

**New
1st
Edition**

How To Instantly **Attract** **Any Woman**

**- Proven Field-Tested Secrets
Most Successful 'Naturals'
Don't Want You To Know...**

www.InstantAttractionProgram.com

How To Instantly Attract Any Woman You Want

**– Proven Field-Tested *Secrets* Most
Successful ‘Naturals’ Don’t Want You To
Know...**

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P.S - If you'd like to send me a success story, comment or any questions, just write to:

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Congratulations!

You've Just Taken Your Very *First* Step...

Yes! Ask a friend to give yourself a nice pat on your back for you, my friend, have taken the most positive step forwards to improving your social dating skills with women. 😊

Now, I'm not going to take much of your time here cos as you can see, this entire manual is absolutely **HUGE...** so I'm just going to go straight to the point here...

In my never-ending quest towards providing you with the best information and strategies to help improve your success with women, I have painstakingly gone through the four corners of the earth to assemble an all-new line-up of the best Dating & Attraction Experts I could possibly find to help you reach your goal in the quickest way possible.

I only have one request from you, and that is to put what you've learned here to **good use**.

The best way for you to use it is to read, listen and find all the parts you liked and write down all the techniques, skills & strategies in a piece of paper, get them DRILLED into your head and go out and APPLY them.

I'm not going to lie to you, you will still get rejected, initially. But what is most important is when you fall, GET UP, find out exactly where you've gone wrong, learn from your mistakes and TRY AGAIN.

The key here is to keep going at it **UNTIL** you've succeeded in reaching your goal; whatever they may be.

Just like learning any other new skill, being good with women takes LOTS of **PRACTICE** and **PRESEVERANCE**.

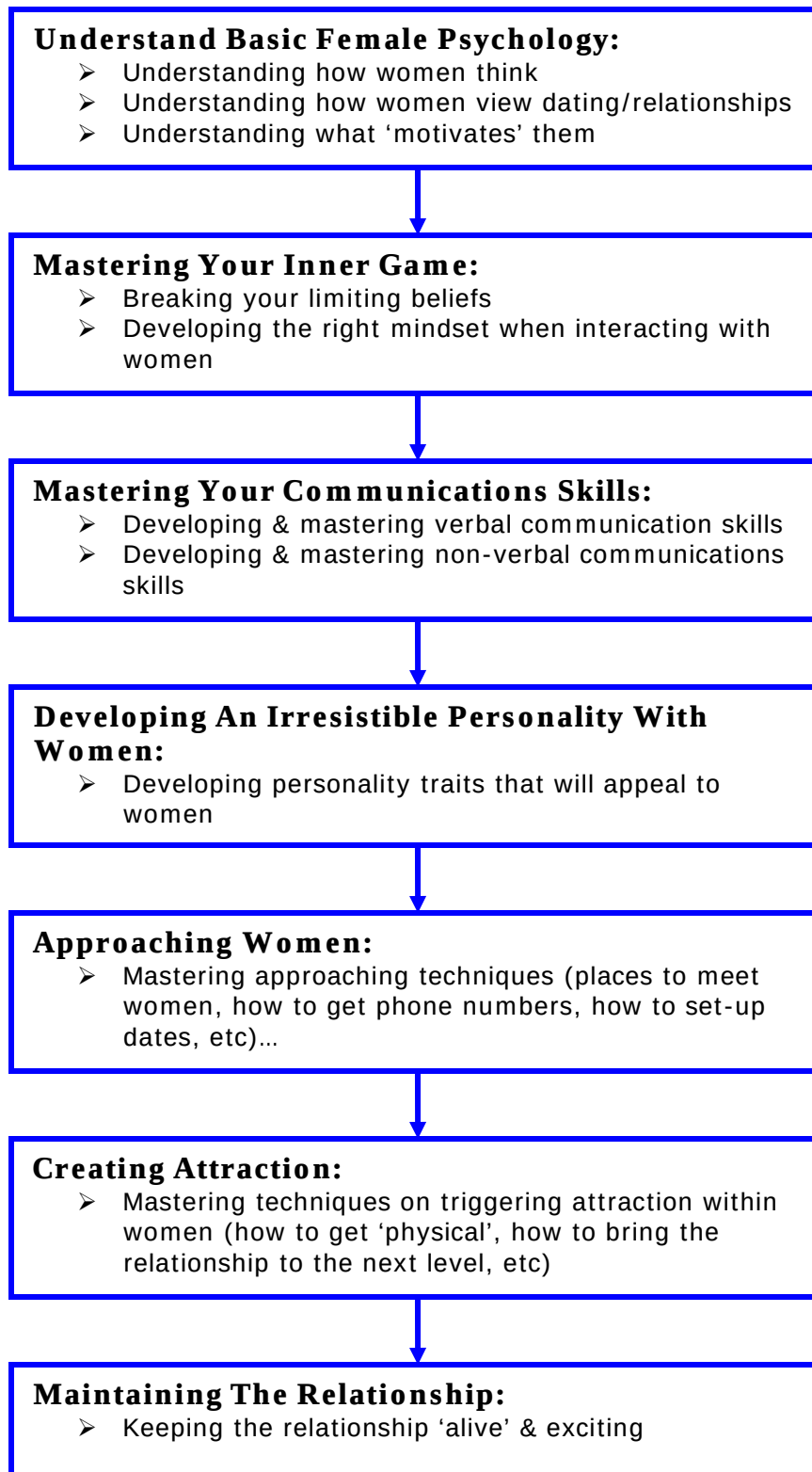
Keep your eyes on your 'ultimate' goal and continue working on it ***no matter what*** happens. Believe me, as long as you keep practicing these techniques, you WILL eventually become a master!

The best way to start off is by referring to the dating flowchart in the following page, that should give you a general outline as to what needs to be done....

Ok -- Enjoy the rest of your materials! ☺

Your Friend,

Simon Heong



[Note]: The flow chart above showcases the various stages one has to go through in order to be successful with women & dating.

Understanding Basic Female Psychology - One of the very first steps in becoming 'better' with women is to first UNDERSTAND them; understand how they think, their perspectives on what dating & being in a relationship means to them, what are their core 'motivators' that gets them to take notice of a guy & of course understanding exactly what triggers attraction within them for a man.

Mastering Your Inner Game - This is where you ultimately must *identify* and BREAK THROUGH all your self-imposed *limiting beliefs* on what is possible and what is NOT possible for you in your interactions with women. You then move on by developing the RIGHT mindset in ALL your interactions with them.

Mastering Your Communication Skills - Interactions with women includes the use of both verbal communications & non-verbal communication techniques. This is where you'll learn what to say, act & do when you're communicating with them.

Developing An Irresistible Personality With Women – There are certain personality traits women are naturally attracted to. Understand them, identify them, then DEVELOP them.

Approaching Women – This is where you'll learn to approach women (how, where, when), catch their attention, get phone numbers, set-up dates, etc

Creating Attraction – Creating attraction & getting 'physical' with women requires a special combination of humor, flirting, body language, inner game, attitude, and other subtle yet vitally important elements. You'll learn how to connect them all and make them work for you here.

Maintaining The Relationship – This is where you'll learn the essentials of keeping the relationship 'alive'/exciting and possibly bringing it to the next level.

Chapter I: Rion Williams

Insights From The Author Of “Men’s Guide To Women”

<http://www.MensGuideToWomen.com>

Guys, if you want to be able to approach, pick up & attract any of the hottest women of your choice, just follow the following techniques...

Technique 1: Stop looking for the perfect pick-up line

Just be a natural; it's the rare invisible ninja art.

So many people are teaching essentially the art of '*tricking her*' into bed.

I always knew there was something amiss with this, so I never got into it too much. Instead, I've had natural success with women from over two *dozen* countries (*and the U.S. of course!*) to date by just being a natural.

Yes, and that includes when I didn't even know their language.

The ability to attract and have success with women is a natural function. Look, they want sex just as much as we men do but in a *different* way. They theoretically even have to want it as much, or the natural balance would be thrown off and we wouldn't be here today.

It just is *different* when it comes to women.

They're more turned on by a guy's *energy* than his looks alone.

Plus they usually need to be '*warmed up*' instead of having an instant hog wild sex desire for you.

It's about how you are and how you communicate with her that really turns her on and opens your pathway; it's about your level of respect for yourself AND your unspoken *respect* for her and her body.

Learning pick up lines implies some quick fix or magic trick.

In fact, the whole seduction community is operating out of what I call the current social '*forced reality*'.

It's simply a by-product where men adapt themselves to the current social reality instead of looking at the more powerful, timeless, unchanging *natural* process of attraction which still exists in her and in you.

It's just been covered up.

When you can operate out of a natural understanding and embrace it, you can talk baby talk to her or in another language and she'll be attracted to you, it doesn't matter.

When did we ever have to '*learn*' how to be effective with women?

What if nature's species of animals had to be '*taught*' how to be successful with women?

They'd move toward extinction.

The truth is, they KNOW how to mate and communicate with each other and humans do as well.

Nothing has changed.

It's just been covered up in the past few short decades.

The truth has been hidden, yet throughout complex social behavior patterns of women and your own confusing past experiences, underneath lies the simple truths of natural attraction which has **nothing** to do with pick up lines and even works more effectively today than ever before because of the massive amount of frustration created by the modern dating paradox (*men are saying 'why does she treat me like this' and women are saying 'where are all the real men'*).

If you're coming from the wrong energy, it doesn't matter what you say to her because you'll 99% fail.

The power to succeed is not just in changing your inner game, it's in connecting yourself with a greater understanding and *aligning your thoughts, beliefs and lifestyle* around natural understanding and success instead of a superficial social fix.

Sure, those things can be nice spice on top of a true natural mindset (so rare today) and can then accelerate things faster, but when done on their own, the perfect 'line' can never be perfect or work everytime and everything else

becomes '*technique based*' (... think "well what do I say to her 'next'?") which leads to failure, rejection and massive inconsistency.

That's all a byproduct of the forced reality which consequently takes a LOT of game time and preparation in order to see still limited results by becoming a PUA (Pick Up Artist).

It's an unnatural path that I believe most men just don't feel is them nor something that they should have to do just in order to meet women or get laid because it doesn't seem *right* or *natural*.

So the answer?

It's in becoming a rare natural and ultimately **adding value** to women's lives but more importantly, living your life in harmony with universal principles (which gives you the massive leverage to make a big change and fast) and **becoming** who you really are as a man and not someone you aren't just to 'get something' from women.

Technique 2: Align yourself to an understanding of our 'forced reality' and obtain a global and biological perspective on modern social dynamics

This is about the **most powerful** and leveraged thing you can do to wipe away all confusion when it comes to dealing with and approaching women and I wrote a 353 page book 'Men's Guide to Women' that focuses on this as one of the central topics.

You have to understand that only until recently in our history, have we had 40 year old virgins.

This is a blatant violation of nature and natural selection when we have good guys who aren't (going through the) *procreating* (process).

By understanding how different American and independent/empowered women are from; how they were for a millennia, you'll begin to realize many important things.

You'll begin to take the power back and not from a chauvinistic viewpoint but rather from giving women what they **really** want.

It's in their blood to desire a man and not a *wussboy* who they can control DESPITE their socially developed character and modern reality.

The biological process of attraction has not changed and man today has become confused and weak because of what is going on today.

The dynamics have flipped and men are continuing to let women have the power when it's NOT what she wants or responds to in a relationship.

In many cases, she doesn't want as much power as she does, but men keep giving it to her so she has to settle for the closest thing; a bad boy or jerk and then gets HER feelings devastated.

Real matches aren't hooking up with real counterparts anymore when they should be because men have become *wussified* throughout the world now.

It's time to take your power back to give women what they really want by *understanding* where we all came from and how things are supposed to be and what women really respond to.

This has the leverage to change your entire way of thinking and living in our modern reality.

It can clarify how you view women and wipe away all confusion and frustration alone by understanding our modern social reality, where it stands in the big picture and where you fit into it.

It changed my life when I realized all of this massive epiphany.

And it's all in my 'Men's Guide to Women'.

Technique 3: Overcome your fear of women

Seemingly impossible to do for many men but actually quite simple **once** you know your place in the circle of life.

You were meant to have the power and choice when it comes to women.

The strong will survive and showing that you really are fearless around women is something that *very few* men portray... especially around the empowered Aphrodites that we have today.

In order to become fearless, it's not just an inner game fix but you have to align yourself with many universal truths.

This will empower you to become *more* of the man you were supposed to be and *less* of a socially brainwashed and confused man.

Being fearless is the one aspect that women will keep coming back to in a man because it's always been a trait of natural attraction.

If a man is fearful of a woman... how can he possibly protect her from greater danger?

Why do you think they fall for the bad boys and jerks?

They're about the only options left of men who are fearless.

They would jump through hoops of fire to actually find a 'great catch' who is fearless around women.

Why is it that all of my X'es usually keep coming back to me to find out more?

Part of it's because I'm absolutely fearless around them when I'm being myself.

They DON'T want a wussboy and can't be attracted to him and won't have sex with him either (*very rarely*).

Becoming fearless of all women including the most empowered ones is a powerful experience and can be done in my 'Overcoming Fear of Aphrodite's' CD audio program where I take you through the process.

It's a liberating feeling and is done with great respect towards a woman and is a powerful magnet that attracts them to you AND makes them continue to want to be around you.

Technique 4: Become a more social, interdependent person

The beauty of this is that it's aligned to being a natural man who women are attracted to *without* having any of the creepy vibe that comes with going out of your way to approach her or trying to '*get something*' from her.

It starts off nice and natural when you're being just a social person.

Once you start communicating with her, you can take it from PG-13 to rated R if you feel she is responsive to you.

Being social and naturally communicative stems from wanting to add value out into the world and never depends on seeking someone else's approval because you have your boundaries but you can share a lot of things with people because that's what life is about.

Ever notice how the life of the party guy usually has women all around him?

Well, why can't that be you?

Maybe it already **IS** you on the inside but you just need to bring it outwards.

You've made people laugh before right?

You've had a great time with buddies before right?

Why not just break down all barriers and become more like that with all people... when you show who you are up front, it allows women to actually have something to go off of and be attracted to you... otherwise, how is she going to find out who you are unless you take a long, long time if you're really shy when you **SHOULD** be naturally talking with people.

Not just women out of a scarcity mentality, but being *socially abundant* knowing that you're going to meet interesting and great people that you can develop things further with.

In social environments and with a 'social' state of mind, you can easily get women's phone numbers after a short conversation if you want.

But I strongly recommend putting yourself in environments where it's *acceptable* for something like that to happen.

You can 'go out of your way' to get phone numbers on the streets of women but still it's creepy...they know where you're coming from and your chance of scoring with them that way is very little.

It's a waste of time, really.

I recommend practicing eye contact and saying to women in public but you can't sleep with every hottie that walks by on the street... *put yourself in environments where people want to connect or where it's more socially 'ok' for her conscience.*

Be in environments where you can still 'naturally' meet her even if it's an organized event.

This way, it's not as *creepy* to her, plus when you're a natural using the invisible art (and you really couldn't care either way what she says) it will be easy to make connections and get information to follow up.

Don't be the X-Rated guy and tell her you want to f*** her.... There's a time and place (like adult chat rooms) for that.

She wants to meet healthy, social men who are leading their own lives who she met 'naturally' and then 'things led from there' (*of course you know where they'd lead*).

Have her *guessing* what's next when you do get involved and *don't be predictable or boring*.

Becoming more of a social person in general is going to open doors up for you like you wouldn't believe.

It's all about making connections.

The more connections you make, the more women and options you're going to have.

Once you know cool people that are like you that you can add or exchange value to their lives with, they'll have other people (and women) who they can introduce you to.

It's just a roundabout circle that works in your favor, not to mention that it's *healthy* and *normal*.

Technique 5: Make connections

Notice I didn't say '*approach women*'.

I think that has a certain stigma which brings out past feelings of ineffectiveness in men creating more of a barrier to break.

Living a healthy, balanced and social life however, you can '*make connections*'.

The most important things in life that you remember are experiences you have shared with other people.

In fact, all relationships must start with a *connection*... in a way, this is the essence of life and everything everyone hoped for.

You can continue to live in a fantasy world alone OR you can start making connections with women.

You don't have to do it all the time or every opportunity, but once you start developing a more interdependent state of mind and become more naturally proactive (*instead of shark attack aggressive and focused on pussy*), you can be meeting women and talking to them (and other people) everywhere you go.

No man is an island.

And you can be for a long time but there's a huge chunk missing out of life.

Don't live life on the 'tourist plane'... *it's all in the experiences.*

Your relationships with women (*at least mine are*) are one of the most important things in your/my life.

The way I see it, the more women I meet, the more unique experiences and lasting memories I can have because I will have added value to their lives.

It's a world of abundance and when you start 'connecting' (*which is what women naturally do and WANT in men*) with women (and people) instead of aggressively 'approaching' or trying to 'get something from them, you'll respect them more yet get further faster and more often when you do everything else online that I teach (*being a natural*).
Plus you'll have given a woman what she wants.

She doesn't want a man to seduce, trick or dupe her into giving something up.

She desires a great experience from a man she can *trust* (showing who you truly are up front is a key here that accelerates) who knows what he wants out of life and she can choose to follow or not.

But if you don't make the connection (usually just saying 'Hi, what's up?') you'll *never* know.

It's about being 'real' and not building up a *fantasy world around her*.

It's about respect and giving her a chance.

You don't need to know 'what to say' as it will come to you naturally when you truly *get* it.

There's nothing to be afraid of; you're being social and if she rejects you for being social... RUN AWAY... that is a scary woman that you don't need in your life who has REAL life issues and has been programmed too deeply by our forced reality.

Get it?

Once you make connections with women, you can take it to the next level from there (*another field of study*).

You can have EVERYTHING going for you (improved your looks, great self image, living in your reality attracting women without a word, fashion sense, and showing who you are on the outside as a representation of your inside so she can extrapolate what she's been waiting for...), yet **STILL** not

proactively make (natural) connections and you can still be cutting your success down drastically.

Even if you don't work on your inner game or anything else but DO make **connections** (and naturally not from the pick up or seduction standpoint), you'll increase your ability to have success with her (*esp. because you already know what to do naturally, it's just been covered up*).

Connecting with other people is part of human nature and being afraid of women is **pathetically ridiculous**.

Who cares if she has super high social value... you're above that anyways because you *understand* it, PLUS you have a mirrored reflection of a different kind of value or desire within yourself (if not, you'd better start to bring something to the table) that's *equal* or *greater* than her social shallow beauty fixation.

She could be a neurotic housebreaking bitch but you actually are a good catch on the inside and you're not going to put up with any of her drama despite her looks (going off on a more extreme example that is out there though).

Technique 6: Think abundantly instead of focusing on one woman

So many guys get caught up in the woman that is right in front of them or a 'special girl' that is just so wondrous and '*perfect*'.

What they're doing is adding all kinds of value to her from their own perception without really knowing who she is (the other side of her).

Then if they marry her, they get to find out the 'other side' of her.

Most of the time a woman who is seemingly everything a man could want really **ISN'T**.

When she becomes the focus in the relationship dynamic between you two, the natural paradigm is shifted and she will resent it (*having the power*)... this never fails.

You start calling a woman too much and telling her 'she's everything' -- the phone calls **will** drop off and she'll 'need some time'.

It's simple, you betrayed the *natural paradigm* of being the lead in the relationship so that she can respond to you.

Yes, it's confusing in today's society but still holds true when it comes to instant attraction.

You are living in a world of **abundance** where millions of women are potential relationship possibilities, so **don't ever** get hung up on 'the one' and build up fantasies about her that aren't real when you're just holding back from living an effective reality with women.

What you're doing is actually acting more like women used to (building up fantasies), for example like teenage girls do about boy band members.

Yes, a weird analogy but *it's true!*

You're building up of value about her and connecting her to the socially perpetuated standard of **beauty=sex=desire=everything** is just creating a further divergence from anything ever happening with these women.

These women have become objectified by society and men so much, that they are desperate for real men and if you're just going to act like 'she's the one' for you... *how selfish is that?!*

There's other women who are independent, have value and a lot to offer as well in the world.

What you haven't realized yet is that you probably really don't want to live with them because it means sacrificing more of your own life and personality/character than you ever thought possible.

Just ask any divorced man and you'll find out exactly what I mean.

It's a tradeoff that's for sure.

She may be 'everything' seemingly from your **own perception**, but once you actually get to know her (*really*), you'll see that she has *another* side to her that is like a very strong, independent man's that will make any relationship really challenging unless you become the permanent #2 or wussbag/girl in the relationship and she becomes the lead.

Someone has to lead the relationship.

Why do you think we have a 50% divorce rate in society today?

Read my 'Men's Guide to Women' 352 page instantly downloadable ebook.

In most cases the man IS being his real self down the road (though upfront a minor discount is that he isn't), but more importantly, our women are not acting the way their grandmothers were; for better and worse.

Just realize that she probably isn't all that she's cracked up to be, nobody's

perfect and if you did start a relationship with most of these women you probably **WOULDN'T** want to keep it.

This is **more power** in your favor plus there are so many women out there who would do all kinds of things to be with a guy like you.

Also...

Why do you think women keep wanting to have sex when they almost never reach orgasm with guys?

Because they're feeling 'feelings' physiologically and psycho-sexually on a level way beyond what most (non-tantric) men are feeling.

When most guys reach orgasm, she doesn't, but she felt so many strong feelings throughout her body that she *'didn't get enough'* and therefore wants more of that.

It's a balance that works and keeps life itself going.

If you can make her reach the peak of those feelings and orgasm too, all done in mutual respect, you really might have a sexual stalker on your hands.

It's happened to me and it's a good thing when done in respect.

When you live in abundance and realize there are *so many other women beyond this one*, you won't have as much selective perception or put too much aggressing energy into *'having'* this woman (which creeps her out); you'll realize there are so many other options and when making a connection, it *doesn't even matter* what the outcome is.

When this is your energy, she can relax and then you can focus on more important things like a natural conversation and then taking her where things can go if she's open to following.

But even if she's Miss United States; don't become the wussboy and tell her your feelings, professing your love for her.

It *betrays* the natural paradigm and puts you second in the relationship.

Why do you think they keep ending and we have such a *wussification* in our culture and media?

The roles have flipped and women have become fascinating now as well.

It's up to you to see this.

Technique 7: Live in your reality

What really matters in your life is you.

And if you can keep your power for *yourself* and stop putting so much energy into showing overt interest in women, you'll discover that they'll start being attracted to you.

Especially because most men are throwing themselves at her and you're different.

She'll wonder why you aren't interested in her as well.

If you're living your reality and show to her that it's stronger than her socially '*approved*' reality, and really are grounded in that power (connected to universal understanding), you're going to have *massive power* in your favor when it comes to naturally attracting women... this is what they want anyways... *a man who has his own things going on, who isn't 'desperate' to get women*.

They want a man who can hold his own and not be thrown off in the presence of 'her highness'.

She's a real person despite the social standard of beauty she has to uphold.

So when you truly live in *your* reality, improve it and make it externally apparent, anything can be possible.

These are the men that she is inevitably drawn towards anyways... those rare few who aren't thrown off by her 'power' and who really are living in their own reality.

Then she knows it can be a mutually fulfilling experience without you turning into a clingy wussbag and flipping the natural relational paradigm on her to one of where she has the power.

Keep your possibilities and potential for yourself because that's what matters in life.

If you fall into her pussytrance spell and she becomes #1 in your life, it becomes a dependency and a violation of the natural paradigm of attraction... you've entered '*her reality*' and that's **not** the way it's supposed to be.

It's why we have a 50% divorce rate.

Live in your reality for successful (respectful) short term physical and **FUN** relationships with women.

Technique 8: Be the 'R' Rated guy and NOT the 'G' or 'X' rated guy

If you start throwing off a vibe like, "*Yeah baby I want to pound your 'P@ssy and do you this way and that way,*" she's probably going to get creeped out *completely* and will never give you a chance.

Depending on the girl and situation you may get thrown in jail.

There's a time and place for that X-Rated stuff (adult chat rooms) and whether it is what's going through your mind or not, don't be showing that off to women you just met.

It also connotes too much dependency on having to 'have her' or 'take something' that you're objectifying (*whether she has a nice ass or not*).

I recommend being the 'R' rated guy (props goes to 'Swingers' the movie) instead of being the X rated guy.

Have her *guess* where you're coming from by just being the natural, sociable cool guy **without** giving into her supposed 'powers' or a pussytrance by being PG-13 with her.

Once she starts interacting with you and shows interest (and you'll know because you'll be more connected to the nonverbal level of sexual communication b/c you'll have cleared out the other junk), you can communicate with her on the deeper, sexual level by maybe mentioning a few rated 'R' things or light innuendos.

Do this only and especially if you feel she is responding to you and connecting with you nonverbally.

This is a way you can *never* lose when you really are 'reading her' and that you can accelerate things to a higher level quickly.

When you become in touch with the nonverbal level of sexual communication, you'll know what I mean.

But first, you have to wipe away all of the other junk in the way from this natural ability you already have. See my 'Men's Guide to Women' ebook.

Yes, there's certain jerk type guys who get away with X-Rated things; *"Hey sweet thing, nice tits...let me stare at them some more,"* but to be real... this doesn't work on most healthy women.

So just be a natural, *socially desirable guy* (not an outcast), and then approach her PG-13 **without** fear or pretension and then if she responds, take things to level rated 'R' in your behavior and language.

Eventually things can lead to rated 'X' anyways without creeping her out.

Technique 9: Respect women

Now before you think either way what this could mean, read what I have to say.

I'm not talking about being a pansy or a nice guy.

Most guys 'act nice' and are NOT really being themselves, they just want to please her to ultimately get something in the end or really ARE afraid of her.

If you've been a 'nice guy' to women and end up as their friends... well are you really acting like yourself?

Or are you changing your entire physiology when a woman steps in the room?

You're actually *disrespecting* her by objectifying her and building up a mountain of false added value within yourself and placing a perception onto her *without* even giving her a chance.

Just be a man and give her a chance to see if she's more than just a pretty face; she'll respect YOU for being yourself.

Then you take it or leave it because although you respect her as a woman (*knowing she has sexual desires that you can fulfill and she has her own life and beliefs*) you don't need her or have to appease her for your own self-validation.

Neither are you just viewing her as a sex object only, but if you respect her and be upfront about what you want and she wants to also have a physical relationship, you can both have it respectfully **without** all of the other drama involved or having to be a 'nice guy'.

You DO think about and desire sex, don't you?

Well is THAT a 'nice' thing?

Stop being incongruent with your own desires and face the fact that you really are something more than 'just' a nice guy.

It's in a man's nature to desire sex and it's up to you to embrace it and be comfortable with it and communicate that to women.

They RESPECT real men underneath all of the social brainwashing that's out there.

And when you communicate that you are comfortable in your own skin, you're an independent man, a leader, a provider and protector.

Relationships are supposed to be interdependent and **NOT** dependent (like they are when she senses you're 'creepy', clingy or would continuously drain her own energy if she accepts to be around you).

Respect her for being a woman but don't **EVER** give in to her demands if they violate your reality.

You have to stand up to and for YOUR beliefs and let her know if she crossed the line.

She WILL respect you for that even if she throws a *hissy-fit* at first.

Unfortunately, with these kinds of women, if they're throwing any kind of 'fit', just think of what they'd be for the long term (*I'm very serious*), but if you just want short-term sex, then respect her as a woman, but you have to let her know what kind of relationship you're open to having with her from the start, so she doesn't start throwing things off-track like they naturally do.

At the beginning, respect her by saving both her and your time (and money) by letting her know the type of relationship you are going to have with her, and she can take it or leave it.

She'll be glad you were man enough and honest enough and because girls want to have fun, she might just decide to go with you to get rid of social pressures and have fun and just be herself.

She will greatly respect you for being the only guy to give her this refreshing option.

In a more serious relationship, things get trickier when emotions are involved especially with independent women.

It's all about give and take then.

I don't talk about relationships like that other than to prevent disaster from happening.

If you're dating her, you have to lead the way as a man, but do respect her mind
and her body while letting her know where you're coming from.

Treat her not like a little girl (*by being her daddy*), but like an independent woman while having a mutually beneficial interdependent physical/sexual/fun or even dating relationship.

I've always respected the women I've been with in the past, even and especially the one-nighters.

It's a consenting adults win/win situation.

So don't be like Stifler afterwards and 'hittin' that high C note' with your buddies, rather *accept it as part of your life* that you respect them esp. because you took them there, stud.

Technique 10: Truly be yourself

Another counter-counter-intuitive breakthrough.

This includes stating your opinion and saying what you REALLY think and feel about things or in certain situations or response.

People relax more because they see where you're coming from and will even trust you more, *provided* you show that you are a trustworthy character.

I've steered away from certain people who I've extrapolated bad or negative energy or data from and it helped me because they were being themselves.

So I hope that you are a positive guy with admirable qualities so that people can *enjoy* your company and experience when you're being yourself.

And if you're really a disturbed person develop better qualities *and then* be yourself...

I don't know what to say there but you could still attract unhealthy minded women towards you for sex only if you know you have certain issues; most normal, healthy
men don't though.

I'm talking about being yourself upfront with a woman, TRULY.

Don't repress your true inner character to try to '*get somewhere*' with her or fall in line with the courtship dynamic.

It also does not mean showing the *wussy* side of you or the socially acceptable '*nice guy*'.

It's not being the guy who tries to walk on eggshells to put his best foot forward, but to actually just BE yourself exactly like when you are around other people. *Most guys change their state and physiology when around beautiful women.*

I think you get my point; truly be your real self around them and cut the '*she's so hot I'd do anything*' B.S. but also accept that you have lots of value that you know attracts women (*just in a different way*), and don't be afraid to show it by being comfortable in your own skin and letting people know where YOU stand on things.

If you really have a socially damaged personality, then you just need more realignment and work.

Get my Mens Guide definitely (*it's for all single men anyways*) and then get more comfortable with openly showing your attributes in exercising your independence and interdependence but without ever seeking or needing anyone's approval for who you are and what you do.

One of my absolute favorite movies is '*Joe vs. the Volcano*'.

It's a simple low-budget production but directly hits on the most important things in life all in one movie.

I've seen it about two dozen times or more.

When he's working at his crummy job (Tom Hanks) and just settling for less knowing that there's a woman he's interested in, in the other room; he doesn't '*even take the chance*'.

He realizes that he is 'going' to die from a brain cloud and then realizes the beauty in the small things and how important life is and **then** he becomes alive.

He becomes who he really is on the inside and puts away all of the repression that has been holding him down and he instantly conquers it.

He goes back into the office a changed man truly being himself and having WAY more power than his boss even.

To keep it short, after he walks out in power after quitting and accepting freedom and power by truly being himself (the way we were meant to be), he walks back in and says to the girl DeeDee (Meg Ryan), *"DeeDee... How about dinner tonight?"*

And she is just overwhelmed... of course she says yes, *"Wow, what a change."*

And of course they end up making out that night because he accepts his power, is being his true self **without limitations** (an alpha male that naturally attracts women) and naturally leads the relationship fastly from there (including the *'take her to another place'* technique before stopping home technique).

But it's what they both want.

So it's up to you to accept your inherent power but first you may have to understand some more things that are involved. See my 'Mens Guide to Women' ebook. It's great to draw influence from many different sources (I do it all the time), but it's also about what value you can add to the world (and to women).

If you aren't going to be yourself in life ***who are you going to be?***

Let women and other people know who you are by just *being yourself*, always improving yourself and letting it shine.

In this world of social clones and wannabes, *don't be afraid of offending someone.*

Desirable women usually find this attractive in a man because *you stand out from the crowd and are independent and different.*

If you can take your inner character and represent or showcase it on the outside, this means you can't fake it #1 and #2, all of your interactions are going to be *accelerated* because people already have something to go off of.

You're not being more 'vulnerable' because you are strong enough to add value back into the world now plus you **never need their approval.**

Take your 'true colors' and find ways to let them *show* by really being yourself and living your inner reality on the outside.

Also don't feel like you have to impress women or cater to them.

If you say something funny and she doesn't laugh, guess who has the lower rung in the ladder - she still does because she didn't get it.

All women have an inner dork... *find it, reach out to it.*

Technique 11: Be honest in your intentions

If you want to accelerate things very fast and NEVER experience rejection, you're going to have lay out your 'terms' before she even has a chance.

Doing this is a very alpha male characteristic plus you're really letting her know where you're coming from.

Even though I have done this many times before I met him, I still have to give some props to Brent from www.absolutepowerdating.com for first stating this general philosophy publicly.

But it's a universal trait of highly effective alpha males and it applies to everything they're doing in their life.

We just don't have time to waste putzing around with the courtship game because it's not what we or the women we're interested in are after anyways right now.

Most importantly, just being *honest* about who you are, what you want and expect from her and letting her know (preferably upfront shortly after you meet) is actually a relief to most women so they don't even 'have to' reject you or play the painstaking 'dating game' of what's he thinking now/what's she thinking now... they can just 'toe the line' to your reality or 'fall out'; it's their choice but you're *moving on* either way because you've got women to do, things to see.

Actually I just sent an email to a Singapore model that I had met on the internet and met in person a few years ago when we were just 'dating' with all those hidden expectations.

... And I just broke the ice and told her... *"Look, I don't want to waste your time or mine so basically we're either going to have a physical and fun relationship or we'll just be friends without benefits.*

"I'm meeting other people (women) and don't have time to waste. I won't have time to go there to have continued uncertainty about where we stand. I respect you greatly, but you're too independent (like me) so our relationship could never work for the long term, but if we put all that other junk aside, we can just have fun in a respectful way... just wanted you to know where I stand whatever you decide.

Let me know if you still want to meet up."

It doesn't even MATTER what her answer is because I have the power, plus I haven't lost anything anyways.

Now multiply this around dozens of other women and see what happens... it's not difficult.

That's worth the price of admission right tharre. Git'rdun.

And...

Actually doing this can turn a woman on (whether she admits it or not) because she has finally met a man and her body might start thinking about *lustily* things because of the certainty involved and yet the powerful attraction of a real man.

She wants to have fun, baby and you're letting her!

It's the absolute *fastest* way to take things from fantasy to reality and increase your chances of success.

If she says 'No', you're so self-secure that she's the one that's turning down a guaranteed valuable, unforgettable good time, but it doesn't matter anyways because you are an independent man that is going places and has had or will have hotter women than her anyways (but try not to see it like that b/c it's a *limiting* scarcity mentality with hints of dependency involved).

And you do this *before* she even has a chance to reject or disqualify 'you'... you've taken all the cards out of her hand before she could do anything.

You're the one showing that you have the power.

And she may come calling back to you if you leave the 'door open'... *"All right, just let me know if you change your mind and then we'll see"*.

You keep the power and it's a transactional interdependent relationship with future potential.

You can even upgrade your girlfriends (if you're not sure where you stand) to FTF when done properly and respectfully.

Women will 'know' that they have a sure bet with you and one day might just be so desperate to get rid of all the social pressure from all of their 'suitors' or all the X rated 'creeps' that you'll be the one guy she can trust because she knows where you're coming from AND will respect her for it.

In doing this...

You can't get rejected because you're laying out your turf and if she says yes, it's on like Donkey Kong, and you can experience a great 'free' time together without all of the social junk.

And it's all done in a very honest but respectful way.

You know you can please her (or any woman) and you don't like to put up with all of the false *social expectations* and junk any more than she does that's stopping you from having a good time with her or any other hot woman.

And whether she says yes or no, it's still a win/win because we're both saving time and we still respect each other anyways.

And it feels absolutely liberating to let your inner reality become real like this... *try it!*

It cuts right through all the other social B.S. and unstated expectations or confusions and let's her know where you stand so she can decide to follow or not.

It also differentiates you from all of the other men, elevates your social status to leader of your own pack and makes other men look bland because even if they're great catches, she doesn't have enough information about them to go off of.

This creates a powerful vacuum of attraction.

Of course you don't have to have looks, money or even high social status... if you can just have a really strong reality, that's often strong enough because women are attracted to men who are alpha's and **act** like it.

Her body and then mind can't resist the forces of attraction and she'll put aside your other misnomers 'blinded' by the feelings she's feeling.

However I do recommend truly respecting her and her body and adding value to her life; not trying to 'get dupe' or 'take something' away from her.

But you just can't 'lose' especially when you do it before she puts her independent cards on the table and comes up with objections.

As a man you're SUPPOSED to lead and that's what she wants; a man who stands up for himself could stand up for HER when it comes down to the wire.

Sometimes just letting her know your expected reality is the *only* way to cut straight right through as fast as possible to get the hottest women (often the most repressed and anxious) who may be ready at that time or in the near future...plus you can relieve THEM of all of the social pressures and they will love you for it, Dick.

It's best to do this upfront when you're first meeting a woman though.

To start things off right.

However, if you haven't been a wussy but maybe are just unsure of where the relationship stands... feel free to put an ultimatum out there and truly believe it.

And do have the intention of being able to walk away easily from her *without* remorse... it's not a dependency.

Unless you have kids, your relation to anyone in the world should never be a dependency once you reached the age of 18.

Not even marriage.

It's interdependency.

Just being honest about whatever your expectations are saves a lot of drama, time and heartache on both sides.

If you do just want a 'dating' relationship and want to play that social/cultural ritual where you keep spending money and delay sex (I've played it before) then keep calling her and talk about what kind of furniture and kids you're going to have.

Technique 12: Give them something they can extrapolate

This is a powerful powerful technique right here.

Most importantly, it stems from actually being (and becoming) your true self and who you were meant to be.

Women are always making **judgments** about men when they first see them... they HAVE TO.

First impressions are accelerated in importance times TEN when it comes to the 'dating' world.

They have to develop a solid opinion of you to prevent wasting their time or ending up with an energy draining wussbag.

Every LITTLE thing about you and especially your energy they can sense and are making judgments about and fast forwarding...it's all they have to go off of.

Usually their 'intuition' is pretty accurate.

You do the same thing except it's more physically based with women.

You're extrapolating right when you see women in a split second you'd know if you want to sleep with her or not.

With women, it takes a little longer to 'read you' but they can get a generally good idea very quickly and especially after communicating with you if they'll *'give you a chance'*.

Most wussbags though, after extrapolating his draining energy, she won't even give him a chance.

If you're incongruent with who you are and trying to develop 'techniques' to showcase some hotshot or something but you're not *representing* your internal character, she **will know**, and then you're going to get stuck in a rut and continue to be rejected.

I recommend becoming a better man in the first place *and then* taking your inward 'true colors' outward and unabashedly 'showcasing' who you really are (not someone you're not) to people at all times so they CAN judge you (*b/f it's happening anyways you may as well make it in your favor*).

Doing this will allow women to be attracted to you if they see that you're comfortable in your own skin.

And when you can follow up in congruency by being who you really are throughout your communication with them (before AND after/throughout) your meeting them, you will have *massive* effectiveness and power.

So what you want to do is become a better man, develop more desirable qualities and value within yourself and let people know.

This means MANY things.

Increasing your sense of fashion related to who you are, work on your personal appearance, posture, self-respect, composure, everything... all of this shows.

Even down to your fingernails, breath, and SHOES.

You make judgments all the time.

Women can sense 'quality' or 'low class' instantly.

When you have things working in your advantage (*esp. because it's who you are*), she'll be 'open' to giving you a shot to see if you really *live up* to what she hopes you are.

I've had women come up to meet and meet me before many times without saying a word just because of the information she extrapolated.

This determines her interest or not, and then when you confirm what she thought (or are even BETTER), *whoheeee...it's on!*

If you've ever seen a man walk in the room and you felt the atmosphere change and sense that he must be '*going places*' and '*getting chicks*'...well, women can pick this up many times stronger than you can.

They are VERY sensitive to your presence and they will accelerate whatever 'feedback' they are getting.

It either works in your favor or works massively against you (as maybe in your past).

THEY KNOW.

So give them something they can extrapolate that represents you and is something they want.

Work on your image and everything related to who you are as a strong man (*ideally an alpha male*) but truly being yourself, fearless, unashamed, confident, valuable and desirable.

Unfortunately if you're a GREAT guy on the inside but just not 'showing it' on the outside, *how on earth will she ever know enough to be attracted to you?*

And if you are the guy who is overweight, balding, less than average looking, maybe older... well... I recommend actually having 'something' of value to bring to the table.

Really.

If you're expecting the hottest women, then you should have 'something' of value to add to their life (*even if it's just great sex*).

There are some unhealthier women who will go with a less socially desirable guy but why be less socially desirable?

If you don't have all the physical attributes going on?

So what?

You can develop all kinds of other attributes that women and other people find respectable and desirable.

She may be 'beautiful' (*in the eye of the beholder anyways*), but you have other attributes within you that balance out her beauty.

If you don't balance out with '*something*', then it isn't really a natural match and you should develop 'something' that equals your perception of her beauty.

Or you can just not care about her 'beauty' in the first place and that can work but at least respect her body and give her an unforgettable experience.

You shouldn't have to be a jerk or bad boy in order to succeed with women.

These used to be the outcasts of society and are now scoring women because they're the few that still maintain the natural paradigm of attraction (the man leading the way fearlessly and she is attracted massively to) b/c mostly no one else is stepping up to the plate.

Today's independent women have changed from their grandmothers but you do NOT have to become a jerk just to score with them.

Live in a strong reality, showcase who you really are, be fearless around them.

But especially in this tip, give them something that represents you that they can MAKE a judgment off of that is desirable and be right about once they meet you.

This will attract women to you everywhere you go (I've done it in many countries) and accelerate the attraction process.

When I was in the U.S. Army, we soldiers used extrapolation a LOT.

You can tell a LOT out of a new person or a new officer/NCO just by seeing them and their first initial reactions or actions.

This was very true.

When we were on deployments and saw other soldiers, the smallest details counted and usually told the truth about who they were in greater detail.

If you saw a guy fumbling with his rucksack, you'd very easily accelerate the thought process and conclude that he wasn't squared away and many times people would INSTANTLY (*I mean RIGHT AWAY!*) treat him differently whether he really was squared away 'most of' the rest of the time or not.

