget that they were the ones who told you. Have fun with it. Understand that if you make a great number of predictions, that the ones that are not true will soon be forgotten and they will only remember what you were right about. And no you don't really have psychic powers; this is nothing more than a fancy party trick.

7-Quick Date Dinners

You can get all kinds of recipes online. When I cook for a girl, I will decide what I want to cook and if I don't already have a recipe I will look it up online. Search till you find something you like. You need to cook something that: one, you know she will like. Two, something you can make that will taste good. I have made things two and three times in one day to perfect the dish I was serving. Here are a few I use:

Chicken Enchiladas

Ingredients

- 7 to 8 chicken breast tenders, or 4 chicken breasts
- Shredded cheese (I use cheddar or Mexican blend, but most pre shredded bags will do)
- Tortillas
- Enchilada sauce (red or green sauce, which ever you prefer)
- Anything else you want to add. I put in mushrooms and onions sometimes. She should be there shopping with you, so ask what she likes. I will get sour cream and shredded lettuce to top with

top with.

Directions

1- Put the chicken breast in a frying pan. Add enough water so the chicken breasts are approximately half covered. Cook on medium heat.

2- Pre heat oven to 375.

3- When chicken is done drain water and shred. To shred chicken you use two forks. Use one to hold the chicken in place near the side or end and use the other to make shredding motions. Once that area is shredded move on to the next.

4- Add any other vegetable you may be adding and cook on medium for a few minutes.

5- Once chicken mixture is complete, pour in approximately 2/3 of the can of enchilada sauce. It should be enough to completely saturate all the chicken but not soupy.

6- Add approximately 1/2 cup to 1 cup of cheese. Really you can add as much as you want. Mix that up really good.

7- Spray an 8x10 baking dish with cooking oil.

8- Add mixture to tortillas and roll them up. Divide evenly and fill up 4 - 6 tortillas (whatever will fit in the baking dish). They should fit up next to each other.

9- Top with the remaining sauce.

10- Sprinkle cheese on the top.

11- Bake on 375 for 15 to 20 min.

Chicken Breast

I lost the recipe for this so I will look up something creative

online if I go with this one. The ingredients will be tied to which recipe you use.

Ingredients

- Chicken Breast
- Asparagus (side dish)
- White wine (try and find a recipe that cooks the chicken in the wine)
- Some kind of French bread (pre spread with garlic sauce)

Directions

- 1- Pre heat oven to 400.
- 2- Cut off woody ends from asparagus.
- 3- Toss asparagus spears with 1 Tbsp olive oil, 1 tsp salt, and 1 tsp pepper.
- 4- Lay the asparagus spears on flat baking sheet. They will take about 10 minutes to cook so wait to put them in the oven till after you start the chicken.
- 5- The instructions for cooking the bread will be on the bag. Bake the bread at 400 regardless of recommended temp. The bread may take up to 30 minutes so if that's the case you will need to start the bread before anything else.
- 6- Put 4-6 pieces of chicken breast in a large frying pan.
- 7- Add white wine and anything else the recipe says and cook on medium (I use cooking white wine, water, pepper, and garlic or lemon salt and then cook it just like with the chicken for the enchiladas).
- 8- If I want to add any kind of vegetables or something I will

o- If I want to add any kind of vegetables or something I will cut up the chicken, otherwise I serve the breasts whole.

Scallops and Shrimp

I don't have a specific recipe for this so I will look one up online. I like to cook with Curry so I will usually go that route. If you cook something like this you can usually cook some form of pasta to go along with it. This is your creation so be creative. It is very easy to overcook the scallops and shrimp. If you do overcook they will be very chewy and it will screw up the whole thing. I usually cook 2-3 minutes shorter than the directions call for. If you cook something spicy be careful. It is also easy to accidentally make something that resembles eating fire.

Grilled Lobster

If you want to go big go with this one. Cook this dish for the appropriate type of girl, especially if it's early in the courtship. Make sure she likes lobster. If she doesn't you are wasting money, this one can get expensive.

Ingredients

- 2 lobsters (live lobsters)
- Butter
- Garlic cloves
- Lemons
- Salt and pepper
- Potatoes (red or regular baking potatoes)

Directions

1- Use a large pot, big enough for both lobsters. Fill with water and boil (you need enough water to cover both lobsters). Place lobsters in water and cover with lid. Boil for 7-8 minutes (don't get pinched).

2- Rinse cooked lobsters.

3- Twist off head from lobster and split tails lengthwise along back. Remove liver, stomach, and all the other crap.

4- Twist off claws where they join the body. You can throw them away or use the meat from the claw.

5- Remove the tail meat from the shell carefully keeping it attached at the end. Remove the intestinal vein and any other shit in there and rinse out. Return to the shell.