On the other hand, if you saw a trooper who flawlessly grabbed his rucksack and flipped it backwards onto his back with authority and started moving out, you respected him and just assumed that he had power and control.

The more that a soldier or man really WAS this way in everything he did, the less of a chance it was 'just for show' because he really did kick ass.

This stuff is real and usually accurate and it's at LEAST at this level with (desirable) women ALL of the time they are meeting men; they ARE extrapolating data because it's all they have to go off of.

What do YOU want to portray to them?

If they extrapolate something desirable and heart-melting off of you, DON'T prove them wrong... actually *BE* that man.

How about becoming more of that man that women would *want* and then showcasing who you are with or *without* them being around, through and throughout b/c you really ARE that man?

Because I'll tell you, they ARE extrapolating, whether you believe it or not, just as much as you instantly reacted based on your perception of how she looks to you.

But when you become that man that everyone wants to be around (which may be a long process), you'll have your life more in line with who you probably really are inside anyways, and you'll be giving women something to start turning into wussies themselves around right in your very presence;

Especially when you follow through and their body and mind has no choice but to go along with your lead respectfully because they trust you and any advantage you 'take of them' would only be to their mutual benefit as well.

It's your job to take the lead and maximize your opportunities of developing everything in your favor.

Technique 13: Become the man you know you should be

This goes for in life and for in attracting and succeeding with beautiful women or the women you desire.

If your entire focus in life is on just becoming more effective with women, you're not being a natural man.

Fortunately, there are some things that you **DO** have to learn to get more in line (taught in my "Mens Guide to Women") which will allow you to live a more balance, healthy and natural life for yourself and for dealing with women and being successful with them.

When you become the man that you know you *should* be, you will improve yourself and do whatever it takes to become more desirable to women (and not less desirable or a social outcast).

Your life centers around you and I have to admit it that men are at the top of the food chain (*yes, above women!*) for a reason and it's up to **you** to embrace your potential and stop living in fear and confusion when it comes to dealing with them.

With power and dreams comes great responsibility and with it, you must also respect all women without ever letting them betray your own personal boundaries.

When you are the man that people and women desire to have for the short term and especially long-term and continue improving yourself, your options with women become infinite because you know that you can please a growing number of millions of women around the world.

You just have to embrace your potential and seek to *improve yourself* because you are what they ideally WANT to look up to and be a part of.

If you have a *goal* or *purpose in life* or just something that you're really interested in, women will pick this up and respect you for it.

Get really good at least at SOMETHING.

Personally, I've been consciously doing all kinds of things to make my life more interesting and intriguing, so that I am continuously growing but also have something of value to offer even the most desirable women in the world.

How do you think I react to the average woman who thinks SHE has the power because of her 'looks'?

"Honey, I'm the catch...there's NO denying it. Even if I have short-term sexual relationships with them, if they're empowered and independent, I won't let them catch me for the long term... it's a paradoxical void that can never be attained by them and makes them want me more and I show it."

I'm just being me.

I've been through pain and compound regression like you too but not anymore."

It's up to you to become the best man you can be.

Gillette or something..

See my 'Joe vs. the Volcano' reference in Technique #10.

Technique 14: Understand cultural differentiation

When you begin to realize that there are *millions* of women around the world that would *desire* you *once they got to know you* and WOULD want you for the long term, you'll start seeing things differently.

If you've been wondering why women are like this or have treated you this way, don't worry about it.

They can't help the culture in which they were brought up.

For better and for worse, our social and relational dynamics have changed (even flip-flopped) from what they used to be.

That woman who you think is so hot and knows it and gets away with anything that all guys seem to want... you know the one.

Well, if she was in another culture, she may not get away with any of that; not to mention most men would never want to marry her because they know she'd be a housebreaking neuroticbitch and hell to live with.

In case you didn't know... most of the people in the world still live in a traditional paradigm.

Yet here in America (and it's spread), women now can get away with literally murder.

Our media portrays nothing less than sexual exploitation of women and the power has shifted.

If you fall into this line of reasoning of what I call the 'forced reality' which we've built on top of our natural paradigm of relational attraction, you're going to continue to be frustrated and never be able to figure women out.

Understanding cultural differentiation will help you realize that you actually are a good catch around the world and that you'd have a 100 times healthier

marriage with a more traditional woman than one that tries to (fill in the blank divorced men).

"If all of us men," as my buddy Brent says (www.absolutepowerdating.com) "become a part of the solution and not the problem, the world will be a better place."

I am the first expert to bring cultural differentiation to the table while other guru's completely don't even acknowledge it or it's importance.

I have naturally attracted women and had success with them around the world without even speaking many times BECAUSE OF my inherent ability to naturally attract women, while in the U.S. it was hard to get anything started.

It's a world of a difference and you're not alone.

I strongly suggest my 'Men's Guide to Women' ebook in order to fully understand the important scope of the macro dynamics involved so you can find your place and wipe away years of confusion (as I did).

Technique 15: Learn and use The Shark Tale Technique

This is the most powerful technique that I take over half an hour to describe in full powerful detail and scope in my *"Overcoming Fear of Aphrodite's"* Audio CD program.

I can only give a very brief overview here because it's all I have time for.

If you haven't seen the animated movie *'Shark Tale,'* RUN to the nearest store and buy it now on DVD or VHS (Ok after you read this).

The opening sequence and the sequence where the family of sharks are at the dinner table are some of *the most* powerful moments in cinematic history when it applies to dealing with women.

ALL of your power and leverage lies therein.

Those sequences will show you *exactly* how screwed up our modern society is where a natural born killer will let shrimp and worms get away instead of eating them like it's supposed to (a natural, biological process), thereby slapping nature in the face.

The added value and 'screentime' that these sharks (and men today) are giving into (socially acceptable women) has thrown off their complete ability and composure to be sharks/men and complete the natural process (of attraction) in which they already know how to do and have to do in order to

survive.

It also consequently explains why we have 40 year old virgins when a byproduct of modern cultural society 'Lenny' chooses not to eat meat and instead is the ultimate wussy; this is the tale of our modern social reality.

If you get any of my programs, you'll understand the '*Shark Tale*' exercise in complete scope.

It's the most powerful leverage you can have to overcome your fear of women, regain your own power as a man and have the ability to connect (or '*approach*') any woman on earth.

When you truly connect with the power to be yourself by understanding that you really DO have the ability and power to fearlessly approach and connect with women (and you deserve to), you will reach an entire new reality completely.

Once you understand 'shark tale', you can say this to yourself as a mental trigger anytime that you are near a woman where you KNOW that you should talk to her.

This will condition yourself (you have to hold the integrity) to naturally make a connection with her because it is your inherent right to do so and you are connected to powers that are greater than yourself.

This can be the most powerful exercise in overcoming fear, realizing your power and then taking action into approaching/connecting women everytime you say to yourself the trigger 'shark tale'.

I guarantee you, if I'm the air marshal and some assclown starts yelling '*I've got a bomb*' and flailing his arms around I WILL take him out and neutralize the threat; no excuses.

That air marshal today did the absolute right thing whether the guy was '*disturbed*' or not.

Soldiers ride and git'r dun; zero tolerance for threatening innocent civilians lives.

If you've got an opinion on something, let it be shown especially if the situation presents itself.

Technique 17: Be a true natural

Instead of trying to be the '*pick up artist*' or '*approach expert*', learn how to become more social and interactive with women and people in general and

understand the natural process of attraction.

When you can get in touch with your natural ability to attract women and develop those characteristics, you'll realize how stupid pick up lines were in the first place.

Women don't want to be 'duped' or 'conned' and when you just do everything else right (as I teach), you'll realize that you can give them what they want and have more women than ever while still living your lifestyle.

Casanova and Don Juan respected women, you could 'call' it seduction but they really did respect the women because they were giving them a valuable interdependent experience that was naturally based.

Learn the art of being a natural; it's your invisible weapon anyways, but in the process, you will learn to respect women more and still be massively successful.

You can become a model magnet; model being whatever your ideal type of women might be and attract them to you and take it from there.

Technique 18: Understand that Girls just want to have fun

If you can just understand that girls/women today just want to have FUN more than ever before in history, you're going to be a lot better off if you provide it to them.

I'm talking about today's women whose role model is more Carrie from 'Sex and the City' rather than 'Ma Cleaver' from 'Leave it to Beaver'.

Yes, things used to be very traditional and things used to work; date a few women, choose one and want to get married, get married and live together without getting divorced.

Times have changed in the past few decades.

Now there is still the teachings being taught down from our parents to 'date a woman' and basically 'court' her for MARRIAGE.

When you take this path of 'dating', you're going to be dealing with all kinds of drama and heavy handed implications that are bigger than yourself.

Should I kiss her?

Should I buy her dinner again?

After how many dates might I get to have sex with her? Etc...

When she's 'dating' you for long term, of course she's going to withhold sex so she can keep you around.

Often times, women now will use men (who are throwing themselves at her courting her) to get free meals without ever giving much of anything in exchange other than her time and these assclowns feel lucky enough to be around her because they think she's 'so beautiful' and a great 'catch'.

Little do they know that the one guy she's running to is the guy that isn't being like all of these suitors... she's running into the arms of the closest guy who she can feel 'free' around and get rid of all these societal pressures.

She wants to have fun, experience her own sexuality and enjoy it WITHOUT having to have the thoughts of raising a family with every guy she has sex with.

Times HAVE changed.

She can now go through the accelerated mating process and feel all those wonderful feelings from men that can give it to her (not the suitors) *without feelings of dependency, future expectations, drama or remorse.*

If you can be THIS guy...

You can be the guy she has her fun and sexual fulfillment with instead of the assclown buying her flowers, NOT giving her what she wants (she's not looking for marriage and when she is, she really wants to get to know a guy naturally first w/o all those connotations) and never getting anywhere.

She has a lot of pressure and competition now because her qualities are more like a man's traditionally and she's looking to exercise her own independence and break through her repression through outlets.

Today's modern, social, independent women want to have FUN and exercise their sexual freedom without drama.

They want to have that option and will take the closest outlet they can.

You can be that guy WITHOUT having to be a bad boy or jerk in order to add value to HER life and give her an unforgettable time.

You can be that guy WITHOUT being a little wussbag because how on earth can she have fun if you're treating it like a dependency... *it's dragging her down.*

Adopt the same 'fun' state of mind and take all the pressure off... they WANT to meet fun, sociable guys like them without all kinds of heavy implications just when they meet you.

Don't build up so much value or importance on it... **just have fun.**

Set the relationship right away on your terms with AMP (*accelerated mating program*) if you really want to get straight to the point and see where she stands with you.

After meeting her or definitely by the time you follow up first (at the latest), you could let her know that you don't 'date women'... there's too much heavy connotations and expectations associated with it that prevents you from really getting to know her.

Let her know you're going to have a lot of fun together... then you can hang up on her; who cares!

There's no dependency going on here.

There's a million ways you could take it but you have to frame it near the beginning and really be living YOUR reality.

Then either she'll call you later or you can call her in a few days and confirm she's up for it and then set out a meeting date (not focused on money or dating) that is just casual to take it from there.

Or collect phone numbers and just let women know that you ONLY want to have fun and physical relationships.

When they sense that really is your reality, they'll become more interested and wonder if you have other girls as well (which actually helps).

Tease her, play with her and indulge in each other in a mutually respectful interdependent way.

You'll be the guy that she runs back to for great sex and social freedom when she cries on the shoulder of nicer guys who are not keeping up with the times and still trying to 'suit' her or impress her for a long term relationship when that's not what they want either.

There's so much more to learn.

Make sure you learn the natural way as best you can because it's more important and will actually get your life heading more in the direction you want it to go AS A MAN and in your relationship to women.

You can live your dream life as a reality with women by being an ***uber-player, a non rare natural*** which is more effective than a pick up artist.

Learn this art from 'the sage' (me) and sign up for my free "New Reality with Women" newsletter on my website www.mensguidetowomen.com

About The Author: Rion Williams is the author of the best-selling *Men's Guide To Women*, an interesting manual that opens up your mind into the world of seduction & dating & instantly shows you the *exact* ways on becoming the successful '*player*' you've always wanted to be (learn more about it at: <http://www.MensGuideToWomen.com>).

Rion is also the founder of the popular website <http://www.ModelMagnet.com> and has experienced *tremendous* success with women from all over the world; from the United States right down into South East Asia, he's seen, approached, picked up, and *been through it all!*

His strength lies in his real-life experiences & successes with women from various cultural backgrounds & has discovered a truly unique approach to 'getting it' with women...

You can learn this unique '*art*' from him and sign up for his free "New Reality With Women" newsletter on his website <http://www.MensGuideToWomen.com> or you can contact him directly at rion@modelmagnet.com

Chapter II: Marius Panzarella

Dating & Attraction Insights From The Founder Of The “*Smart Dating System*”

<http://www.DateBeautifulWomen.com>

Hello. I am Marius Panzarella, author of the *Smart Dating Course* and several other publications. I also run a free newsletter at:
www.datebeautifulwomen.com

I would just like to take a quick moment to thank Simon Heong for *finally* convincing me to join this project. Since I'm already a very busy dating coach with tens of thousands of readers across the world, I didn't think twice before I turned Simon down when he first approached me last year.

But Simon *insisted* that I should contribute to his project, and he had cajoled, bribed, and tempted me every month for almost a full year before I finally gave in.

Personally, I think Simon is a living example of my Dating Factor #8, the *Creative Persistence Factor*. I have no doubt that if you copy Simon's creative persistence and go after the women you really like, you WILL have as much success as Simon has in business! *Good luck!*

Insight 1: The Attraction Factor

The Attraction Factor is the most important factor of the *Smart Dating System*. In order for a woman to want to go out with you, she must **FEEL** attraction for you.

This is a simple concept that most guys brush off as “common sense”. But in my years of experience as a dating coach, at least 70 percent of guys fail to truly *understand* it. They either do not have the discipline to follow this simple rule or they choose to ignore it. (See the “*Reality Factor*”.)

Since the topic of “attraction” has already been thoroughly discussed in so many of my ebooks and also on my free newsletter, I’m not going to give another lengthy lecture here. (If you wish to learn more about attraction, just read the tips on my newsletter.) But here’s a quick quiz I’ve come up with to test if you understand what “attraction” really means.

- 1) Do you flirt with women instead of buying them gifts?
- 2) Do you always focus on a woman’s attraction towards you rather than your own attraction towards her?
- 3) Do you like saying “no” to a girl you like?
- 4) Are you an openly sexual person?
- 5) Do you present yourself as a challenge to women?
- 6) Do you usually have most of the power in a relationship or courtship?
- 7) Do you focus on what she *does* instead of what she *says*?
- 8) Do you think that *lust* or *primal attraction* is important in a courtship?
- 9) Do you enjoy raising the *sexual tension* even though the feeling of uncertainty may feel uncomfortable to you?
- 10) Do you have the guts to walk away from the girl you love?

If you have answered “no” to any of the questions listed above, you still have a lot of things to work on before you can have true success with women. Read on.

Insight 2: The Ex-Force Factor

The “Ex-Force” of the *Smart Dating System* is a term I’ve come up with to represent all the negative “external forces” in a relationship. Basically it represents all the forces of any obstacles that might have a negative impact on your love life. Here are a few examples:

- 1) Your age gap
- 2) A competitor (like another guy)
- 3) Your height
- 4) Your bad looks
- 5) Your skin color
- 6) Your lover’s childhood trauma’s (Rape, abuse, etc)

- 7) Distance
- 8) Fear of commitment
- 9) Religion
- 10) Family

The good news is that attraction can overcome **ANY** Ex-Force. Imagine an old-fashioned balance scale. On one side is an Ex-force exerting on you. On the other side is a woman's attraction for you.

If her attraction for you is stronger than the Ex-Force, she'll date you. Otherwise, she will reject you or break up with you.

Note that you CANNOT change the amount of Ex-Force exerted on a woman because it is always constant. Whatever your "problem" is, it is out of your control.

For example...

You can't grow more hair.

You can't beat up the "other guy".

You can't become younger.

You can't grow taller.

You can't change your skin color.

You CAN, however, change the amount of attraction a woman has for you. At the end of the day, attraction cuts through **EVERYTHING**, which means you should ignore whatever you *can't* change and focus on ATTRACTING women instead. If a girl is attracted to you enough, she won't care about your looks, your height, or your age, get it?

Insight 3: The Sexual Tension Factor

If you're going after a girl but she's not responding to you the way you would like her to, chances are you are lacking sexual tension.

So what is sexual tension?

It is the subtle force that connects two people together. You know how when you first meet a girl and there's something that draws you towards her...but at the same time, there's a great deal of "uncertainty" in the air because you're not sure if she feels the same way about you?

In time, this tension grows stronger and stronger until you can't help but to think about her day and night. The sexual tension then amplifies into LUST and you feel like you HAVE to spend more time with your girl.

Now...wouldn't it be great if you could get a girl to experience the SAME feelings towards YOU?

Of course it would.

Unfortunately, most guys are afraid of using sexual tension to attract women. They are afraid of raising this tension because of the "uncertain feelings" attached. To these guys, this tension feels foreign...or even uncomfortable.

They are afraid that if they raise it any higher and risk "offending" the girl the girl they like, they will lose all chances with her.

Garbage.

If you build up sexual tension with a girl, she's going to become VERY attracted to you. For example, a girl could be acting "pissed" and hitting you on the arm when you tease her. But an hour later, she could be begging for your phone number.

Now...tell me...would you rather have a girl who feels NOTHING for you...or a girl who feels LUST and PASSION for you? I think the answer is clear.

So how do you develop sexual tension?

Personally, I find it very helpful to pretend I'm fishing whenever I'm flirting with a woman.

1) Think of sexual tension as a fishing line. When she expects you to pull her in, give her slack to let her swim free. This will throw her off balance and make her swim closer to you.

(Application: Be a challenge and NOT do the things she expects.)

2) Then you SUDDENLY jerk back the line and throw her off-balance again. This will sink your hook deeper into her, making it harder for her to escape.

(Application: After telling her that you just want to be "friends", you suddenly grab her hand.)

3) Keep this tension up, and reel her in slowly. Eventually, she'll be yours to catch.

Insight 4: The Control / Responsibility Factor

Would you like to have more control over your love life? If so, you'll have to start being more responsible for your own actions.

Here's the magical formula of life: **Control = Responsibility.**

The two are inseparable.

If you want more power, then you'll have to be more responsible. It's as simple as that. At school, if you want to join the student council, you've got to volunteer to stay after school. At work, if you want to get a promotion, then you've got to show your boss what you're capable of.

In business, the more money you want to make, the harder and smarter you have to work. In politics, the more power you have, the more responsibilities you'll have to carry for your country.

Dating is no different.

If you want to demand more, then you must first start by GIVING more. You must first understand that **YOU** alone are what makes you ATTRACTIVE or UNATTRACTIVE.

Every action you make will either make a girl like you more or like you less. It's not your luck, it's not the environment, it's not "the other guy"... *it's YOU.*

Nobody but YOU.

Listen.

If you want to have more control over your love live, then you better start accepting responsibility for your own problems NOW.

For example...

1) If your girlfriend has left you for another guy, don't blame the other guy for stealing her. It's YOUR own fault for losing her. If she was REALLY attracted to you, NOBODY could have stolen her away from you.

2) If women always keep telling you that they like you as a "friend", don't whine about it. It's YOUR own fault for not developing enough chemistry with women.

3) If you never go out and meet women, then don't complain about not having a girlfriend. It's your own fault for not expanding your social circle.

4) If you can't hold a conversation, don't whine about your shyness. PRACTICE your conversation skills.

5) If you don't know how to attract women, then LEARN.

The moment you neglect your responsibilities as a real MAN, your love life is going to suffer!

Insight 5: The Friendship Factor

Have you ever been attracted to a girl who just wants to "*be friends*" with you? Don't worry. In the next few moments, I am going to show you how you can turn a "friend" into a "girlfriend" without jeopardizing your friendship with her.

A lot of guys like to fantasize about befriending a hottie and sucking up to her until she finally sees what a great guy he is and starts dating him.

Ugh. It doesn't work that way.

You see, to a woman, there are 2 categories of men:

"Potential lovers" and "just friends".

Once you have fallen into the "just friends" category, it's hard to get out. You are most likely going to be stuck for life. I call this the "friendship trap".

So...if you meet a girl you like, please...make your move. Do not become the "doormat" she runs to when she is between boyfriends.

Now, maybe you're "stuck" as a friend already (too bad you hadn't read this earlier eh?) so I'm going to give you a few tips on how to turn a friend into a girlfriend.

First of all, *DON'T tell your friend you like her!*

I am serious. DO NOT tell your friend you like her directly.

Most guys spend days or weeks gathering the courage to tell a girl they like her, only to fail miserably!

Remember the key to attraction is... *it's not how much you're attracted to a woman, but how much she is attracted to YOU that matters.*

Women do not care about how much a man loves them. They only care about how much **THEY** like a man. I am sure you like her, but does she like you? **YOU DON'T KNOW!** And that's why you should **NOT** risk embarrassing yourself!

Also, men who "gather the courage" to "suddenly tell the girl he loves her" usually do it at the "wrong" time, like when a girl least expects it. Surprises are scary and women don't know how to react.

Their **NATURAL** reaction is to turn you down on the spot ("I have a boyfriend" or "I am not looking for someone right now", etc) just to be safe - *even if they may regret it later.*

So, instead of putting the focus on your feelings and worrying about how you can tell her you love her, I want you to focus on getting **HER** to tell you she likes you.

Now, the biggest difference between a friendship and a relationship is that there is sexual/romantic chemistry in a relationship, and that's why I want you to start *flirting* with her and drive the chemistry up.

It's time to **ATTRACT** her, not to chase her. Your goal is to get **HER** to fall for you and eventually ask you the "Are we together?" question.

Lastly, flirting with her will allow you to see if she likes you or not. If she ignores you or doesn't respond well to the flirting, then she's not interested in you. But if she flirts back, she wants you!

Insight 6: The Breakup Factor

I'm going to tell you that breakups do not happen overnight. Most men are surprised when a woman leaves them, when they have been ignoring all the "warning signs" that have been going on for weeks/months.

It is very important to stay awake in a relationship and not take a woman for granted - unless you're waiting to get dumped.

Let me tell you how men and women break up with each other. When a man dumps a woman, he usually feels bad after dumping a woman because he still cares about her.

But when a woman initiates a breakup, the scenario is usually very different.

Why?

Because a woman usually tries to bear discomfort with a man before she is finally pushed over the edge and decides to dump the guy. And when she

does, it is **for real** with no way of turning back because she has already made up her mind. She has allowed her anger to build up to a point where there is simply no way of turning back.

What means to you is that when you find that perfect woman, *make sure you keep the spark alive*. Do not make the mistake of letting her like you less and less as time goes on.

Remember, if a girl likes you **a lot**, she will do whatever you say and won't out you down, etc. So perfect the art of dating and know how to woo AND keep a woman before you go out and get hurt again! (Think I'm kidding? Well, just think about how over HALF of the marriages will end up in a divorce court in America. *Sick, isn't it?*)

Insight 7: The Boyfriend Factor

So you've just met a girl...and she tells you she has a boyfriend.

What do you do?

It's simple. You ignore her.

Why?

Because there's a possibility she's using it as an excuse to brush off guys that approach her. Also, even if she DOES have a boyfriend, it's not how much she is attracted to her boyfriend, but how much she is attracted to YOU that matters.

Let's face it. How much she likes her boyfriend is COMPLETELY beyond your control. It is just not something you can change.

You could tell a woman her boyfriend's a jerk EVERY DAY, but that wouldn't change a thing. Nothing you say could EVER change the opinion of a woman about her lover. Because at the end of the day, her attraction for her boyfriend will cut through EVERYTHING.

However, the love balance scale in the *Smart Dating Course* tells us that if a girl's attraction for you outweighs her attraction for her boyfriend's, she will go for YOU instead.

And since you can't change her feelings about her boyfriend, the ONLY thing you can work on is her attraction towards YOU.

This means you should just work on attracting her and raising the chemistry with her without worrying her boyfriend at all. Just ignore he exists. Never mention him and NEVER argue with your girl about dumping her boyfriend.

Leave ALL the arguments to between her and him. If she fights with him whenever she sees him, but has a nice time every time she sees YOU, who do you think she's going to like more?

Not such a hard question to answer, is it?

Insight 8: The Creative Persistence Factor

In order to be successful with women, you must have what I call “creative persistence.” Just like you can never have success in life without being persistent, you can’t have much success with women without having creative persistence.

A lot of guys do try to be persistent with women. The trouble is...they only try the same thing over and over again. Sorry to break out the bad news, but *if it didn't work the first time, it's not going to work the second or third time!*

The reason why most guys bump into the SAME walls and make the SAME mistakes over and over is because they **fail to learn**. *They just keep on doing the same thing over and over because they can't see it's not working.*

For example, when a woman does not pick up the phone, the “persistent” guy tries to call until she does. Or when a woman says “no” when a “persistent guy” tries to take her bra off, he keeps trying until she finally gets angry.

The key here is to have CREATIVE persistence. When something is not working, Try SOMETHING ELSE. ***You want to go AROUND resistance, not confront it!*** For example, if a woman does not let you fondle her boobs, then smell her neck instead!

Insight 9: The Reality Factor

The biggest mistake men make in the dating game is ignoring reality.

Every day, I receive emails from guys that have been ignoring reality for most of their lives. There was once a guy who was arrested by the police for stalking a girl. But *still* he thought there was a way he could win her heart.

Listen.

Reality never lies.

It doesn't matter how much YOU like a girl.

The only thing that matters is how much a girl likes YOU. So stop living inside your head and take a look at the REAL world around you. Nobody cares if you're full of passion.

Nobody cares if you're in love with the love of your life. Women do not care about how much you like them. In fact, if they don't like you, they won't even WANT you to like them.

Try telling a woman who hates you that you like her. She will probably be turned off or even be disgusted by the thought.

This is why Smart Daters always fish for feedback when they're going after a girl. Smart Daters know to never ignore reality, because the longer you ignore reality, the harder it's going to hurt you when it finally hits you.

Think of it as jumping off a building.

The Smart Dater won't ever go into a flaming building he knows it's not safe for him. The dumber guy walks up a couple flights of stairs before he sees the fire and jumps out the window. Fortunately, he only breaks a few bones.

The real idiot ignores reality and climbs all the way to the 70th floor. Then he walks out to the edge of the rooftop, opens his arms, and jump down because he thinks he can fly away. Sure, he can believe he is Superman, but the ground will hit him sooner or later. And when it does, it's going to hurt.

Never ignore reality.

Or you're going to get hurt!

Insight 10: The Give And Take Factor

"Giving" and "taking" are equally important in a relationship. In any healthy long-term relationship, you can only get back as much as you give – not less, not more.

Unfortunately, most guys only know how to GIVE and don't know how to TAKE. They ruin their own relationships by giving everything they've got...until their women lose all respect for them and leave them for other guys.

There are two parts to this lesson.

The first part is that you should limit how much you give to how much you're getting. Love is a two-way street. You shouldn't be the only person doing the giving. I am not asking you to be selfish here; I'm merely asking you to protect yourself.

The second part is to actually see how much a girl is willing to give BEFORE you commit to her in a long-term relationship. Some girls are not natural givers, and such girls are NOT good candidates for a wife or a long-term girlfriend.

Don't let a woman drain you of your energy and money. If you're not getting what you want in a relationship, then get the hell out!

Insight 11: The Red Light Factor

When I go after a girl, I only see a red light in front of me.

If the light is red – as in she is rejecting me blatantly - I move on to the next girl.

If it's a green light, I keep going.

If it's a yellow light, then I use my creative persistence and find a way to get AROUND her resistance.

It's really that simple.

There's no reason to complicate things by *trying to rationalize her behaviors with your logic, etc.*

You will get it wrong 90 percent of the time.

So just KEEP THINGS SIMPLE and either

- 1) advance
- 2) move on, or
- 3) find a way around the resistance.

So here's the lesson:

When you get a red light, move on.

When you get a green light, boldly march forward!

When you get a yellow light...you turn it into either a red light or green light by ADVANCING FORWARD.

You do NOT know if she has "enough" interests in you UNTIL you push. ALWAYS end an approach with either a red light or green light. Don't leave it hanging with a yellow light.

Push until you've either won her... or until she has rejected you. This way you won't miss out any opportunities!

Insight 12: The Distance Factor

I'm going to make it clear that I do NOT like long-distance relationships. In my experience, distance ALWAYS kills attraction, and most long distance relationships DO fail.

So unless you've already been going out with a girl for a LONG time, do NOT start a long distance relationship with her.

At the end of the day, the outcome of your long distance relationship will depend on mutual attraction.

If your attraction for her falls, then you won't want to have a long-distance with her anymore. The same goes for her. If her attraction for you falls too low, she won't want to commit in a long-distance relationship either.

She'll probably start screwing around with other guys behind your back. How well she behaves while you're away will mostly depend on how much she is attracted to you.

Loyalty is also important.

Some girls are more loyal than others.

HOWEVER, I wouldn't count on this one because it's out of your control.

The ONLY thing you can do to protect yourself against disloyal women is by NOT dating them in the first place. Do you see why I always tell my guys to be picky about the women they date now?

Insight 13: The "Green Card" Factor

If you're thinking about getting a mail order bride from Russia, think again.

No offence to anyone with a foreign-bride fantasy, but if you can't get any women here in North America, what makes you think you can get a woman in Russia or East Europe?

Yes, it is true that I love foreign women.

Yes, it is true that I think a lot of American women are spoiled.

But that doesn't mean I am in favor of American men going "overseas" to meet women. If you want an international woman, then go meet a few foreign exchange students or immigrants.

But don't go overseas to meet a bride you know little about, because if you're a failure with American women, chances are you will *also* be a failure with these foreign women.

Think about it.

Even if you marry a young and beautiful "foreign" bride, and she stays with you for a few years to get her citizenship, what's going to happen once she has received her green card?

If she's not attracted to you anymore, do you think she's going to stay? Or will she divorce you to be with a younger, richer, and a more handsome guy?

Listen.

There are millions of hot, young, and beautiful women that you can meet here at home. There's really in point in going overseas.

If you have trouble meeting women here, then do your homework and improve your dating skills. But don't take the easy way out and "buy" love from another country. It will cost you more pain and money in the end.

Insight 14: The Cheating Factor

There are two reasons why a woman would cheat on you.

The first one is her low attraction for you. The more a woman is attracted to you, the nicer she will be to you. When a woman is very, very, attracted to you, she will do **everything** she can to please you.

On the other hand, the less a woman is attracted to you, the more likely she will do naughty things such as fooling around with other guys behind your back.

The second reason a woman would cheat on you is that she is disloyal.

Some women are more loyal than others, and that's why you need to make sure a woman is loyal before you commit to her.

Think of it this way: there is a "tolerance level" in every woman's system.

Every woman can only take a certain amount of temptation before she cheats on a man. Your job is to find a woman with a high tolerance level...

and keep the attraction high so that the temptation is low.

But what if a woman cheats?

"Once a cheater, always a cheater..." is my belief.

I can't tell you whether you should break up with her or not. That's a decision that YOU'll have to make. The more control you want to have over your own life, the more RESPONSIBILITIES you have to take - including standing up for yourself and figuring what YOU want.

All I can tell you is that if you choose to stay, you're probably going to be in for a rough life.

In my experience, a lot of women that have cheated the first time will also cheat for a second or third time.

If you're softhearted and want to forgive your girlfriend or wife once, then make sure you follow the *"two strikes and you're out rule"*. After all, if a woman cheats on you a SECOND time, it means you've already made a mistake the first time. Don't make the same mistake again!

Insight 15: The Challenge Factor

Every woman enjoys a good challenge.

Here are ten ways to act like a challenge on a date:

1) Don't Ask, Lead

This one is VERY important. A lot of guys ask stupid things like "Would you like to go to this restaurant?", "Can I go to the bathroom", or even worse, "Can we do this again some other time?"

And they wonder why they never get a second date!

Listen, buddy.

Confident men do NOT ask women for permission to do ANYTHING.

They JUST do it.

They don't ask for a kiss.

They don't ask for a second date.

They don't ask for ANYTHING.

So next time you go out on a date... please... JUST LEAD THE WAY.

Instead of asking "Can we...", just say "let's..." and lead her by the arm.

But never, never, NEVER ask a woman ANYTHING.

Remember, boys: If a woman doesn't like something, she will make sure you know.

2) Never Give a Direct "Yes".

If a woman asks you for something, don't just give it to her like all the other pussy guys out there. Make her WORK for it. (Remember, psychology tells us that we appreciate the things we have to WORK for MUCH more than the "freebies".)

For example...if she asks, "Can we go to Japanese?" Don't just say "yes." Say..."Maybe...", or you can even tease her and say, "I don't know, only good girls get treated to Japanese. Are you a nice girl?"

Or if she asks, "Can we sit over there?", instead of just following her ass like most guys would, grow some spine and say, "No. I'd rather sit here. It's a much nicer view here."

The key is to start getting you to act like a MAN.

3) Don't let her "interview" you.

If you want a second date, then you better not let your woman "interview" you. Women love to interview men on a first date...so they can weed out all the losers.

And guess what?

That means if you screw up on just ONE question...you're a GONER.

G-O-N-E-R.

Goner.

And this is EXACTLY why you shouldn't let her interview you in the first place. Whenever she asks things like "So what do you do" or "How much do you make?", just give her a silly answer...like..."Why, are you one of those superficial women? How much do YOU make?"

Whatever she says, just TURN IT AROUND playfully.

4) Lift up Your Chest, Tuck Your Tummy In

Want to project confidence physically?

Do what Sergeant Marius says in the Dating Bootcamp, "Chest up, tummy in, boys."

This will NATURALLY put you in a confident position.

Ever seen a marine walk?

That's how I want you to walk. Chest up, tummy in, soldier!

5) End The Date Early

So the date has been going really well and there's a LOT of chemistry between you and your new love.

End it now.

I am serious. I want you to ALWAYS end the date early to keep the power in YOU. Make your date wonder why you have to go. *Make her WANT to go out with you again.*

Most guys just drag a good date on and on until it becomes a bad date. Don't be the same. Be a man and have the power and self-control to end it early.

6) Don't Let Her Challenge You

If you act like a wussy and back down whenever a woman challenges you, her attraction for you is going to drop faster than an apple dropping down from a tree. Most guys make the mistake of thinking they should never risk "offending" a woman by showing her their spines.

WRONG.

Never bow down to a woman you like.

Don't suck up to her whenever she challenges you. Because if you do, she's going to lose respect for you as a potential boyfriend or lover.

So next time a woman challenges you, have some spine and stand up for yourself.

For example...

If a woman tries to challenge you or to seduce you by staring into your eyes, stare back. Don't look away until SHE does. (The moment you look away and blush in shyness, she's going to lose respect for you as a man and find another man who's stronger.)

7) Don't Talk About A Second Date

Never talk about a second date while you're still on the first date. Be a challenge - don't act like a eager beaver.

Remember my golden rule: Take it one date at a time.

8) Don't Tell Her You Like Her

Never, never, NEVER tell a woman you like her.

Don't EVER try to "express your feelings for her". That is worse than ripping your own spine out and strangling yourself with it.

I am not kidding.

Once it's out in the open that you like her, half the game is over. SHE will have all the power, not you.

Girls love trying to figure out if a guy likes them or not. It's part of the dating game. So don't take it away from them!

9) Let Her Think She's Not The Only One

If she asks you if you're seeing anybody else, don't freak out and say, "No. Just you."

Be a MAN and be a CHALLENGE.

Say something like, "Well, I have a couple of possible prospects right now. We'll see who wins." Then flash her a smile.

10) Be In Control From The Beginning To The End

This is extremely important. If you're taking a girl out, even casually, then you should be literally taking her out and giving her a good time. You shouldn't be seeking her permission every step of the way.

You should be SWEEPING HER OFF HER FEET instead. She's in YOUR WORLD now - give her a good reason to stay there.

Insight 16: The Words Vs Action Factor

Whenever a woman plays games or throws a tantrum, always focus on her actions, not her words. The last thing you want to do while a woman plays mind games with you is to try to read her thoughts.

Why?

Because you'll probably be wrong.

It is almost impossible for us to read a girl's mind because we're *always* biased. When we're trying to read a girl's mind, we're not really reading her thoughts. *We're merely trying to explain her action in order to justify our opinion on what she is thinking about.*

So instead of worrying about what she is thinking, focus on her *actions* instead.

How is she treating you?

Is she happy when she's around you? Or is she sad?

If she's very attracted to you, she will try to please you in every way. She will always be seeking attention from you.

If she's not attracted to you, then she's going to cheat on you or ignore you. She's also going to give you long talks about why you should remain friends.

Remember, when in doubt: words may lie, but **action always shows the truth.**

Let me give you some simple examples:

If you're teasing a woman and she's calling you a jerk with a big smile on her face, you can keep going because her ACTIONS show you she likes you.

Or...

If a girl tells you she loves you but keeps on cheating on you, then you KNOW she doesn't like you no matter what she tells you. If she really liked you, she wouldn't be cheating on you, okay? Her *action* shows you she is not attracted to you and that's the ultimate truth.

Remember, when in doubt: words may lie, but **action always shows the truth.**

Insight 17: The Mystery / Bottom Card Factor

When you're playing Poker, you ALWAYS hide your "bottom card" so nobody knows what it is.

Dating is just the same. Don't ever show your "bottom card" to a woman, as in never show just how much "power" or resources you have.

Women love playing detective and getting information out of you – so don't ruin their fun by offering information about yourself. If you tell them too much about yourself, they are going to find you boring by the second date and dump you by the third.

That's why you want to remain mysterious!

Furthermore, hiding your "bottom card" will let you come across as MUCH more powerful and dominant.

In Poker, if everyone knows what your faced-down card is, then there isn't any point to playing since you can't bluff. In dating, if a woman knows everything about you already, you're going to appear as a lot less powerful.

Powerful people are powerful because nobody knows just how powerful they are.

Cult leaders never reveal anything about themselves.

Politicians never let you know about their backup plans.

Armies always hide their true strengths until they attack

Do the same with women.

Don't boast too much.

Let her find out things about you.

This way, she has absolutely no idea about how *exactly* powerful you are, so she will just think you're a real powerhouse or guru, get it?

Insight 18: The Testing Factor

A lot of guys email me and ask, "How do I tell if a girl likes me?" Well, like I ask my readers all the time, if you aren't even holding her hand, how can you tell if a woman likes you or not?

In order to test if a woman likes you or not, you must be constantly advancing forward in small steps.

For example, before you approach a woman, you should make eye contact, smile, and wait for her reaction.

If she smiles back, then you can approach her.

Or if you would like to kiss a woman, you should test her by holding hands with her and stroking her hair first.

Until you start making these physical advances, you have NO way to know if a woman likes you or not.

Everything will just be inside your head and all the little “signs” you see will probably be figures of your own imagination.

That’s why if you want to know if a girl is interested or not, you must first test for attraction by flirting with her and teasing her. If she flirts back, good...but if she doesn’t, then it’s a sign you should move on!

Insight 19: The Money Factor

Never try to use money to attract women. It never works unless the woman is a gold-digger.

Here’s a true case I’ve encountered. There once was a rich guy who gave his crush a five-star trip to Europe. But the girl ended up with a poor guy who bought her yogurt when she was sick.

This girl is what I would call “marriage material”. You see, good girls do not come after your money; they come after YOU. They see money as the “icing on the cake”, but not as the cake itself.

Always use your PERSONALITY - not your money – to attract woman.

Forget about buying women gifts. Forget about taking them to fancy restaurants. Spending money on a woman will NOT increase her attraction for you.

In fact, it will probably DECREASE it, because the girl will be thinking, “He’s spending so much money on me. What does he want? He must be up to something, and I am not a whore!”

To attract a woman, all you have to do is *raise the sexual chemistry*. At the end of the day, attraction cuts through EVERYTHING so a girl will always

choose a romantically thrilling experience with you over a shallow dinner at an expensive restaurant.

So leave your bankbook at home and don't brag about your assets.

By the way, remember that if you end up marrying a gold-digger, she's may end up with half of your assets in a couple of years...so watch out!

Insight 20: The Push And Pull Factor

The Dating School of Physics states that *the harder you push a woman, the more she will pull away from you*. This is why you should never push a girl into doing anything.

For example, if you've just broken up with a girl, don't argue with her and try to push her into getting back with you. The more you push her into getting back with you, the more annoyed she will be until she finally stops talking to you.

Or for example, if you're trying to ask a girl out but she's not responding the way you would like her to, don't keep pushing. If you push too hard, she will never talk to you again.

Learn to *attract* women to you, *not push them away!*

Insight 21: The Spontaneity Factor

Women love "spontaneity", as in finding herself in an "accidental romance" that just "happens out of nowhere."

This is the reason why most guys fail in their approaches – because they use standard "pick up lines" that seem too "artificial".

Imagine two guys walking into a bar.

The first one sees a woman he would really love to meet. He prepares for 15 minutes before he finally gathers up the courage to approach her nervously...

"Hi...my name is Dick and I would just like to tell you that..."

"Sorry, I have a boyfriend," the woman cuts him off before he can even finish.

The second guy walks into the bar and gets onto the dance floor.

He grabs a girl and starts dancing. Then after a few songs he makes eye

contact with the woman that rejected Dick earlier.

He smiles.

The woman smiles back.

Then he yells, "Come on. Don't just stand there. You're here to have fun, aren't you?" The woman dances with him for a few songs before sitting down with him to have a drink.

Which guy would you rather be?

Listen.

Women love being swept off their feet WITHOUT expecting it.

They want YOU to surprise them with an "accidental romance".

They want to go home and tell all their friends, "I just met the sweetest guy", not "guess how many losers tried to pick me up tonight?"

So whatever line or technique you use, MAKE SURE it seems "spontaneous" and "natural", but not "pre-planned" or "out of context."

By the way, this applies to women you're already dating as well. When you give a woman her first kiss, it should look like it just happened "out of the moment".

Learn to sweep women off their feet, and you will never run out of women to date.

Insight 22: The Steel Balls Factor

A successful "Smart Dater" should have steel balls, meaning he should have backbone and NOT let any woman dominate him. Here a couple of "Steel Ball" rules.

- 1) Do everything on *your* terms.
- 2) Be picky about the women you date.
- 3) Ditch "problem women" quickly. Do not hesitate to walk away from a bad relationship.
- 4) Let women come into *your* reality when you date them, not the other way around.

- 5) Be very demanding of everything in life. Never settle for the second best.
- 6) Develop immunity to criticism and rejection.
- 7) Believe in unlimited abundance. There are always more women out there.
- 8) Be a challenge.

Insight 23: The Bullshit Factor

Never take any bullshit from women. You do not deserve it. If a woman gives you any kind of bullshit, either ignore her or walk away, but don't despond to it.

Whenever a woman misbehaves, you want to respond, not react.

So what's the difference between "responding" and "reacting"?

Well, when you "react" to a situation, you're really letting OTHER people influence you.

Some examples of "reacting" to a woman include:

- 1) Getting angry
- 2) Showing jealousy
- 3) Doing something because you're afraid of losing her...even though you KNOW what she is requesting is bullshit.
- 4) Trying to prove yourself to her
- 5) Getting defensive
- 6) Giving in

Every time you "react" to a woman's bullshit, you're really showing her how WEAK you are. She'll know what EXACTLY she needs to do to "push you over the edge" in order to get a certain reaction from you.

And guess what?

Her romantic-respect-meter for you is going to come down BIG TIME every time it happens.

So what should you do instead?

Try "responding" to a woman's bullshit instead.

When you "respond" to a woman, you're not "reacting" to her demands like a wussy-boy anymore. You're standing up for yourself and not allowing the situation to influence you.

For example, you can calmly say "no" to a woman's unreasonable demands.

Or if she's throwing a tantrum to get something from you, simply respond by ignoring her. If she sees that throwing tantrums and acting like a little baby won't help her get what she wants, she will stop.

And if she keeps her bullshit up, then feel free to find another girl - like a woman who actually ENJOYS treating you GOOD.

By responding to a woman's unreasonable demands and actions instead of *reacting* to them, you will keep her respect, which in turn will keep her attraction for you fairly high.

Insight 24: The Power Factor

It is very important to keep as much power inside you as you can when you're dating a beautiful woman. A lot of guys make the mistake of giving away all their power when they meet a hot woman. As a result, they become needy and eventually get dumped by their girlfriends.

I'm here to put the power back in you. I'm here to give you the greatest power a man can have in a relationship: the power to walk away.

When you're needy, a woman KNOWS that she HAS you.

And when a woman knows she has you, it leaves her VERY LITTLE REASON to try to change ANYTHING for the better.

Think about it...

if she already knows that you're not going to leave her no matter what, why would she bother to change ANYTHING?

If she's ALREADY getting what she wants, why should she try to GIVE more? She has ABSOLUTELY no reason to. She has ALL the power already. The stakes are high on YOUR end and low on hers.

But if you walk away or just *demonstrate* your wiliness to walk away, then suddenly it changes EVERYTHING.

She will see that maybe she *should* compromise. She will see that if she does not give you anything in return, there's a big chance of losing you forever - along with all the good things you bring.

All of a sudden, she won't take you for granted anymore, and you will become more attractive in her eyes.

Insight 25: The Respect Factor

"Respect" is very important when it comes to the dating game. Women are ONLY attracted to guys they RESPECT.

Don't believe me?

You know...it's the same for guys too: We are only attracted to girls we respect.

As men, we can have sex with hot sluts...but we never STAY with them because we don't respect them at all.

So... if a girl tries to have sex with us in order to seduce us because she thinks guys are just after sex, she's going to be in a nasty surprise.

Sure...we may have sex with them or even fall for her in the short run...but over time, we're going to lose respect and eventually dump her because she's just "too easy".

The same applies to dating women.

We can shower them with tons of love and care.

We can buy them expensive gifts and drive them to work everyday.

We can take care of them when they are depressed and give them a shoulder to cry on. We can give them all the "nice things" in life. But guess what? They are not going to become any more attracted to us.

Just like men don't respect women that are too easy, *women don't respect men that are too "nice"*.

So how do we come to respect a member of the opposite sex?

How do we get hot women to respect us?

Well, according to psychologists, our respect of other people is usually based on our perception of the person's independence and self-reliance. For example, we're drawn towards leaders and other "powerful" people because they are strong and independent.

The opposite is also true.

The "clingier" a person is, the less respect we have for them. Would you want your girlfriend to call you 10 times a day...day after day...week after week...year after year?

So...in a nutshell...

HAVE SOME BACKBONE SO WOMEN CAN START GIVING YOU THE RESPECT YOU DESERVE!

I am serious.

Start walking around with a SPINE...especially when you're around attractive women. Trust me, as soon as you stop letting women walk all over you, they're going to respect you and like you more.

Here are some practical tips on how to GET A SPINE:

1) Learn To Say "No": Not in an angry way, but in a calm and almost "indifferent" manner. (Real men never get angry. Real men put women back into their places by saying "no" to them calmly.)

Examples:

"No, dear. We're not going to that restaurant tonight."

"No, I don't want to wait for you to call me 2 hours before the movie to see if you're going. If you can't come, tell me now so I can make other plans or go with someone else."

2) Don't Be Too Nice: If you're the type of guy that likes to "be nice" to women and buy them gifts and take them out to dinner, I want you to stop now. Stop letting them order you around.

Stop volunteering to "do things for them". Every time you fetch her bottle for her or give her a ride home, she's going to see you MORE as a wussy FRIEND instead of a potential LOVER, get it?

3) Be Prepared To Walk: If you aren't getting what you want from a girl, there's no use hanging around. If you aren't happy in a relationship, break out of it. Having this attitude will give you A LOT of power. Once women know that you CAN and WILL walk out if necessary, they won't take you for granted anymore.

4) Plan Out Dates: This is actually the easiest way to demonstrate your leadership and independence. Have the whole date planned out before you go. Stay in control and just give her a good night out. Remember that people are drawn towards those that have a CLEAR sense of where they're going...

so if you plan everything ahead...your date is going to respect you more.

5) Be Decisive: If a girl asks you whether you would like to go for dinner or a play, don't say, "Whatever you like." Give a REAL answer. Every time you give the "let's do whatever you like, darling" kind of answer, you're handing your power over to HER. Sooner or later, she's going to stop respecting you as an equal partner.

6) Don't Care About What She Thinks Of You: Remember that your job is to ATTRACT her, not to PLEASE her. Don't let her know that you care what they think of you at all. The moment a girl knows you rely on her opinion of you, she's going to lose respect. Here's the bottom line: women are only attracted to guys they respect, and guys that try too hard to please women lose their respect over time!

7) Learn The Dating Game: Women respect guys that KNOW WHAT THEY ARE DOING. Think about it...if you were a woman, would you go for a guy that stuttered and sounded not very confident...or a guy that knew EXCATLY how to approach you, WHAT to say to you...and HOW to say it?

Remember that women are NATURALLY ATTRACTED to guys they RESPECT. This means POWERFUL, CONFIDENT, and INDEPENDENT guys that make them feel weak in their knees...

Insight 26: The Cumulative Factor

Guys are always looking for the one single "magical button" that they can push to seduce "any woman", "any time".

I am here to tell you that this is the wrong way of thinking. It is the **CUMULATIVE** effect of different "buttons" that can give you success with women.

Let me illustrate an example.

If you get a BB gun and shoot BB bullets at a window, you're not going to break it. But if you melt a hundred BB's together and then throw it at a window, you are probably going to break it.

Dating is the same.

EVERY action you do will either attract a woman towards you or push her away from you. All your tiny actions may seem very insignificant to you, but when you add them together, they'll determine the amount of success you have with a woman.

This is why when you're going after a girl, you should always be *hitting her from different angles and directions!* Don't rely on just one thing...throw her everything you've got!

Insight 27: The Detachment Factor

A lot of guys make the mistake of focusing on the "end results" rather than the "process" of meeting women. That's why they often get discouraged. They don't know that it's the PROCESS of doing something that will GET them the results.

For example...let's say you're a beginner and it takes 10 approaches before 1 woman will go out with you.

Well, most guys would think, "Okay. I'm going to set up a goal and get 10 women to come out with me by the end of the week".

But after asking out 5 women without getting any results, they get discouraged and either lower their goal or forget about the whole thing completely.

The smart guy sets up a different goal that enables him to focus on the PROCESS rather than the END RESULTS.

For example, he says to himself, "I'm going to ask 100 women out this week." At the end of the day, since he has asked 100 women out, he ends up going out with 10 of them and sleeping with 5 of them.

Now...I am exaggerating this a bit...but you see my point: It's the ACTION gets you outcome, not the outcome itself.

So...have fun meeting and INTERACTING with women rather than trying to pick them up.

Flirt...but only to bring pleasure to the girls... *NOT to pick them up.*

Let go of ALL of your expectations! Having this attitude can give you much more success with women.

Insight 28: The Knowledge Factor

Contrary to popular beliefs, attracting beautiful women is a skill you can learn. Most "players" out there get laid not because they are rich and handsome, but because they are skilled in what they do in their past time - picking up women.

They are the people who have been rejected over and over since a young age before they finally learned the skills they need to be good with women.

The good news for you, my friend, is that these skills can be learned by anyone. This means anyone, regardless of his looks, wealth, and status, can become a master at picking up women once they have learned the right skills.

Every skill needs to be learned.

You had to learn how to walk, how to talk, how to read, how to use a computer and so on. These are all skills you had to learn because you needed them. Meeting woman is just another skill you should learn - the sooner the better.

So if you would like to become successful with women, then you should make a commitment to LEARN these skills.

There's an old saying in business, "If you would like to become success and rich, then you should devote at least 10 percent of your monthly income and time to self-education. If you're broke, try 90 percent."

This concept is also true in the dating game. If you're unsuccessful with women, then it's a good sign you should spend more of your time and resources to pick up some new skills until you're better than the average guy. If you work hard, you will get good results.

About The Author: Marius Pontmercy is one of the most popular Dating Coaches on the Internet.

He is the author of the best-selling "Smart Dating System" at: <http://www.DateBeautifulWomen.com/ebook.html>, an all-in-one Dating package that is rapidly gaining popularity all across the Internet as being one of the best at helping men deal with their fears of rejection and approaching women.

His methods have helped *tens of thousands* of men to attract and date the women of their dreams across the world. You can sign up for his free daily newsletter at: <http://www.datebeautifulwomen.com>

Marius also gives out free content-rich gifts and bonuses to his newsletter subscribers all the time, so this is one mailing list you do not want to miss out on!

Chapter III: Matt Carbone

Insights From A Real-World 'Player'

Ever since I was in kindergarten I considered myself good with women.

I was a bit of a wise ass and I was always funny and treated women (as well as everyone else) with respect. Even teachers would get upset with me but had to admit I was a pleasure in class just because I wasn't a "*bad*" student, but a good student who was often too much of a wise guy.

Get it?

One thing kept kind of pushing me away from behaving this way with girls is...

You guessed it, PARENTS.

My dad thought he knew everything about girls, and always told me when I acted a little wise or teased girls in my class that *"You don't behave this way around girls, you're not going to get anywhere if you decide to pull their hair and tease them. You want to be on your best behavior and show them how nice you are."*

Meanwhile I was taking advice from a guy who was unhappily married.

If I was getting girlfriends and kisses from cute girls when I was young and they all seemed to like the way I acted so much, why should I change it if it's working so well?

My mom's advice was *"I hope you're not giving those girls who like you a hard time, that's the best way to lose a girl you know."*

As a 5 year old, being the only boy interested really in girls in my class and at the same time being the only one getting them, I didn't want to lose what I had.

By the time 1st grade came around, I had moved and tried hard to become a changed kid.

Telling girls they looked nice, and trying to behave in class to get them to see how nice I was. But it wasn't quite the same, my report card no longer said *"Matthew needs to be nicer and stop teasing the girls in class."*

It said *"Pleasure to have in class"* and *"Outstanding effort"*.

I became a *"good boy"* but at the same time, girls were only good friends with me, the kisses and hugs weren't so common anymore. I didn't really get attention from them like I used to, but I felt I either wasn't being nice enough or my old ways were better.

What exactly did I do wrong, man?

I'm doing and being all the things my parents are telling me to be, but girls aren't responding the way they should be.

Why not?

The fact is I had *stopped* doing the attractive things that make girls like boys....

Simple.

By the time I was into middle school I had lost my touch fully.

I was cute and nice, but all the hot girls that were getting boobs, big asses and great figures were going for guys who were complete idiots. Not me.

This could make any guy pissed, I'm sure a lot of guys reading this are saying *"I've been through the same sh*t."* Well, that's okay because it doesn't have to stay that way just like it didn't for me.

Anyways....

Guys were literally calling girls their *"bitch"*, smacking their ass and making them laugh all day, at the same time they were failing school, smoking cigarettes and really had no future.

Women wanted them and it began to piss me off.

What I realized a few years later.... was surprisingly through a girl I didn't like, who liked me, when the roles reversed, I began to be pretty interested in how this little game of attraction works.

Here's a true story....

Ugly girls always liked me.

I considered them friends, they considered me a current friend and hopefully future boyfriend.

They wanted to be my girlfriend and had no problem asking. I would tell them no, but then be their friends still and I could just tell they were torn up through me just staying friends with them but not liking them. It actually built attraction.

One girl in particular was not so ugly. She was average and a level below my standards.

We always talked about fights, cars, movies and guy stuff and it was so cool to me. She would be the best girlfriend only if she was hotter, but she wasn't, so we stayed friends.

She would always tell me how'd I'm the coolest kid out of the other kids we hung out with and she'd be the best girlfriend for me. I knew where this was going but I still preferred staying friends.

Well, one summer, it seemed she decided to just make herself into the hottest little thing. I don't think it was her intention to specifically attract me in particular, but I guess being the girl that the guys wanted could have been.

Well, in the middle of a summer, where I hadn't seen her in maybe 4 months. I always knew she lived near this big public park, but it was too far away and I never went there due to the distance and the fact I didn't want to go out of my way just to see her.

But I had my mom drop me off at this park to meet a friend, we stayed there for about 4 hours playing Basketball and Wallball.

Later that night as me and my friend were walking to the park around midnight to my house, we passed by the girl's house, so I decided to say hi for the hell of it.

Her sister came to the door and since the girl I was looking for was in the shower, I decided to wait outside with her 4 sisters and her brother (*3 sisters of which were older and hotter*).

To make a long story short, this girl came out and had changed.

Had lost her extra 20 pounds, she got a new hairdo so that her short blonde hair was now long and curly. She ran back inside to put on makeup and came back out, only to leave her more stunning.

After her brother left, for pretty much that whole night we had a huge food fight while I was body slamming her and her older sisters onto the couch, we wrestled, shot BB guns and make a ton of noise all night since her parents were gone. That night was so much fun, but you can guess I somehow ruined it or I wouldn't be telling this story...

This is where we move onto technique #1.

Technique 1 - Don't Smother The Girl

This means don't be the pervert who follows her through the malls, shopping centers and school hallways or sits at her lunch table all period and doesn't say hardly a word but just *hopes* by being near her.

The same one who calls that night to talk on the phone for hours and get *nowhere* with her.

Then she turns around to her friends and says he's a loser.

Yes, you can guess what I did, I smothered her the next day by coming by at around 10am to hang out. We went inside her house and just stayed there and I pretty much killed it.

The moment I began to like her and wanted her more, the *more* she pulled away and found better things to do. She moved on and we weren't even friends.

That night I had stopped by, we both wanted each other pretty bad, but through my desperateness for her attraction, it quickly died out.

The lesson here is too many guys are *waiting* on the woman hand and foot.

If you reverse the roles and have her want you 24/7, it puts you in the position where you are in control.

My idea of control is not when you are in charge of what she does and says and you make the rules, etc... but it's when you take charge of the **interaction** and/or **situation** as it's happening....

Don't allow her to get out of control.

And don't allow her to control you.

What is the punishment if she fails to follow your rules?

Her punishment if she fails to control herself, becomes a hassle or is no longer attractive to you, is she loses *your* attention and attraction.

This is a big punishment if you manage to be attractive to her and come across as charming and respectful. This will not really be much of a punishment if you are unattractive (not physically) or become an asshole.

Now, don't mistake this advice I've given so far as you have to be Mr. Macho man where you must control her and not allow her to get out of line or there's punishment.

That's how an asshole thinks, *not* an attractive man.

By smothering a girl, it's where you spend *all* of your time on her and do the *OPPOSITE* of being in control, where she is given the power and you're at her every whim.

Don't jump into opportunities to meet her places, do things and hang out and don't stay on the phone too long, which is another way to smother her which I'll talk about later.

Of course every other time or once in a while it's fine to meet her places and do things, just not *all* the time.

By making yourself a *challenge*, it makes her want you to be around a lot more and you can do that without jumping into opportunities to be with her.

If she asks for you to go to her house, tell her *"You probably just want to bring me into your bedroom and take advantage of me, in this case I'm going to have to turn you down on your offer."*

See where I'm going?

This is just the opposite of saying "Yes, yes I'll be right over." and yet so much more productive. It gets her to want you to come over 2x as bad.

Technique 2 - Psyche Yourself Up!

Get yourself excited.

Try and watch a good Pierce Brosnan or Sean Connery, James Bond film. They play a great role of being attractive.

I try and imagine every morning that I'm like James Bond, women have to *earn* me. I see myself being smooth, charming, attractive, yet a bit of a wise ass.

To psyche yourself up, you could even go as far as playing some 'Rocky' music in the car before going on a date, telling yourself that you're the champ with girls or something. That's something I loved to do even though it

was corny, it is also fun to laugh about.

Be excited **not** scared.

When you go to meet a girl and you're thinking about it all day, you tend to think before you act all the time and it'll come across as nervous to her. But by playing music before the date and just letting it get you confident, you don't worry so much and can relax more.

So try by getting yourself excited you'll be more optimistic about the event, than nervous.

Have your friends get each other excited for dates and make each other confident. Have them tell you you're going to do great and you have nothing to worry about.

Psyching yourself up is a lot of fun and always helps me and my friends out.

We do it all the time and it'll keep you feeling confident and optimistic.

Technique 3 - Don't Let Her Get You Mad Or Upset

Letting a girl get you upset just shows that you're not in control of yourself.

When you can't control yourself, how could that possibly be attractive in any way? More importantly, how will that benefit you in any way in life?

It won't.

We are all aware girls can do some pretty bitchy things.

They can lose their temper, yell, scream and my favorite is whine, but I'm never going to lose my cool.

Now of course this is a big red flag saying *"Back away, she requires high maintenance and can turn on you at any second."* Once I see this big waving red flag, I'm out.

If she can do it once, she can do it a second time (and probably will).

Now, it really doesn't matter if a girl gets mad at me, I get mad at her, or another situation could get me mad...

I always hold myself together. It's *extremely* unattractive to get upset and start yelling around a girl. It's also embarrassing for the both of you.

I knew this guy in high school who claimed to be great with women.

Every woman he talked to seemed to like him as they talked. But whenever she played a little hard to get or teased him and he felt her moving further and further away from him, he'd just lose his temper on her.

He'd call her names and accuse her of doing things.

This would just stun the girl as she had no clue he'd get this mad from her playing hard to get. She was only giving a *challenge* and this angered him.

I rarely ever have something come up on a date or when starting conversations with women where I would have something to get mad about.

As a great word of advice, that by losing your temper you're losing control of yourself. Losing control of yourself is to be avoided *at all costs*.

Always remain in control, if not she will and attraction *will* die.

Technique 4 - Playful Teasing Through Words

This has to do back with what I said about my kindergarten story.

It works, the idea is not to put them down or make them feel bad, but to just point out something or tease a girl about *anything* and *everything* (try and avoid physical jokes unless you feel she'll be comfortable with it).

Find anything, *her purse, shoes, glasses, what she's doing, how she's doing it, where she's going* and make a smart or wise ass comment about it sure to make her laugh.

The intention of your playful teasing is not to tease; keep in mind your intention is to *attract* her and nothing else. Most guys get offset and decide to do this teasing thing all night and it winds up pissing her off.

Tease her when you have a funny or *naughty* little comment that comes to mind and don't hold back. I had to re-learn this skill from kindergarten and I'd say it's the best one to have.

All too often guys are afraid and hold back on teasing girls because it could "ruin their chances". It seems men with only the intention to have fun and don't really care much what she thinks of him happen to get the best results.

Don't hold back when you have a funny comment, and don't worry what she'll think. You'll know it worked if she laughs along or if she playfully smacks you on the arm (or even the ass, *then* you can be sure it's working).

It's often good to approach girls and use the teasing technique.

It's one of my favorite approaches to use when you're kinda lost.

For instance I would say *"Now that's weird, I've never seen a purse with handles like that before, it sure is... different."* (keep in mind, only say this if her purse really is weird) and she could say *"Well yea, actually a lot of girls have a purse like this."* and I'll respond *"Uh huh, well I've never seen one before, so I'm assuming that's your cover up for not being like the other girls, it's ok if you're different I still accept you for who you are (with this exaggerated smile on my face)."*

Conversations similar to this one usually get girls laughing and willing to flirt and tease back which is always fun.

Now when you're teasing a girl and it hasn't gone over too well, usually there's one of three possible reasons for this from my experience which are usually the only cases that ever come up.

- 1) *You're joke wasn't funny, or funny enough*
- 2) *The topic you decided to point out wasn't very interesting (possibly offensive)*
- 3) *She can't take a joke*

Now situation #1, I really can't help you out with, if the joke didn't work out too well it's okay, there's *plenty* of fish in the sea and plenty more jokes as well. You'll just have to find something *funnier* next time.

Situation #2 can be avoided, but not with all women.

Once again, I can't help you if the topic you tried wasn't funny, I still get that problem a lot. If you used an offensive line, it's fine, just apologize, learn and move on.

In situation #3 it's best to move on.

I really haven't found a great way to get around a girls mood when she's not in the mood for joking around. If she can't take a joke or seems to be in a bit of a bitchy mood, I'll leave her alone.

Not worth your time.

The best thing to remember about teasing is as long as it's not too offensive, you can find just about *anything* to make a wise ass comment about and use it.

Remember not to be *too worried* about what she'll think or if you'll ruin your chances, just have fun.

Technique 5 - Playful Teasing Through Actions

Teasing a girl *physically* works usually just as well as verbally.

Either way you're portraying the same idea that you're comfortable around her and willing to tease her a little bit which is good.

Now physical teasing with a girl (for me personally), usually will involve just doing little subtle things that when she realizes that you're teasing her can be funny for the both of you.

For example, physical teasing could be...

1) Lightly pushing her as you're walking into things, objects or other people (gotta be careful with other people, make sure nobody gets pissed) which is great to add in "Sorry, she kind of has trouble with her equilibrium. We're working on it though (smile and give her a hug)."

2) Trying to hand her something and not letting go, or pretending to grab something out of her hand and as she's holding it just lightly touch it like you're going to grab it but don't. Easier done, than explained.

3) Poking her in her side, pinching her arm or tickling is great. Even pulling her hair and guiding her around or walking with you pulling on it with her yelling to get off (of course don't get her mad, some girls do, girls who do I consider that a red flag which I'll explain later)

And of course, once back at the ranch, you could even if the timing feels alright....

*4) Ask her if she wants to wrestle, arm wrestle or even put on boxing gloves and you could play fight together. Physical activities together will create bonding **a lot faster** than just talking or conversation if used correctly, and it's a lot of fun for both of you.*

You could be surprised, I find a lot of girls who are fully willing to box or play around with you through activities like that.

Keep in mind, try not to take physical teasing too far.

I'll usually avoid touching her unless she's comfortable or already having fun with you (*this is usually about a minute after we begin talking in my case, everyone's different though*).

Once you guys start laughing or having fun it should be ok at that point for physical teasing.

Keep in mind not to overdo it, I'll keep verbal and physical teasing at the same level about mostly and not favor one.

Technique 6 - Doing Masculine Jokes Around Girls

Being a real guy (or how you act when your alone with guy friends) in front of a girl can often be attractive to her.

It shows you're being who you are and can be comforting for a girl to put her guard down to know you're not being fake. This isn't true for all girls and either way I don't take it as a red flag.

When hanging out with my guy friends, we usually do manly things like fart on each other and smack each other around and it makes girls laugh like crazy.

A lot of the time guys hold back from this stuff cause they're afraid girls will get grossed out.

About 50% of girls won't mind, so make your own judgment on if you think she'd mind. Usually if you do it too early, for their first impression, it's unattractive which is no good.

If I'm comfortable with her or she's one of my girl friends (*or a girlfriend*), I don't even bother to hold back, but too much of anything isn't good. Just farting and peeing in public near girls too much can come across as too childish and become a turn off.

It's not something I look forward to doing or suggest, it's just not something I avoid.

The idea is to be comfortable and *relaxed* around her and not to be uptight. When you tend to not do things because you're thinking what is and what isn't attractive to her, what your doing is unattractive.

Don't worry about what she thinks and just don't get overboard with gross jokes. If it gets her laughing or smiling, it worked.

Technique 7- Compliments

Compliments should be used sparingly and only in a situation where it's totally necessary.

If she dressed up really nice one night to see you (I mean like big \$\$\$ dress nice), then I would allow it an acceptable situation to compliment her on how lovely she looks.

Over-using compliments is like adding water to a fire in a girl.

She can be really hot for you, but if you keep pouring that water on soon it'll die out. Keep the fire alive through laughing, teasing, activities you guys are doing or even playing hard to get (I'll discuss playing hard to get later).

It's often alright if you can't absolutely think of another thing to say, to approach a girl by using compliments.

Usually I'll end it with a question like let's say you want to start a conversation and you're in the gym....

"Hey you're in pretty good shape, you work out a lot here?"

Descent, but not really a great line as yet.

If I can't think of anything else, I'll start with a compliment, but it's important to include a little funny or wise ass line probably by the second or third thing you say to her *if* she even talks to you that long.

The compliment alone is not attractive. You'll need to put some cockiness or humor into the mix before her fire dies out.

Technique 8 - Cockiness, Not Arrogance

Ok guys, you'll need to know the *difference* between cockiness and arrogance.

A few of my more ignorant friends think arrogance is the answer, but don't get any girls.

What is that saying?

A lot of girls already have themselves prepared to avoid and pass by all arrogant, mean or conceited guys when they leave the house. Arrogant guys repel women because girls hate assholes.

That's simple and understandable.

Too many guys just go out and try and be just arrogant and good-looking.

I could make a graph right now of the difference between successful guys' idea of attractive and the unsuccessful guys' ideas.

Unsuccessful: Too Nice + Charming
Too Kind + Sensitive

Sometimes I see... Arrogant + Quiet, which *never* works

Semi-Successful: Nice + Outgoing
Nice + Funny also see.... Arrogant + Good-Looking

Successful: Cocky + Funny
Funny + Outgoing

As to my experience, arrogant + good-looking guys usually wind up with the one night stands.

Girls are always more for the cocky, outgoing men.

My point, DON'T mistake being cocky as arrogant.

I had that problem and once I realized I needed to be less into myself and a pay a little more attention to her than me, a lot changed.

Here are the definitions....

Arrogant: Overbearing and self important

Cocky: Excessively self-confident

There you have it folks.

That's Webster's definition of the two words. You can obviously see the difference, one is good and one is not good.

Technique 9 - Why Being Funny Is So Attractive

I still have trouble with this idea, why do girls always cling to funny guys?

Well I know for sure that humor alone isn't going to get you too far.

But it seems guys who are funny do *great* with girls.

What I find is it's mainly the fact that *through laughing, people seem to bond and become closer, also making the girl feel more comfortable around the man where she feels she can be laid back.*

Funny also = fun, which is probably the best element to attracting a girl is fun between you two.

This is really important. Yet I also feel it's needed to be *mixed* in with cockiness and confidence to create the greatest combination.

Now, I disprove of self-deprecating, sexual, religious and racial humor.

That kind of humor can kill attraction pretty fast. If a girl thinks you're a pervert or have low self-esteem, you're kinda done for, dude.

Avoid it like the plague and find other fun subjects.

Racial and religious jokes can come across as offensive if she is or knows anyone of that race/religion and feels like defending them. Your best option is to leave jokes alone that could possibly piss her off, or die out attraction for you (which if she gets angry, *will* happen).

The idea is to build, attain and keep attraction.

As I said before about teasing girls, you can be funny through actions like pulling her hair and dragging her around a public place for instance or poking and teasing her somewhere. It's a better substitute.

You can also find ways to use a comment she says to use it against her and make a joke on her.

Have fun, experiment and do what doesn't feel wrong.

Technique 10 - Appearance = 20% Success

A good-looking guy is only guaranteed about 15-20% success.

His confidence, humor and attitude happen to be mainly the *determining* factors between getting a smoking hot supermodel or some ugly chick who's upset she only gets to go home with this guy based on looks with no personality.

Don't let these metro sexual dudes fool you.

A lot of them aren't doing too well with the ladies from what I find.

Quite a few of my friends happen to have the metro look and girls approach them all the time, none want to take my advice and they get pissed when I get hotter chicks.

A lot of guys don't know what they're doing and spend their time finding ways to look better, when meanwhile they should be smart like everyone who's reading this manual right now and learn to actually attract girls through a woman's *natural desires*.

It's funny to me just about how many guys feel they'll ruin their self-image by reading dating information, and just go run and cry in their closet because

they're not handsome and have no answers.

Pathetic -- but it happens everyday.

I know just about every chapter in this book probably tells you looks don't matter etc. well I believe they *do* though.

They happen to be correct in the fact features like abs, biceps, pecs or a handsome face little or no affect, but there are just some parts of a man's physical image which needs to be groomed and taken care of.

These are....

Nails - Keep finger and toenails trimmed. Do it yourself or have a girl do it for you or get a manicure and/or pedicure at a salon somewhere. It's necessary to keep them trimmed and free of dirt which women do look for. Keep a clipper in the car with the little thing that cleans dirt out on it too just in case.

Hair - If you're bald, part of the idea of being attractive is the ability to take a flaw and making it an advantage. So what I'm saying is DON'T try and hide your baldness through having a comb-over or the horseshoe type of hairdos. *Embrace* it and just shave the whole head, women love it. Ponytails can be cool on some guys, I'll allow that.

If your hair turns gray, you don't need to dye it back to black or brown or whatever. Girls don't mind gray hair, some find it sexy actually.

Get your hair cut about once a month and try although great or good hair isn't really necessary.

But it isn't hard to find a haircut that will suit you, I'd just suggest going to a salon and asking the hairstylist, *"What do you think I'd look good in?"*

I'm sure he/she'd be more than happy to suggest and try a cool new haircut that would look good on you.

Clothes - Try not to wear any salvation army clothes guys. My dad happens to meet a lot of girls wearing his nasty 70's looking jeans and faded old shirts but it's not a suggestion. If you can't afford good clothes, no need to worry, it's not a necessity.

I do advise dressing nice if you want girls to approach you, but once again, clothes aren't a determining factor in her attraction.

I also suggest not getting too much baggy clothes or anything to that extent, loose fitting clothes are good and from what girls I know say; loose fits are

so much more sexy now.

Times change, so I can't say if it'll be fashionable tomorrow so ask girls you know on their takes.

Jewelry - I don't wear a lot of jewelry. Anything that portrays I'm rich or have a lot of money is no good for me, that's not the angle I work or am teaching you guys to work. I do wear a few gold rings once in a while but not too often.

So as you can see, the rules aren't very complicated to appearance. These factors are important, but not #1 on your list of thing to improve or work on.

If looks mattered that much, I'd be writing a fashion and hairstyling book for men.

I'm not, because you can do without that stupid crap guys spend their whole day on. Plucking their eyebrows, waxing their legs, chests and asses, tanning and buying expensive shoes and tuxedos, thinking this is where attraction is.

"Leave the shaving below the neck to us," as some women say.

I continue to follow that rule and if you choose not to, that's fine.

Just don't get caught up on appearance and get short-sighted.

It's vital to continue to keep your personality #1 when attracting gorgeous babes. Remain cocky, confident and funny and women will see past your looks no matter how bad or good they may be.

Technique 11- Why It Worked So Well Long Ago

Men think mainly through reason and logic, women think through **emotions** and **feelings**.

We're different and we'll just have to deal with the fact that's they way it is.

Our species has done it for millions of years and we're still all alive. How did we do it when we're so different?

Ever hear a guy say....

"Women are impossible" or

"You can't win with women, there's no possible way."

Maybe you've even been the guy saying that.

It's not true, that's just the unattractive in them (or you) speaking (at least at that time).

Well our ancestors found ways to get around our differences and manage to be extremely close and in love with each other.

Best of all, they happily mate and successfully breed lots of children. People do it today too as you can tell, it's just not as common as our ancestors time.

Well, we'll have to go back and look at the way our ancestors did it, how everyone was satisfied.

Now if you're thinking "Is he gonna tell me that I'm supposed to hit her on the head with a bone and drag her back to my cave?" that's not it at all, let me ask you a question....

How could a man, madly attract a woman with a bone in his hand and hair all over his body without using *language*?

I doubt this type of man could attract a woman today, he would just come across as creepy and possibly a dumb ass, but how could he do it thousands of years ago?

The reason this could all happen, is simply because the modern world today feeds us, teaches us, raises us and shows us totally different things than were existent back 2,000 - 5,000 years ago.

Is this necessarily bad, not really.

We're exposed to different things, but one thing remains the same.

We require the *same* emotional as well as physical needs. They are provided differently today but the fact remains we have the same requirements.

Where the hell am I going with this, and what on God's green earth am I trying to teach you?

That when these strategies and pieces of advice don't work in the modern world for example....

"Be very nice to a girl and tell her she looks pretty"

.... is you're attraction technique yet it's not working, sometimes it's best to look at the ways they did it long ago or still do in nature and tie it into your life. That's actually helped me in my game a little, I believe.

There's a great chance it still works today in the modern world, but how could they be applied today?

I know you're all thinking I'm crazy, here's a descent example.

When a male Peacock walks around with his bright colors, indirectly showing predators *"Here I am, I've got these bright colors and I'm going to flaunt them all over and I'm not embarrassed,"* how could *that* be attractive?

Why are the females attracted to these males who are at great risk of death?

Why won't they choose the males who can run faster and have camouflaged colors instead?

Actually because the great *confidence* and *cockiness* of the peacock showing his beautiful colors attracts them like crazy. HE GETS TO MATE.

This does not mean to wave an American flag next to terrorists or something to attract women. But by being cocky and not afraid of embarrassment, it comes across as attractive (*although I don't suggest you adopt the peacock's intelligence level*).

I use practically ancient ideas in quite a few areas of my life and it benefits me every day. My diet, exercise routine, and attraction system are all congruent with what worked thousands of years ago.

So what was attractive years ago which will **ALWAYS** be attractive to women until the test of time which men are using less and less of as the years pass?

- 1) Masculinity
- 2) Confidence
- 3) No Fear Over The Loss Of The Woman/Didn't Matter If The Male Doesn't Mate With The Female
- 4) High Social Status When With Other Males
- 5) Great Fighter / Protector
- 6) Funny
- 7) Cockiness

Of course there are probably other details which I didn't mention just because they aren't quite as important as these. After studying our past, this is what I found in males that are attractive to females. And now most important is how these 6 traits can *tie* into your life.

1) **Masculinity** means pretty much the man who hunted very well and enjoyed playing sports and being busy doing boyish things. Keep in mind playing sports and these activities are not necessary. They were attractive at the time, but I don't find it as necessary now.

Back then, a male who didn't hunt or engage in these activities was looked down upon and was embarrassing to his woman, this is not the case nowadays and tons of guys don't play sports, as I said; times change.

This also ties into the metro sexual thing not being necessary. The idea is it's *okay* to not feel the need to change yourself and this portrays masculinity.

2) **Confidence....** This doesn't need to be explained.

3) **Not being afraid whether a girl likes you or doesn't.** This has to do with then, 'making' her to have to *qualify* herself to make you want her more. Pretty important, and I'll discuss this later.

4) **High Social Status When With Other Males.** This has a lot to do with the people you hang out with. If your friends and peers don't respect you, she probably won't either. If you have friends that don't respect you or look down to you, then get some new friends, man.

A girl will also judge you on your friends as well and how much you like them. The point is to show her and hang around friends who see you as an equal or *value* you as a friend.

Anyone who doesn't, doesn't deserve to be your friend.

Simple.

5) **Great Fighter / Protector.** A man who could protect his woman from danger was always a smart choice for a woman to pick in the wilderness. Luckily this is one of the benefits of today is that we don't have to go out everyday and worry about an attack from a tiger or bear.

6) **Humor....** This doesn't need to be explained either.

7) **Cockiness...** Need an example? Re-read the peacock example.

Technique 12 - Decide For Her

As a man, I feel it's necessary to take the lead at certain moments.

When a decision is needed to be made, if a man tells the woman "*It's up to you honey, you're in control,*" he's given up power that was necessary for him to keep and take control of.

My idea of taking the lead can be anything from grabbing her hand and leading her somewhere, to just making a decision for her that she can't.

Here are some scenarios of what taking the lead would be,

I'll show you how *not* then *how* to handle the situation.

How Not:

Woman – *"Honey, I don't know if I want to have BBQ or seafood tonight."*

Man – *"Sweetie, the decision's yours. Whatever you want, we'll do tonight."*

Woman – *"I don't know if I want to go hang out with you tonight or just stay home."*

Man – *"It's perfectly understandable if you don't want to go out with me tonight, if you decide against it, I'm perfectly fine. Next time you can just give me a call and we'll go out whenever you want, babe."*

Woman – *"Honey, do you think I should wear the blue or red dress tonight, I can't decide?"*

Man – *"You know colors better than me, I really don't know I can't tell."*

How To:

Woman – *"Honey I don't know if I want to have BBQ or seafood tonight."*

Man – *"I'm in the mood for seafood, let's go there tonight. Sound good?"*

Woman – *"I don't know if I want to go hang out with you tonight or just stay home."*

Man – *"Now, what do you think's more fun, TV or me? Now that you've thought about it, staying home's not even an option right, I'll be over at 9pm. Be ready on time."*

Woman – *"Honey, do you think I should wear the blue or red dress tonight, I can't decide?"*

Man – *"I'd have to go with the red dress. It looks so much cuter on you, now hurry up."*

See the difference?

It means the *whole* world to a woman if you take control and decide for her when she can't. I truly believe this is part of a man's job in a relationship, and if you try it besides saying *"Whatever you wish darling"* and just say *"Yeah, we're goin' for seafood tonight,"* you'll relieve yourself of having to say to yourself *"Dammit, I wanna have seafood, but I'll come across as rude if I tell her what I want to do."*

I know we were raised to say that kind of stuff, but it's another lesson that's gotta be unlearned.

Technique 13 - Give Her Challenges

Whenever I'm with a girl, I love to challenge her to all kinds of things.

Basketball, Arcade games, ping pong whatever's available for a good challenge.

It's great to kid around and *create challenges* because it's showing your cocky side. Guys who don't provide a challenge are going to have to work another angle because I've never had a successful date *without* being a challenge or challenging her on things.

Now during the challenge, I kind of do some trash talking (of course I'm fooling around) by saying things like *"Man you never shouldn't have accepted my challenge, now your gonna get whooped!"* or *"Prepare to get embarrassed, my dear!"*

Little things like this can begin a whole bunch of friendly conflict and fun.

It's also great to cheat a little, like poke her in the side before she takes a jumpshot or try and get a peak at her cards when playing poker.

After you messed her up it's great to tell her she stinks at it.

Create challenges all the time and watch the attraction build.

Technique 14 - Take The Lead

Ok -- so you're at a dance and there's a girl who you want to dance with. You've been talking to her for 5 minutes and a really great song comes on and you want to dance with this chick, how does you ask her to dance?

YOU DON'T.

Let's compare what you would probably say in junior high, to what you and me are going to be saying by the end of this manual.

Junior High comment:

You - *"Hi um, I was just wondering if it was okay if I could dance with you to this song?"*

Her- *"No I really don't wanna."*

You- *"Well gee, okay."*

Comment now:

You - *"Come on let's dance!"* (Put hand out for her to grab to go on the dance floor)

(If she STILL denies you, even though you asked like a man, we'll take it to the next level)

Her - *"No I really don't wanna."*

You- *"Come on...."* (Right as you say this grab her hand and walk her out to the dance floor. Make sure you don't say this in an angry tone, but you say it like *"Ohhhh come on!"* type of thing. And don't pull her hand too hard either.)

Now this can be some complicated stuff man, or just simple as hell.

A LOT of guys don't and won't understand this and too many guys I know won't even *try* it.

When done correctly, this can be *magic* to a woman and I bet you she's never had a guy do that before. This is applicable to many other situations and can be a flexible situation skill.

Just remember not to *force* a girl to do anything, it's not attractive and it can get you a new boyfriend and cell in jail.

Technique 15- Accuse Her Of Wanting You

This tip isn't really too tricky at all.

The idea is whenever she brings up a subject about sex or something to that affect, to **accuse** her of insinuating she *wants* you or sex from you.

This is to be done in a fun and playful manner, but you'll still need to hold the belief she actually DOES want you. This is the *key* to really getting her going.

Ever since a kid, I told ugly girls who I knew liked me, I knew they wanted me and it seemed to turn them on like crazy. Through a little testing, I found the same crap worked on hot girls.

Although then I rarely used it, I believe that if I find 2-3 times to accuse a girl of wanting me (*or sex from me*) is probably the best amount.

Just remember to experiment and figure it out yourself. There are **tons** of examples of ways to insinuate things like this, for example....

Her – *“Hey, you should come by my house sometime, I have this DVD I want to lend you.”*

Me – *“Yeah right, you’ll just bring me inside, and try and get with me. I know what you’re thinking, man women are so predictable.”*

Friend – *“Hey Matt, is this your new girlfriend?”*

Me – *“Well, she wants to be but I’m not gonna be that easy for her. So how’s it been goin’ man?”*

Get it?

It’s good for *all* kinds of situations.

Pick a great time just to do it and it’s kind of a flirty way to be funny and hard to get. Women love guys that are hard to get, a lot more than guys love girls who are hard to get (*at least I think so*).