6- Season with salt and pepper to taste.

7- Melt 1 to 1.5 sticks of butter. Brush the tails generously with butter. Place lobster tails meat side up on broiler rack.

8- Turn broiler on medium heat and broil for 3-4 minutes or until lobster tails are heated.

9- Heat remainder of butter with 6 cloves of garlic.

10- Brush garlic butter generously all over tails.

11- Garnish with lemon wedges.

12- If you bought red potatoes cut into cubes and make a grilled potatoes dish. If you bought regular baking potatoes, serve as baked potatoes.

13- Serve with a wine of your choice, but chose one that mixes well with lobster.

8-Easy Magic and Bar Tricks

Doing tricks in a restaurant is easy, why because all the cute waitresses wear nametags so half the work is already done. If the girl you are targeting isn't wearing a nametag, then ask the hostess or another waitress. How do you ensure that you will be seated in the cute waitresses' section? Do a re-con mission when you first arrive. Send one guy to the bathroom and along the way look at her nametag. Tell the hostess I want to sit in so and so's section, or just tell the hostess you want to sit in that girls section. You're the customer, they'll oblige.

We'll assume that our waitresses' name is Cindy. I don't believe in carrying around a bag full of props, so we'll use whatever we find laying around. Obtain four sugar packets and one napkin. Borrow a pen from Cindy. Tell her when she returns you have a surprise for her.

Take the first sugar packet and write "World Peace" On

Take the first sugar packet and write, "World Peace." On the back of the packet write, "Cindy I knew you would pick World Peace!"

On the second sugar packet write, "One Million Dollars."

On the third sugar packet write, "Immortality."

On the fourth sugar packet again write "Immortality" and on the back of that packet write, "Cindy I knew you would choose Immortality."

Take the fourth sugar packet and place it inside the napkin. On the back of the napkin write, "Cindy I knew you would choose the money!"

Lay the three packets face up and the napkin off to the side. When Cindy comes back, ask her to pick one of the three sugar packets.

If she chooses World Peace, flip over the sugar packet, and show her the writing that she would pick that packet. Flip over the other two packets that don't have any writing on the back.

If she chooses One Million Dollars, Flip over the napkin, carefully so the sugar packet does not fall out, and show her that you predicted her to choose the money.

Finally if she chooses Immortality, open up the napkin, be careful not to show the back of the napkin, and give her the Immortality packet with the writing on it.

If you're worried about the napkin on the table when doing the trick, don't be, you're in a restaurant, napkins are supposed to be on the table, she won't even notice.

Salt Shaker Through Table

For this trick you will need a salt shaker, a coin, and a napkin. Tell everyone that you are going to make a coin pass through the table. Place the coin on the table. Place the salt shaker on top of the coin. Finally place the napkin over the salt shaker. Fold the napkin around the salt shaker so that it takes on

its shape. Say a few magic words and pull the salt shaker and napkin off the coin and viola, nothing, the coin is still there. Slide the napkin and salt shaker back off the table and let the salt shaker fall into your lap. You will disguise this movement by getting upset at the coin. Pick the coin up and say, "Listen here coin, stop embarrassing me, you are going through that table." After your little display, Take the napkin, which has taken on the shape of the salt shaker, and place it back on the coin. Everyone will assume the salt shaker is still there. Take your free hand and slam it down on top of the table, smashing the napkin. Lift the napkin up saying, "Whoops, I did it too hard, I sent the salt shaker through instead of the coin." Take the salt shaker, which is sitting in your lap, and pull it up from under the table to show everyone that it indeed go through.

Magic Ash

If the state you live in still allows smoking in bars dip your index finger in an ashtray so that some ash remains on the tip. Light a cigarette and ask the target to face you. Tell her to extend both hands palms up. Grab her hands as if to position them into fists. This is when you will wipe you index finger with the ash on their palm. When done positioning her fists, tell her to keep her hands up. Take a lit cigarette and tap some ash in your hand and close your fist. Tap your fist on top of hers and hold both of your fists up at eye level. Ask her, "Which hand is the ash in?" She will say which hand she thinks it is in. Do nothing and tell her to open the hand you originally wiped the ash in. She will be amazed that the ash has magically moved to her hand

will be amazed that the ash has magically moved to her hand.

Fifty Cent Drinks

When a girl you are digging comes back with a full drink in her hand, take out two quarters and place them down on the table. Propose the following, "I bet you fifty cents that I can finish your drink without touching the glass." You will have her interest and even if you don't fifty cents is such a small price that she will still say yes. Pretend to focus all your energy into her drink, struggle for about five to ten seconds. Pick up her drink and start drinking while pushing the fifty cents in her direction. When she says, "Hey you touched the glass!" Tell her, "I know, you win, here's your money."