If you use it immediately in the situation before you’ve even really introduced or talked, it could come across as weird or conceited. Same thing if you *over-use* it too. It can become annoying and work against you.

That’s a very important skill, use it wisely, my son.

Technique 16 - Where To Find The Babes

The answer is everywhere.

I really don’t go searching for girls, I just always come across them it seems at the mall, Wal-Mart or gas station.

They’re everywhere!

To guys who’d want to know this, if you live in a rural area, you’ll need to probably get out unless you have one girl in mind you want to attract and know where to find her.

Bars and Nightclubs are okay to go to, I don’t, but it’s still full of hot chicks all dressed up for a man to come and sweep them off their feet. I find girls everywhere and never had this problem at all.

If you live in an urban area and were waiting for this question to come up, *smack* yourself! There’s probably 10 girls outside your window right now but you’re too worried about where to find girls and not worried enough about

how to get them.

Look right under your nose guys, they're any place interesting, uninteresting and *anywhere* in public.

Technique 17 - The Approach

Ok guys, time to move out.

My suggestion, get out there and hit on **all** kinds of girls. Whether she's attractive or not, the idea is to find great ways for you to start conversations with her.

Ask her questions about her clothes, what she's reading at the time or tease her about something she's got on or the activity she's doing, *whatever*.

I want you guys to be laughing, having fun and connecting.

Find a wise ass comment to make about anything that's just not going to offend her. Have a good time but most of all -- *learn*.

This approach thing is made too complicated by guys who get nervous.

That's why I suggest starting with ugly chicks cause you don't care if she likes you or not, really. Just attract some girls, man.

I want you to **promise** yourself that you will randomly talk to and flirt with at least 2 girls in the next 30 days. That's like 1 approach every 2 weeks.

Numbers are not important immediately, just attracting her and going back to what you were doing is a fine way to start. Some guys don't want to talk too long because they get nervous, which is fine, unless you don't break of the habit (*which almost all men do*).

We've spent enough time on this subject, don't stress this subject.

Make your promise now.... *2 girls you will just approach this month!*

MAKE SURE YOU **PROMISED** IT BEFORE YOU READ BELOW THIS LINE.

Alrighty guys, you've managed to walk up and talk to a girl, now onto how to go about this whole thing.

You'd be surprised, you'll be saying "*Wait, that's only my second girl? That's too easy and I want to do it more!*" and you probably will.

Technique 18 - Going About The Approach

Well, this is a lot different than just getting up the courage to approach a girl.

Now you gotta know *what to say*.

You can't just talk about how cool the book she's reading is, can you?

The answer is -- probably.

Staying on an interesting topic from what I find *still* works pretty well with girls.

As long as you make her laugh a little and maybe pull a little "*you want me*" technique out can work wonders. Warning, be careful and don't get too excited to use the "*you want me*" technique if it doesn't feel right. Just teasing and laughing should keep her attracted.

For the most part, me and the girl have more in common than the topic we're talking about at the time, so I might try and find a way to link it into another subject.

Like saying, "*Oh yeah a fitness book? Do you happen to take a martial art as well?*" and switch it into another topic that interests you.

When I'm ready to go, I'll simply say "*Well, I gotta get going, but if you let me have your number I'll call you later and we'll meet up again sometime and just hang out.*"

Simple conversation lasts no longer than 5 minutes. I actually suggest at first you just leave when you feel like it, even if it's a 10 second or 10 minute conversation.

Either way, during the conversation I remain funny, confident, a little cocky and always interesting.

This could possibly be the hardest part of attracting a girl. It seems to me the dates and getting sex is a lot simpler than this part and once you're over this "approaching" hump it's a lot more downhill.

Technique 19 - DENIED!

We all know denial sucks, but there's great ways of handling it.

I have my own personal ways of handling it instead of telling myself I don't need a girl like that and she's not worth my time, because a lot of the time, when I started out, I had absolutely no clue on how to start a conversation with a girl.

Sometimes she was worth my time but I just went about it wrong.

THERE'S A FOOLPROOF BACKUP, YAY!

What I would do if let's say she says "*Get out of here loser!*" would be to purposefully go with it and say "YES I AM A LOSER, I AM NOT WORTHY TO SPEAK TO YOU AND APOLOGIZE FOR BEING WITHIN YOUR PRESENCE," or something to that effect.

You see, instead of being like every other guy who just would yell back and try and retaliate to not look stupid or feel bad (which is usually exactly what happens) *you can manage to get her back.*

I like to pretend to cry or sarcastically say "*I don't care, I don't need you,*" and look very upset. It's a lot of fun and when your friends are watching, it's a good way not to be the center of all jokes for the rest of the week.

I had a girl last year tell me off in front of a whole mall filled with people I didn't know saying I was "*an idiot*" after attempting to start talking to her at the mall. I pulled out one of these lines and had a bunch of guys start laughing at her.

It was great and I saw her outside that night and purposefully walked outside the sidewalk with a look of exaggerated, sarcastic fear on my face to kind of indirectly say she really didn't embarrass me really. As I was doing this, she said "*Ok, ok, I'm sorry, come here*" and held out her hands for a hug.

I hugged her and never saw her again but it was a lot of fun.

I haven't had to use it much since my approach is a lot better and I'm getting a lot less failures.

Keep in mind that if you allow her to get you angry, you've lost the whole game. A lot of guys don't like girls like this and after getting yelled at they stop there. I can understand this and used to be the same way.

I'm starting to find the same thing and if you feel it's a red flag if it ever happens to you, then I wouldn't bother with her anymore. It's just one of my great ways of handling rejection.

Technique 20 - Call, Discuss, Decide, Hang Up

This is kind of what I do is call the girl, discuss what we're going to do, decide on it and *end* the call.

Take it from me dude, if you stay on the phone and talk too long about your day and what happened, for some stupid reason, girls don't feel like going out anymore or get bored.

I can't figure it out but every time we talk for 15-20 minutes or so then I try and have us decide on a place to go she'd *"rather just stay in tonight."* or *"isn't in the mood"*.

I have no clue if it's just me or whatever but this is my experience.

The only way around it is to not discuss anything really with the girl but where you guys are going and who's picking who up, etc.

This doesn't mean be a pain in the ass and try and rush the call and leave no room for anything but talk about the date information.

You guys can tease and laugh a little bit, but once you get side-tracked on the whole thing, it can mess everything up.

Stay focused on what's going on.

Technique 21 - How To Get Her To Pay!

Wow doesn't that sound great?

Not only not having to pay but having your date do it.

Recently this week, a friend of mine pulled this off as they went to a movie and she paid for their tickets. As they sat down, she gave him a \$50 bill to go get them something to eat and drinks and he could keep the change.

It's tons of fun getting girls to do this but it only works about $\frac{1}{4}$ of the time, and $\frac{1}{2}$ the time she'll agree to pay her own way.

It's probably going to take you 15 - 20 tries until you can easily get women to take YOU out. I bet a lot of you guys will get better at this than me.

The idea is to let her know that she's taking you out and paying.

This is not sneaky nor manipulative but just the way it is.

There's 2 steps to doing this....

Step 1) This needs to be covered before or when you get her number during the approach. I usually tell her indirectly, not directly because directly comes across as sneaky actually more than smooth.

What you'll need to do is tell her *"Well if you're lucky, I'll let you buy me dinner sometime, how about I get your number and we'll figure out when you can take me out."*

See how I did that?

The roles have been *reversed* and it comes out pretty smooth and sophisticated, and I'm not trying to avoid telling she **SHE'S** taking **ME** out.

It's better than most guys saying *"Well, let me have you're number and if it's okay I'll give you a call and maybe take you out to dinner sometime if it's okay."*

He has to *pay*, plus it's just simply not attractive. This is a win/win situation.

This can be used in the bar scene well, where if you're talking to a girl, tell her *"Well, I think I'm gonna' get heading back home (or to where my friends are sitting), but if you'd like to buy me a drink, I could stay and talk with you a little longer."*

Notice it's the same idea.

Except that she is now buying you drinks this time.

Step 2) This needs to be reapplied on the phone, once again, you'll need to say something to the effect of *"So, you're still taking me out right? Okay good, now how about tomorrow night, and we'll meet up around 7pm or so?"*

This is a reminder she's paying.

Once she's agreed so far, you're about 75% guaranteed she's going to pay.

In case of this 25% possibility that she won't pay, I'll bring money still as a backup.

But don't let her back down or try and get out of paying if she's already agreed. Let her know that you don't like girls who back out and you expect her to keep her word.

This advice is *magic* and I should start charging \$100 just to give out this single technique because guys will probably save \$500 a year if this is

applied correctly.

I suggest you study this idea over and over, make up your own strategies and don't give up.

If it isn't your thing or doesn't seem to work for you, that's fine I'd just say don't bother. But it's worth it's weight in *diamonds* for most guys and I definitely suggest trying.

Technique 22 - Don't Try And Get Her Drunk

Bars are the *stupidest* place to take a girl.

Guys who want to just have sex with or use girls get them drunk to bring them home and get laid are not what we're trying to be like here.

I want you guys to be able to attract, date, have sex with and/or love women when they *aren't* intoxicated and have control over themselves.

A lot of the time, if you manage to take a girl home and have sex with her when she's intoxicated, she'll wake up the next morning regretting what she did or feeling like a slut.

This is not at all what we want, guys.

The idea is to have the experience *feel good*.

I want you to come home saying "*Wow, I attracted and had a great experience with an attractive woman. I feel good inside.*" Not to take advantage and manipulate women to sleep with you.

Bar dating is also stupid for the simple fact that you're at risk of another guy picking up on your date. I doubt anybody knows you're dating her, and a lot of guys don't care; they just want to get laid.

So they begin hitting on her too.

This threatens your position.

I avoid intoxicated women because it's a red flag that they're even drunk in the first place, plus the fact I never want a girl to regret sex with me or have her do it at a time she isn't 100% herself.

The main reason I made this as one of my techniques is because so many guys I know try and get girls drunk and I've seen too many girls regret the experience and even cry because they hate the guy they had sex with or just wish it never happened.

Too many guys use this as their strategy and it's downright *pathetic*.

If this was or is your plan, I suggest you get rid of it, if you're looking for a rewarding experience with a woman and not looking to hurt or take advantage of them. Even though this may not be your intention, it is often a result.

I want to avoid this at all costs and have the *opposite* happen. The main benefit to get from this chapter is the beauty of having a woman *respect* and *like* you when she is feeling and operating at her best.

Avoid at all costs drunk women or women looking to get drunk.

I enforce this rule pretty hard and suggest you do too, but to me, it's a sign of insecurity and maybe the fact she could be depressed or have an addiction. Nothing I want to be around, let alone date.

Technique 23 - After The Date

Well, the date is over and you're heading back to her place. You drop her off, now there's 2 ways this can go.

1) *She leaves and doesn't bother to ask you inside.*

2) *She leaves and asks you inside.*

Now option #1 is best to just move on and head home.

Does it mean she didn't like you or isn't attracted, *hell no!* A lot of girls feel dirty or slutty if they invite a guy in or have sex on the first date. Don't just give up.

Now if she asks you in, here's my suggestion...

If you only want to get laid and go home, then do as you wish.

I'm personally not looking for this and rarely ever go into a girl's house the first night. If that's what you're looking for, then head on in man.

Especially if I'm not interested in her, I'll just pass up this chance. Keep in mind if you really want sex and you choose not to go inside the first night, that doesn't mean you can't be sex partners.

I would usually insist I have to go home and just leave on the spot.

This can also make her question if you really want her and can kind of increase the attraction, so it's not necessarily a bad move. I never had a girl

get pissed and/or not like me because I told her I didn't want to go inside.

When I have sex on a first date, I tend to view her as a sex partner, not a potential girlfriend, and if I begin to like her as a girlfriend, it can become awkward for the both of us being that we saw each other only as sex partners.

Get it?

That's very common actually.

My view is no sex on the first date strictly because sex isn't #1 on my mind and I'm now looking for more than that.

I wish when I first regained my game, which was lost around kindergarten, I hadn't looked for sex so much being I had a lot of girls who didn't want me for anything but more than just sex.

I know a lot of guys would love that and if that's what you want go ahead and go for it man.

But if you're looking for early sex then head on inside and saddle up, cowboy. Continue to be funny and naughty and you should do pretty well.

Technique 24 - Is She Good Girlfriend Material?

I'm always questioning this...

Is she my type?

Do we have a lot in common?

Could it work out?

Now this is actually something I suggest you all do. Just ask yourself these questions after maybe an hour or half hour into the date. You'll find out ahead of time which is good.

Now once again, if all you want is sex or a sex partner, I'm sure you'd know this the first time you saw her if you want sex depending on how hot you think she is. Usually nothing more than looks matter to guys really, so I'm sure you could tell early on.

But it's important that you judge a girl on *more* than beauty alone. As you begin to have one-night-stands to a lot of guys, we begin to want more than that. The same exact thing happened to me.

Be careful with the girl you're looking to fool around with, you can find what some dating coaches call "red flags" (which I've mentioned a few times in this book before) in a girl early on which just can't be overlooked.

These red flags are signs that a woman's unstable, a gold-digger or not worth your time at all pretty much.

Examples of signs could be.

- *She talks about how none of her past relationships worked out*
- *If you ask her or the subject comes up, she says she's only attracted to a man with money or good-looks*
- *Calls you a lot or clings to you too much*
- *Talks about having a long-term relationship with you or wants to marry you after the first date (I'm thinking of one particular girl who did this, I doubt this is at all common but run from any girl like this.)*
- *She's unemployed*
- *She's divorced*

Anything to the extent of these ideas are girls I'll back away from.

I usually won't totally avoid her, but I'll have to work 2x as hard to be sure she's qualified to be with me.

Be sure to remember if something doesn't feel right, something's probably not right and try and find out what it is, *before* you make any real moves with her. If you can't, my suggestion is leave.

Better safe than sorry.

Technique 25 - Persuasion

I guess persuasion is the new big thing nowadays for guys to get girls.

There was this girl I liked in school who went out with another guy instead of me because he told her if she did he'd give her a \$200 ring (which he did).

Now she obviously wanted him for money being that he needed to use money to get girls to like him.

Next year she didn't really want money from him anymore and went out with me. Ahhh... what a wonderful happy ending.

I know a lot of guys who do this or just say "*Come on I'll be such a great boyfriend.*" and try and use words to convince her to want him.

This never works and society isn't helping by putting these corny romantic movies on television with guys throwing pebbles in the middle of the night screaming for her to come back.

Persuasion through money is kind of like prostitution in my opinion and doesn't attract a girl, as much as it makes her put on a front to like you *just* for money.

These are the guys that get cheated on because they can't excite a girl like *real* attractive men can.

The point is not to try and tell a girl to like you.

You're goal is to have her try and tell you why you should like her or why she should be your girlfriend.

Switch the roles man.

Once she's gotten there, you can be sure she wants you, BAD.

If you ever get a girl to this point, she's attracted no doubt.

Technique 26 - Making Her Earn You

Now that we've really gotten down a lot of important subjects, I'd like to finish up with the mindset I want you to have all day, almost daily.

A woman earns you, you are the one who is hard to get and for a girl to get you is like winning the lotto.

I adopted this idea from....

You guessed it, WOMEN.

This doesn't mean telling her she can't get you because you're above her. That's *arrogance*, guys. But if you do as I mentioned before through telling her she wants you and insinuating her desire to get you in bed. It really shines through.

This technique is aimed at the way you think. I want you to wake up every morning and tell yourself you're going to be confident, happy, funny and when around the ladies, just be a little too cocky.

Don't let failure get you down and definitely let success get you feeling good.

Don't be tempted by beauty and don't let it get you feeling nervous or queasy before the approach. Just imagine you and her having a great time

laughing, having fun, and best of all her feeling attracted to you and wanting you bad.

Don't let her reverse this into you letting her take the lead and you qualifying for her. This is a big part of the reason why a lot of marriages fail and relationships end.

SHE EARNS YOU!

Technique 27 - Find Ways To Get Confident

We're near the end, and so many guys are unconfident so I'd like to get in a technique about the easiest ways to get confident.

I too used to be unconfident kid.

When I was in middle school and girls didn't like me, the same time I was failing school and didn't have a good home life being my parents were divorcing. I needed to find something to do that kept me happy and kept my confidence up.

I began to take a Kickboxing class which I enjoyed a lot. I had something fun that helped me focus and I could gain confidence from it.

Within months I was feeling good like I hadn't in a long time, I had something to look forward to in my day which made me feel confident in myself as well.

This was a big help in my first start to approaching girls. I find that personally *when I'm confident in one area, it leaks through to another area of my life*. That's where I got confidence to try new things with girls.

So my suggestions for you guys to get confident would be to get *really good* at something.

Whatever it be, like I did it through a martial art, find your own hobby and search around. I also suggest going to seminars on any subject you want to improve in your life on or reading books on certain subjects.

Learn to make money easier, how to fix computers or how to play golf.

Anything!

Here's the only homework I'm going to give you:

1) Write down 5 things you want to learn more about or how to do before you die.

- 2) *Write how you think you will achieve this and what it will take*
- 3) *Write down what you want from women (just sex, a girlfriend, marriage or others)*
- 4) *Write how you think you will achieve this and what it will take*
- 5) *Write down how many women you want to attract before the end of the year (realistically)*
- 6) *Write how you think you will achieve this and what it will take*

The answers to #4 and #6 are in THIS ENTIRE MANUAL.

This is so important and I hope you type it up in about size 14 font and *post it in your bedroom or bathroom mirror and read it every morning.*

Knowing what you want to do in life is so important.

It's just as important to know how you're going to do it. This will hopefully make you a lot more confident in life and should improve your confidence as well.

Technique 28 - NO MORE TALKING

That means no more complaining about how women cheat men all the time.

How all they want to do is get money and screw men over.

How they should all still be in the kitchen working like in the 50's.

This also means no more talking about how you can't get women, **YOU CAN AND YOU COULD ALL THIS TIME.**

Luckily there's guys like me **smirk** who are looking to help and teach you guys where you went wrong, how to improve and how to fix your problems.

The main reason I wrote this chapter is to give you all the power that I have with women. So you can all stop complaining about how girls don't want fat, ugly or short men or whatever.

The difference is, I'm still allowing you to complain.

I'm not telling you that you have to take my advice or believe me.

Do as you wish, but remember that people who really want to get results in life will get rid of everything in life that holds you back TODAY.

Eliminate all threats to your success, happiness and most of all optimistic thinking. People who will tell you that you can't, don't bother to try and it's a waste of time don't want you to succeed or are afraid you will and they won't.

It's great to help your friends change their mindset but if they won't hear it or think you're full of crap, you'll need to choose them or your success.

Don't get help back, you had the balls to read this manual, now *use those same balls to approach, succeed and get happy with women.*

As a final thought, I just want to tell you all that **TODAY** (if it's past midnight, then tomorrow) is the day to begin to change your life.

Not next week, not this Friday or when you come back from vacation.

Make life better, whether it's a little step you take today or a big one. Think it through and tell anybody trying to hold you back in life to *shove* it.

It's never too late to improve yourself and/or your life, whether you need help making more money, you want to learn Gymnastics or buy a Corvette. It doesn't matter if you're 18 or 80, *it's truly not too late!*

Good luck to everybody who wants to begin to improve their dating life and keep at it.

Most of all make it fun!

About the author: Matt Carbon is one guy who really knows his 'way' around women. Having failed miserably & gone through 'hell' with girls during his pre-teen days, he vowed never to be rejected and flaked out on by them ever again. He then 'picked' himself up, surrounded himself with the best 'players' he could track down – observed, learnt & 'sucked' every possible 'trick' he could get from them & later on tweaked them to be his own.

Success did not come instantly for him. He still had to go through the normal route of failing & facing rejection from women. Today, after years of frustration, hardship & failure, he is now the 'go to' guy that guys will look for to teach them his proven secrets of approaching & dating women.

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Chapter IV: Mark Geiger

Insights From The Author Of The “*Play Book -- The Definitive Guide To Dating For Young Professional Men*”

<http://www.LifeAfterCampus.com>

Technique 1: You Need A Team to Beat the Bar Scene

So, you've just discovered that hot new bar in your area where all the beautiful women hang out. How do you “*hook up*” in this environment? It can be a tough playing field because its often packed, loud, not well lit, and you don't know anybody.

You might as well be a visiting professor from Minsk (That's far away) who doesn't speak English. There are a few *key* moves you can make to improve the odds of meeting someone of interest.

If you do it right, they may just come to you:

1. Location:

Find the best spot to hang out at the bar or club.

It needs to be a vantage point where you can get a decent survey of the space, get drinks relatively quickly, and hit the dance floor if there is one. On the night, you want to go out get there early with your friends and camp out.

In most clubs you can do no right before 10:00 pm, so be patient and pace yourself. Let the beautiful people arrive, get settled in, and get one or two drinks down *before* you approach anyone.

Take steps to make sure you're not totally plowed when your opportunity arrives. Eye contact is a *key element* in this environment. If a girl is giving you a look and a smile a couple of times, that is usually a *green light* to ask her to dance or buy her (and her friends) a drink.

Get to the point.

If you don't ask her to dance, tell her you noticed her from across the bar and thought she had a pretty smile. As hard as it is, *act confident, decisive, and interested in whom she is.*

2. Stick together:

Go to the hot spots with a group of friends you are very comfortable around and have a great time with. They don't even need to be single.

Women in these places are very aware of the fun groups of people and are drawn towards them. If you look happy and are *having a great time*, people notice. Invite the women you are interested in into your group and let your friends "*sell you*" to her.

It's the stories, at your expense or not, that gives her a snapshot and comfort level of who you are. And if the jokes and stories are at your expense, showing a good sense of humor by laughing at yourself can score *serious* points.

This happened to me out with a group of guys for a friend's birthday.

We were having a great time just hanging out, joking around, eating, and drinking. This incredible looking woman came up and shocked all of us, especially me, when she introduced herself and sat down next to me.

Her line was "*I noticed you guys having a great time over here and you looked like the leader.*" My buddy said to her "*You have no idea what you've just done... I'll be hearing about this when we're 70.*"

Case closed.

So, give yourself and your group some time to get some momentum before you branch out and approach the people you're interested in.

3. Being in a group is also a great way to "post up" at a crowded bar.

If you can't get there early, one of you should squeeze in and order a bunch of bottled beers and have the bartender open them all up on the bar. Your group will of course drink them all before they get warm, and this usually creates some extra space at the bar for your team.

The bartender is usually good about helping with this because he wants the spenders in front of him over the people milking drinks for hours. Try and

pick a spot next to a group of women.

It's a great icebreaker if you turn and say *"How's it going... would you like a beer?"*

Technique 2: Thong's sizzle with Form & Essence

Have you ever heard the faint sound of a woman's thong sizzling like a searing Ahi, eyes locked on yours, while hanging on your every word?

Of course you haven't.

Maybe you know someone who has and is still trying to figure out why or has resigned to all the planets being lined up? We'll, it's not his \$150 jeans, the extra curl sets he eeked out at the gym, or the combo scent of Aramis and Red Bull.

All of your sophisticated, alternative glory aside, if you've ever had this experience, it was because you were in the zone where **Form follows Essence**.

It's not mojo, moxy, the pheromones you got on-line, or your exclusive voodoo dance-up-from-behind play.

There's no magic to it; just *courage, resolve, and a little confidence*.

Your Essence is the person you really are: values, attributes, interests, strengths, and weaknesses.

Your Form is what the world sees, your execution of life, if you will.

"When these two forces are in alignment with the woman you are attracted to **and** have a connection with, Blam, *"Let me stand next to your fire,"* -- Speaking of Jimmy Hendrix, like most rock stars, he wasn't your typical Hilfiger boxer briefs model.

He was a very soft-spoken, reserved, even shy person, but when up on stage his wild, passionate, creative, artistic essence became incandescent, and the ladies *transformed* into fluttering moths.

Pick a time when you really felt happy or at home in the universe.

What were you doing?

Who were you with?

What were the circumstances surrounding this prime time: promotion or big sale at work, your recreation team won a playoff game with your last-second shot, or did you finish your first marathon?

A little investment of your thought in answering this question will help you distill the core of when you were at your *absolute best* so you can bottle it and wield it under the right conditions to put the puck in the net, move the pig skin cross the goal line, take the checkered flag, and hang the ceremonial thong from your rear-view mirror like a graduation tassel.

Do you have it pictured yet?

We'll wait.

No pressure.

It's just your precious, soon to be extremely exciting and fulfilling life boarding the party bus and leaving the station.

OK, great.

Write it down in the space provided.

For example, *"The cantina when the hot chick walked over and came on to me."*

Not to be written in this space is any excerpt from Penthouse forum or the time you conspired to peek through the hole in your roommate's closet to see some chick he brought over.

Your future epic, enviable dating life is at stake!

Take action and let's continue.

In the cantina example, I can tell you I was stoked in anticipation of meeting this group of buddies I don't get to see very often.

I was also deep in training for a marathon, painful but an all-time high, and in great shape, and I was wearing a new leather jacket I thought I looked great in.

I was at ease, content, feeling great, and my *Form flowed from my Essence* with this group and in this environment.

We were having a great time together and she started giving us (me) the eye from across the patio area of the bar.

I was convinced she and her tasty friends were eyeing our buddy Raj, clearly the best looking guy in the group, but after 15 minutes of looking for what or who they might be looking at, she sauntered over, and introduced herself to me.

I felt like I had opened my front door and Ed McMahan was standing there with flowers and a giant cardboard check.

Of course, my buddy couldn't contain himself, saying to her *"You have no idea what you've done to him... I can't believe it... I'll be hearing about this 75 years from now!"*

To paint this picture a little more clearly, are you familiar with the scene where the mother Cheetah brings the mortally wounded, still struggling, beautiful rabbit over to her young cubs to teach them how to kill something?

I was one of the cubs in a new leather jacket happy to be there, but a bit foggy on what was supposed to come next.

There are at least two **end-game points** to this example:

- 1) *A group of fun people having a great time can be magnetic, and...*
- 2) *When you're comfortable and your form follows your essence, you're on!*

Just because it's too important to blow, I'd like to impart another example of Form & Essence.

My group of friends from college is an incredible cast of characters with everything represented.

Specifically, my friend Ken has nuts the size of tow-trucks when it comes to saying whatever's on his mind in front of the women in our group.

The rest of us guys will skirt taboo topics we are often thinking of, sometimes crossing the line and getting clobbered: *"Jer-REEE (Blam)!"*

Not our man Ken:

***Ken: "You know you can see your nipples through that top."
Girl: "(Giggle). Ken! Oh you're so funny (giggle)."***

I used to just be shocked and awed that he alone could pull this off.

It is like your first time seeing how a child is born.

Then I figured out that the girls always forgive and appreciate Ken in a unique way because it's his *nature* and his Form, the statement, comes right from his Essence.

Your parents would say he comes by it honestly.

How does this apply to you?

The funny, mixed up thing about the idea of *Form following Essence* is that it is in some ways 180 degrees from our idea of positioning ourselves with the ladies.

We think we absolutely have to have shared interests, beliefs, and a passion for half-caf vanilla lattes together. Any woman with this requirement carries a great deal of overhead and a special demi-bag to tote your bits in.

Positioning: The executive summary of this illustration is that you can't be someone you're not.

If it's not you, only Edward Norton or Robert Deniro could ever pull it off.

Now comes the isolation part of our work. To follow on the brief exercise you agonized over earlier (I'm sorry, but if you're not Gavin from *Bush*, your success is going to require a little forethought), write down the places you like to hang where you think *replication* of the circumstances you listed above is a potential.

In this part, you will also probably be able to quickly identify places where you probably won't be able to replicate your "zone" where form follows essence.

For example, if part of your confident "zone" is conversing with your friends, then perhaps a loud, dark club is probably not ***your world*** in terms of attracting the opposite sex.

My game's success always relied on the ability to carry a conversation.

In loud bars, my chances of meeting someone were about one in crap-dillion. If it helps, list those places too, so you know when you can throw on the cap and focus on the game, your drinking, or both.

Now, as painful as it may sound, some of your favorite spots may not be the spots where you show well.

If you don't want it to be a drunk, sloppy X-box night and feel like being in the zone to meet someone you know exactly where (and where not) to go, and with who.

At the risk of sounding cliché and paramilitary you're choosing the *battlefield* and fighting it on **your** terms. Let them come to you and "*welcome to my kitchen.*"

1. _____
2. _____
3. _____
4. _____

Women are *adaptable* to different types and styles of men, the common thread being the man whose Form follows his Essence, and even overlook certain potential friction points because the package he brings is **honest**.

Women can't resist it because it reeks of direction, maturity, and resolve. Get in position, make them throw you your pitch, and when it comes *crush it*.

The girl in the cantina showed me that when I bring my game smart, I'm tough to beat. These days, I don't have the raw talent to rely on talent alone.

Play smart.

Technique 3: Think "staying power" on first dates

The likelihood of a first date going very well is approximately the same odds as a tornado blowing through a junkyard and assembling a 747 airplane. To compound the issue, *the more you like each other the harder it can often be*.

If you are really into someone, it is impossible to casually saunter into the first date without expectations.

The bottom line is that you want it to work, badly, and that can lead to expectations not being met.

So what does success look like in this daunting scenario?

Here are a couple of measures you can take to improve your odds of staying in the game for date number two.

1. Relax:

Easy to say, right?

Everyone would agree that when you relax, it is *easier* to have a good time.

First, chose Saturday for your first date if at all possible.

A work night / school night is always a rush to get home, freshen up, and get to where you need to be on time and relaxed.

For most people, it is a stretch to shake off the stress from the day in time to enjoy an evening during the week.

Even a Friday is difficult just for this reason.

A Saturday generally gives a person the whole day to put the workweek behind them, warm up to the evening, prepare, and anticipate, especially for a woman.

2. Plan:

Translation... *do your homework.*

Think the date the whole way through in terms of timing, *including idiot factor with directions and traffic.*

I highly recommend going to a nice place **that you have been to before.**

The reasons are that you know where it is, where to park, where to sit for the best conversation, and probably what is good on the menu.

All of these small things add up to less stress for you during the evening.

Your date will appreciate your knowing the ropes and executing well: *"We're a little early so why don't we grab a drink upstairs and watch the sunset."*

I always found it overwhelming trying to keep up a conversation with someone I really liked while navigating the wine list and menu.

Already knowing what you want, while still perusing the menu with your date makes you seem more *decisive* and *focused*, and doesn't interrupt the conversation. You can even suggest certain entrées you know will be winners.

Save the adventure for your one-month anniversary.

If it's possible, please get some help.

Perhaps you have a friend who manages a nice restaurant, can get you VIP passes to a concert, or the like.

These kinds of cards are worth playing if you're trying to make a lasting impression and show that you know how to program an evening.

Think of it this way: Even if the date was a little awkward as many first dates are, you are likely to get date number two because of the other facets you had control over.

3. Don't waffle:

What I mean by this is stick to the plan.

How do you want the date to end up?

Set it up in your mind and don't deviate unless you are getting really strong signals to the contrary.

For example, the evening goes relatively well and you are ready to say goodnight. Setting yourself up for success is planning on saying *"Hey, I had a great time. I'd like to go out again (giving the person a hug)."*

Unless something similar to a bolt of lightening strikes you to have a long passionate kiss with this person *don't do it!*

There is plenty of time for that if there is chemistry between you. Let that be the **anticipation** for your next evening together.

Staying power with the right person is what success looks like.

Technique 4: Understand The Three Keys To Making First Sex Work

The three most important things you could probably ever know about great sex are that it's about *honesty, attention to detail, and a sense of humor.*

I don't need to tell you the up-side of sex but there are implications of each of these components that are integral to a successful experience for both of you.

Honesty: There is hardly anything more honest than standing totally naked in front of someone.

After the "trow" has been dropped, you are miles beyond *"does my ass look fat in these pants?"*

So, take some time to walk yourself through the scenario in your head before you get there so you don't become the dope people point and laugh at when they hear she took off your pants and you turned on the TV.

Before you get the *key to the city*, you have to prove your worth and probably answer some important, pop quiz questions. A few of them, accompanied by some sample answers (*remember we're talking honesty*), are as follows:

- **Q:** "What are we doing?"
A: "Being impulsive, enjoying each other, and agreeing to deal with it later."
- **Q:** "Did you think it was going to be that easy?"
A: "No. I just thought it was going to be that good."
When this question was posed to me several years ago, I didn't end up having sex with the woman but we fooled around the entire night naked in my bed, which to me was still a fantastic experience. That is until the cable guy showed up early the next morning.
- **Q:** "Do you have anything?"
A: "Absolutely." Have something. Enough said.

Attention to detail: The saying "*Why do girls work so hard on tanning when all the guys care about is the white parts?*" is a bit telling.

As I have gained experience, I am convinced it's almost all about all-over foreplay.

If you're hoping that your chosen partner will throw caution to the wind and get jiggy with you, some unrushed foreplay that focuses on a person's whole body and not just the white parts is a great way to get there.

Ask yourself: *Have you ever prolonged the warm up so far that she begged you to have sex with her?*

If you haven't, I passionately suggest you make that the next milestone in life for you, and anyone you want to become intimate with.

How do you get to the part when people start shedding clothes?

One of my go-to approaches is giving a *back rub*.

This is an opportunity to demo your sensitive, healing, powerful touch to someone. Relaxation is 50% of positioning yourself to score. There are plenty of ways to become proficient: DVDs, books, etc.

I am sure some of your opposite sex friends wouldn't mind you trying out some of your new massage skills on them.

Many girls are self-conscious about how they look.

Think of how long it takes for them to get ready. For better and worse, they really care a lot about and scrutinize how they look.

Now imagine this person taking off her clothes on stage with you watching. That is the extreme of making being uncomfortable. The other end of the spectrum is a pitch-black bedroom where you lose all the visual pleasure of the beautiful female form.

Meet her in the middle, at least at first, by dimming the lights to a warm, comfortable level. The light from several candles placed near the bed not only creates a romantic, pleasurable ambience, but also gives her the security of not being under the microscope.

There are a number of erogenous locations on a person's body beyond the ones inside the tan lines. Not everyone's the same, but the body language will tell you whether you are pressing the right buttons.

The "*wet-willy*," sticking your tongue in her ear, is a great example of something that will pull the needle off the record on the wrong person.

My experience is that if you are going to lick someone's ear, that it be *gently on the edge coupled with a few soft, warm breaths or whispers about how hot you think he/she is*.

The sides of the stomach, the sides and back of the neck, and the small of the back are also key areas for kissing and playful biting during foreplay.

An uncommon, yet effective approach to getting a woman in the mood is a foot massage.

Find some Peppermint foot lotion at a store like Body Works and spend about ten minutes on each foot.

Pressure points on the feet, at least what I've experienced, are connected to other more sensitive areas of the fairer sex. This is a very nice way to set yourself apart and that you are committed to taking care of her in more ways than one.

When you are with someone the first time physically or still figuring the person out, don't you think you need to *control* the situation?
It's a *dance*, not a liquor store robbery.

Let your partner take the wheel for a while and watch/listen/feel them enjoy the moment in their favorite position and at their speed.

Bookmark based on reaction.

Sense of Humor: In any sexual relationship, some uncomfortable stupidity inevitably presents itself.

Sights, sounds, and general clumsiness are commonplace.

It's not like filming porn that can be edited later.

If you can't laugh at yourself in exposed, compromising situations, you don't deserve to be there. Laughing together at sex follies can bring you closer together than the physical union itself.

Laughter is also a big turn-on for me, and most of the women I have been with. It takes the edge of anxiety off, breaks the ice, and allows you to relax and focus on this warm, intimate dance with each other.

Technique 5: Make The Most Of Business Travel

Many young people travel for business whether it's to get training for a new job, attend seminars or conventions, or just periodically touch base with the corporate headquarters.

If you travel for business, or travel at all, do not forget to look up attractive acquaintances from years past.

Maybe it's a girlfriend from college, or just a great friend that you always fantasized about physically.

Sure, venturing out of the hotel in an unfamiliar city is not as convenient as a sensible \$28 room service dinner (sandwich), checking e-mail in your monogrammed hotel robe, and firing up CCM (Chicken Choking Network).

It does however, promise to be slightly more fulfilling, and for the purpose of this exercise, let's define *fulfilling* as getting the whole thing published by Larry Flint.

This type of meeting has two very key implications:

1. *You are leveraging the familiarity with someone who already feels very comfortable with you, and feels special that you thought of enough to look her up. Also, as people get on with their careers, they often relocate to distant cities and really embrace the thought of a familiar face and a slice of home.*

2. *The percentage of romantic, physical contact is high because the woman knows there is no uncomfortable next day/week, and that there are no strings attached. It is the classic romantic interlude often with little or no strings attached.*

When you meet, it's appropriate to be very flattering and it sets a great tone: *"You look GREAT!"*

That phrase is what everyone wants to hear, especially from someone who knew her back when.

Don't be afraid to get specific: "I love your hair like that. It really highlights how beautiful your face is."

Now, on with the catching up part taking her back to a warm, care-free, comfortable time for the rest of your visit. You'll find yourself wanting to make it a regular adventure.

If it works out, you may catch yourself back at work barking at your secretary *"Cancel the conference call....this is something best done in person up at HQ!"*

Look 'um up!

Technique 6: Take The Edge Off Valentines Day

Valentine's Day; it seems like it was just yesterday in December when you were agonizing over what to get her for the holidays.

Good news; you don't have to live through that nightmare vacillating between the implications and ramifications of Victoria's Secret and Tiffany & Company all over again.

Thanks to wireless Internet connections and computers the size of GameBoys, young people today are working harder and longer than our parents ever did.

Trying to squeeze a meaningful dating and social life into the whole *"stay connected"* scene is often difficult and sometimes impossible. Add in her stressful career and the result is an evening with two preoccupied people going through the motions so as not to seem like total losers the next day.

Translation: Peck on the cheek. So, if you want to make it a special evening, you need to lay the appropriate foundation.

The ideal date is right in front of you, one that will take the anxiety out of this emotionally-charged booby-trap.

Book massages at a spa for you and your girl on the day, late afternoon or evening, of your Valentine's Day date.

Both of you bring your date clothes to leave the spa directly for a nice dinner and the rest of your evening together. This is a great way for both of you to put the stress of your workweek behind you so you can focus on each other for the rest of the evening. You won't believe the difference!

Your gift is now taken care of with the message, and every gift has a message on Valentine's Day, is that you want to take care of her, treating her body and mind as well as taking away the distractions of the daily grind in order to enjoy each other's company.

In fact, don't hesitate to put that in your card to her.

As an added bonus, incidentally, one of THE keys to getting physical with a woman is relaxation.

This date will demonstrate that you are more than just another pair of loafers buying dinner to get her clothes off, and will give her something very unique to brag about with her friends.

Technique 7: Create Familiarity With Deliberate Pattern

Hardly anybody bags the elephant with the first shot.

It's more than naïve to assume some one-liner is going to lead into the two of you passionately locked in a lusty embrace, making out and tearing each other's clothes off, despite some of the bottled mojo you'll find in many of today's men's magazines.

The approach should be one of *building a bridge*, or at least a BBQ, *brick by brick*.

Fortunately, a day-to-day routine and structure can be leveraged as a platform for meeting and asking women out.

For example, you visit a local coffee shop, the unofficial daytime singles scene, nearly every morning, where your type of women frequent or work.

Plan on picking up your coffee or meet a friend here during the peak times that prospective females are there.

After going there several times, you'll begin to notice the patterns of other regular visitors, perhaps some of them being the people you'd like to ask out on a date.

Eye contact and a *smile* is always a great icebreaker even if it results in nothing more than that. For many of us, a zero conversation encounter is actually a bonus.

When you receive a friendly smile or gesture in return, mission accomplished for now.

That's *brick one*, the foothold you need.

Take your time and build on that in gradual steps.

For example, the next time you see her, position yourself to be near her or in line with her to order something.

A good way to initiate a conversation in this setting is to notice something about her that may be a little different, preferably above the neck.

Hair seems to always be a great lead in: *"Your hair looks shorter than the last time you were in here. It looks great! By the way, I've seen you in here a few times before. I'm Mark."*

The end-game is establishing a non-threatening familiarity with this person that will increase your chances of receiving a welcoming response, here or when you see her again around town.

Now you're not starting from ground zero, like most of the other one-liner wana-bees.

Technique 8: Picture It

There is hardly any sexier scene than taking photos of your girlfriend.

This adventure does require that groundwork being laid, but done the right way it can be one of your greatest exciting, physical nights ever!

Step one: Get a camera.

It doesn't need to be anything special, digital or film. If you've been dating someone for a couple of months and it seems to be blossoming into something more, you'll want to have pictures of each other and the places you go anyway.

Pictures are a great way to remind your woman of the cool, thoughtful, creative guy you are.

Someday, a great picture of you two together can also become a fantastic holiday or birthday gift framed in a style that suits her.

Step two: Spend the day clothes shopping together.

Buy her an outfit(s) and treat her like a supermodel. Compliment her by focusing on her best, most sexy features: *"That skirt really accentuates your figure."*

Step three: Take the stuff back to your place and *model* the clothes together, taking turns shooting each other in the new outfits you've bought. You model first and have fun with it.

Put on some music and share a bottle of wine during the process.

She goes next.

Step three: You will know when/if the timing is right to get a little risky.

All the great photographers reinforce their subjects to capture and accentuate the subject's best features, expressions, and poses.

Don't tell her what you want, instead ask: *"The light from that window is perfect... Can I see you standing over by the window with the light on your face?"*

In between shots, show her that you can't keep your eyes off of her and slip in a kiss or two.

You will be surprised by where this can lead you both but be sensitive to the signals. She needs to feel convinced that she looks beautiful before she really gets into it and she'll most likely initiate taking something off.

You play a big role in how this event unfolds with your **words**, in the form of *compliments*, and *gestures*. Understand that up front so you're prepared.

The benefit of digital here is she can see how great she looks and knows she has veto-power over any unflattering shots.

It also allows you to communicate with her exactly why you think she's beautiful and what you think she looks great in. She'll remember what you'd like to see her in, or not in, for future encounters.

Technique 9: Hook A Brother Up

Dinner and a movie can get a bit stale.

A movie, early in a dating relationship, is the *equivalent of riding bikes together wearing iPods... date by proxy only.*

The objective is getting to know each other better.

Why should you have to come up with all of the cool date ideas?

There's more than one use for a good wing-man these days, and a fantastic date is most definitely within your reach with a little help from your friends.

Getting described as "*thoughtful*" in a circle of women by the lady you're dating is a huge bonus, any time, any where, but don't feel you have to charter a jet and fly to Maui to watch the sunset to make a lasting impression.

Here's how it works.

Make an agreement with a buddy to set up a romantic dinner date for each other. Keep the theme simple, like a romantic picnic dinner on the beach in the late afternoon before sunset. Tell him you'll set up one for him first and definitely bring your chick, agent 99, into the fold.

Working with your chick as a team to engineer a special evening for your friend illustrates your ability to plan, program, and create an environment for romance.

It gives your woman a glimpse of what might be in store for *her*.

Spend some energy coordinating the timing and location with your buddy and carry cell phones for last minute adjustments, and trust me, there will be.

One hour before the event, get out to the approximate beach location after most of the beach-goers have vacated, lay out a blanket, some food you know each will like including desert, hurricane candles, the beverage(s) of choice, and containers to bring any leftovers back in a convenient carrying case.

Binoculars are a big help on this adventure because you need to take turns scoping them coming your way before they see you, and stay by the food as long as necessary before lighting the candles and darting away to a hidden vantage point together to watch them arrive.

A very nice touch, if possible, is to covertly take pictures of them arriving on the scene.

The experience I planned on the beach had some close-by sand dunes about 40 yards away we could run and duck behind.

The surprise, realization, and excitement that will ensue is always worth capturing on film. This is a *guaranteed* win-win for all involved and is possibly even more fun setting it up than enjoying it.

You'll be giggling like two eight-year-olds after ding-dong-ditching the neighbor's house, and talking about it for weeks.

Make sure to plan a double date in the not-too-distant future to let the girls revel in their replay of the whole event.

Technique 10: Give Her The Vision

One thing it takes many of us guys decades to figure out is that the **story** she tells her friends of your dates is at least as *significant* and valuable as the date itself.

No one can explain it, but girls have an interesting love-hate competitive relationship with each other.

There is a hierarchy in that relationship which is established through helping, and in a way, *hurting* each other.

The story of your date has a role in establishing a place in that hierarchy, probably as a result of thousands of years of gender-specific social evolution.

Let me give you an example.

One night, I invited this girl I was dating over to my apartment for dinner.

Before it got too dark, I impulsively hopped on my bike and rode down to the pier (about five miles round trip), bought some live crabs, had them steamed and cracked, and rode them home in a bag like a paper boy.

I had a baguette of bread that I buttered and heated in the oven for a few minutes, and a bottle of Chardonnay in the fridge.

Nothing special right?

Wrong.

First, she was blown away with how fresh the crab was, so I told her how I got it.

"You drove all the way down to the pier to get fresh crab?"

"Well, not really; I rode my bike."

"You RODE YOUR BIKE all the way down to the pier to pick up the crab?"

As I was hearing this played back, I realized that she would soon be describing every last peddle-stroke of my mildly interesting errand to a circle of eager girlfriends, who were probably simultaneously excited for their friend and *jealous* about the news.

Had I known it at the time, I would have executed a lame swan-dive off the pier to get the crabs myself.

The point is that simplicity combined with attention to detail creates the vision that will set you apart from the herd every time.

Technique 11: Prioritize The Prize

Making a girl feel like she is a *priority* is very important.

There are at least two things single people are faced with today that are opportunities to illustrate your sense of priority and good fortune of being with her:

1. Today everyone has a cell phone.

In fact, for many people, it's their only phone so they are constantly connected to work, acquaintances, solicitors, etc.

And it is always on, so we don't miss out on any of life's single details.

As a result, the tendency is to pull your phone out like your drawing a pistol it to save your life, perhaps because you didn't realize how silly and annoying Michael Jackson's *Thriller* was as a choice for a ring tone.

If you have to have your phone with you, put it on vibrate when you are with your date.

If you are together and you get a call, don't look at it, reach down, and kick it over to voicemail.

Often times your date will say *"do you need to get that?"*

Your answer should always be *"this is more important"* without even looking at it.

If you check the caller ID on your phone, it gives the impression that you're weighing which person is more important, the one you are with or the one on the phone.

Don't do it.

As the saying goes, *"a bush in hand is better than anything,"* or something like that.

You are sending the message that there couldn't be anything more important than what is in front of you.

2. If you live a distance from each other, which happens often in today's world, it makes sense, logically, to meet somewhere in the middle.

That way you can maximize your time together, right?

Nope.

Here's an easy way to remember it: *"Half-way is half-ass."*

Step up and make THE statement that will last a lifetime.

Even when she tells you that it's OK to meet in the middle, act decisively in saying, *"No, I would still like to pick you up if that's OK."*

Your extra, uncommon effort will not go unnoticed. In the game of life, logic can sometimes be your enemy, and 98% of that *"sometimes"* is when a woman is involved.

There are numerous intricacies to the prioritization of the various components of your life. If you can't do it all, and who can, focus and do one thing extremely well.

This is that one thing.

Technique 12: See The Real Person, Spend The Day Together

What I tell my single female friends who are trying to figure out guys they are dating but don't know very well, is to suggest a date that lasts one entire day.

If you're normally a horse's ass, you can only dress that up for short spurts lasting 2-3 hours before the crack appears and things start to smell.

OK, enough imagery.

The point: It is extremely difficult to be someone you're not for a whole day.

What does this mean for you?

If you feel like your relationship has reached a plateau or is not moving as quickly as you would like, this is an easy way to accelerate it, dive in, and expose any stumbling block that is impeding your emotional or physical progress.

More often than not, the two are tied closely together. It allows you to get to the bottom of any perceived issues or misunderstandings that often occur in new relationships.

Before you venture into planning the week-long ski trip to Utah, suggest something like the beach, the zoo, or a matinee cultural performance that extends into spending the evening together.

If you have significant road-time during your day, *The Book of Questions* (Gregory Stock, PhD) is a great way to share your feelings about topics light and not-so-light without broaching an uncomfortable subject at random like *"What are your feelings about abortion and capital punishment?"*

The questions inevitably lead you into both fun and serious conversations that reveal new things about each other and circle back to your relationship together.

Everybody has idiosyncrasies and the more time you spend together, you will find them, but if the chemistry is right, they won't be deal-breakers when put in the context of the whole package.

This date leaves you in one of two positions:

- 1) Further along toward a more serious stage in your relationship or...
- 2) The *realization* that this is not somebody you take to the next level. For you this is a winner, *either way*.

Technique 13: Don't Blow The Ride

Relationships are about moving together gradually through stages of attraction, familiarity, lust, chemistry, and love, at a pace comfortable to both parties.

Each of these stages is uniquely wonderful and should be savored, not rushed through with delusions that the next will be better than the last or with a hidden agenda in mind.

That makes great sense to most men, but there is an opposing natural force violently attacking this logic, and that is -- woman.

And it's not their fault.

You see, women in their mid-twenties start to hear their biological clocks ticking.

This, coupled with the first wave of close friends getting engaged, married, and starting families can panic many girls into thinking it's a game of musical husbands.

The pressure is tremendous.

It is usually at this point that women hint, nudge, and eventually *demand* a road map for the relationship you are in together because they're worried they might be wasting time even though they know things are going well.

In some ways, you may even feel like you are playing a chess match with her friends on a board in your girlfriend's head.

With a map, there is hardly any adventure, the excitement in any relationship.

Time to play defense, sport, and this is not a simple "*prevent defense*" scenario!

Stay strong and demonstrate that you have the situation under control.

Unless you are extremely quick on your feet, questions out of the blue like "*what are we doing?*" and "*where do you think this is going?*" will surprise you like a cold-cock punch, wishing you were knocked out cold.

I'm not suggesting you cough up a line to bail yourself out of a serious situation, merely that you prepare for the unfair situation you are being boxed into.

1. "I don't know what's in store for us but I love spending time with you."
2. "I think you are very special and I want this to work, but let's not spoil it by analyzing it too much."

These statements, and there are many like them, show that you are in command, and that you do have a plan.

Your plan, is to stay the course at the appropriate pace with the best interest of the couple in mind, and she'll respect you immensely for it. "*Checkmate*" to those selfish, negative enemies of her happiness she refers to as friends.

Technique 14: Give The Gift Of Plans

Women love plans.

Their *whole lives* they are planning.

It is a part of their makeup.

Put another way: *Women love a man with a plan.*

A great move that will establish a prominent position in a women's mind early in the relationship is by inking future plans.

It simply says that you would like to spend time with her in the future.

And, often the anticipation and planning for the event (what to wear, etc.) is better than the event itself for a girl.

Tickets are the perfect call here, whether it's sharing your favorite band with her, showing her you listen well by scoring a show with her favorite band, or embarking on something new and cultural together like seeing the Geoffrey Ballet perform *The Nutcracker* around the holidays.

Tickets are also a great gift for birthdays, Valentine's Day, Christmas, etc.

It almost sounds selfish.

Remember, the message you send with a gift is a highly sensitive issue in most relationships. Keep it simple for yourself.

Tickets say that you want to continue building the young relationship, and it's a double-whammy because you have a gift and a date locked up in one shot.

Technique 15: Booked

What's the hot new novel today?

Get it for her and yourself for "whatever" day or "you name it" occasion.

I know... already this reads like *"Leisure World: Single after 65"* guide.

Believe it.

This gift creates *instant* conversation and a playful competition between the two of you:

"Where are you (in the book)?"

"Are you to the part where she....?"

"What would you do faced with that situation?"

"Hurry up slow poke!"

Sometimes you even live out the parts in the book.

I had the pleasure of duplicating one of the sexual adventures of the male lead in a suspense thriller my girlfriend picked out. She picked up on it right away and ran with it. *What a ride!*

The book you're reading together will lead you into many different topics and discussions.

It becomes the catalyst or trigger for personal and sometimes tangent subjects that invariably lead to learning something interesting about each other that you wouldn't otherwise have.

It also does a great job of filling the space when you need a lifeline, when everyone whose been dating long enough runs out of things to talk about.

With reading a book together, you can almost completely eliminate *"So, what else's going on?"* from your repertoire.

Picture a rainy Friday evening with no plans after a hectic week at work, taking turns reading to each other from a shared book on your couch over a bottle of wine.

Let her put her head on your lap and drift off to sleep to the sound of your voice and carry her to bed, or gently wake her to take her home.

There is hardly anything as comforting to a woman about a man's voice reading a book just for her, reminiscent of Dad reading her to sleep by her side when she was four; comforting, relaxing, and healing.

Make it a tradition to buy and wrap the girl your dating a children's Christmas book each year to open Christmas Eve and read to her in front of your tree, the room dimly lit from the lights on the tree, a fire in the fireplace, or a small light next to the couch.

Curl up together and enjoy the story as you did through the eyes of a child, and recapture the spirit of the season together.

Make sure you write something about your great, meaningful time spent together like you would in a card. She'll have that *forever* and she will relish in revisiting your inscription for years to come.

Technique 16: Something Out Of The Ordinary

What do opera and soft porn have in common?

They did it?

It's done.

They've cracked the code for bringing opera, with its passionate, tragic love stories, written to get women out of their clothes and in the mood, into the 21st Century with great voices AND young, beautiful people playing the parts.

For some reason, it used to be all the great opera voices came attached to blubberous bodies and you almost had to close your eyes and imagine Jenna Jameson standing on the balcony begging Romeo to seize the moment in a fit of young lust.

It's like imagining your swooshing through fluffy powder on skis on a magnificent day on the slopes... armed with only a York Peppermint Patty on a sweltering day. It's a stretch.

Imagine my extremely pleasurable surprise when the lights came on for the bedroom scene after Romeo and Juliet have been secretly married and Juliet is straddling Romeo on their bed without clothes on.

Show time!

When the shock wore off, I discretely leaned over to my date and said "*I picked a horrible time to forget my binoculars.*"

Anna Netrebko, Romeo & Juliet

Opera, or a show, in a big city is often a *great date* because it's a scene for dressing up, people-watching, and experiencing American Pop Culture.

Seriously consider doing a matinee with dinner after, because doing it the other way, dinner and a show, makes the meal rushed and nervous.

Also, dinner after gives you both the opportunity to re-cap and re-enjoy your favorite moments while their fresh, and even make a pact to carve out this date as a regular event.

For my girlfriend and I, we always look forward to these evenings because they are the quintessential date, and in the case of our most recent opera, an aphrodisiac.

Technique 17: Recording Artist

Why do all the recording artists, mediocre looking at best, score all the babes?

To put a fine point on it, it's their display of **courage**.

Anecdotally, a friend of mine described this vagrant in the beach community he grew up in, "crazy Billy" as they called him, who would walk up to girls laying out on the beach and lay down on top of them.

98/100 times he got thrown off, slapped, kicked or worse, but that guy got more play than anyone in the city as the story goes.

It's about courage to face the consequences of physical harm or in the case of the recording artist, public humiliation or lack of acceptance.

Being burned alive rates just below standing up and performing in front of a group of people on the list of things people fear the most, according to a Toast Masters survey.

I have a tough time keeping my composure calling up a radio station to request a song, much less stretch my voice to its limit on a microphone in front of a girl whose pants I want to get in.

I dabbled a bit in singing in friend's dorm rooms, like many of us, in college.

It's simple really.

Everyone has friends who play the guitar or the piano.

I've even jammed out a Christmas CD we composed for our respective chicks, my buddy playing his vintage accordion and me singing. They loved it and talked it up to all their friends. We were heroes!

A guitar, several beers, and you're doing *Purple Haze* by Jimmy Hendrix.

In this, our digital age, there is a bunch on inexpensive recording equipment and software you can buy.

I got my rudimentary equipment off of E-bay.

I downloaded *CoolEdit* off of the Adobe website and whammo, you have a recording studio on your computer. Editing a track is as easy as editing a Word document. Also, you can find the lyrics and music to just about any song on the Internet.

When you say the words "I got together some friends and recorded some tracks for you on this CD," the translation to her is *"Here's the man I've been waiting for... I better get my clothes off quickly before he leaves."*

It's thoughtful, especially if it's from an artist she knows and likes, unique, and personalized for her.

Trust me.

You'll have a great time doing it because you'll be hanging with your friends, drinking, and laughing your ass off getting it right. Also, this recording has a great ending when you present it to her.

Rock on!

Technique 19: Clean Up Your Act

What's the first thing you do when you think a woman may be coming over to your place?

Yes, hide the porn, but I was thinking more along the lines of *cleaning* your apartment.

Similarly, if you think you might get to the physical point of fooling around, perhaps to the ever-so-fantastic moment where you "drop trow," having enough hair on your junk to weave a pubic Persian rug will significantly deter your happy ending.

It was natural and cool in the 70's but for today's woman, it's like a greasy ham sandwich served up in a dirty ashtray.

Put another way, do you think if your chick found a hair on her hot dog at the ball game that she'd still eat it?... same thing here.

Heck, my woman gets "grossed out" when there's a hair, any hair, on my bar of soap in the shower.

Take down the growth a couple of inches to about a ¼ inch.

There's upside here.

The perceived length of the observer just grew just like a midget holding your freshly caught eight inch rainbow trout.....bigger!

Clear the area and finish the job by shaving your cahones with a razor and ample shaving cream. I know what you're thinking.

I, too, spend the better part of my day keeping sharp objects away from my best friend but trust me; she will love your soft, smooth skin like sleeping in silk sheets. That's a guarantee.

It will also show you took the time and effort to glam up the place she's hopefully going to be spending some time at.

At some point in your relationship, the point where you shower together to "save some time" before you go out on the weekend, make shaving a playful game where each person gets a chance to wield the triple-bladed, liquid-cooled, \$25 razor.

You will each get a feel for how daring each other is, and you both get a shot to enjoy it later when you throw her over your shoulder and carry her off to bed.

Remember, you do have to face the people at the gym sooner or later, so be ready for stares at your "ten-year-old boy" look if that's what you two come up with.

Oh, I almost forgot.

She gets a turn and *ladies first!*

Technique 20: Surprise Weekend For New Years

New Years Eve, the most over-rated holiday ever.

Visions of an epic, exciting, romantic, high-energy party with your girl are shattered on the actual day by watching other people having a blast on TV at a friend's apartment.

Honestly, when was the last time you had a blast on New Year's?

If you've ever said "Thank God we can watch the ball drop in New York three hours earlier," you need help.

Put the buzz and the pageantry back into New Years Eve by planning a fun surprise weekend with your chick.

It doesn't need to be elaborate like flying to Rome, it just needs to be a well planned getaway for a weekend.

I used Monterey, California.

It was romantic because it's a small town on the northern coast with plenty to do and see, and it wasn't over the top and packed with people, so we could focus on each other.

Las Vegas might seem like the ideal place to "rage" for New Years, but it can be packed and loud to the point that you're more afraid of losing each other than spending quality time together.

The point is to consider the location based on your objectives: *romance*, *"off-the-hizzle"*, *glamorous*, etc.

In the Monterey example, I told her we were going away for New Years and that she should pack some warm clothes.

I blind-folded her at the airport and made her wear my iPod during most of the waiting at the gate so she couldn't hear announcements about *"Flight 123 to San Francisco."*

We got to SF and she still had no idea where we were going because we got in a rental car and drove 45 minutes to the small coastal town.

We had a blast being a part of the New Years party on the street with music and dancing, having some fantastic meals, going to the aquarium, doing the 17 mile drive on the coast, and "relaxing" back at our hotel room with a great view of the ocean.

It was a very special time for us that she will always remember.

Technique 21: Wine Tasting

Nothing puts a woman in the mood more than the combination of a pleasurable day planned in advance, Garden of Eden scenery, laying judgment to an attentive server as if she were a princess, and alcohol.

For you, think of it as a progressive party with food and servers to carry the conversation.

What I like about this date is the numerous variations on the theme:

- **Glitz:** Renting a limo with a group of couples and touring like rock stars without having to worry about whose driving.

- **Adventure:** Take your bikes up and ride through wine country. Most of the wine regions are configured with one “main drag” that most can be accessed from. Riding gives you the full flavor of the beauty of the region. Remember that you’re drinking, so take a picnic lunch in a backpack to break up your tasting. It’s a buzz-mangle if you drink too much and veer off into the weeds in front of your girl.
- **Spontaneity:** Drive up on a Saturday morning if you’re not too far and each lunch at the winery. These places almost always have food and picnic tables to eat, and they are as beautiful as it gets.

Buy the wine you like as you go.

If you are a first-timer, I *highly recommend* a good tour to start you off, and then you are on your own.

You absolutely do not need to be an expert of any sort, and you’re learning about each other’s tastes as you go along.

If you don’t like something, spit it out (*BTW: that is the only time I recommend that a woman do this*).

Taste is very individual and it’s a hobby that will evolve as you acquire new tastes, the more you drink.

For example, one of my buddies bought a case of this inexpensive red wine because the server described it as “*The malt liquor of wines.*”

Even though you’re just tasting, it can catch up with you after about four wineries.

In the afternoon when you get home, take a nap together and see what happens.

Technique 22: She Can’t Wait To Cache You Out

This is the electronic age and we are better connected to everything on this planet than ever before.

What that means for most guys is that there is more porn than you can shake a stick at. Just because most IT support people are guys, doesn’t mean the girl you’re dating doesn’t know the directions to c:\Temp:Temporary Internet Files or “*Start-Find-cache.*”

Your computer system is a window into your secrets, secret desires, and your soul.

She can't wait to get in there to see if she's wasting her time going out with you.

Ten minutes in your computer's driving seat, she can capture ten dates worth of information making it the Holy Grail for most women.

They prefer to cut their losses early. Anything with the word "teen" in it immediately turns you into public pedophile number one. Remember, their clock is ticking and the stakes are high.

Cleaning your hard drive is like changing the filter on your water system.

Most people don't think about cleaning house until it takes them five minutes to open a small Word file.

Do yourself a favor because I've seen it happen.

Wipe out all the porn sites from your hard drive, clean up your cache, and put a password on your system to get in.

If she acts suspicious, tell her someone in your neighborhood got their identity stolen from someone gaining access to their system. That will cover you for now.

Text messaging is all the rage.

It's the perfect flirt tool with no commitment attached.

Unfortunately, it's also archived, so you can access them later in the case you didn't want to load the phone number into your phone.

That's commitment for Christ's sake!

I have friends whose chicks got a hold of their phones and found saucy saved text messages from horny girls trying to get him to come over.

Game over!

If you've got a hot e-mail from another woman on there, you're immediately a flight risk. You've got some explaining to do at that point.

Like I said, if you care at all about this girl, don't give her your dirty little secrets until about one or two years into dating, and even then, it's a mixed bag.

Relationships that work, happen because of a *slow* revealing of each other to each other, not because of a ten minute down-load. She needs to do it the

hard way. Lock it up for later!

Technique 23: Friends First?

The first thought that comes to mind when friends I know tell me they have feelings for a girl we've been friends with for a while, like a good chick-friend from college, is *"don't do it," "be careful,"* and *"you're going to screw this thing up and make it awkward for all of us."*

All the drunken, opportunistic, consensual one-night flings are acceptable and can be overcome in a friendship like this because there is an underlying understanding that there is no commitment and because of the unwritten Female Intercourse Accounting System.

What?

You're not familiar with the elusive F.I.A.S.?

Don't feel left out because we all are.

It's like the Navaho language.

There's no written record of it, but what I can tell you is that it overlooks these hot, impulsive, momentary lapses in a girl's judgment.

Therefore, they don't have to count them. The male system is a little skewed to the other direction, and includes provisions for imaginary girlfriends, but that is another story entirely.

Turning good girl friends into *"girlfriends"* can and has been done with success, but it needs to be approached carefully.

Remember the consequences when you are strategizing how far you want to push the envelope.

Push it too far and if it doesn't work out, you'll never be friends, at least the *same* way, ever again. Thinking that you are interested in a female friend and wondering *"what's on the other side of the fence"* with this person is not enough.

Do yourself a favor and ask yourself these questions:

1. *Why am I attracted to her now, of all the time we've known each other?*
 - a. Comfort in a difficult like a recent break-up
 - b. Sexual convenience
 - c. Dry spell

- d. She's changed for the better in some way that put her on my radar

2. How does she feel about me?

- a. Does she respect who you are and your values, ideally look up to you, or are you just fun to party/hang out with?
- b. Is she attracted to you physically in any way? Yes, you can tell if she has flirted with you before.
- c. Do you laugh together, sometimes uncontrollable laughter, and have fun together?

If the answers to both of these questions honestly sound positive to you, then you might be on to something. Keep these answers handy because you will need them like a shield when she wields the interrogation at you.

Here's a shot at an appropriate answer:

"I feel like our relationship has grown into something more than just a friendship and it's a little scary to me, because I don't want to ruin what we have right now, but I also don't want to miss out on the signals of something very important."

Take it slow and be hypersensitive to signals from your chick friend.

To many women, the mystery of someone brand new as a life-long mate is an integral part of the *fairy tale* they are searching for.

For a select few, it happens with success but for most, the end of the rainbow lies in acquaintances of friends or family. Don't be afraid to follow your heart to a friend whose been right there for some time.

Just make sure to carefully think through it and walk in with your chin high from resolve and your eyes wide open. This may be a mysterious new side of you she hasn't seen, and falls in love with.

Technique 24: Honesty

*I can't believe it,
The way you look sometimes
Like a trampled flag on a city street
Oh ya*

Bad Religion

Honesty runs deeper than telling your girlfriend that her ass looks like a bag of wet laundry in those white shorts. It's not black or white, as in brutally honest or compulsive lying.

Where the definition of honesty gets stretched and rationalized, the most is in talking about relationship topics like love, sex, and you're future together.

Women see relationships like an *equal* partnership in a small start-up business.

If you can think of it in this way, especially when the discussion is centered on the state or direction of the relationship, you will be best understood and respected.

Remember that the phrases "*I'm sure but here's what I think*" or "*I hear everything your saying but I'm just not there yet*" are not necessarily bad answers because neither person will always be in the same emotional place at the same time.

They prompt discussion, clarification, and often lead to progress even if it's some semblance of middle ground.

No sane woman expects you to see things exactly the way they do.

In fact, women are very adaptive to different people and situations, even in relationships. They just want to know that potential exists and that progress is being made. Otherwise, they will cut and run.

If you're not great being put on the spot, re-cap your latest discussion in writing in a nice letter...

"I was thinking of you and our last talk about where our relationship is headed. What I was trying to say, and not doing it very well because I wanted very much for it to accurately represent my feelings, is that I'm very fond of you and really enjoy the time we spend together. I never want our dates to end! One thing that concerns me is that I don't want to jump into anything too fast and change in any way the exciting, fantastic time we're having together....."

Inform, clarify, and *sugarcoat the hell out of it!*

When it does turn to the superficial side, I never answer questions like "*how does this look on me?*" directly.

An example of how the pros address this loaded question to their girlfriends is "*I think you have great legs and a great ass. I'm all over any clothing that accentuates those features on you.*"

Technique 25: Sometimes The Best Solution Is No Solution

As men, we are wired in such a way that problems, whether it's how to cure cancer or how to fix the perfect martini, *challenge* us and when they present we devote our energy to devising a solution to them.

It's innate for us to drive toward effective solutions and gain pleasure from them and as a result we're unconsciously helpful to a fault.

Light, the automobile, cake, text messaging, post-season play, and the pre-lubricated condom are examples of man at his best.

Take text messaging; I would never in a million years verbalize on the phone or to a girl's face, *"I think you're the hottest girl on campus.... we need to make out some time!"*

The rectal exam, chick-flick, and the laptop so that we can *"work from anywhere to save time"* are examples of best intentions turned bad for almost every man on the planet.

Eventually in a relationship, you will be faced with the presentation from the girl you're with, airing out life's frustrations disguised as problems that need to be solved.

Contrary to how men approach the world, these situations have no solution.

She doesn't need you to solve the riddle of cold fusion with a cucumber, some bailing wire, and wood glue to make her life better or to be impressed with you.

What she needs from you is to *listen without distraction*, let her know you're there for her, and to comfort her with a touch or hug.

Often times, they know the solution and are work-shopping it with you to see how it sounds.

Let her do the talking and save the *"shortest distance between two points"* discussion. Simplicity is king under these circumstances and the best advice ever given goes something like this:

Putting your hand on hers.... *"Wow. That sounds like a lot. I'm here for you."*

Below is a list of some common solution-oriented knee-jerk responses triggered by our gender that you hopefully yank back into your mouth before they launch like a projectile vomit all over her:

- *"Maybe you should lay off the sweets."*
- *"Your Mom's part of the problem."*
- *"You could really do much better than that glorified secretary job you have."*
- *"No need to hassle in the kitchen. The pie from the store is my favorite anyway."*
- *"You'd feel a lot better if you went to the gym more often."*
- *"That bitch is not your friend."*
- *"I think my Mom knows how to hard-boil eggs if you want to call her."*

While you're being the concerned, thoughtful guy trying not to think of what you better be getting for this significant investment of your time, use your problem-solving skills for the tough stuff like reliably wiping clean the internet porn trail off your computer.

Technique 26: I Promised My Mother Did Not Write This

Wouldn't everyone like to be a big fish in a small pond?

If you are an average looking guy like me, you might as well be *invisible* at the Hard Rock Hotel in Las Vegas on a Friday night.

For me, it's great for people watching but **not** meeting my next girlfriend. If you're Brad Pitt or Tom Cruise, you'll do just fine.

Brad and Tom: please skip this chapter.

I've had a total of three girlfriends I met through going to church and church activities. It was just today I was at church while visiting my parents. This girl was giving me looks like she wanted to drag me up to the choir loft and play my pipe organ.

Almost every time I looked over, she was looking at me, and no, I wasn't standing in front of a clock.

There are just a few of the benefits achieved from this venue:

- *Automatically you are not a Nazi, drug abusing, rapist axe-murderer, even though that is not the correct assumption for her to be making.*
- *Something in common like religion is not a bad start because remember, she's ultimately searching for a potential mate and father of her children.*
- *98% of what they say about Catholic girls is **true** in my experience.*

If you get the look(s) during the service, jump on and ask her out.

There is always a crowd congregating after the show's over, so it's not like you need to flag her Dad's car down and motion her to open her window.

Or, wait until you see her there a couple of times to make double sure she's interested before you approach her.

If she likes you, she'll be back next week at the exact same service looking for you.

*"Can I buy you a cup of coffee and a doughnut?
No doughnut? All right, what about lunch?"*

"You're a fantastic singer. I heard you all the way over where I was sitting."

"Did you know Scott Wyland from the Stone Temple Pilots and Velvet Revolver sang in the church choir in high school?"

Meeting chicks at church is an opportunity *worth* the early Sunday rally.

All of your competition for the girls at this location either are asleep face down, still drunk on their couches or just getting home from the all night *"rager."*

Show up, drop the cover charge in the basket, and get your church-league game on!

Technique 27: Elbow Yourself Some Room

I had a roommate who would literally drive his girlfriend's car around at night to make sure her battery was charged for what seemed like a month.

She ordered him around so much, he actually finally said *"Honey, not in front of the guys!"* We hated her so much for treating him like a rented mule and regardless of the relentless joking at his expense and coaching from expert guys who had no girlfriends, he continued to let her act that way.

Yes, had he stayed with her, I would've had to kill him so as not to let those genes get passed on.

There are two people responsible for the health of the relationship, and every one reaches a point where you need to *elbow yourself some room, show some backbone, and get some respect.*

Women are not afraid to ask for what they want and they will keep asking until you tell them no.

By establishing position early in your dating, you can ensure your happiness in the future. The first conundrum that usually presents itself in a young relationship is the split of time between her and your friends.

If a girl likes you, she always wants more of your attention, but what she doesn't recognize is that outside activities and relationships are an important part of your life.

Here is how it's done:

- *"Meeting my friends on Wednesday nights is an important part of my life because it's an opportunity to blow off some steam."*
- *"I hope you understand that my friends help make me who I am and my time with them makes me a better person."*
- *"You are a very important part of my life but if you were my whole life I'd be very one-dimensional."*
- *"Playing basketball Saturday mornings helps me keep my sanity. I really need this."*

Obviously, when you are dating someone, you give up some of your free time to be with her. If you give up *too much* of your life for someone else, you will never remain lasting happiness, and if your chick can't understand that she is definitely the wrong person.

I don't care how good she is at doing that thing with your stuff when the lights are out.

The right woman will suggest it to you: *"Why don't you schedule golf with your friends this weekend?... I know how much you like that."*

This is the mark of a girl who is happy and confident with the connection you share. I'm sure you are familiar with the old cliché:

If you love somebody, set him free to go fishing, attend strip clubs, and ball games with his buddies. If he doesn't come back, wire him money to get out of jail or wait 48 hours to file a missing person's report.

Technique 28: Pie In The Sky

Every girl wants to know the man they chose to hang with has the sack to be adventurous, lead, and take risks with poise and style.

When you take a trip with a girlfriend you have a great connection with, whether it's for the weekend or a full-blown vacation, you are on an adventure together and she will be ready to take risks.

Taking her out of the element where she has to look and act in a way that fits the image that friends and colleagues expect creates a liberty and appetite for breaking through barriers and pushing boundaries.

Away from the societal norms and folkways, she can be anyone she wants to be.

What would you like her to be?

For me, the sign was always a certain look after we'd be kissing for a bit.

I could tell that she was having one of those "anything goes" moments by the strong passionate kisses she would give me and I'd jump all over it.

If your woman is not as obvious as this, don't hesitate to suggest what you would like to do in the right moment: *"I'd love to get you off in this taxi."* I stuck my hand in her wet panties and whispered exactly what I was going to do to her in her ear.

She melted.

Other suggestions include: *sex in a car or limo, sex in a college campus classroom at night, sex on an airplane, and sex on the balcony of your hotel room.*

Nothing is a bigger buzz-mangle than getting caught in the act on these adventures.

There are some dos and don'ts that must be mentioned in this section to increase your chances of success. Please learn from my experience for a happy ending to your hot, impulsive, pioneering encounter.

- *Do not have sex in your car in a park that has a curfew. The cops will always show up because to them it's free porn.*
- *Sex in the apartment complex spa is not ideal because water is not a lubricant.*
- *Have napkins handy in your car. If not, socks are always a great backup.*
- *Always have a condom handy. Girls appreciate a guy who plans ahead.*
- *Wait five minutes before you follow her to the airplane bathroom and make your secret knock on the door only when you think no one is watching.*
- *Just because you think the blinds are closed doesn't mean people can't see you with the right lighting.*
- *Always do one last sweep of the office to make sure you didn't leave your St. Christopher's medal or article of clothing on the floor of your conference room.*

There's karma involved here, so if you see some lucky SOB getting a hummer while driving on the freeway, don't follow him or pull up along side to try and get a look.

Give him the thumbs-up and back away.

Some day it's going to be you.

About The Author: Mark Geiger is the author of the best-selling *"The Play Book: The Definitive Guide To Dating For Young Professional Men"* at: <http://www.LifeAfterCampus.com>, a thought provoking, yet humorous read on what it takes to actually succeed in the world of dating for young professionals.

Everything from attitude, equipment, positioning, and what women really wants provided inside are all proven techniques for the professional dating world, with real examples to drive home these concepts.

In his book, Mark helps you to get right at it, where he shows you his own brand of *unique* style in finding quality women, approaching them, asking them out, and dating them – the *smart* way without ever having to otherwise make the same 'ol rookie mistakes that most guys often *will* make.

Chapter V: Giuseppe Notte

Insights From The Author Of “*All About Women – The Encyclopedia of Seduction*”

I had to learn things the hard way.

For years of his life, I had no success with women at all. That is until I stood up for myself and decided to take control of my life. I then went on a journey to model guys who were very successful with women.

I have spent day after day, month after month and year after year learning from other guys, various books and materials on the topic of seduction, along with my own personal experiences. After a few years of studying, I managed to sort out what works and what does not.

By that time, things took a 180 degree turn & suddenly I found myself having no problem getting the kinds of women most men only crave for. I have taught many of my friends the secrets of seduction, and due to their constant bugging and incitement, I started to write a book on the topic in 2004.

After months of hard work, **All About Women: The Encyclopedia Of Seduction** was born, revealing all of my personal secrets. And now on this entire manual, I will share even more stuff with you guys, but **ONLY** if you are willing to learn and improve yourselves. I strongly believe, there is nothing more important than the will to learn from your mistakes and change yourself for better. If you have that down, there will be **NOTHING** that you can't reach in your life.

Technique 1: People see you the way you see yourself

OK, this sentence is both the beginning and the end in itself. When you start off with dating, this should be the *first thing* to memorize and keep in your mind. Then after years of experimentation, failures and success (*finally*), you will come to the same conclusion.

Why?

Have you noticed that whenever you are stressed about something on your looks or behavior, it will then *be* the first thing people notice?

For example: A poor guy turns bald. He tries hard to hide his baldness and buys one of these ridiculous wigs. *What happens next?* By putting on that wig, he will direct other people's attention to his baldness within the first few seconds of meeting him. They will laugh out loud at his lame attempt.

On the other hand, picture a guy who turns bald but doesn't care about it at all. He walks into a room and I guarantee that as long as he really doesn't care about it, his baldness will be THE LAST THING that people notice on him. Why would they do so when he is *comfortable* in his own body and he lives in his *own* reality?

So how does this relate to women?

Easily.

If you are fat, ugly, bald (*or all*), but see yourself as somebody who attracts women, you will radiate this attitude towards the outer world. But if you focus on your problems and your looks, people (*including the girls you want to seduce*) will instantly notice your issues about self-confidence.

What do you do then?

Well, the first thing to do is to accept yourself the way you are. I'm not saying you should not work on losing some weight and improving yourself, but instead, stand in front of the mirror, and say: "*I might be fat/ugly/thin/bald/etc. but I'm still a guy in his full powers and I can attract the kind of women I want*".

Affirmations are a wonderful tool towards improving yourself and reaching your goals. Just make sure you are programming yourself about *positive* things. Try to get rid of all the negative thinking and focus on the positive thoughts.

Technique 2: Always be willing to change yourself to become a better person

Does this contradict accepting yourself?

Of course not.

Accepting yourself is the first step.

Improving yourself is the second.

You see, no one is perfect. Otherwise we wouldn't be here on this planet. There is something for everybody, which ruins his or her perfection. Even the biggest rock star or beauty queen will have some defects in their personality and behavior that they will be trying hard to hide. Thus your #1 goal should be improving yourself to become a better person.

What can you improve?

Everything.

There is no such thing as perfection. Olympic records are beaten day by day, as sportsmen get better and better. There is no time to rest. You can always be better.

Take care not fall to the other side though: without technique #1 in your mind, you will never be happy and you are going to have a very sad life. There are people who just can't stop wanting more and more. These are the guys who die at 50 in a heart attack with a zillion of dollars on their bank account. But for what, if you can't enjoy it?

Always know where to stop. If everyone knows that you are rich except yourself, that's a sign of warning.

Some people look at a glass of water and say: "*It's half empty.*" Others take a look and say: "*This glass is half full.*" The first ones will never be happy. There will always be something ruining that happiness.

So which of them do you want to be? Remember, it's never late to change yourself. If you are of the first category, work on yourself to be in the second. It's that easy. *(in theory at least)*

Speaking of happiness, I have a short but very instructive story for you:

Once upon a time, the Gods decided that the human race sinned too much and was not worthy of happiness. They then agreed to hide happiness from men somewhere. One of the Gods stood up and said:

"Let's hide it on the top of a 7000m mountain. Men will never find happiness there."

The other Gods responded: "No, that's not good, because human will sooner or later conquer the highest mountains and then, they will find happiness."

"Maybe we should hide it at the bottom of the ocean, thousands of meters deep below" – another God suggested.

"That's not good, men will sooner or later build machines to go deep down the ocean, and once, they will find happiness down there." – the others said.

Then finally, an idea came which all of them agreed about: "Let's hide happiness inside men. That's the place where they will never even search it." – And thus, it happened.

Each and everyone has happiness inside them, without needing any outer things *(money, relationships, etc.)* to get it. All you need to do is to look *inside* yourself, and FIND IT.

Technique 3: Now that you know all that, let's take an objective look at yourself

So you have decided to accept yourself the way you are. Good. You will always have some defects that you can't change. Remember: if you try to hide your shortcomings, people will instantly notice it. Better change what you CAN.

Stand in front of the mirror. Say: *"I'm what I am. I accept and love myself the way I am"*. Yes, you have to LOVE YOURSELF. How could other people love somebody who doesn't love himself? *It's impossible!*

Now, still standing in front of the mirror, *decide* what you want to change on yourself. Of course you can't change your height, baldness, your age, the shape of your face etc. What can you change then? *Everything!* It's time to be glad that you are a guy. If you were a girl, it would be much harder to get noticed.

First, if you are fat, lose some weight. If you are thin, put on some muscle. If you are not bald, get a stylish haircut. Everyone can afford a stylish haircut. See for yourself: just by changing your hairstyle you can change your appearance a 100%. Some women paint their hair to another color and become a sex bomb instantly.

OK, let's not forget the details.

Women love to chew on things and they notice the details instantly. What shoes you wear, the color of your socks, whether your nails are kept well – etc. So let's see what to do from top to bottom.

Hair: As I told you already, get a stylish haircut. Go to a professional hairdresser (*don't spare money on this please!*) and ask his/her opinion on the style of haircut you should get. Of course you should choose a haircut you will like. It's important to be comfortable in your own skin. But be open to new ideas and please, just this one time, don't stick to your customs and don't restrain yourself from trying something new.

Face: Take care of your mustache/beard. Either shave or cut it to look good. Use a good after-shave lotion on your skin.

If you have acne or skin problems on your face, make sure to see the doctor and get proper treatment. This is basic stuff, but I have seen too many guys fail with women because of neglecting themselves, so go and do it now.

Teeth: A good doctor can fix your teeth wonderfully. If they are messed up, get teeth braces. You can get these invisible ones. If they are dirty, ask for a teeth whitening.

*Oh, and never forget about **bad breath**.*

There are many ways to fix that. Make sure you have no wrong tooth. Wash your teeth 3 times a day (*especially before going out*) and use dental floss. Always have some chewing gum with yourself, and NEVER EVER eat onions or something stinky before meeting a woman.

Just some basic stuff, but I hope you have known these already.

Body: Do everything you can to get rid of body odor. Shave your armpits or cut your hair there a little bit. Use a good deodorant and choose a good perfume. Make sure to choose it on your own: your perfume should reflect your own personality and no one can choose it for you. Take your time, try the different scents and choose the one you like most. Always wear perfume when going out or going on a date.

As I said already, work on the shape of your body. If women do everything to stay in shape, why wouldn't you? Go down to the gym and put on some muscle or lose some weight. That alone will improve your appearance and attractiveness by 100%.

Nails: Always cut them and make sure there is no dirt under them.

Pubic hair: Shaving is not necessary, but trim it a little bit. And always wash your c**k, especially before going out.

Feet: If your feet stinks, use one of these powders so it will sweat less. Pay attention to the color and cleanness of your socks. Change socks everyday and don't wear black socks with white pants. Polish your shoes before going out.

So that's it.

I hope that 90% of this chapter is common sense to everyone. In case it's not, re-read it and follow every single step I have given.

Technique 4: Have something to be passionate about

Yes. You should always have a hobby or something you are *passionate* about.

As I will explain it a little bit later, men are adventurers. What gives us power is discovering new things and reaching new heights.

Women *love* powerful men they can look up on and admire. This can be anything from being strong, through being successful in an area of life or being a rock star.

Does this mean guys who have no chance to become extremely successful due to their lack of extraordinary abilities, will remain single?

Of course not.

You don't have to be the strongest man on planet Earth and you don't have to become a rock star. But you *should* find a hobby. Something you do often and something you do with *passion*. Something you enjoy and which gives you a lot of joy.