Make sure you have hit it off pretty well with the girl before do this, she may get mad, but if the mood is light and fun she will laugh with you about it. Only once has a girl ever gotten pissed and walked off, and then I just moved to the next one and scored another drink for fifty cents.

Two Beers Vs. One Shot

Bet a girl that you can drink two beers before she can drink one shot as long as you get a one beer head start. Explain to her that she can not touch either of your glasses of beer and you can't touch her shot glass. She also can't start to drink her shot until you put your first glass down. If she accepts, drink your first beer and place your empty glass upside down over her shot

beer and place your empty glass upside down over her shot glass. Since she can't touch your glass you can take your time on the second beer.

Dartboard Bet

Not really a trick, but a fun way to create a group and a fun competitive atmosphere. Place a dollar bill in the center of the dartboard. How you get the dollar to stay is up to you, a dart through the middle works best. The object is to hit the dollar bill with three darts in a row. You can hit the bill anywhere but it has to penetrate the dollar and stick to the board. The rules are the following:

You must take your first shot from the throwing line.

Second shot is taken one step forward of the throwing line.

Third shot is taken two steps backwards of the throwing line.

It can be done, but it is very hard to adjust your throw for each of tries. Charge a dollar per try and the winner gets the pot, it's a lot of fun and very competitive.

and a lot of things very complete.

9-Drink Recipes

It always pays to know how to make certain drinks, plus it gets the girls liquored up and ready to party. You can instantly become a party favorite by knowing how to make the more popular drinks. You always want to know the major drinks that will get everyone messed up as well as a few girly drinks, just for the ladies.

Long Island Iced Tea

- 1 Part Vodka
- 1 Part Tequila
- 1 Part Rum
- 1 Part Gin
- 1 Part Triple Sec
- 1 1/2 Parts Sweet And Sour Mix
- 1 Splash Coca-Cola

- Mix ingredients together over ice in a glass
- Pour into a shaker and give one brisk shake
- Pour back into the glass and make sure there is a touch of

fizz at the top

nizz at the top

-Garnish with lemon

AMF

-1/2 oz Curacao, blue

-1/2 oz Gin

-1/2 oz Rum

-1/2 oz Vodka

-3 oz Club Soda

-1 tsp Sour Mix

-Pour all ingredients except club soda into glass with ice cubes, top with soda.

Cosmopolitan

-Cranberry juice

-1 oz Vodka

-1 oz Triple sec

-Slice of lime

-Mix ingredients together over ice in a glass

Sex on the beach

-1 1/2 oz Peach Schnapps

-1 1/2 oz Vodka

-2 oz Cranberry Juice

-2 oz Orange Juice

-2 oz Pineapple Juice

-Mix ingredients together over ice in a glass

Hard Lemonade

-1/2 oz Vodka

-1/2 oz Gin

-1/2 oz Tequila

-1/2 oz Rum

-1/2 oz Triple Sec

-Dash of Cola

-Mix ingredients together over ice in a glass

Amaretto Sour

-1 1/2 oz Amaretto

-3 oz Sour Mix

-Shake and strain into a glass

-Garnish with a cherry and an orange slice

Appletini

-1 1/2 oz Green Apple Twist Vodka

-1 oz Sour Apple Pucker Schnapps

-Stir ingredients together with crushed ice in a glass, and serve

Bloody Mary

- 1 1/2 oz Vodka
- 3 oz Tomato Juice
- 1 Dash Lemon Juice
- 1/2 tsp Worcestershire Sauce
- 2-3 Drops Tabasco Sauce
- 1 Wedge Lime

-Shake all ingredients with ice and strain into glass over ice cubes

- Add salt and pepper to taste
- Add the wedge of lime and serve

Pina Colada

- 3 oz Light Rum
- 3 tbsp Coconut Milk
- 3 tbsp Crushed Pineapples

-Put all ingredients into an electric blender with 2 cups of crushed ice

- Blend at a high speed for a short length of time
- Pour into a glass and serve with a straw

Fuzzy Navel

- 1/3 oz Peach Schnapps
- 1/3 oz Orange Juice
- 1/3 oz Lemonade

-Mix all ingredients into glass, top with ice

Margarita

-3 oz Tequila

-1 oz Triple Sec

-2 oz Lime Juice

-Salt

-1 Cup Crushed Ice

-Rub rim of cocktail glass with lime juice, dip rim in salt

-Pour all ingredients into a blender and blend at high speeds

-Add 8 oz of strawberries or another fruit of your choice for taste

Here is a home made drink that is great for getting people shit housed.