Let me share a secret.

As long as you think you need something to be happy or satisfied in life, you will *never* be happy. Someone, who is happy, is not happy because he has something that other people don't have. He has no reasons to be happy, he is happy in himself. I know this sounds very twisted, but it is the key of life. People who know this are *never* alone.

You see, you don't need anyone at all to get rid of your loneliness. You can be very lonely in a relationship with the hottest girl and you can also be very happy and satisfied *alone*. It is important to accept your situation because if you overstress yourself about changing it, the stress itself will become the *preventing force* from reaching your goals. I will talk more about this in the

next technique.

So what do you do if you want to get a girlfriend?

You say to yourself: "It is my goal to get a girlfriend, and I will do everything to learn and improve myself in order to get closer and closer to reaching my goal. But at the same time I realize that a healthy life is not only about a relationship, but also about enjoying every day of my life. So I will find a hobby which gives me passion and joy".

Yes.

This joy is not only visible, but also very attractive to women.

Which is what you want, don't you?

Let me give you an example.

I have started salsa dancing because I liked it. It has not only given me a lot of joy, but also opened up a whole new world to meet the kind of women I wanted.

You know, girls like a man who can dance.

Who knows how to *"lead"* them.

In dance schools or salsa-parties, there is no real competition. Just by practicing to dance for a few months, you will be way ahead of the crowd and attract a lot of women. Not only because you will know how to dance but also because of the *passion* radiating from you, it will act like a chick-magnet.

Of course dancing was just an example.

Possibilities are endless. You can learn to skate, play tennis, do rock-climbing or anything else, which doesn't even have to be related to sports. You can become a Greenpeace activist or learn to play the guitar.

Just make sure it gets you out from the safety of your home and gives you some challenge.

You got it right; playing computer games is *not* in this category ☺.

Technique 5: How to get what you want from life

I have mentioned this in the previous technique already.

Let's see an example.

I'm sure you can remember a time when you have lost your keys and you were frantically searching for them. You have searched through the entire flat while being stressed about not finding those damn keys.

Finally, you have given up on finding them, sat down to the sofa, and noticed that the whole time, they were lying *in front of you* on the ground.

Do you get what I'm saying?

When you want something so badly, the stress you create will stop you from getting it. It's like not seeing the forest from the tree.

So what's the process of getting what you want?

First, decide your *goals* and what you are willing to do about them.

Second, do *everything* you can towards reaching your goal and succeeding.

Third, knowing that you did everything you could, let go of worrying and let go of your goals.

I know this sounds like a paradox, but only when you have let go of the things you want inside your mind, will you get it.

Yeah, *that's* the fourth step.

Reaching your goal, finally.

None of these 4 steps can live without each other. And no, you can't change the order.

Make a wish, do everything you can, let go of it, and then, you will get it.

Let me give you another example.

Take a deep breath. Open your lungs and put in as much air as you can. Now try to keep it. Yes. Don't let go of this air, keep it inside. What will happen? You will choke. Do you see my point?

In order to get fresh air, you have to *let go* of it.

Another example. Let's say you are holding a ball in your hand.

You want to HAVE this ball badly. *What will you do to have it?* You will let the ball drop to the ground from your hands (*that is letting go of it*), then it will bounce back to your hands. When you have something for a long time, you tend to take it for granted. If you feel the same sensations on your body for a longer period, you get used to the feeling quickly and you will need newer and newer sensations for it to reappear.

Actually, it's the same with women.

What's the best way to keep your girlfriend who is about to leave you?

Trying to possess her or *force* her to stay with you will lead to no good.

That reaches the *opposite* of your goal and she *will* leave you as quickly as she can. On the other hand, if you just let her go and take the whole relationship as finished, she will be more likely to come back to you. Maybe not right then, but later. But if she does leave, she would have left you anyway, no matter what you had done.

And I'm not only talking about relationships here. How you approach the issue of getting women is the most important of all.

If you are thinking about sex 24/7 and day-by-day, you wake up with the thought that you NEED a woman, you will hardly succeed.

The keyword here is NEED.

Realize that you don't *need* anyone to be happy. *Your neediness creates nothing but stress*, which will stop you from reaching what you want. Try to let go of all your worries about not getting what you want.

If a girl senses just a tiny bit of neediness inside you, she will leave you sooner or later if not instantly. If you have had nothing but failures with women for the past few years, maybe you should rethink the whole situation and ask yourself: *"Just how stressed am I about getting girls?"*

As a general rule of thumb, try to avoid going for survival in your life.

Life should NOT be about survival, although for 99% of the people, it is.

So let go of your worries and try to focus on the present. There is an old Taoist saying that goes: *"You can't step twice into the same river"*. Meaning there is always newer and newer water in the river, it never stays the same.

Don't worry about the future, as you won't be able to predict what comes next. *If you worry about it, it won't be better, right?*

Right.

And finally, let here stand a story, which you should *always* keep in your mind. It's also ideal for getting some energy when feeling down and low:

Once upon a time, there was a farmer who had one horse. One day, the horse was gone. All the village came to the farmer, and they were feeling sorry for him:

"Poor farmer, you have lost your one and only horse. How bad it is for you!"

He responded:

"Maybe."

A week later, the horse re-appeared bringing 3 wild horses to the farmer. The whole village went to the farmer and said:

"Wow farmer, you got 4 horses instead of 1 now. How good it is for you!"

"Maybe", he said.

Some days passed by, and the farmer's only son was trying to break in one of the wild horses. He fell off the horse and broke his leg. The whole village came to the farmer, feeling again sorry for him:

"Poor, poor farmer, your one and only son broke his leg. How bad it is for you!"

He just said: "Maybe."

A few days later a war broke out. Every farmer's son was taken to be a soldier, except for our farmer's son, who broke his leg. What do you think the farmer responded when the whole village came again?

"Maybe". ☺

See, you never know what future brings. So when you are feeling really sorry for yourself about something *"bad"* that happened, try to think on the long haul, and remember this little story of our farmer.

Technique 6: Understand the difference between women and men

As there is black and white, day and night, there is also the man and the woman. In the the past few years, this whole thing about feminism led to no good. The basic idea was right, but the making led to a lot of sorrow instead of happiness.

Men and women are NOT EQUAL.

This doesn't mean that we shouldn't have the SAME RIGHTS of course.

This means that no matter how hard it tries, black will never be white, and white will never be black. Both men and women have their part and function in society and in our world. Lately, due to feminism which misinterpreted the whole “*having the same rights*” ideas as “*being equal*”, world has gone to the wrong direction.

Men are turning to be more feminine, while women are turning to be more masculine. This switch in the roles leads to a lot of unhappy people who can't find their places in today's society.

Deep down inside us, we still have our Manliness and Womanliness.

Even in our mixed up society, girls will be likely to refuse a guy who acts like a “*pussy*”. They can feel it deep in their guts if you are a momma's boy. So your #1 goal on your quest to become successful with women is learning to be a “*real Man*”. A real Man is very rare these days, thus it's also very attractive to the girls.

Now, let's try to understand the basic differences between men and women.

The first one is very visible.

While women are acceptors, men are donors. Just look at our genitals: while men “*give*”, women “*receive*”. That's not accidental: while we tend to focus on the outside and get our joy by exploring new things and reaching new heights, girls like to idle on one thing and just stand there while receiving the various sensations they get from the process.

It's interesting to watch men and women in a clothes store for example.

Men will come in knowing what they are looking for, find it, then take it and leave. Women come in, and they go over and over again through all the clothes, “*enjoying*” themselves.

It's the same with relationships: For every guy, a girl is a new adventure, a new height to conquer, and having sex with a woman first after courting her is a very rewarding experience.

Women on the other hand like to “*explore*” their men in great detail, and the same stands for the sexual experience as well.

Men are more visual than women.

No wonder we buy all those sex mags.

We enjoy the sight of a beautiful woman, it turns us on.

Girls on the other hand need less visual stimulation, but they require **stimulation in all of their senses**. No wonder they love to use different candles, incense, music etc. while having sex. Apart from visual stimulation, scents, sounds and different body-sensations turn them on a lot.

The meaning of all the above is to know that you have to treat a woman like a *true* woman. You might enjoy talking to your buddies about football, that kick-ass sportscar you have seen the other day, but *women speak a different language*, and you will have to learn it when talking to them.

Of course this doesn't mean there are no women who like sports, but they will always approach the topic from a different angle than you and your buddies.

Technique 7: Never listen to what a woman says she wants

Yes. This is another phenomenon I am going to talk about.

Let me explain. Most women are very *uncertain* and they don't really know what they want. It's not their fault, they are *wired* that way.

The question here is: *Why would you let somebody, who can't even decide about her own life properly, decide in issues concerning both of you? Would you give the steering wheel to someone who is only learning to drive?*

You can already drive my friend, so realize this and grab that steering wheel RIGHT NOW.

Women are usually in a great hesitation regarding what they want. It's in their genes.

The problem is the following: **They want a man who can control and dominate them, but they also like to wear the trousers and dominate their men themselves.**

It's obvious that in this case, you can't have your cake and eat it too. Now you have to know that women are largely controlled by their emotions.

Behind each of their actions, there is usually a certain emotion causing it. No wonder they are so quarrelsome when they have their menstruation periods, right? Pain affects their emotions which affect their overall mood and behavior.

So each and every woman will probably have the same problem a few times in her lifetime.

First, they enjoy a powerful man who can grab them like a caveman and *"do them well"*. They feel like a *"real woman"* with these men.

It's genetics.

Women like to look up on their men. No wonder they like guys to be larger than them physically. (*Short guys, please don't panic! –Nothing is lost yet.*)

Just think about it.

When you can't make a damn decision about something, it's a wonderful feeling to have someone make it for you and take all the responsibilities. **A man who is willing to act and take control when needed is very attractive to women.**

On the other hand, women have to think about the *future*.

A guy who is a true "provider", a nice guy, who will make kids for them, who will build a house and provide SAFETY.

With other words: *A guy who dances like they want.*

By the way, safety is one of the keywords – since women are less strong than men (*physically*), they are always looking for safety. In the Stone Age, men protected women. It's how the roles were formed.

So a girl will always want to feel safe. There are many forms of safety: from financial through physical (*the feeling of a muscular guy on her side*).

When you ask a girl what she needs, she won't know what to say. No wonder regarding the above.

So what should you be?

The dominant or the provider guy?

You can't be both, that is obvious!

The trick is the following: when dating a women or picking her up, always be the *dominant guy*. Such behavior acts like a chick magnet. If you will be going for one-night stands or shorter relationships, that's all.

If you want a long term relationship however, there is a little trick.

Girls like to think that they are controlling the relationship from the background. That it is *them* who decide. So give this feeling to them. Be dominant, be the one who chooses and keep your frame in the relationship. On the other hand, let the girl lead you *from the background* time to time.

Never tell this to her, and act like you don't know about it. But let her take control sometimes and let her decide in certain issues. You will know when it's time. And sometimes you might not even realize her "dirty" ways...

So to summarize this chapter, girls and guys are different. Take a note, then forget the whole issue. Just keep in mind: there are many times when it's not a good idea to listen to what a woman says (*of course you shouldn't take this word for word, you should always listen to what your girl has to say, just take control when it's needed and when she acts very uncertain about*

something) so be the dominant male. That's it.

Attractive and repelling male characteristics

First, I am going to talk in detail about some character traits which are very unattractive to women and which act as a repelling force for them. Try to point these in your behavior and leave them. Second we will talk about the way you should act, the attractive characteristics. Onto the negatives now:

Technique 8: The first negative, putting the girl on a pedestal

Generally, women love dominant men.

How they see you depends largely on the radiation of your personality. Many guys say stuff like *"She is so beautiful, I don't even deserve her"* – and with that, they put the poor girl on a pedestal.

They will do anything to *"win the heart"* of their women.

The result?

The poor girl will see you as *no challenge* and lose interest immediately. Remember, always be above the girl a little bit; so avoid putting her on the pedestal. If you don't take this, the only response you will hear is: *"Let's just be friends, OK?"*

Technique 9: Complimenting her in a lame way

"You are so beautiful, I don't even deserve you..."

"Hey hot mamma, I like that cute ass, wanna go for a ride?"

These are two kinds of compliments you should *avoid*.

The first is the nice-guy style compliment – putting her on the pedestal. The second is the macho style compliment: trying too hard to avoid being a nice guy. None of these leads to anything *but* rejection.

When complimenting a girl, be sincere, short, to the point and compliment something that you really like about her. i.e. If you like her hair say: *"I like your hair, it's cool."* If you like her earrings: *"Nice earrings. I like them!"* If you like the way she looks: *"You look good"*.

Do you get what I'm saying?

No need to do fancy stuff like: *"You have beautiful eyes. They are brighter and more beautiful than a thousand shining stars on the night sky..."*

Also, don't compliment stuff she is born with. *(her boobs, her ass etc.)*

Compliment her style, the way she dresses and so on. And one more thing: *don't compliment her like her girlfriend would: "Oh honey, you look soooo sweeeeeet!"* That's gay. ☺

Compliment her like a Man.

Have a smile, be confident, and talk like you would talk to your pals.

Technique 10: Another negative, being afraid of rejection

Worrying too much about something will lead to the occurrence of the event you worry about. If you are playing with the thoughts of rejection in your head when approaching women or going on a date, you *will* get it.

On the other hand, you might be a little bit afraid, you might have a lump in your throat and butterflies in your stomach, but if you try to forget about the whole thing, these feelings will vanish. They might still be there but you won't notice them. So please, *focus on the moment* instead of your thoughts.

Keep in my mind: when a woman rejects you, that rejection is not about you, IT'S ABOUT HER. People tend to be very opinioned. *How could a woman you are approaching for the first time or with whom you are going on a first date, know anything about you?*

When she rejects you, she doesn't really reject YOU, but rather THE PICTURE AS SHE SEES YOU IN HER MIND. That has NOTHING TO DO with the REAL

YOU.

So get yourself together, *forget* about the feeling of rejection, stop worrying and know that when you are rejected, it's *not* because you are wrong or incapable of attracting women.

Technique 11: Overdosing her with flowers/gifts, trying to “buy” her

Many guys make the mistake of believing that the *more* money they spend on a woman, the *more* chances they will have to get into her panties.

Today's #1 money-saving tip: this is not true.

The above is nothing more than trying to “*buy*” a woman. Just take the following situation: in a disco, an average looking girl is approached at least 10 times a night. 8 times out of 10, the guy will buy her a drink or invite her for a drink.

What will she think?

“These guys think that they will have more chance with me by buying a few dollars drink. How funny, ha-ha!” She will take the first 4 drinks and reject the rest of the guys (when she is drunk enough ;))

So the conclusion: the number of dollars you spend on women is **not** in correlation with the number of women you score with. If you think that you will improve your chances by buying her a drink, or bringing her flowers/gifts on the first date, you are dead wrong.

It reaches the opposite effect: A girl will usually have more dating-experience than you and see through your dirty ways.

So drop this old belief for once, and stop buying her ANYTHING as long as you are not in a relationship. Of course, in a relationship it's OK to buy her some stuff time to time, but as long as you are only dating, forget about it.

And please, don't fall to the other side: You can of-course pay her a coffee or a cup of tea; just keep your eyes open for gold-digger chicks. (*That is a girl*

who tends to fall in love with your money instead of you)

Technique 12: Letting her lead and decide, relying on her

Some guys take their girl to a restaurant, then let her choose where to sit, let her order and so on. This is plain nonsense. If a girl wanted to “*take control*”, she would have gone out with her girlfriends.

Look, as I have told you already, women love powerful men.

Someone who is in charge, someone who knows what he wants and who is not afraid to get it. Power does not mainly come from physical force, fame or money; it comes from your *actions* and *personality*. If you act like someone with influence and you are *congruent* with this frame, people will believe that you are influential, even if you don't drive a Ferrari.

What do you think scam-artists use? They *pretend* to be someone else and they are so consistent with their frame that people believe it.

Of course I'm not telling you to become a scam artist or pretend to be someone you are not, but DO WORK on bringing out the *Manly traits* in your behavior. When you take her to a café or restaurant, be the one who *chooses* the place and who *chooses* where to sit. Be the one who *orders* and asks for the bill.

When you invite her on a date, be the one who tells her *where* to meet and *what* to do. Do you get what I'm saying? *Take control and be the one in charge*.

Women don't like having to take responsibilities or being forced to decide in certain situations. Of course they love to think that they are independent and in control of their lives, but they are also attracted by a strong man who is willing to make decisions and take the responsibilities.

Technique 13: Not advancing when the time is right

There is no math in dating.

Trying to form universal rules or definitions for your logical brain is useless – you won't be able to. When it comes to dating, you will have to rely on your inner sense (*as mysterious as that sounds*) and feel when the moment is right to switch gears and advance.

When to ask for her number, when to go in for the first kiss, when to initiate making out, when to go for sex – there are ***no*** universal rules for these situations. With a little bit of experience, you will feel when the time is right – you can improve your “senses” by watching the signs that she gives, but that's it, that's all you have.

There is a big mistake you can make however: not giving gas at the green light. You will be able to lay some women on the first date; some of them will give in after some time – but there is one thing in common: If you don't advance when the green light arrives, they will lose interest in you sooner or later. A real Man knows what he wants and he is not afraid to get it. *Hesitation or being afraid of what she will think if you kiss her is a sign of weakness.* Women sense this weakness instantly.

This is a thin line: if you go in too early for the kiss, it might be too fast for her. If you go in too late, she might have lost interest in you already. Thank God, if a woman really wants you, she will wait for some time and give more and more obvious signs. But it's still important to know when the time is right and grab the moment. More about the signs I have mentioned later.

Technique 14: The no touching trap

Most people like to be touched.

A light touch gives good feelings to most of us. Touching a woman if done right is a sign of confidence and Manliness. Upon the first approach and on the first few dates, you should not stand in a distance with your hands in your pockets. *You should touch her periodically.*

Why?

Partly because it's a part of male-female *sexual* communication, and partly because it will be much more *easier* to advance towards kissing/making out

later if you have a base to build on.

OK, I have told you that no touching is not good, but I also have to tell you that too much touching is just as bad. You shouldn't become a touchy feely guy from this point on, and you should definitely **NOT** touch her at sexual places.

Remember, before the first kiss you should only touch her at **asexual** places. On her *hands, arms, shoulders, upper-center of her back, her waist etc.* All depends on the distance, on how far you sit from her.

How you touch her is just as important.

Use light but confident strokes.

Don't relax your hands on her for hours; touch her a few times for a few seconds. As she starts giving signs of interest, it's OK to touch her more periodically and keep your hands on her for a little bit more time.

This is a skill you will have to learn.

Practice and watch for the signs and feedback she is giving. I will talk a lot about these signs a little bit later.

Technique 15: Not giving her enough space, forcing yourself on her, falling in love too quickly and telling it to her

This is a mistake both women and men tend to make.

Let's say you like chocolate.

Would you like it if you had to eat it all day?

Now think a bit. It's the same with women. If you force yourself on her, if you don't give her enough space, or you admit that you love her on the 3rd date, even if she liked you initially, this whole thing will act as a huge *repelling* force.

When she has fallen in love with you and you love her as well, it's OK to meet everyday and do nothing but hug and kiss with each other. But the initial approach and phases of dating should NOT be about this. Give the poor girl some space.

As I told you already: if you NEED her, you will LOSE her. Remember, you don't need ANYONE or ANYTHING to be happy. All you need is *yourself*.

Let's see how this works in practice.

Don't call her 10 times before the date; call her one or two times, then wait 1-2 days if she doesn't pick up the phone. If you have agreed to go on a date, don't call her in advance to make sure that she comes. After the first date, don't call her immediately.

Spend as little time on the phone as possible.

No more than 5 minutes. Say hello; agree about the next date then hang up. If you had a date yesterday, don't *force* another one for tomorrow. If she wants to meet you and you like her, then meet her, but otherwise leave 4-5 days between dates.

If you like her, don't tell her.

Complimenting is OK (*once or twice on a date, no more complimenting please!*), but never talk about how much you like her. If you fall in love after a few dates, try to keep your head clear. She might be about to fall in love with you too, and if you admit it, you are putting a huge burden on her shoulders.

You can't force anybody to fall in love with you, so keep your feelings for yourself, and don't tell her till she admits feeling the same. With other words: ***always wait for the woman to say "I love you" first.***

I'm sure the following situation has happened to you many times: You liked or even loved a girl, but you have never talked to her or you have only talked to her for a few minutes. These are unfortunate situations, because

the girl will sense your NEEDINESS (*coming from your "love"*) immediately, and lose interest in you. I can't tell you to forget this feeling, because if you try to suppress it with force, it will only get worse.

In such situations, you can do 2 things.

The first is to keep in mind that what you feel is not real love. It's just a special form of lust to possess. With other words, it's nothing more than plain *neediness*. If you think that you "*love*" a girl you don't even know, it means you have never experienced real love before. Love is always the result of two people's feelings towards one another in a relationship. So the first step is to keep that in mind.

The second is to take a hair of the dog that bit you. Go out and meet other women. If you sit at home longing for this "*one special*" woman, it will only get worse. But if you go out a little bit, you will be able to realize just how many beautiful women are out there. And when this happens, you will have more chance with the woman you crave for.

Technique 16: Being a "macho jerk"

It's a common misconception that women want machos.

No, they want a Man.

A macho is loud, bold and aggressive instead of being confident. He is trying to hide his insecurities with such behavior. Never mix the two.

A Man is by *no* means -- aggressive. He is calm and cool.

Machos are sometimes full of themselves. A Man knows his limits and never boasts about himself. He goes around knowing that his environment will look up on him, and he doesn't need to look for *their* approval.

Even if machos get women, it's because of the *jerk side* of their personality. You don't need that to get the hottest girls. Keep this in mind, and when you experiment with leading and becoming a real Man, avoid the macho trap.

If you were shy, don't overcompensate by becoming arrogant and aggressive. Take your time to improve yourself, confidence and leading will come with practice.

Technique 17: Being a momma's boy

If you are over 25 and still living with your parents, maybe you should think a bit.

Looking for decisions from your mother, running to her skirt when something goes bad, not being able to separate from your parents or take responsibilities – these are **not** very positive traits if they are in your personality.

Asking your mother's advice on everything, having no goals on your own. Being unable to provide for yourself, lacking independence.

Are these the qualities of a Man?

How could somebody like that provide for anybody else, when he can't even do it for himself? Have a little bit of self-criticism, and if you recognize any of these traits in your personality, change them for good.

Technique 18: Let's see what's attractive

There are many personality types that attract women, and many, which don't.

The first step is to *leave* the above negative traits from your personality, and the second step is to *find some positive traits* inside you, which you can amplify or develop.

There is no universal receipt, no universal personality type, which attracts ALL KINDS of women.

To attract a girl, you will need a point of connection, a common trait that connects you. You can't say that after you learnt this and that, you will have a common trait with all women.

It's a good idea to decide what *kind* of women you want, see what they are looking for and **develop** those traits inside yourself.

Now let's see some of these attractive traits in a nutshell:

Being laid back, being confident, knowing how to lead her, having self-respect, demanding respect and attention with your style and appearance, being successful in an area of life, being very passionate about your hobbies and life, being highly independent and initiative, being able to take responsibilities with the consequences (and act quickly when it's needed), being adventurous or having an adventurous side (doing stuff like bungee jumping or rafting), being a "bad guy" (motorist, skater, etc.), having a good sense of humor, having a certain boyish charm, being seductive, having high emotional intelligence, having an artistic side of your personality, being intelligent, living an interesting life.

The above are just a few of the attractive traits.

While some of them like confidence, self-respect or knowing how to lead her are mandatory, others like being adventurous can be used to spice up your personality and become a more interesting person.

Decide which of them fits into your current personality and style; then try to **develop** those traits.

Technique 19: Body language

People will have formed an opinion about you within a *few seconds* of meeting them.

Scientists say that what you say is only 10% of this opinion, the other is the so called "*sub-communication*". That is mainly about your body language.

How you feel affects your body language a lot.

If you are confident, if you know what you want, it will be *visible* in the way you walk, the way you hold yourself. But if you are shy or afraid of talking to

a girl, your body will betray you and the girl will know what's up instantly.

As we know, a confident man is very attractive to woman. But what if you still have butterflies in your stomach when talking to a girl? There is a little trick I'm going to teach you. How you feel affects your body language. That's OK. But if you learn what confident body language is, and learn to *fake* it, it will contribute to your feeling more confident. Now that's the key here.

All right, so how does a confident person behave?

The first thing to notice is that a confident guy never makes sudden or fast movements. He won't jump around like a clown but rather walk slowly. So make sure that you *slow down your steps, the movement of your hands when you speak*, etc. When you walk or stand, keep your back erect.

If you take a second glance, our confident guy tends to take up a lot of space as she stands or sits down. So when you stand, make sure to have your legs wider apart from each other (*don't cross them*).

Your hands shouldn't be crossed, keep them around you or in your pockets. When you sit down, have your legs wide apart and sit comfortably. *Comfortable* is the third keyword. Try to be comfortable in your own skin, when you walk, when you talk or when you make gestures.

Take care when experimenting with this stuff, because guys who are new to the above tend to exaggerate things. You don't have to walk like a robot or keep your legs 2 meters apart. These are just general directions to show what you should focus on.

One more thing: *mind your gestures and the way you speak*.

Don't be afraid to smile when talking to a girl, women find a guy who smiles a lot, more attractive. When you speak, speak *slower* than usual, and try to speak on a *lower* voice tone. People usually speak from their throats; you can try to speak lower, from the area of your heart.

It may be hard to follow these techniques when you have no clue on what I'm talking about. I have two suggestions for you: the first is the *watch* confident guys who are successful with women. *Pay attention to the way they walk, sit, speak, and behave.* The second is to watch some James Bond movies.

Look at his body language, because there is a *lot* to learn from the character. I'm sure you will get this down soon, just don't forget to watch yourself and try to model confident men.

Technique 20: Positive signs that she is interested in you

As I mentioned a while ago, when you are on a date with a woman, she will give conscious and unconscious signs with her body that tell you a lot about her level of interest.

As a rule of thumb, *if she is giving 2 or 3 of the more visible signs, you got the green light.* That is time to go in and kiss her. For kissing, you are going to use one of the techniques I'm teaching you a little bit later.

But now let's see those signs I'm talking about:

- 1, She is loosened up while sitting or standing and talking to you. Her arms are open and not closed; her legs are either widely open or crossed with her feet pointing towards you.
- 2, She is comfortable in your company, when you lean closer to her, she stays in the same position in which she was and doesn't pull back.
- 3, She leans closer while talking to you or sits closer when you are sitting next to each other.
- 4, She smiles a lot, she is laughing at even your lamest jokes, or she compliments you on something unremarkable.
- 5, She touches you sometimes on your arms or shoulder when talking to you.
- 6, She fixes her clothes, applies more make-up in the toilet, or exposes parts of her body while revealing skin and showing erotic body parts.

- 7, She rubs her wrists up and down, and she rubs, touches or keeps stroking her cheek.
- 8, She plays with her hair, pushes her fingers through it or twirls a few curls in a slow, sensual motion.
- 9, She looks deep into your eyes while smiling, her pupils are dilated. She blinks faster than usual or keeps looking into your eyes in a longing, wanting way, like your dog when you are about to feed him.
- 10, When you touch her or put your arms around her she is comfortable with it, she might even snuggle close to you.
- 11, When you reach out your hand for her she takes it, and keeps holding it like you were already a couple.
- 12, She is biting her lips, she is licking her lips while showing her tongue or she wets her lips with lipstick. She puts a finger or nail into her mouth or over it in a sexual way – these signs show sexual thoughts and they are usually the signs of arousal.
- 13, She is rubbing her legs together, to the legs of the table or to your legs under the table – another sign of sexual arousal.
- 14, She is playing with something in her hands, the wine glass on the table, her own jewelry or anything with a rubbing, stroking, sensual motion.
- 15, The way she sits or stands reflects your body language, she is mirroring you.

Tehcnique 21: Negative signs showing it's time to move on

Sometimes knowing when to move on can save a lot of time. Here are some of the negative signs. If you get these, she might be less interested in you:

1. She breaks eye contact and looks away when you try to look into her eyes.
2. She is giving different wry face expressions showing that she is simply bored. She never smiles.
3. When you ask a question she asks back in a bit: “What did you say?” and it's obvious that she was thinking about something else or she is somewhere else mentally.
4. There are long, awkward silences in your conversation, and she doesn't show any interest to break it or bring up any new topics.

5. Her legs and hands are crossed; she is sitting in a distance or she turns away from you. She leans back, and when you lean closer she moves away from your proximity or just acts in an uncomfortable way.
6. She doesn't react to your jokes, she doesn't laugh with you; she is giving a polite or even surprised face.

Technique 22: Where to meet women

Basically, anywhere.

The first step is to *know what kind of women you want* to meet.

The second step is to guess where these women *gather*, then to go to these places and approach them.

For example, if you like skater chicks, go to the local skating ring. If you like more bohemian girls, go to art galleries. You can find bitchy models in trendy clubs. Do you see where I'm going?

Here is a short list of more places to meet women:

- On the street
- Shopping centers
- Clubs and bars
- Dance schools
- High schools and university campuses
- Language schools and courses of your interest
- At work
- Festivals and programs
- Museums, art exhibitions, galleries
- Concerts and the theatre
- While being on holiday
- In your own social circle or house parties
- The ice-skating ring
- At the beach
- While doing sports (tennis, squash, billiards, etc.)
- In the park
- While walking your dog

- In a cafe
- The library
- At church
- In the gym
- At yoga class
- On the Internet

Technique 23: Realize when a girl wants you to approach her

Whether you notice it or not, during your everyday life, girls are giving you signs about their interest or disinterest towards you. Just like when a hot female comes in front of you and you feast your eyes on her body, girls measure you the same way.

Wherever you are, on the street, traveling by the underground or sitting in a cafe – if you see a girl you like giving you signs of interest, you SHOULD approach her.

If you are pressed by time or in a situation where one of you is in a hurry, there is a nice line I like to use. She is rarely approached with such and it displays a great amount of Manliness.

Upon approaching, tell her: *"Hi. You look like somebody I should get to know, but I'm in a hurry right now. Still, I don't want to pass such a wonderful opportunity to meet someone like you. I'd like to see you again at a place where we could talk and get to know each other."*

While delivering it, make sure that you come off non-threatening. Have a big smile on your face all the time.

You are not a stalker; your goal is to get to know her better. If she agrees (*if it was an invitation to be approached, she no doubt will*) tell her to exchange numbers. Then smile and carry on with whatever you were doing.

If you have no experience with female signs, learning to recognize them will be harder at the first time. Pay attention to how people behave during everyday life and watch the signs that women give to you and other guys with their body language.

Just from observing certain social situations in your company or in a crowded club, you can learn a *lot!*

When you see a girl coming in front of you and she looks deep into your eyes or even smiles, *that's* a sign of interest.

When you are on the bus and you notice that a certain girl maintains her proximity even if you sit or stand somewhere else, that's another sign.

Maybe while you are reading a book, you noticed with your peripheral sight that she is looking at you occasionally.

Or when you sit next to her on the bus, she fixes her hair or tries to do something to get your attention. Some of these signs can be unconscious, but most of them are done consciously.

The same can be a lot more spectacular in a club where girls go to get guys. Even the average looking guys get at least 4 or 5 invitations for an approach during a night of clubbing in a crowded club (*although most of them don't notice it at all*).

I have had many situations when I was about to leave the club in the morning and noticed a girl catching my eye. I went up to her and asked for her number. She smiled and that was it. I ended up dating her.

If a woman is coming in front of you and she looks into your eyes while smiling, or looks down childishly, she is likely to be interested in you.

Some women might not be comfortable looking into your eyes or showing their interest, that's why it's important to "*feel*" the situation. Having these feelings will come with experience.

If she looks away or upwards, she is probably either neutral or disinterested.

There are also levels on *how much* she is interested in you. I have met girls who were eying a guy for a whole night till he got his courage to approach them. On the contrary, some of them will only give you a slight glance from which you will *have* to decide.

Either way, even if you are not sure about her initial interest, *approach her*.

Technique 24: Phone game

Some people like to spend more time on the phone, but I have never managed to use it successfully. Usually, the more time you spend on the phone, the more time you give yourself for a f**k-up. If you know what you are doing, go for it. But if you don't, restrain yourself from talking more than 5 minutes at a time.

When she picks up the phone, just greet her; ask what's up and how she is.

Then tell her that you want to meet.

Be confident and keep your strong frame: "I want to meet you. Let's meet tomorrow at 3 am in the park."

If she is busy, ask her to list when she is free, and choose a date, which is good for both of you. Never modify your program for a girl, and even if you made a mistake and did so, *never* tell her about it.

After hanging up, *don't* call her till the date.

It's usually the best to have just a day or two between the phone call and the meeting. If you couldn't set up a time to get together, call a few days later. If you want, you can send her short text messages between those phone calls.

If she doesn't answer the phone, ring back a few minutes later.

Never call more than 2 times in a row.

Give her some time, and don't force anything.

If it's the answering machine, just say: *"Hey it's me. I was thinking about you so I called. Your cute smile is still in front of me. I want to meet you tomorrow. I have a nice idea. Bye!"*

Don't tell her what the nice idea is.

Have her thinking and keep her on her toes.

Girls love the feeling of anticipation.

She will either call back or you can call her the next day. Don't force to meet if she is not free. Agree about a different time.

It can sometimes happen that the girl doesn't come to the date or she cancels it few hours, or even minutes before. There is no universal solution for this. It probably means that you went wrong somewhere, and weren't Man enough for her.

She might have problems in her life or it's just a bad day for her. If the attraction is not big enough, it *can* happen. Women will usually come up with some bullshit on why they can't meet you.

Some of these are true but most of them are stupid excuses. In this case, it might be time to move on. Remember, *don't be her little puppy and don't cling on her.*

Technique 25: Ideas for dates

Personally, I don't prefer going to the movies or the theatre on the first date. Your main goal is to *talk* to her and *get to know each other* better.

Nor do I recommend restaurants.

And never ever take her to a club when going out for the first time.

Those are for singles or couples already dating; guys hitting on your girl in a distracting environment could ruin your relationship before it has even started.

Apart from the above, you have many options.

If it's cold outside, just sit in a comfortable cafe or teahouse. It should be a friendly environment where you can sit next to her and which is not too loud. If you live in a Mediterranean region or if it's summer, the best thing you can do is to take her somewhere outdoors and have some kind of an *enjoyable activity* together.

I also need to stress the importance of knowing your city.

So KNOW YOUR CITY.

Know the monuments, romantic places, parks, fun-parks and the type of activities you can do together with a girl. There must be some city-guide paper, which you can get your hands on. Your date will love it when you take her to a place where she has never been or didn't even know about.

Here are a few ideas to consider:

Outdoor dates:

- 1, *Parks where you can have a walk and chill-out together. Sit on the benches where couples kiss nearby, look at the flowers, walk below the trees, play games or have a picnic. Possibilities are endless.*
- 2, *Castles, ancient ruins or any monument you have. Anything you can climb and which is somewhat of an adventure. If there is a long-abandoned ruin or castle in your city, take her there. It's going to be a lot of fun for her. Make sure that if she is frightened, you are there to comfort and hug her.*
- 3, *Look out towers or places with good sight. Put your arms around her while looking down the city. If it's located at a higher place, you can walk there together.*
- 4, *Go to the funfair, the zoo or a delphinarium/aquarium.*
- 5, *Caves. If you have caves in the city or nearby, take her there on an arranged tour.*
- 6, *Rock or Wall-climbing. It's an exciting and good date if you know how to do it, even if just a little more than her.*
- 7, *Go skating or visit the ice-skating ring during winter.*
- 8, *Swimming pool. Go to the swimming pool or the local beach together. Swim and sunbathe then have a cold drink in one of the cafes there.*

9, *Go on an outing to a nearby forest or some interesting place. Visit a fountain, a lookout tower or a local monument.*

10, *Go-kart racing or bob.*

11, *An excursion with a boat, or jet-skiing on the local river/lake.*

Non-outdoor dates:

1, *Bowling. Give her a sponge down while playing bowling.*

2, *Snooker or billiards. Only if you know how to play it a little bit though.*

3, *Shopping together. Go to the nearest shopping center. Sit in a cafe then walk around together. Go to a few stores and shop clothes for you. Ask her how the clothes fit you. Go to the bookstore and have fun while looking at the sex or love advice books with the girl.*

4, *Playing squash or tennis then having a drink together.*

5, *Museums and art galleries.*

6, *Exhibitions or statue parks.*

Technique 26: 3 ways to kiss a girl

There are many ways to kiss a girl.

The most important factors are **proper timing** and the **will to initiate**.

I am now going to teach you three techniques: a direct and two subtler ones.

The direct way takes balls but it's much easier.

Tell her to close her eyes. If she asks, tell her that you have a surprise for her. If she won't close them, it means she is not comfortable enough with you yet (*if this happens, take a few steps back*).

When she closes her eyes, lean in and give her a gentle kiss on the lips. She will either kiss back or be stunned. If the latter happens, just smile and say: *"This was good, wasn't it?"* This is the cocky way of doing it, but it works.

To pull it off, you will have to be *consistent* with yourself. *Never apologize* for being the Man. You are the leader and *you will take what you want*.

If she ever acts annoyed or pissed, it's just her *test* for you to see if you are really a Man or only *pretending* it. So smile at her and act like nothing happened.

If you want a more subtle way to kiss her, there is a technique you can use.

The part of the neck and shoulders are very sensitive for women.

By **smelling** her there, you will stir up her animal instincts.

Just think how dogs smell each other during their mating game. So sit next to your girl first. I also love to do this when dancing for a slow song.

Wherever you do it, lean a little bit closer, and slowly start *smelling her shoulders*. Do it in a *casual* and *relaxed* way – both of you should be enjoying it. Tell her that she has a wonderful scent and you can't stop yourself from smelling her for a while. Take deep slow sighs while doing it – she should feel your light breath on her skin slowly turning her on.

Take your time and a few minutes doing this while advancing from her shoulders to the neck area. Smell the *sides of her neck* and the back just below where her hair grows.

You can start giving *gentle kisses* on her neck after a few minutes of smelling. Go upwards slowly with the kissing and continue on her cheeks. When you feel that the time is ready, lean in and give her a gentle kiss on the lips.

The last way is the shy guy's way.

Just kidding – but it still takes the least balls to do.

When you think she would be ready, pop her the question: "*Would you like to kiss me?*" She will most likely say "*I don't know...*", "*I'm not sure...*", "*Maybe...*" or "*Yes!*".

If that happens, say "*Hmmm, let's see!*" and go in for the kiss.

Sometimes you can get “No.” as the answer.

In this case, tell her that she really knows how to ruin a beautiful moment like this and act offended in sort of a playful way. Tell her that now she has to *conciliate you* and let **her** come up with something to do it.

Then when you feel like the moment arises again, *kiss her*.

And if nothing works you can still use the smelling technique to initiate kissing.

Lastly, *make sure* you have good breath before kissing.

Have some chewing gum or breath freshener with you and *don't* eat onions before your date. Flossing, using mouth-shower or a tongue-scraper after washing your teeth can do wonders to help you avoid bad breath.

Technique 27: The key to be happy in a relationship

Here are a few key pointers, which could help you find a woman you will be happy with.

First of all, when going out to meet women or going on dates, it's important to *drop your expectations*.

If you are constantly saying: “*I have high standards, I am not going to date any girl*” you are limiting yourself and stopping yourself from becoming truly fulfilled and satisfied.

Look, if you decide that your dream woman is 180cm tall, has blonde hair, big boobs, perfect ass and a baby face with blue eyes, you are on the *wrong* road.

I'm not saying that you should drop your standards and go out with any fat girl out there. I'm just saying that you should not be chasing *idols*.

Let things flow naturally.

Decide that you are going to get a girl you like, but don't try to decide *how* she should look. If you keep yourself to the above idol, you will be weeding out women left and right: *this one has small boobs, this one's ass is a little bit bigger, etc.*

You will look with such a *critical* eye that you won't find a single girl who comes up to your standards.

I suggest that when you go out to a club or somewhere else to meet women, don't decide what kind of women you are going to meet.

Decide to meet women you will like.

Approach the girls you like, get their number and go out with them. When you are dating, try to find and focus on *attractive traits* in their appearance and behavior.

Like them for what they are. You could easily focus on their defects and errors, but that way, you are stopping yourself from your happiness. When you are with a woman, *enjoy her for who she is.*

The same stands for relationships.

Don't try to change the girl and don't let her change you.

It's OK to change YOURSELF if you find annoying traits in your personality. It's always good to become a better person. But it is not your duty to change other people. *Either accept the girl the way she is, or leave her.*

Of course it's also true that a relationship is about certain compromises, and it's important to talk about things, which might bother you in the other person's behavior.

There is a saying, which goes: *"If you want to change people around you, change yourself."* And this is true.

The way people behave with you is a *reflection of your own behavior* and also the way you see yourself. It's like they are holding a mirror in front of you.

If you think you aren't worth shit, people will treat you like shit.

If you have high self-esteem and act accordingly, people will respect you.

If you are aggressive, you *will* attract aggressive people and find that there is a lot of aggression around you.

It's **YOU** who form your own world with your behavior.

You can't change the world but you *can* change yourself and by that, the way you see the world.

What we perceive from the outer world is never the world itself, but a reflection of it modified by our own personality and subjective perception.

Realize that there are no two similar worlds because each person has his or her own. And that's what gives sense to the above advice.

Lastly, it's important not to mistake good traits for faked traits.

If I'm boasting all day about my money, success or life, it just shows that I have low self-esteem and need other people's validation. People with high self-esteem are not looking for any validation because they are *comfortable* in their own skin and move around confidently.

Technique 28: What is love

Some guys will use the knowledge on this entire manual to get into one-night stands or shorter relationships. Others want to find a girl they can love. Both of these views are OK, but in this last part, I'm going to give something for those looking for love.

Put this sentence into your mind: ***When you love somebody, you are NOT in love with that person but you are in love with THE FEELING OF LOVE.***

This might sound strange at first but ask somebody who has been married a few times and has some experience with the topic.

What I'm saying is that when you fall in love with somebody, the other person is not really the subject of your love but rather the one who opens up certain *gates* in you to let out the love which is always inside you.

All you need to fall in love is to stop yourself from stopping your falling in love.

That sounds twisted, doesn't it?

Let's say it again: *to fall in love, all you need is not to stop yourself from doing it.*

With other words, that's letting go of idols and letting go of expectations towards your girl. You know, the easiest way to kill love is with expectations. This is also true for longer relationships.

Most relationships and loves end after a few years because of these expectations kicking in. *"If you love me, you are going to do this and this for me"* - it won't work that way. If you decide to get into a serious relationship, *love your girl for who she is*. And unless she does the same, things won't work out for a long time.

And by the way, that sentence about love is also very useful for break-ups or one-sided *"loves"*.

Just keep in mind, when you break up that you were not really in love with the other person, but the *feeling* of love itself.

With that in mind, it will be easier to move on and find love with somebody else.

Good luck!

Lastly, I hope you will put these techniques into good use. I have managed to give you some powerful techniques, but like I said, mastering your skills with women is a *never-ending* process. I have written an entire book covering each and every topic of seduction in detail. It is called "All About Women: The Encyclopedia Of Seduction".

About The Author: *Giuseppe Notte is the author of the online best-seller All About Women – The Encyclopedia Of Seduction at <http://www.Seduction-And-Dating.com>, where he shares his best, most practical, step-by-step techniques on how any average looking guy can instantly understand, approach & attract any woman he wants using nothing but the power of his personality.*

Customers of this package can get it for 25% off of the original price. Check it out at www.seduction-and-dating.com/compilation-bonus/. Good luck, and should you have any questions, feel free to e-mail him at questions@seduction-and-dating.com!

Chapter VI: Tony Clink

Insights From The Author of “*The Lay Guide*”

<http://www.LayGuide.com>

Stop for a moment and reflect.

What is it you strive for in life?

To be famous, only to be forgotten when the next big thing comes along?

To have more money than your neighbor?

To get promotion and a slightly bigger office?

Why?

To win the love and respect of a beautiful woman.

What if you could skip through the struggle and *go straight to the prize*?

Read on, my friend...

Technique 1 - Just start approaching and talking to women, even if you have no clue what you're doing!

This program features a lot of dating authors, most of whom will most likely want to drown you in theory before giving you some actual practical steps on WHAT TO DO.

Understanding the theory behind how women think, how they make their choices, what they are attracted to, etc is certainly advantageous, but believe me - there is no replacement for actually doing something to get a woman.

Even if what you do is totally wrong and contrary to everything any seduction expert would tell you, it is a billion times better than reading fancy theories about it, feeling like you're getting “smart” about dating, but then never

actually getting off your butt and doing something to get a woman.

Doing stuff wrong, failing miserably, getting rejected and laughed at (by the way, in the real world, you won't be) is a billion times better than reading how to do things "right" and never really doing any of them.

Of course, you could be thinking – "Oh but I'm smart, first I'm going to listen how to do stuff right and then I'm going to do it as well - oh I'm such a winner!".

Nah!

Wrong!

And here's why.

When you have very little or maybe even no experience in dating and seduction, you'll be listening to this material and going "Aha... yeah... um... ok... sounds good... yeah, that might be true"...

But when you have lots of failing experience, you'll be going "Holy-moly! THAT'S IT!

That's why I failed with this woman!

That's why I got rejected by that other woman! That's why this third woman flaked out on me, oh man how could I have been so stupid!"

You see - if you have tried without really knowing what you were doing, all of the stuff you will learn here will click IMMEDIATELY! As opposed to just going "Ho-hum, ok" when you really have no real-world experiences to tie this all to.

So my first tip to you would be - before you read any of the material, before you try out any of the tips and suggestions, just go out and talk to women.

Yeah, just talk to them.

Don't try to ask them out, don't try to hit on them, just talk. Don't know which women to talk to? Just talk to ALL women who you think would be good enough for you.

Imagine being intimate with a given woman - if you like the idea, then that's all you need to know, now go talk to her.

Don't know WHEN to start talking to her?

The time is NOW!

The longer you hesitate, the more chances she'll leave and you didn't even get a chance to say a word to her. And the more you hesitate, the more you build up anxiety and fear of rejection (more on how to overcome that later), whereas just jumping in and starting talking has an excellent chance of giving a good first impression, which will last even if you happen to crash and burn later.

By the way, a good mindset to have when starting to talk to a woman you just met is to **act as if the two already know each other**.

Just start talking to her as you'd start talking to any old acquaintance of yours.

Don't know what to talk about?

Ask for the time, ask for directions, ask or make a unique comment about something she's wearing, help her with something.

Ask an open-ended "what" question, then ask another based on her answer. You can even ask new "what" questions - and before you know it, you're in conversation.

You can find a whole database of good conversation starters and intriguing topics to talk about at LayGuide.com, but for now, just go out and talk to women and girls about anything that comes to mind.

Technique 2 - Where to meet women?

Before you read this tip, try to find women to talk to on your own. If you tried and didn't find that many, you're not alone. You probably don't meet as many women during your everyday routine as you'd like.

So here are a couple of places I suggest you spend time in and find women to talk to during your lunch-break, after work, during the weekend or on holidays.

Shopping Malls.

They are full of beautiful girls. You can talk to pretty women who work at various stores. Even though they get PAID to be nice to you, it really doesn't matter - you're still getting the experience of talking to a hot babe who is nice to you and it's all good.

Go into fashionable boutiques for men and ask for advice on clothes.

You're getting educated about style while you're getting the experience of having a casual chat with a hottie - *what could be better?*

You can also ask for directions from single women or groups of women, who just hang or shop around. For more info on how to strike up a longer more meaningful conversation with women at shopping malls, see the various suggestions at LayGuide.com.

Libraries

Now these girls are also SMART in addition to being pretty. Lots of college girls working on their research project or cramming for exams. Do you feel like you don't want to disturb them? *Rubbish!*

Most likely they're bored and tired and would WELCOME a chance to take a break. *Ask for her help on how to find a section or book in the library.* If she tells you to ask the assistant, say that the assistant already sent you to this section, but you still can't find the book.

Better yet, make it an intriguing book (maybe about arts, architecture, pets or love) to intrigue her and keep the conversation going once she has helped you find the book.

Gourmet Coffee Shops.

These places are packed with girls before work, at lunch and after work. If the place is really packed, good for you - you get to share a table with someone. But even if there's room, you can still ask to sit with someone saying that you don't like to sit alone.

Now that you're sitting together, might as well talk about something. You can start off by asking what she's drinking and why does she like it. Then describe your own favorite drink as colorfully as you can.

I will wrap this up with a sample list of all the places you can find women to talk to: workplace, school, college, restaurants with attached bars, supermarkets, self-improvement seminars, gyms, yoga classes, sporting clubs and associations, art shows, tanning salons, health spas, fashion malls, hair and nail salons, coffee shops and various businesses around them.

Technique 3 - Your next goal is to make women smile

I hope you've been practicing what I suggested in tips 1 and 2. If not, go out and start talking to women. Just go talk to them until you no longer feel intimidated about approaching a hot babe and asking or telling her something, anything.

You are NOT ready to move on until you no longer feel your pulse and blood-pressure going up, your hands getting sweaty and knees going jerky at the prospect of having to converse with a beautiful woman.

Here's my next technique. *Make your goal to make a woman smile.*

That's it.

Don't make your goal to get acquainted with her, pick her up, get her approval, get her number or a myriad of other goals you may initially have in mind but which will almost certainly make you feel like you HAVE to perform or else you're a failure.

Those are NOT good goals to have in mind, at least not yet.

They may happen along the way and they probably WILL start happening the more comfortable you get in just making women smile, but for starters and even beyond - make your goal to make women smile.

As for how to make that actually happen, *a funny observation or remark or a little bit of friendly tease related to her looks or the situation she's currently in are good starting points.*

Pickup-lines and all-out compliments are far riskier - you may get a smile out of them at times, but generally they will make you sound more tacky and obvious than the desired witty, mysterious and cocky yet funny.

Oh yes, and don't forget that every time you smile to a person, the person will smile back to you in about 80% of the time. So one of the easiest ways to make women smile would be just to smile to them yourself.

Don't believe me?

Well, try it!

You could even make a fun experiment out of it.

Walk up to a woman, look her in the eye... *and smile!*

Most likely she'll be giving you a confused smile back and maybe ask what's going on, does she know you and why are you smiling. Then just tell her that you're conducting a scientific experiment to see how many times people smile back -- if they are being smiled to and maybe even quote the current percentage you're at.

All of which will probably get another even happier smile out of her and all you had to do to make the woman smile was to smile to her yourself :)

Now get up, go out and start practicing this.

Talk to women like you learned in the previous technique, but now make your goal to make them smile.

Being **funny** goes a long way in making women smile and laugh (see another tip for more info on that), but for now, even a simple compliment or funny observation may do the trick.

Although compliments are usually ineffective with the more beautiful women (since they get them all the time), you may still be able to crack a smile with them, so they're fine for this purpose.

So get up, go out and don't come back until you feel you are fairly successful in getting a smile out of women in most situations.

Now if you REALLY want to supercharge and accelerate your learning, start giving compliments to the women you talk to and asking them out.

Be ready to be shot down though.

But if you want to learn the fastest and make the most of the material here, there is no better way to make that material click and stick than to have **first-hand real-world experience of what does NOT work**. Is the prospect of being rejected bringing you down?

See my next technique on how to make it actually a *FUN* learning experience.

And who knows, in the process of all this, a few unexpected women may even say "Yes, of course, here's my number, call me!" - All of this after having read only A FEW techniques and not really any of the actual wisdom of dating and seduction at all!

Technique 4 - Overcome your biggest fear by making being rejected and shot down your GOAL!

I hope you've been practicing what I suggested in the previous tips before moving on. Reading to the rest of the material will make a whole lot more sense and you will learn a heck of a lot faster with some actual experiences of your own under your belt.

Assuming you now feel fairly comfortable talking to women and making them smile, let's step it up a notch. Technique 4 is - *make being rejected and shot down by women your goal!*

Now you must be thinking:

"This is the craziest tip I've ever heard! This is nuts, I better skip whatever "advice" this whacko is about to give me..."

But hear me out, this is what you have to do: now that you no longer have a problem talking to women, *start hitting them with the worst lines, the most outrageous innuendos, the lamest pickups you've ever heard, go down in flames, get rejected, rejected, rejected.*

Be sure to follow up each pickup line with asking for the woman's number.

In the unlikely case that you DO get her number (*"Oh boy, this nutty stuff is working!"*), up the ante by asking for a good-bye kiss.

Remember, the goal here is to get REJECTED (which means that she turns you down and says "no"!) Now, in the hugely unlikely case that you also do get the good-bye kiss... um... are you sure you need techniques on how to meet and date women? :)

Okay, now that you've been shot down in the most horrendous of ways on numerous occasions - wow, *you're still alive?*

Yes, and not only that - you are whole lot more desensitized to being rejected.

And isn't one of the very reasons that you really haven't been as popular with women as you'd like to be the fact, *that you haven't really even tried?* Because you've been afraid of -- *getting rejected?*

However, now that you've survived the most grueling barrage of rejections, don't you feel like... you don't really care that much about being rejected anymore?

At least, not like you used to?

So why not continue hitting on women, because heck, the worst that can happen is that you get rejected, and... you don't really care about THAT anymore, do you?

Fear of rejection is in fact the **number one reason** why men don't even TRY their success with women.

And we can just forget about you NOT getting rejected when you first start out with women, so why not get the whole thing done with, take it to the extreme, have fun with it, get rejected as much as possible to get that number one obstacle out of your way for good.

The lesson here is that getting rejected is not failure, it is just getting rejected.

Unlike what men usually feel when they ask a woman they really like to go out with them, your life didn't depend on a "yes" as an answer.

So if this particular approach didn't work with this particular woman - *big deal!*

You weren't serious anyway, you were just having fun and playing a game, and if she couldn't see that, her loss.

And if she couldn't see the fun in what you were doing, she probably has no sense of humor or has some issues of her own way over her head, so you wouldn't want anything to do with her anyway.

Technique 5 - Start learning the theory behind successful dating and seduction

You can now talk to women, you can now make them smile, hitting on a woman is no problem for you and you don't care about being rejected or shot down.

If some of this is not true for you, go back to techniques 1 to 4 and keep practicing the suggestions until all of this DOES become true for you.

I'm sure you can already feel a change in your **attitudes**.

Believe it or not, these very same attitudes and habits are the BEST tools of some of the BEST seducers out there!

The difference between you and those successful guys at this point however is one minor detail - success rate.

Your initial success rate, that is women who actually give you their REAL phone numbers and seem eager to meet you again, will most probably be nothing to write home about.

This is where dating and seduction theory comes to play - learning and understanding what women expect, like and hate and accordingly how you should be, think, talk, act and be perceived in order to be attractive to women is going to improve your success rate with women quite substantially.

However, don't become a bookish scholar, *who knows everything but does nothing*.

Keep on approaching women everywhere, talking to them about anything, making them smile and desensitized as you are to rejection by now, asking for their phone numbers and asking them out. The theory can only increase your success rate, not create it out of nothing.

Technique 6 - Move like Neo, talk like agent Smith

Here's a fun tip to try out when you're around women.

First let's talk about body movement.

If you've ever seen any action movies, you know that slow is cool.

Way cool.

And no wonder the ultimate "coolness" in most movies are the *slow-motion* action sequences, since those can induce goose-bumps even during the lamest of movies.

Well guess what, you can induce goose-bumps in women the same way!

Women are drawn to men who seem move and talk slower, as if they're bending time.

Slow here doesn't mean lazy though - it means **calm** and **deliberate**.

A good place to start is to imagine you're moving like Neo (from "The Matrix") during bullet-time sequences - move slower, blink slower, look in different directions slower, *while still maintaining calm and precision of movement.*

For best posture, try to lift your chest up - it will expand your chest and shoulders and pull in your stomach, making your figure much more attractive to women.

It may be hard to keep at first, but keep trying and sooner or later you'll find the right posture which you can keep with minimum effort for maximum effectiveness.

When you walk, *walk slowly and gracefully.*

You may be tempted to run and fuss around a lot to suggest you're "real busy" to all the women around you, but hopping from place to place like a rabbit only suggests nervousness, which is not attractive at all.

Use other methods to suggest you're "busy and important", but when you walk, do it with calmness and confidence, like you have all the time and *not a single care in the world*.

Now let's also tackle the issue of voice and speech.

A deep rumbling bass for a voice is enough to get almost any woman wet and you could be a bald fat midget in a wheelchair, but you could still get most of the women you want with your voice.

Unfortunately, most of us do not have sexy voices.

But even more unfortunately, most of us make very little use of even whatever mediocre voice we do have. You may have tried deepening your voice a few times and then reverted back to good-old nasal.

Well that's not enough.

Although studies have shown that men tend to deepen their voices subconsciously when speaking to attractive members of the opposite sex, you need to start doing it consciously and ALL THE TIME (even when talking to grand'ma).

First you will get into the habit of using your voice in an attractive manner and will also start to be noticed by women who overhear you talking. Secondly your voice does eventually deepen when you keep deepening it consciously.

So how to go about it?

To deepen your voice, *speak from your chest and your stomach*, not your nose and your mouth.

Put your hand on your chest and try to speak in a manner where you feel maximum vibration emanating from your chest.

Every time you notice you're no longer speaking from your chest and your stomach, start doing it again.

As for the manner of speaking, speak slower and deeper, and use deliberate pauses. Try to even forcibly overdo it to get a feel for it.

Similar to the suggestion in the beginning to move and walk like Neo, you can try talking like agent Smith - slow, cool, calm, precise, *even to the point of being hypnotic*.

Try it out and see how it works for you (and the women around you).

Technique 7 - How to pay a compliment

At one time or another, almost every man wants to pay a compliment to a woman, be it during your initial interaction with the woman, during an online chat or phone-call or during your first get-together.

Complimenting a girl is a double-edged sword though.

It has been known to go great lengths and it has also been known to stop an advance dead in its tracks.

Some girls will hang on to a guy who keeps complimenting them no matter what, other girls dismiss a guy that pays them a compliment as *just another chump*.

More than anything else, whether to compliment her or not depends on how you can pull it off.

Being hesitant or bland about your compliment to a girl that usually loves and craves for compliments, can make her frown with scorn and turn her back on you.

And being sincerely passionate and unique about your compliment to a girl that usually dismisses complimenters as chumps, can make her fall into your arms with a longing sigh.

Then again, being able to be passionate, sincere and unique, you most probably have no need to resort to paying compliments to win her favor - she is already aching to be with you based on your previous interactions:

Should you however choose to compliment her nevertheless, here are a few pointers, which, if nothing else, should at least keep you from straying too far from the path of the perfect seduction.

The first rule of complimenting - *don't compliment the obvious.*

She knows about the obvious, she has heard compliments about it before and if you do it, you'll automatically be associated with all the chumps that got nowhere with her with their compliments about the obvious.

Plus it gives the impression that you're just fishing for some cheap gratitude on her part without caring to invest much anything yourself.

You can make an exception to this rule if there's something about her, that you really like so much, that you just can't bear not to tell her. But in this case don't forget to add a description of why you like what you like about her and how it makes you feel.

The second rule of complimenting - *do compliment the existent but not so obvious.*

This makes you stand out as it shows that you've actually invested some thought and have been more perceptive about her than others. When paying the compliment, don't just say you like this and that about her.

Describe **exactly** why you like this and that, describe how this and that about her makes you feel - she'll be listening to you and feeling it alongside you.

The third rule of complimenting - *compliments tend to linger in the minds of the ones that receive them.*

The more reason for you to pay only the "right" compliments. For each time she thinks of the compliment and it was "right", she'll think of you in an affectionate manner.

And if it was cheap-ass - she'll think of you with scorn.

So recognize and utilize the lingering aspect of compliments and only pay her the "right" compliments ("right" being defined in the first two rules) to have her feel continuously affectionate towards you.

Technique 8 - Your looks don't really matter THAT much!

I don't know if you know this or not, but the challenge given to each author contributing to this compilation was this: "What techniques and strategies would you use to get women, if you weighed 200 pounds, wore thick glasses, had pimples, were short, had never had a girlfriend in your life, were shy and had only 100 bucks in your pocket".

Based on this challenge, each featured author is supposed to put together 28 of his best techniques to get you the hottest dates.

However, I'd say that all of the listed attributes really don't matter when it comes to your success with women.

"What?

They are absolute deal-breakers... aren't they?"

Not really.

They only matter, if you THINK they matter and thus become self-conscious about them.

Shyness aside (which can be overcome with the desensitization exercises mentioned in the previous tips), there are a bunch of successful ladies men out there, who are bald, fat, old, ugly, poor, have bad teeth, no careers and are completely penniless.

And they still get the babes.

Why?

Because they don't CARE about all that.

They don't even think about it.

And if they don't care, eventually the women won't either.

So why do most of us think being short, fat and ugly is such a deal-breaker when it comes to success with women?

Here's why.

Men judge women primarily by their looks - face, hair, eyes... ok-ok, I know, some of you might prefer to start this list with tits and ass, but you get the point.

Anyway, more than anything else it is looks that turns us on... and also what turns us off. So it's only natural that we think the same works for women.

Women however attribute much less importance to how a man looks as opposed to how the man can make her feel.

Good looks - the right face, body, clothes - will get you an audition with a woman much more easily.

But ONLY an audition.

From that point on it all still boils down to how you can make her **feel** by the way you act, what you say and how you say it.

So yes, you'll get more auditions the better you look, but it's your attitude and character traits, that will eventually get you the girl, not your looks.

I'm not saying that you should pay no attention at all to your looks - like I said, you fight less of an initial uphill battle and get more auditions with women the better you look.

But neither should you let your looks hold you back, because really - they don't matter nearly as much with women as you think they do.

Technique 9 - Look and feel your best, all the time

Assuming some of the traits that were listed in the previous tip as part of the challenge given to all contributing author is true for you, I will now give you some general pointers on how to overcome them.

As mentioned, if you don't look that good, it is more of a problem for you and your self-image than it is a problem for the women you'd like to meet. So first and foremost you need to improve your looks so that you yourself can feel better and more confident about yourself.

And it is that *confidence* about yourself that will directly translate to more success with women, not your actual looks that you initially derived that confidence from.

Generally there are three ways to overcome self-consciousness about yourself.

One way is to develop an attitude whereby you don't care about them.

The other way is to try to fix them as best you can.

The third and most effective way of course is to **combine** the two.

Developing the right attitude requires a bit more time and theoretical explanations than I currently have room for here, so for a simple primer I will only suggest ways to tackle the problems themselves as they were described in the challenge.

If you feel that you are short, research and order some height-increasing shoes from the net.

If you have pimples, go to a dermatologist.

If you dress like a bum, go to a store that sells designer clothes at a deep discount or as second-hand (ask around if you don't know how to find such a store) and have the people working there recommend something for you.

If you have thick glasses, get some classier glasses that don't look like the bottoms of a coke bottle, or get laser surgery if you can afford it.

If you have a weight problem, research weight loss and exercise programs on the net. Then join a gym (some only cost \$15 per session), get the gym's coach to work out a program for you and follow it.

Pills and wonder drugs DO NOT WORK!

Moderate exercise and a healthy tasty diet is the only way to lasting weight-loss and a healthier life.

Finally, the following may sound very basic, but this is a HUGE thing for women - make sure both you and your clothes are clean at all times. Good hygiene and good grooming ARE very important to women.

Your actual facial or physical features are not that important to women, but whether you can keep whatever you were born with in a good clean condition, really DOES matter to women.

If you have no money to do some of the above, get a higher paying job (also see a tip on how to become a BOTH make money and meet women) and if you don't know how to do that - once again, research that in a library or on the internet.

And if you've never had a girlfriend - well you're currently working on it aren't you :)

Technique 10 - How to deal with contradictory seduction advice?

By now you should be comfortable approaching women, talking to them, making them smile, asking for their phone numbers, and asking them out.

If you're not comfortable doing all of the above, go back and PRACTICE until you are! Hopefully you've also started improving your perceived shortcomings (you've joined the gym and are working out, keeping an eye on your diet, dressing better etc) in order to get a more favorable initial response from all the women you're talking to.

To further improve your success rate, you will now need to start learning various actual techniques to approach women and to win them over instantly, to talk to them in a manner that will fascinate them, to handle them, ask them out, call them, e-mail them, take them to your place etc.

You will also need to learn various theories behind those actions, strategies and techniques. Some of this will be covered in the tips that follow. Many more will hopefully be covered by techniques by other authors in this

package.

However, with so many different authors featured in this program, you are bound to stumble over something that you may initially not have expected - contradictory advice.

“Don’t waste any time and approach her immediately” / “Wait for her to give you some sort of signal before you approach her”; “Give her a compliment, make her feel like a lady” / “Don’t supplicate and don’t give her a compliment”; “Talk about what a sexy guy you are, get her to laugh” / “Don’t talk about how sexy you are, that is ridiculous” ,etc, etc.

By the time you’re done listening to all the advice from all the experts, you’re probably more confused than before you acquired this program.

You may be thinking “So what from all this contradictory advice am I supposed to listen to and what am I supposed to disregard?”

What should I try and what should I avoid?

How can it be, that two EXPERTS on dating and seduction recommend almost the complete opposite things?”

Don’t worry, there IS in fact a method to all this madness.

You see, all of this advice DOES in fact work - for some! But what works for some, simply does not work for others and vice versa.

Most seduction experts recommend strategies and techniques that work for THEM.

However, that very same advice may fall flat on its face when another seduction expert with a totally different style tries it out.

Of course there are quite a few universal rules and wisdoms about dating and seduction as well, but they’re easy to spot.

If you discover something in this program that most if not all seduction experts seem to agree upon, you are safe to assume that this would also work for you.

But what to do when you stumble upon contradictory advice?

Unfortunately, you’ll just have to find out yourself, which version of that contradictory advice works for YOU. *Which one fits your personality, your beliefs, your temperament - which one simply gives you the best results.*

As a rule, you get the best results from strategies and approaches you feel most comfortable with and that are most consistent with your overall personality.

Since I only have room for 28 techniques here, I will do my best to select a few of my favourites to present to you, but my experience as an author of LayGuide is this - it is best to present the reader with as many different but **proven** and successful strategies and techniques as possible, so that anyone can choose and implement those that he feels most comfortable with.

Ultimately, those are also the strategies that he will have the most success with.

And this is exactly what I've tried to do with LayGuide. Contrary to many seduction experts, who often only offer their own experiences, I've tried to round up as many successful approaches from various seduction experts around the world as possible.

Even though some of them seem to completely contradict each other, I have no problem presenting them at LayGuide.com since I know that they do in fact work for some, and then again completely opposite techniques work for others.

But with so many different approaches available and many of them contradicting each other, 28 of my own favorite techniques from among them may not equal 28 best tips for YOU.

Eventually, you may indeed find much better techniques from other excellent authors featured in this material or from among the additional techniques and strategies presented at the main LayGuide.com website.

So my advice to you is this - *don't feel confused if you encounter contradictory advice*. Some of that contradictory advice WILL work for you.

Start with trying out what you feel most comfortable with and if that doesn't work, try the contradicting advice and see how well that does for you.

Eventually you WILL find what works best for you.

Just make sure you don't stop trying out what you learn and you don't stop learning.

Technique 11 - Your ultimate goal is to attract, not to seduce

This tip isn't going to get you women today or tomorrow, but maybe in two months, if you start working on this immediately, you could very well be on

your way of actually CHOOSING from among the women who you'd be interested in as opposed to having to chase them down yourself.

Think of it as a long-term investment. You won't see immediate gains, but you'll reap huge rewards later down the road.

So how do you do that?

Simple - you have to become someone or get into a position, *where women will start wanting something from you*, which soon translates into wanting YOU.

Ever felt envious towards movie producers, who always have the hottest babes, no matter what they actually look and act like or whether they've actually even made a single successful movie in their life?

In fact there are lot of things you can do to have beautiful women flock to you instead of you having to go out yourself to find them.

Here are a few suggestions.

You could *become a part-time bartender* to meet tons of gorgeous women, all of whom are eager to talk to you.

Or *go to dancing lessons* - it is quite possible you're the only guy there and all the women will receive you with open arms, literally.

You could learn the basics needed to become a personal trainer or a massage therapist and since you won't be doing it as your day-job, you can always choose who you take on as your clients and get your hands on pretty girls this way.

Or become an expert on something beautiful women all over the world want to be better at, like modeling, acting, fitness, yoga, fashion, art, gourmet food, dancing, relationships, and start giving advice or teaching introductory courses on these subjects.

You could also become a self-made astrology expert: ask for a woman's birthdate, time and place, and promise to give her a personalized astrology chart.

To give the chart, you'd of course need to know her phone number so you can arrange the exchange with her, or her e-mail to send it to her, so what a perfect pretext to get them.

Don't sweat, you don't actually have to know any of this nonsense. Just can go to <http://www.chartshop.com> (last time I looked their subscription cost \$5) or try any of the other online astrology engines on the net to produce the chart for you.

Then print it out and voila, she found a man who knows all about her in the blink of an eye.

You could resell simple jewelry, become a DJ (especially advantageous at a strip club:), create or show art, play music, hold poetry readings, perform in public, or choosing any of the myriad of jobs (photographer, stylist, designer, producer, talent scout, journalist etc) to get into the beauty, acting and modeling industries that absolutely SWARMS with beautiful girls and women who can't wait to meet you.

As you can see, you don't have to get involved in any of this full-time.

You can still keep your day job and take these as a hobby - *with perks*.

But if you feel you really like it and you're getting good at what you do, then only sky is the limit.

Technique 12 - Step out of the "nice guy" role

The debate of nice guys vs jerks is one of the oldest of relationships and seduction issues.

The essence of being a "nice guy" however is widely misunderstood.

It is believed, that being polite, considerate, friendly, tender, romantic etc is what being a "nice guy" is all about and thus should be avoided, as it is the "jerk", the rude, the inconsiderate, the impolite, the rough guy who always gets to shag the girl while the "nice guy" is waiting outside in the pouring rain with flowers in his hand... and waiting... and waiting...

It doesn't however mean, that women prefer rude over polite, inconsiderate over considerate etc.

It all becomes clear when we look at a very important issue often overlooked when trying to define, what makes the "jerks" beat the "nice guys" when it comes to getting the girls.

It is **sexuality** - *the "jerks" are not afraid to show that they are sexual beings*, while for the "nice guys" hiding their sexuality is part of their agenda of being friendly, polite and courteous towards women.

Big mistake.

Men tend to think that women are terrified of their sexuality, so they turn it off completely.

They think showing sexuality, talking about sex or even hinting at something sexual is considered “rude” by women, so they become androgynous (half male/half female).

The response from women however is to treat them just as such - non-sexual, harmless, “let’s just be friends” kind of nice guys.

Because after all, in the end, what woman would want a NON-sexual man as her boyfriend or lover?

That’s right - not a single one!

Women want great sex just like men do, or maybe even more, so all those guys who present themselves as non-sexual “nice guys”, are automatically discarded.

If you haven’t been too successful with women, I bet you’ve been that kind of a “nice guy” for a very long time. I bet you’re good “friends” with quite a few women.

Time to cut the crap.

You should NOT be afraid or embarrassed to show that you are a sexual being.

In practice this means that you should NOT try to avoid any sexual hints, topics of conversation, jokes, touching a woman, looking in her eyes like “the game is on” etc.

Not that you should make it a point to talk about sex all day long - that certainly CAN become very annoying.

But whenever the topic comes up naturally (or later on, due to your good planning), don’t shy away from it like you’ve probably done so far. Also, see another technique later on how to express your sexuality by touching women in a casual and non-threatening way.

The right mindset to have in order to say goodbye to your “nice guy” role is that you are a MAN, you DO have sexual desires and in trying to deny or hide them is only going to be counter-productive to your success with women.

What you need to think is: "I make no excuses for my desires! I am a MAN goddammit! And I only laugh at the hypocrisy of the world!"

And if some girl wrinkles her nose at your attitude - you will convert her soon enough and she won't know how she could ever have thought differently from you.

Technique 13 - Learn to judge beautiful women by their CHARACTER

Keep approaching and talking to women - on your way to work, at work, in commute, at the mall etc.

Remember, the theory here can only INCREASE your success rate with women, but in order for the success rate to be improved upon, there has to be some sort of success rate there to begin with.

And you can only have that by actually approaching women everywhere.

Here's another tip.

An excellent strategy of impressing and handling girls or women who you may think are "out your league", but also all women in general, *is to act as if you judge people by their character ONLY.*

Not by their status, wealth, education or background – and most definitely, not by their looks.

This levels the playing field with beautiful and/or otherwise classy women INSTANTLY, as you take away their most powerful weapons and all they're left to impress you with is their character.

In which case they'll actually have to start making an EFFORT to please you and be nice to you in order to be liked by you, as opposed to what they need to do with everyone else, which is just to be there and look good (or to be of a certain social status).

And the more beautiful the woman, the less effort that takes for her, and consequently the less such a woman cares for all those chumps who are impressed so easily by "so little".

But mention to a beautiful woman that you don't really care that much for good looks (or status, wealth or whatever seems to be her current most powerful weapons of impressing people) and judge people first and foremost by their character, and you won't believe how whole-heartedly she will start to agree and feel instantly attracted to you for that statement alone.

In addition to mentioning it outright, you should also make sure you act congruent to your “beliefs” – so don’t go gaga over cool cars, expensive watches, latest cellphones or stunning women, at least not in the presence of those who you’re trying to level your playing field with.

Rather take the opportunity to reaffirm your beliefs, for example “That’s a really nice expensive watch she’s/he’s wearing, but it’s the character, it’s who they really are that makes a person, not the watch”.

If you want to play it safe, don’t comment on the woman you’re actually currently talking to.

For purposes of simply stating that you are not awed by outward symbols of wealth and status, it is best to comment on someone else, so that the woman you’re talking to can agree with you whole-heartedly without feeling that she herself is being put down.

But if she seems to have an especially tough shield (of looks, wealth or any other power-weapon) to crack, proceed to comment on herself and witness all her weapons drop.

Once the playing field is levelled and a woman no longer feels like she has power over you with her good looks or whatever powerful status she’s used to have, you are free to proceed with any of the countless strategies provided either in this package or at LayGuide.com, especially because they are all now a lot easier to implement due to the levelled playing field.

Technique 14 - Learn how to be funny

Why would you even want to be funny?

A man that can make a woman laugh can have pretty much any woman he wants.

Remember, women choose men by how those men make them FEEL.

If they want a rich, muscular, famous or good-looking guy, that’s only because of what being with such a man makes them feel.

But few things make a woman feel better than being with a guy that can make her *laugh*.

And very, very few things are able to open up a woman for you (both mentally and physically) than laughter and humour.

Now let me ask you a question.

Have you ever been bored with a woman or in a company of people?

You have?

Ok.

Have you ever thought what exactly created that boredom?

Most probably it was because the other person (or people) didn't have anything interesting to say (and well, probably neither did you, but we'll get to that in a moment), so this led to one of two things - either silence or people telling boring stories about their boring lives.

What a bore.

So in the unlikely case that you think you don't need the ability to make a woman laugh in order to get her, you still need to be able to be funny in order to stop people from boring everyone else out of their minds with inane stories about their mundane lives.

By being funny, you can take charge of the conversation, energize the interaction, lift everyone's moods and become desirable all at the same time.

You may think that asking "how to be funny" is a bit like asking "how to sing in tune", since supposedly they both are an ability you're born with and can't really be developed - you either have it or you don't.

I don't know about singing in tune (by the way, many superb musicians and composers with perfect musical hearing can't sing in tune, so this has got nothing to do with their musical ability), *but this is just dead WRONG about being humorous.*

In fact there are just a few basic principles you need to observe and I will lay them out for you below.

Through practice and continuous observation of these principles it will soon become second-nature.

In time you'll be able to spot more of what's funny in life, situations and people, make wittier comments about that, come up with funny stuff faster and then refine your timing for even more impact.

Here are the principles of what's funny.

See the unexpected yet true.

This in general is the main source of humour. Being able to spot something that most people won't notice yet which is in fact true or very close to truth and then making a witty observation about it is sure to amuse people.

The humour will depend on the amount of unexpectedness and truthfulness of the observation - the bigger they are, the more laughs it will draw. At times, unexpectedness can in itself be funny enough.

For example, if someone tells a joke and it turns out to be unfunny, there may be silence at first but then everyone starts laughing regardless because they all expected the joke to be funny, but now they're laughing at the unexpected unfunniness of the joke.

Cut through the phoniness.

In some ways this is similar to "The unexpected yet true".

Know that life is covered by a veneer of phoniness, and see through that veneer. See things for what they are.

Be blunt and go right to the heart of matters - sometimes this can be extremely funny.

Exaggerate.

Exaggerations are things close to truth but blown out of proportion, or lies that still sound believable enough in a given situation. In both instances they have to be recognized for what they are in order to be funny.

Accept the facts as they are, but exaggerate or distort those facts to draw attention to them. Stretch the truth but don't shoot for the impossible, since the unbelievable won't be funny anymore.

Remember, it is the unexpected yet true or truth-like that is funny.

Time your jokes correctly.

Timing jokes is a whole art onto itself.

For starters, don't bother making a joke about something previously discussed when the conversation has already shifted elsewhere.

No matter how funny you think it is, it would only have been funny to others during or immediately after the relevant conversation or event taking place.

After it's no longer current, it will only sound stilted. Thus initially you only need to concern yourself with making the comments fast enough.

Later though, when you've reasonably mastered that, you can turn to pausing instead to get that punch line just right.

Pain is funny.

Yes this sounds strange, but in a twisted manner it is true. Of course nobody likes pain. But then why do we laugh when Itchy and Scratchy (from "The Simpsons") blow each other up?

Or Tweety splatters Sylvester?

Or if someone stumbles, falls and hits himself against something?

Or didn't "Jackass" (of MTV fame) - the ultimate bone-crackling skin-burning butt-stapling pain show ever created - produce some of the funniest moments in TV history?

There are probably a myriad of subconscious reasons here at work, some of which include the relief of feeling superior to those stupid enough to wander into pain-inducing situations, or using laughter to deal with our fear of having that very pain happen to ourselves etc, but the fact remains - pain is funny (as long as it happens to others of course:)

This also explains why the most offensive and politically incorrect jokes are usually the funniest - they both describe people we dislike in general in the most painful and embarrassing situations and they also have the greatest potential to offend (that is to cause emotional pain) to those very people, should they happen to overhear the joke.

There are too many different ways to put this principle to work to your advantage, but as long as you keep in mind that "pain is funny", you'll soon be able to find ways that work best for you.

Don't take yourself too seriously.

People who take themselves seriously are the exact opposite of humour and are usually the butt of the jokes themselves.

Make sure to poke fun at yourself from time to time as well to soften up your audience and to make them see as a person whose funny remarks can be trusted to be funny.

As you probably noticed, I didn't mention "Know a lot of good jokes and funny anecdotes".

Yeah they're good to know, but they're really not very helpful in making you a funnier guy. Let's say you recite a funny anecdote or two and get a chuckle out of your audience... now what?

True humour comes as witty remarks in the natural flow of the conversation or funny observations about current events around you, so if people see that reciting a few memorized jokes is all there is to your humour, your value as a funny guy will immediately be discounted.

One additional tip I'd give is to *smile, laugh, be animated and energetic*.

There are a few comedians, who can make people laugh by being dry, monotonous and dead serious. Buster Keaton and Woody Allen come to mind for example.

Then again, I don't think you want to take Woody Allen as your role model when it comes to women, so more often than not it is contagious laughter and an all-around fun atmosphere that is easier to pull off for most of us.

So how to go about following these principles?

Don't expect to become a comedian in an instant and have people in stitches the moment you open your mouth.

Expect to have most of your jokes and comments to be received cold at first. The key here is to keep on trying, seeing what response you get to what kinds of jokes, learning what works for you and what works for the person or people you're with and to just keep going.

You will probably miss most of the time and maybe get a few wry smiles a couple of times if you're lucky. Being able to make a laugh-out-loud comment should rather be considered a jackpot than something you should expect every time you say something (what you think is) funny.

But if you keep at it, learn what works and develop your skills, you can climb the ladder quite fast and have the tide turn so that eventually you can even get a laugh out of others for something that you didn't even think would be that funny.

Now that you know what to expect, the next time you meet up with women or hit the town with your friends, or even go to the mall or gym, keep scanning the surroundings and life around you with these principles in mind.

Just look around you and think to yourself "What's phony about this? What is really going on? What can I exaggerate about here?".

You'll probably have to push your creativity at first to come up with original and funny stuff, but the payoff is huge - women will adore you, strangers will want to be your friends, your friends will love you, you'll never be bored again and will always have fun, no matter where you go or with whom you are.

Technique 15 - Learn to have casual and natural physical contact with women

Psychological studies show that casual touching during a friendly conversation causes people to remember the conversation more fondly after the fact.

This kind of touching is called "kinaesthetics" or "kino" in short.

The combination of kino with social proof is dynamite. Touch one girl and the other girls seeing this think its normal or even "good" to be touchy-feely with you.

Now you can quite naturally move on to touching those other girls and so forth:).

Meeting someone for the first time is an excellent chance for starting kino - shaking hands when exchanging names is a tradition of many cultures and cultures. But make sure you hold on to her hand longer than expected, long enough for you to enjoy it and her to notice, if not you enjoying it but at least you not letting go as quickly as people usually do.

When meeting girls you already know, shaking hands might seem strange, so giving some sort of a hug is the way to go.

You don't need to fall all over her to give her a hug (which depending on the situation might even make you look like a fool or a pervert or make her embarrassed instead of having her enjoy it too), a hug can also be putting your arm around her waist or shoulders when standing to her left or right and pulling her closer for a moment, or taking her hand for a moment (but not shaking it), or her elbow, or arm etc.

When going on a date/get-together, establish the mood immediately.

You can of course change the mood from "polite and calm" to "warm and friendly" to "aroused and sweaty" during the course of the meeting, but why go the hard way, if you can jump right into "warm and friendly" or beyond in the first place.

It is best to have acting enthusiastic upon meeting the girl to have agreed upon previously (most probably when you set up a meeting on the phone).

But even without that, you can be all smiles when you meet her, give her a big hug right away, try to take and hold her hand all the way to where-ever it is that you'll be going and watch her change from slightly nervous to happy, smiling, starry-eyed and glowing all over.

And remember - enthusiasm is contagious.

Touching can mean the difference between getting and not getting the girl.

It is the saving grace of even the otherwise doomed "nice guy" approach. And in some instances, being the "nice guy" together with using kino can even be quite effective.

Here's why:

The success of kino depends on whether the girl perceives you and your touch as a threat to her or not.

You can be a rough and tough guy (I try to avoid the word "jerk" as it is not really quite representative of what the opposite of "nice guy" actually is) and still have the girl feel you are not a threat to her specifically, thus initiating kino will be easy.

A nice guy usually just has an easier time having girls feel he is not a threat to them.

Usually though, that is also his undoing, as he is consequently perceived as weak, neutral and non-sexual, all of which are major turn-offs for girls. But here is where the saving grace of kino steps in.

You are safe, so touching and hugging with you is... well, also safe.

However, before she knows it - touching and hugging with you moves from feeling pretty good to quite exciting to really electrifying until all that good, safe and friendly physical contact with you is going to make her wonder: "If it feels so good just to touch with him, why on earth not do more? I wonder what that would be like?"

Which is not to say that being the "nice guy" is the way to go.

This was simply meant to illustrate the strength of kinaesthetics - it even works for the "nice guy".

So remember - kino really can mean the difference between getting and not getting the girl.

Technique 16 - See the big picture

We've come almost halfway in our techniques now and it is time to show you the big picture, the overall game plan and the grand scheme of all this.

If you're already doing what I suggested in previous tips - FANTASTIC!

You are well on your way to becoming successful with women way beyond your wildest dreams!