Call This Mother Fucker What You Want To

-1 1/2 part Rum

-1/2 part Triple Sec

-1/2 part Amaretto

-1/2 fill Orange Juice

-1/2 fill Sour mix

-1/2 part Rum 151

10-Drinking Games

Drinking games exist for one reason only, to get messed up. It's a great way to bring a group together and have a fun time. If you learned anything in college, it was how to play these games. If the pitchers are cheap and the money is flowing, start a drinking game in the bar. Before you know it you will have a group of twenty or more people gathering around trying to play.

Century Club

Take a shot of beer every minute for one hundred minutes. This one gets to be pretty tough, especially for the last twenty shots or so. The important thing is to have a somewhat sober time keeper to accurately watch the clock and pour the shots in the later rounds. Different rules can include, not being able to use the bathroom or being allowed to throw up. If you are short on time, grab some cheap wine and play to fifty.

Hero

This game is played with two dice and one cup. Fill the cup with a shot or two of beer. Two players are involved, the person

who has to drink, and the person rolling the dice. The player with the dice cannot begin rolling the dice until the drinker touches the cup. The object is to finish the beer before the other person can roll a seven, eleven, or doubles. If the player is able to finish the beer before a seven, eleven, or doubles is rolled, they take over the dice and get to choose the next victim. If they do not finish the beer, they go again. It is called hero because at anytime, any of the other players can grab the cup and drink the beer, catching the player rolling the dice off guard.

High, Low, Smoke, Fire

The only purpose of this game is to drink. Take a deck of cards and deal one card. Then guess the if next card will be, higher than the current card, lower than the current card, red, or black. They must get three in a row correct before being able to pass to the next player, or they can continue trying to build up the stack. Take one drink for every card in play. Aces are both high and low. If you guess high or low and the card that is dealt is the same number as the current card, you drink double the stack.

Fuck the Dealer

This game is best played with a group of six or more people as a lot of drinks are given out. This game is played with a deck of cards, with the turns going clockwise around the table. The player gets two chances to guess the next card. On the first attempt, if the player guesses correctly they can give out ten drinks. If they guess wrong the dealer will look at the card and

chance. If they guess wrong the dealer will look at the card and say if the card is higher or lower than what they guessed. The player will guess again. If the player guesses correctly they can issue out five drinks. If they guess wrong, they must drink the number of drinks they were off by. For example, the player guesses, "Seven", the dealer looks at the next card, which is a four, and says, "Lower." The player guesses again and this time says, "Five." They were off by one so the player takes one drink.

Kings Cup

The king of drinking games! Combines many classic drinking games into one and gets everyone sitting around the table messed up. Take one big empty mug and place it in the middle of the table. Take a deck of cards and spread them out around the mug. Each player takes turns drawing a card. According to which card is drawn, a particular activity is performed based on the rules. This is best played in large groups.

King

When a King is drawn, the person who draws the card has to pour some of their drink into the community mug. They can pour as little or as much as they want. Whoever draws the fourth King must chug the community mug.

Queen

Questions. The person who draws a Queen card immediately looks at another player and asks them a question.

That person then turns to someone else and asks them a question, and so on. The first person to answer a question, laughs, or fails to ask a question, drinks!

Jack

Categories. The person who draws the card comes up with a category (women's panties, NFL teams, etc...) then names one in the category, such as a football team. The next calls out another football team. When someone is not able to name a team or repeats a team, they drink and the next person draws a card.

Ten

Rules. The person, who draws an ace, gets to make any rule they want. Some examples would be, "Jill drinks every time Taylor takes a drink." You can only take a drink with your left hand. Cannot say drink, drunk, or drank. You must take the little man off your beer every time you take a drink.

Nine

Rhyme Time. The person who draws a nine starts the round by saying a word or phrase that is easy to rhyme with. The play then continues in order until somebody takes too long, says a word that doesn't rhyme, or makes up a word.

Eight

I Have Never. The person who gets this card starts the round by saying "I have never..." and then finishes the statement

four by saying "I have never..." and then making the statement with something they have never done. If someone else in the group has done that, then they must drink.

Seven

To the right. Person to the right takes a drink.

Six

Dicks. All males take a drink.

Five

To the left. Person to the left takes a drink.

Four

Whores. All females take a drink.

Three

For Me. Player who chooses this card takes three drinks.

Two

For You. Player who chooses this card gives two drinks.

Ace

Waterfall. All players begin to drink at the same time. It goes clockwise around the circle. Once the player who chose the card stops drinking, the second player can stop. The third player cannot stop until the second player stops. This continues around

cannot stop until the second player stops. This continues around the circle until everyone is done.

The game ends when the fourth King has been drawn and the community mug is chugged.