All we need to do now is build flesh upon the bones of your current actions by adding more theory of seduction and more practice BASED on that theory, introduce you to the remaining steps (calling her, going out on a date and coming home with her) and you will soon amaze everyone around you with the success you'll have with women.

So if you're wondering, what is this big picture I'm talking about, then here it is from start to finish:

- Approach woman, ask open-ended what questions, have a short conversation, be humorous, make her smile
- Touch her in a non-threatening way (handshake for "hello", touch side of arm for "goodbye", "oh you're so cute" or "don't worry" etc during the conversation)
- Have following mindsets: you don't care about rejection (so no sweat about asking for her phone number), you are a sexual being (so no sweat about touching her or sexual references in conversation), you don't care about how people look and only judge people by their character (so no sweat if she is drop-dead gorgeous)
- Be in a hurry (you're a busy man), so ask woman for her phone numbers or MSN (instant messaging) address so that you can continue the conversation at a later time
- Call her up or MSN her, but since you're in a hurry (you're a busy man), arrange for a get-together, something cheap, simple, yet romantic, intriguing and with good conversation built into it
- Have your home in order, clean, warm, the right food, drinks and music ready
- Get together, hug, hold hands, talk about romantic, intriguing, fun, mysterious, passionate stuff, get to know her, have fun, know when she's ready to be kissed, proceed to kissing
- Go to your place for a night-cap, proceed to read her palm, hand massage, neck massage, know when she's ready to be kissed, proceed to kissing

What you do beyond those last two steps is no longer any of my business :)

Technique 17 - How to ask for a woman's phone number or MSN address

You approached a woman, asked a few "what" open-ended questions, maybe even got into a little bit of conversation.

So far I've told you to also ask for her number at the end of the conversation, but I never really gave you any examples. This is partly to desensitize you to the fear of rejection and partly so that you'd learn to think on your feet.

However, I didn't want to drown you into too much theory in the beginning, since it was probably more the lack of actual real world action than the lack of theory that drove you to acquire this material.

So it was paramount to get in INTO action ASAP and then follow it up with proper theory as you went along to simply bolster the action you already had going on.

But it is now to deliver as promised, so here are a few examples to getting a woman's phone number:

Example 1

At the end of the conversation, you: "Why don't we continue this somewhere else and see how much we can enjoy each other's company?"

In response she might offer a change of venue (if she mumbles "your place or mine?", then boy! either she's real easy or you're real good:), but more probably she's gonna offer a phone number so the two of you can set up a meeting later over the phone.

Notice, that you didn't ASK for her phone number, it was her idea to give it to you, thus framing you in her mind very differently from when you would have asked for the number.

The first instance creates in her mind a picture of "I gave him my number... which must mean I like him" while the second creates an opposite picture of "He asked for my number.... which must mean he likes me... yawn, yeah he's nice, next!":)

Example 2

You: "So... what steps would we have to take in order to make sure we can talk again?" If a change of venue is highly unlikely, this one is a more direct wake-up call for her to usher you her number.

Example 3

You: "I have an intuition... and I don't know if you can imagine this as I describe it... that when we get a chance to talk without time pressures or interruptions... we'll really enjoy each other's company... and I'm wondering if there's a number where you feel comfortable having me call you?"

Example 4

"Let's do xxx together. I'll call you"

"But you don't have my number!"

"Oh that's right! (pull out a pen)"

Technique 18 - How to get a woman's number in 5 seconds, emergency plan

Do you ever find yourself wishing there was something you could do or say to get to know the woman that just passed you by in the street, at the mall or cafeteria?

You know you'll probably never meet again unless you do something, but still you manage to convince yourself there's nothing you can do, because you're in a hurry and apparently so is she, so there really isn't time for anything that would actually work.

Wrong!

Try this: "Hi, I'm in a big hurry and I gotta go, but I'd love to talk to you / I really would like to meet you, can I get your number / do you have an e-mail / MSN address?".

That's it!

And it works WONDERS!

If you don't have a pen and paper ready, don't make a big fuss about finding someplace to write (remember, you were in a hurry!), just memorize the address or number she gives you and write it down the first chance you get.

But USE this approach and you'll no longer have to pass up the chances life serves you day in and day out.

But what if you have a little more time and so has she (for example you're both at a party)?

Saying you're in a hurry just to go back to chat with your friends may not feel quite natural for you, so here's an extended version of this.

Walk over to the woman, say "hi" and ask two or three open-ended "what" or "how" questions.

After you've had a few moments of this meaningless chit-chat (basically her giving boring answers to your boring questions), say "Hey, it's been nice meeting you. Ok, I'm gonna get back to my friends now."

And now as if you remembered something: "Oh by the way, do you have an MSN address?"

She says "Yeah" and you pull out your pen and a piece of paper and say "Oh good, give it to me".

That's it!

A few standard questions and answers, but suddenly you have her address and a way to get in contact with her to actually arrange for something a lot more meaningful later on.

Technique 19 - Attract women by being busy

When you arrange for a date, it is good to let the woman know that you are a busy and important person.

By letting people know that you are a person doing things and active, you suggest a lot to a girl.

Certainly, you must be someone who knows where you are going, hence, leadership. You play on her sense of wanting what she can't have because she will have to compete for your time with all of your other activities.

You will appear to be different from all the other guys who are hanging on her begging for her time. She will suspect that there are other girls in your life or you wouldn't be so busy.

And finally, she is going to have to use her charms to seduce you away from all these other activities - and girls just love a challenge.

In practice, always talk about times when you're busy BEFORE you talk about times when you're available (when you call her, leave voice-mail or email her to arrange a get-together).

And BTW, don't sweat about "how many days should I wait before calling her?" - Just call or email her the next day after first meeting her.

Here are a few good examples to go by when suggesting a get-together:

"Hi! Well I don't have much time to talk/write right now, but let's see... I'm gonna be busy today and tomorrow, hmm, ok let's get together on Thursday for a cup of tea and some conversation."

Don't linger any longer than you absolutely have to.

Another example: 'I'd like to get together with you sometime. Let's see, I'm busy tomorrow morning and the next day, I'm out of town on the weekend, but I think I could squeeze for some free time tomorrow at 4 PM.'

All of this suggests scarcity, that you're in control and you're the one making the decisions, and also that you have a very busy life, so the selective availability that you do offer screams 'Before its too late, take it, NOW!' to the woman.

Technique 20 - The theory of arranging a get-together with a woman

You have a woman's number. Now you want to ask her for a date. STOP! Before you do anything stupid, read this tip.

When arranging for a first get-together, aim for something simple and easy. Something that doesn't need a big commitment in terms of money or time.

Something that allows you to get to know each other a bit better in a relatively short amount of time.

The "no-no's"

First of all, never say "Can I take you out sometime?" or 'Will you go out with me?' - these imply you're gonna pay for all her expenses for the time the two of you are together.

And I won't even mention the horrible "Can I buy you dinner sometime?" or "Can I take out on a date?" here.

Yes, it is a good chance to make conversation, but any sort of a restaurant scenario locks you into the situation for at least an hour or two, so if she turns out to be brain-dead or psycho, you'll have a hard time escaping.

Plus who's gonna be paying?

Any scenario with money is overtly involved is a hazard. So you decide to put up your best display and woo her with a \$200 dinner. Then it turns out to be from a wealthy family or successful herself and she doesn't even notice your efforts - and you just blew your whole weeks pay!

Or worse, you may decide to buy such a woman a meal at MacDonald's. I mean it is OK to stop by at a McDonald's if you're feeling hungry, but any situation in which you think you're buying her something, whether cheap or expensive, has so much more potential for disaster than success than it is just not worth it.

Save the gifts for later, when you're already been going out for a while, know each other better and when you can actually give them as a reward for having been so good to you and to make her feel happy in return.

Anything that looks like you're trying to bribe her (the restaurant) and lock her into a situation where she can't easily get out of (the movies) has the potential of blowing up in your face.

She may accept your bribe, eat her stomach's full of caviar in the restaurant and then suddenly discover her girlfriend or grandmother has some unexpected emergency and that she has to run. Or she may simply say "Nope" to your suggestions of getting together and then that's that.

But do say "let's get together sometime" - this implies you'd like to see her in the future and maybe do something fun together, but nowhere here do you suggest that you'd be willing to bribe her or that you'd be willing to pave her way with money in order to just be with her.

If you wish, you can say 'Let's have a cup of tea' - a cup of tea is such an insignificant expense, that it will remain just a gesture of goodwill and it will never seem like an attempt to bribe her, so if she agrees, it will be because she'd genuinely want to spend time with you.

So how about the classic "Let's go to the movies"?

Oh no-no-no.

NO!

Even if you think it will be a turn-on for you to sit for two hours in a dark room next to a good-looking lady... maybe even put her arm around her hmm?

Well she will NOT feel the same way - she'd only be stuck sitting in the dark with a strange man she hardly knows, who may even be trying to grope her in the cover of darkness.

Ugh... creepy!

Plus when was the last time you saw movie that both you and your female companion were truly excited about afterwards?

Chances are, at least one of you will be bored out of his/her mind. Going to the movies is just an excuse for guys to sit next to the woman in darkness and for women to have men pay for their movie.

And what will you have learned about each other when the credits start rolling and it is time to leave?

Nothing!

The “do-do's”

So what you want to suggest, is something simple, that won't take much time or money and is easy to back out of right then and there if necessary.

Suggesting the two of you have a cup of tea together at your favorite stop is a good starter.

If you wish, you may even point out all the reasons why this is good:

“Since I don't know, maybe you're a psycho and then I can at least make a quick exit and be safe in a public place”. She'll get a chuckle out of it :)

If this works out and things are good at the get-together, have something lined up either for an immediate follow-up or a second get-together that has interesting conversation built right into it.

For example a walk through an area that has a lot of interesting, eclectic, artsy or trendy shops in it, or you could also go play pool or miniature golf.

Depending on how things are going, it may even be time to “show her your butterfly collection [or whatever]” back at your place at the end of the date, but those strategies are already the scope of other articles at LayGuide.com.

Technique 21 - The practice of arranging a get-together with a woman

Now that you have her e-mail address or MSN address or phone number - what should you write about in the e-mail?

Or talk about on the phone?

Lots of guys slump into lengthy e-mail exchanges or phone conversations once they get the necessary contacts from the woman.

Don't make the same mistake!

The goal is to get together with a woman, the only reason you got her e-mail address or phone number was to arrange for that.

So keep in mind, that your goal is to move from e-mail exchanges or online chat or phone talk to a real life meeting ASAP.

You got her e-mail address?

Forget email!

Email sucks, it takes forever.

If you're exchanging mails of some type, insist on moving to chat.

"I don't have time to write, read or wait for lengthy emails, I'm too busy for that, do you have msn or some other instant messenger contacts?"

Once you're on MSN: "Argh, u type so slowly, why don't u just call me, yes right now, here's my number".

Or just say:

"Hey what about having a conversation like NORMAL people, on the telephone? Here's my number".

This implies that in case she insists on chatting via an instant messenger, she's a dork and if she wants to fall back in line with the rest of mankind (that is - STOP being a dork!), she'd better call you ASAP or give you her phone number right now.

On the phone just chat enough to strengthen and increase the rapport you had going on MSN and continue with the cocky and funny tease, then head for arranging a real-life get-together.

"Listen, I gotta go now. But here let me see, hmm... I'm busy today, tomorrow morning I'll be making a presentation and I have a business lunch after that, but wait, I have an opening in the evening tomorrow, how about we get together at 4 PM at [name a place] for a cup of tea and some stimulating conversation? Yeah, sounds good?".

But better yet, arrange for a get-together immediately via whatever contacts you got, be it e-mail, chat or phone, without hopping from one to another. Chat enough to be polite and then proceed with "Ok I'm busy, but why don't we meet..."

Here's a super tip to end each arrangement with, just say:

"So when we meet, I want you to smile, give me a big warm friendly hug and take my hand :) Deal ?"

End the phone call /chat and start the meeting with these and you'll have removed many an obstacle from your path to being one with the girl.

Once the date has been set and the initiating routine (smiling, hugging and holding hands) has been agreed upon, it is time to hang up or close the chat.

Lingering on the phone or in online chat after closing the date is the kiss of death. If anything ever needs to be quit, the best time to do it is always the highpoint, and the highpoint of your conversation with her is fixing the date.

So be polite, make your departure and leave her excited over the prospect of an upcoming get-together with you.

Technique 22 - Your home is your love-nest, make sure it is in order

Now that you've arranged for a get-together with a woman, make sure you can be confident about the place you should eventually be ending the night in - your home.

Here's a short check-list of what you need and what you should keep in mind to keep your home the perfect love-nest:

- A warm enough temperature, more or less warm enough for nakedness :)
- Lights that can be dimmed down, but better yet, keep a set of candles at hand.
- Always have some chocolate and wine or champagne in store.
- Have an attractive scent about your quarters (you can use special candles for that purpose)

- Have music - Vangelis, Enigma, Enya, musical scores of movies, classical pieces.
- Don't forget to switch off the telephone, when the situation calls for it:)
- You can also use a "Do not disturb sign" on the door.
- Protective measures - have them and know where they are.
- In the bathroom - have good brands on display of colognes, shampoo etc.
- About the bathroom... its clean right? :)
- Keep on hand big fluffy terry-towels, two robes and an extra new toothbrush (still in the package).
- A slightly more ample collection of pillows than in your average home wouldn't hurt :)

Also, good classical CD's are cheap.

Buy extras and send her home with a memorable gift.

Technique 23 - The get-together and getting the woman to REALLY like you

You've arranged for a get-together, you agreed to start at a high note (with a hug and holding hands) and you made sure the get-together was someplace where there are fun things to do with stimulating conversation built into it.

This is where the two of you should get to know each other and where the woman should really start liking and wanting you.

But there are so many ways to approach this, which it is almost impossible to point out one special technique or strategy.

There is the eliciting values technique, which helps you to become the man of her dreams just by talking to her.

There is the neghits technique, which will make the super-model type women feel instantly attracted to you.

There is the GM style technique, which uses overtly sexual jokes to get her "in the mood" without her maybe even wanting it at first.

There is the patterning technique, which will make the woman both aroused and feel wonderful feelings towards you just by listening to you talk about your views on life and what you like.

There's the "cocky and funny" technique, that will get you almost any woman.

All of these are a mixture of attitudes, understandings, theories, examples and practical suggestions, that would each require at least a book or few onto themselves and are thus just impossible to cover here.

For an in-depth look at each of these plus many more strategies, take a look at the articles at LayGuide.com

But to give this tip some substance nevertheless, here's what women generally look for in men and what you should try to demonstrate at your get-together with a woman:

- o confidence
- o humour
- o smile
- o well groomed / good looks
- o ability to create an emotional connection / a feeling of romance

In addition to that, being successful with women includes:

- o being patient
- o being persistent
- o being sensitive to how she feels/responds and modifying your approach accordingly
- o knowing how to talk to a woman to build more rapport with her
- o knowing how to talk to a woman to make her start thinking in romantic directions

Having mastered all of the above, these will add the final touch (featured on LayGuide.com):

- o mirror her physically
- o notice her trance words, remember and use them
- o rephrase everything she says and feed it back to her
- o anchor all good feelings
- o don't argue with her, be very understanding, deeply understanding - this can help create an immense rapport
- o use presuppositions to direct her actions
- o have and keep good eye contact - also helps to create an immense rapport
- o touch her

Technique 24 - How to invite a woman over to your place

Assuming the get-together went at least OK, you can either proceed to kissing her (see another tip) or ask her to come over to your place.

Here are three different scenarios of inviting a girl over to your place as either a continuation of your get-together,

The basic premise

The basic premise of all these scenarios is the assumption that you have already been spending some time together that very same evening - either you have had a date, or met at some party (wedding, reception, birthday etc), or a nightclub/bar/pub.

But now that the party is about to end, or the pub to close, or you're almost done with all the pre-scripted "dating" activities - what next?

Scenario 1

Fluff talk.

Facts talk.

Then some more fluff talk.

You steer the discussion to whatever seems to hold her interest and you know you have exhibits of at home:

- arts and literature - you have lots of books on them or paintings, statues etc;
- music - a records collection
- movies - books on movies or a movies collection etc.

Now you can quite casually somewhere in the discussion mention "You know I have a great [book or collection] on [whatever]".

And when the time comes, you can say: "Well, why don't you come to my place and check out [whatever] I was talking about. I could show you [this] and [that]".

She turns you down.

And this was the whole point of the first scenario.

She turns you down, thus it really doesn't matter what you did or didn't do. The sneaking up to a cheap pretext to throw her way is just one example of the wrong way to do it.

There are countless more and guys all over the world are doing it daily, failing miserably and getting laughed at by the girls behind their backs.

In conclusion - she didn't even accept the invitation.

But I'm not telling you yet, how to avoid being turned down - read the next scenario :)

Scenario II

Fluff talk.

Feelings talk.

Onto the value and personality demonstration method (AKA seduction technique) of your choice.

You can see that you are making her feel good. She smiles, laughs, has a puppy-face, etc, things are going well.

You might even be having some slight kino (touching hands, maybe holding hands when walking in the streets etc). She has got to be into you.

So up comes the topic of going to your place, for whatever reason, could even be the lame "I'll show you this book and that record" pretext of the first scenario. And she agrees.

She comes to your place because she likes you and trusts you. You proceed to work your magic - make her feel good, relaxed, at ease, connected etc.

But sooner or later there comes a time of revelation for her - she might be about to see more than just some book.

Once she has had that revelation, she can either decide that she wouldn't mind that at all and in fact she would like that very much :) ...

Or she might first freeze up from the shock and horror of the unexpectedness of that revelation, then panic and finally flee.

In conclusion - she accepts the invitation, but there are no assurances as to whether she also decides to stay or not.

But I'm not telling you yet, how to avoid being run away from - read the next scenario:)

Scenario III

Fluff talk.

Feelings talk.

Onto the value and personality demonstration method (AKA seduction technique) of your choice.

You can see that you are making her feel good etc, everything starts out just like in the previous scenario.

But there's a modification to it - instead of slight kino (holding hands etc), the two of you will have much more intimate kino.

That means stroking her hand, hair, waist, holding her and then the ultimate test - kissing. Actually kissing serves a double purpose:

a) As already mentioned, it serves as the ultimate test - if she is reluctant to kiss you when you're hanging out, there's good chance she will also be reluctant to kiss you when she comes to your place.

Kissing of course is a huge decision for a girl, so if you want to test her willingness to also stay in case she decides to accept your invitation at all, you must first make the kiss for her as comfortable as possible - you'd better have already had previous kino (hugging, stroking), be in a more secluded place or in a place, where she feels its ok to kiss (so this could also be in the middle of the dance-floor of a nightclub, where things like that occur frequently) etc.

If she refuses a kiss, don't give up yet, see the tip on how to proceed to kissing.

If however she doesn't seem to want to kiss you, there's little chance that she'd accept your invitation as well, for now she knows what it really is she has to decide about when considering your invitation.

You can still try of course, but I'd say that if she accepts to come to your place after having refused a simple kiss... you've got yourself one strange girl.

b) Aside from being a test of whether or not there would be any point in inviting her over, kissing also serves as a mighty powerful aphrodisiac. She might be willing to come to your place anyway, and she might be willing to kiss you, but she might not be thinking in terms of staying a bit longer than it would take to check out a few books.

Having started kissing with you however will definitely sway her thinking in the horny direction so that she might even start thinking about doing it with you tonight without you ever mentioning anything about... going to your place "to check out a book or something". But when you finally do that, she'll be more than happy to accept.

In conclusion - no turning you down, no coming over and then fleeing, but a girl who knows what to expect and expects what she has come to know. And that is the kind of girl you want to "show your books" to.

So remember - kiss-test/arouse her first, otherwise you'll be just shooting in the dark.

Technique 25 - How to proceed to kissing

The previous tip already mentioned kissing as a both a test and an invitation to come to your place.

This technique concentrates more exclusively on kissing and how to proceed to it after having spent some time together with the girl.

If you can read body-language fairly well, you'll know when the girl is receptive or ready or even waiting for a kiss close:

She'll let you touch her without resistance, touches you in return, wets her lips slightly and/or looks at your lips, especially when you are about to depart (be observant though, they're doing it subconsciously and generally don't want to let you in on their already aroused little fantasies about you:).

Whatever you do, don't use the dead "Can I kiss you?" line - its indicative of your supplicating tendencies and puts her too much on a pedestal from which it's easy for her to reject you.

Instead, try the "Would you like to kiss me?" and go for the kiss if the response is anything but a blatant "NO!".

Don't expect a "yes", you'll hardly ever get it (but if you did, you can fairly safely assume the same answer to a "would you like to make love to me?").

But the lack of an outright refusal ("I don't know...") usually means that she really would like to kiss you, but she's just processing the situation as kissing has both social and personal implications and she's not quite ready or its not a comfortable place for her to do it etc, but never mind all that, say "Let's find out" and go for the kiss - she'll enjoy it:)

If the reply however is a "NO!", then do follow it up with: "Gee, you sure wrecked a moment. I bet your previous boyfriends must have really hated that about you..." It's a good comment to make her re-evaluate her position and usually you WILL be able to proceed with her the next time you try it.

Technique 26 - What to do in case you really want one specific girl

"But I really want this girl!"

Ever had this thought?

I'm sad to tell you, but this is exactly the wrong attitude.

If she is your only prospect, the one you're thinking about day and night, you keep playing different scenarios of approaching her and making her like you in your mind over and over again - that's called desperation.

And it'll show.

She's gonna see it (consciously or subconsciously) and nothing repels girls more than a desperate guy.

That's why you have to be chasing multiple girls at any given time, so if one of them gives you trouble, the heck with her, you have other girls wanting to be down with you.

But the really good part is this - the ones giving you trouble can sense instantly that you're not phased by it, you're displaying none of the usual signs of despair, heart-ache, supplication etc.

You just don't give a damn, you just don't have time to give a damn, you've got too much action going on elsewhere.

Guess what?

This is exactly what suddenly makes you desirable in their eyes. Or think of it this way - have you ever noticed how a man who gets girls gets MORE girls while a man who has nothing continues to get nothing?

"But I really-really want this girl, she is so special, what can I do to make her want me!?"

You really want an honest answer to this question?

Here it is: make love to at least 10 other girls, then see if you still want this girl and think she is so special.

Obsessing about a particular girl is the kiss of death!

Analyzing her every move is only going to push her away.

If she comes to know that you're obsessing about her, she will also know, that you'll be analyzing her every move in relation to you, which will invariably make her uncomfortable.

She can't be herself anymore, she can't relax and feel free in your proximity/company.

Knowing that you're obsessing, she will feel anxiety, discomfort and maybe even fear when you're around.

If she knows your mood or worse, your whole life depends on whether she smiled to you or not, whether she answered your phone-call or not or whether she e-mailed you back or not - she will want NOTHING to do with you.

And on all occasions, she will want to get away, further away from the source of her anxiety, further away from you.

Well, but there's this rather slight and slim possibility, that she's also obsessing about you, right?

I mean, people sometimes do end up with people who have initially been obsessed about them, and they live happily ever after, right?

Yeah right, in fairy-tales they do.

In real life however, if you want her, do something, anything, preferably of course something suggested elsewhere in this material, and quick.

But once you let yourself become obsessed and act under the influence of that - you're doomed. And this is also where the standard suggestion of "spend some intimate time with ten other girls before you get back to this "special" girl again" stems from.

Because once you've accomplished that, you'll ease up on the obsession, you will feel relaxed and comfortable (and as moods are contagious, so will she), she in turn will be more comfortable about getting close to you, and now that you're filled with calm confidence ("Heck, even if she doesn't dig me enough, I've just been with ten girls and can get laid at will anyway, so let's just have fun with this") you will be able to handle her much more proficiently.

Technique 27 - What to do if a women tests you, doesn't give her phone number, disrespects you, cancels a date, asks you uncomfortable questions etc

Sooner or later a woman is going to test you.

Not because women are "bad", in fact most of the time they don't even know they're testing you, it is just a subconscious urge they have.

You see, women simply HAVE to test men in order to weed out the weak ones and stay with the strong ones.

A woman has to be VERY careful who she chooses for her mating partner, because if she happens to get pregnant, she is OUT of the game for the next nine months.

And what if a perfect mate comes along during that time and she misses out on him, because she got pregnant from a weaker male before?

A woman has to be certain, that whoever she decides to be with is the BEST she can get for a while, but to aid her in her choices, she simply HAS to test all the potential candidates.

Not that women actually THINK this way, but these are the natural urges that drive their behavior and they really can't help it. But for you as a man, understanding those urges and motives is HUGELY beneficial!

Some of these tests include disrespecting you or your time in any way, for example not showing up on time, trying to bend you to her will, canceling a date and asking uncomfortable questions.

In all those cases you should make it immediately known, that since you've set only the highest of standards to both yourself and others, you have no tolerance for second class behavior and if she is not capable of anything better, then she should stop wasting your time.

This sends a very clear signal that since you have such high standards for others, you must be a very high standard male yourself and thus very desirable.

A few additional practical suggestions.

When you ask a woman for her phone number and she asks your phone number instead, reply with: "Well I keep a rather hectic schedule, if you call me, you'll probably end up developing a long lasting and fulfilling relationship

with my answering machine. I'm in and out a lot. However, with your number I could call you when I was able to actually talk."

If a woman cancels a date or doesn't show up, make it VERY clear, that you are respectful to others and expect the same from others in return.

And that if she can't offer that and live up to your standards, then you have no time for crap like that.

If a woman asks uncomfortable questions, never give a straight answer. Remain and vague in your answers, or better yet, uncover the hidden agenda (as described in the beginning of this tip) in her questions.

For example:

Her: "Where did you go to school?"

You: "Why do you wanna know? Do you wanna have sex with a Ivy League guy? Would you only have sex with an Ivy League guy?"

Her: "Um... nooo..."

You: "So why do you ask?"

Technique 28 - Never stop learning, never stop improving

If you have truly been doing the exercises suggested in all the previous tips and digested the theory behind them, you should be well on your way to the kind of success with women that you've always dreamed about.

I've been trying to cover many of the general points of dating and seduction in previous tips and in fact now is the time to go in-depth and study them in more detail but - sadly room is running out and I feel like I have hardly even been able to SCRATCH the surface of all the seduction knowledge that has been built up at LayGuide.com.

Now would be the time to start looking at all the more advanced techniques, trying them out and seeing what works best for you.

But since I can't make that selection for you and there is decidedly no room to present them all in here, I invite you to check out LayGuide.com for more information.

Also, make sure to check out all the other authors featured in this package, whose material you feel was more beneficial to you.

It doesn't really even matter, WHERE exactly you continue your learning - there are many excellent authors on the web and many excellent websites full of superb dating and seduction information - just as long as you **CONTINUE** your learning and never stop improving.

May all your dreams come true!

About The Author: For more than a decade, Tony Clink has read books, talked with friends and strangers, and searched the Internet looking for the best and most interesting ideas on picking up women. He's tried and tested them all, finding out which ones were duds and which ones really worked, and traded his personal secrets with like-minded players around the world.

He is a best-selling author of "The Lay Guide" at <http://www.LayGuide.com>, a step-by-step guide that will teach you how to become the confident, successful 'lay man' you've always wanted to be. And if you're an experienced seducer, it will take you to heights of success you never thought possible.

Chapter VII: Will Hicks

Insights From The Founder Of The “*You Are So In My Way*” System

<http://www.YouAreSoInMyWay.com>

Hi, my name is Will Hicks, founder of <http://www.youaresoinmyway.com>. I am an International Personal Lifestyle Dating Coach, as well as the first well-established, African - American Dating Coach in the United States.

For years I **resisted** putting out any type of program because I've been content just doing my thing, *meeting women 'at will'*. (no pun intended). After appearing at some of the Double Your Dating events and program, guys started coming to me for advice and everyone wanting coaching, so I figured I'd be able to help more guys by creating a *full-blown* program.

After having my arm "Twisted", I figured I can help more guys *in less time* while making sure it doesn't affect my results. I will continue to have success no matter how many guys I share my system with... *because I'm always trying new things when I go out*.

I now teach men and women on a worldwide scale via stage appearances, seminars, seduction workshops (also known as "boot camps") or through intensive 1-on-1 coaching. You can learn more about at <http://www.youaresoinmyway.com>.

Ok, it's time to get started...

Technique 1 - Have a Game plan

Let me be the first to say that most guys just *wing* it.

They have absolutely **no** game plan whatsoever.

There are some basic things that you need to know in order to be successful with women. There are situations that will arise that you need to know how to handle. There are also things you need to know in order to prevent certain things from happening.

Every man needs a starting point and a foundation from which to build upon. You have to ask yourself what kind of person you are trying to be in addition to the question of what type of success are you trying to achieve with women.

You have to decide that you'll do whatever is necessary to get a handle on your dating life.

You also have to be willing to rid yourself of any old ineffective habits and allow yourself the option of trying new things that will probably go against many *belief patterns* that you now may currently possess.

One question you have to ask yourself is *"Do you care what others think?"*

Remember you can't do crazy things if you do. Another required skill will be learning to be *indifferent* and not care about any particular outcome.

Having a game plan gives you a blueprint to follow, a gauge to see when you're off course and a map to find your way back.

It helps stabilize you as well as gives what you're doing structure, which the lack of can be as detrimental to the best laid plans as smoking crack and trying to go to sleep.

It just won't work.

It gives you a plan of attack as well as a defensive position.

Have you ever noticed in *"War, Love and Politics"*, things usually go to the aggressor who has a plan.

When you have a game plan, you have purpose.

Women can tell a man with a purpose in life a mile away. They also find a man that is focused and knows what he wants very sexy.

Technique 2 - What's your personal preference in women?

Whenever I ask the guys I coach what type of women do they prefer or better yet, what's their type of girl? I rarely get a straight specific clearly defined answer as to what they prefer or even like for that matter.

I'm speaking about what they're initially attracted to as well as what they like in a woman. The usual response I get is I'm looking for a really hot chick. Based on that answer you can see why they don't have one.

Everyone has a personal preference in the opposite sex.

This is often referred to as one's *arch* type.

Women like to say the common cliché "I'm looking for a guy that is tall, dark and handsome."

I'll give you an example of one of my students that we helped narrow down his specific focus.

His specific preference is Latin women between the ages of 21 – 26 years of age.

He likes long shoulder length auburn/reddish hair. He likes them between the heights of 5'3 – 5'7 feet tall, medium bust size curvy hourglass figure with accented hips preferably on a thin frame.

He goes for olive skinned complexion complimented by big poppy eyes coupled with a thin oval face with a pretty smile.

These are just some of the particular traits that he likes. Because most guys don't have any *defined* detailed conception of what they're looking for, this detailed preference might be overwhelming to most guys.

When you know what you want, you're better able to focus your energy and attention towards obtaining it. Not to mention that through the process of default you eliminate what you don't want in this case; a woman you may not want to be involved with.

Technique 3 - Keep a Journal

One of the most important things that I'll stress to anyone that I coach whether it's a man or woman is to keep a journal.

This written record is one step that enables you to keep *track* of your progress in many different areas.

Everyone progresses at a different pace.

There are things that might come naturally to one person, yet with someone else mastery might come with extreme difficulty and require much practice as well as patience.

A journal keeps one's goals as well as one's desired visionary outcome in front of them at all times and allows one to track his progress and make the necessary adjustments.

Simple things such as documenting what worked, context used and with whom, or whether there was any follow up, suggested techniques or methods employed, and if so, what *effectiveness* they had and to how many women you were able to speak to during a specific time.

When you write about what's going on, you give yourself a permanent record you can *refer to over and over* as well serve as a reminder of what you did to accomplish your goal.

There have been many times I've gone back over my notes to refresh my memory of the things I used to do that proved to be successful.

It's very important that you keep whatever you desire in front of you at all times.

It also allows you to document progress and implement changes if necessary.

When you write down your thoughts, desires and things that happened to you in your daily life or whatever quest you happen to be on, you keep your inner most wants and desires at the top of consciousness.

It's a well known fact that you **become** what ever you think about most, whether it's a great athlete, a better father, a great lover or anything else the mind can conceive.

Technique 4 - Be a friendly person.

One of the many problems regarding women doesn't stem from the fact that the man is unattractive nor ignorant in the rules of attraction.

It's the *lack of confidence* and the mindset to be an *outgoing gregarious person* that enjoys talking to anybody.

Without this skill, any woman would be able to tell in a New York minute, that you were completely uncomfortable in your own skin having a conversation with them.

Many guys approach women confidently, yet their scared interior always reared its ugly head.

Timidness is not a quality that is admired by women.

Most men are not comfortable talking to strangers without some type of situational, mutual experience that they have in common.

One thing that I always encourage and coach guys to do is to work on *opening conversations* with anybody and everybody especially guys.

This exercise usually helps them *tremendously* with their dating life.

First it helps to teach them the fine art of general conversation, and by tossing in reframes (the art of taking any situation and looking at it in a positive self-beneficial way), sexual innuendos, sarcasm and, last but not least; one of my favorites, being *cocky and funny*.

Most guys need to work on and fine tune their skills in this area.

Many guys use techniques they've learned *without* even knowing *why* they used it or *how* it's supposed to be delivered.

In many instances, the man comes across as an attractive but extremely difficult and arrogant guy, which turns women off.

When you're able to weave these aforementioned aspects into general conversation this allows you to come off more natural.

Another reason we recommend practicing talking to everybody is because this will help you gain the skill set necessary to engage the woman you truly desire.

By learning to speak to more people, you will also gain *amplified social recognition* that people like and respect.

Women notice those men that are able to approach and create attraction even if its not with them. Being an attractive social person means that you are an attractive person at all times.

It doesn't matter.

Technique 5 - The importance of Eye Contact

One of the most powerful things that I had the privilege of experiencing was the power of strong eye contact.

Most men and women will dart their eyes away from another person if the gaze is held too long.

It's a form of *establishing dominance* and a way of displaying confidence.

I learned with just strong eye contact alone, most people feel compelled to break the tension and say something, especially if the eye contact is coupled with a *smirk*, a *wry smile* or a *questioning look*.

Society has also taught us through movies and rhetoric that it's very bad to maintain eye contact i.e. when the drill sergeant says to the new recruit "You eyeballing me boy?" and the recruit stops looking and says "Sir no Sir".

Sustained eye contact allows people to engage you and also establishes who the selector is and who is the selected.

The stare was one of the most powerful ways to grab a woman's attention because most men do not do it.

It's incredible how even the most intimidating females break down and have to break the tension from the eye contact.

Eye contact can not only be used as an opener, it can also be used when maintaining eye contact during casual conversation.

When you opt to change the tone of the conversation by maintaining eye contact; any part of the conversation that you stress, emphasize or make a poignant remark will be perceived to be more important and especially meaningful.

It's really cool when you say something a little over the top or really push the envelope and back that up with a *no fear* gaze that says "Yes I just said that".

In most cases, even if the woman wasn't interested, she was still receptive and continued the conversation while being very intrigued.

The statement look into her eyes has merit.

One thing that definitely makes the game much easier and to coin a phrase my high school basketball coach used to say "*Let the game come to you*".

One way that happens is when you talk to those women that want to talk to you. Eye contact is one of the leading indicators of interest especially when her pupils are *dilated*.

So don't forget to look into her eyes.

Technique 6 - Body Language

It's true when its said that communication is 93% non-verbal and only 7% what you say.

Body language coupled with eye contact is one of the key elements to not only creating attraction but maintaining it.

Most guys approach women with the *"Ok, here it goes method."*

They exude no confidence and display extreme lack of posture amongst other things. In most cases, guys try to make it look like they're not trying to pick her up almost as if they're afraid of rejection and are really needy.

One thing we stress as we coach guys is when you walk; you have to *walk with a purpose* especially if you're approaching a female.

You must make sure she knows and realizes that you are walking right up to her.

After making strong eye contact, you walk right up to her and take her by surprise by initiating a conversation or implementing any other techniques you may have learned.

Once you begin to walk and move with confidence using your body language to do the talking, you'll start to develop a swagger.

When you have a natural confident swagger women will notice when you walk into the room and you'll receive more attention from women checking you out.

When it comes to confidence, have you ever heard of the phrase *"fake it till you make it?"*

It has never applied more than it does in this instance.

Appearing confident is definitely a step in the right direction.

You will grow more comfortable in approaching as well as initiating conversation -- it has never applied more than it does in this instance.

Appearing confident is definitely a step in the right direction. As you grow more comfortable with approaching as well as initiating conversation, it will start to become more natural and you won't have to fake it anymore.

You can't put a price tag on the ability to look and be comfortable where ever you are.

When you're relaxed and comfortable, you help put others around you at ease.

This is very important when dealing with the opposite sex because they feel safe that you're a non-threat to them and they can relax around you.

Energy is contagious, be careful of what kind of energy you're projecting.

It's really important to lean back but don't slouch though. When you sit, take up a lot of room and space around you. Take a posture of being unimpressed, almost annoyed and angered and watch the interesting reactions you'll garner.

Technique 7 - How to introduce Yourself

Instead of saying "Hi, my name is Jim"; you should usually wait for a woman to ask you what your name is.

This is a good barometer of whether she is kind of interested in you.

Usually if a woman wants to know who you are, believe me she will ask.

Also you shouldn't care one way or the other if she asks because if she doesn't inquire after a certain time, you can always exercise your right to move on.

If she asks what your name is and you are with a group of friends, you should always exercise proper etiquette and introduce everyone else before you -- starting with all of your friends and then re -- introduce her to all of your own friends.

Then without breaking stride or introducing yourself, keep the conversation going by talking about the person whom you have not introduced yourself to yet via a third party to both her friends and yours.

For example, *"After meeting her and talking to her for a few minutes, I've discovered that your girl isn't as shallow as I first thought she was, and I'm pleasantly surprised at how wrong I was."*

At this point, I just wait for her to ask what my name is again.

When she does, just look her in her eyes; pause, lean in and pause again, at this point you should be close enough to smell her perfume.

You should also be extremely close to her ear.

In a slow deep voice, I would say *"I thought you'd never ask"*, then I'll lean back and (wfa) wait for answer.

She'll usually say something like *"Well aren't gonna tell me?"*

Then I slowly lean back in and same as before, pause, smell her perfume and slowly say they call me (slight pause) -- say *your name*.

If you have a nickname, this would be the perfect opportunity to use it effectively as it would leave a lasting impression.

The next step would be to ask her what perfume she's wearing.

No matter what she says, you respond with *"really"*, then with a puzzled look on your face -- pause, then slowly go in and slowly smell her neck. At this point; pause, slowly lean back and say, *"Are you sure?"*

Once again pause (wfa), then slowly lean back in and smell her neck one more time, pause, then lean back out and say, *"I guess you're right"*

In conclusion, you've made her ask your name at least 2 times. You've broken through her defensive zone on four different occasions and were able to smell her perfume each time.

How many interactions have you had that started this way?

Technique 8 - Women and Getting phone numbers

Did you know that women *expect* men to call and if they don't answer, they *expect* you to try again – NOW *isn't that something!*

If a woman doesn't want to speak to you any more, she usually won't tell you -- she just won't answer her phone whenever you call until you get the hint.

Now for those of you who think that you're smarter than she is by trying to reach her by using different numbers or with a blocked number... think again.

Have you noticed that if you did speak to her by using one of those aforementioned methods, she was either really pissed she picked up or she acted like she couldn't hear you and was getting really bad phone reception saying *"hello"* repeatedly.

And you really believe that she was having service issues even though you heard her loud and clear. You decide to give her the benefit of the doubt.

Then you call her right back and wonder why you got her voice-mail hmm...

Women ignore what they don't wanna hear and that includes the phone.

But in their defense, when it comes to guys, a lot of times you have to wipe the desperation off the doors. Here let me share a joke with you.

When he found out he was going to inherit a fortune when his sickly father died, Charles decided he needed a woman to enjoy it with.

So one evening, he went to a singles bar where he spotted the most beautiful woman he had ever seen. Her natural beauty took his breath away.

"I may look like just an ordinary man," he said as he walked up to her "but in just a week or two, my father will die, and I'll inherit 20 million dollars."

The woman went home with Charles that evening, and three days later, she became his stepmother.

Women are so much smarter. When will men ever learn?

Did you know that even if a woman doesn't like you, she will *still* give you her number and save your number so that she knows what phone calls she's not going to answer.

Eventually she'll change your name to "Don't answer" or 'A**hole.

Your new name will come up as a reminder when you call not to pick up. They keep you on file for a while just in case you get any bright ideas. Now with the advent of rejection hotlines, women can give these numbers out in lieu of their own and once again feel safe and secure.

Technique 9 - How to get enough info about a woman to not ask for her number.

Unless I'm doing the stare down which I'll touch upon later, or "You Are So In My Way" which is a classic maneuver in which I met one of the most beautiful women I've ever encountered in my life; thus being the underlying reason for the name of my website, I'm always standing next to the woman while we're talking.

This technique is for those guys that are still squeamish about asking for phone numbers.

Once you've engaged the female in casual conversation, your goal should be to ask her what her nationality is.

WFA (Wait for Answer).

Then no matter what her answer is, tell her *"I never would have guessed."*

If she has a mixed heritage, which many people do today, ask her *"Are you familiar with both sides of your heritage?"*

Wait for her to finish the question then ask her, *"Which name do you prefer, your mother's last name or your father's last name and why?"*

Now most women are extremely proud and passionate about their heritage and will have no trouble expressing their pride in casual discussion.

The reason you want her last name will become clear as time progresses.

The next step is to make a casual assumption about where she works i.e. *"You know you're pretty good with people -- Are you a teacher or a counselor perhaps?"* (wfa)

At this juncture, most women will either express disbelief whether you were right or wrong.

Ask her *"So, how long have you worked on the plantation?"* (wfa) *Any chance that you'll be promoted to head of your dept. anytime soon? Well, what do you wanna be when you grow up? Does your job at least have offices besides the one you work at where there might be more opportunity?"*

At this point, 9 times out of 10, you should have enough information about this woman where you could walk away without having to have asked for her number.

If you so desire, you can look her up through her job... By not asking for her number, you've demonstrated a willingness to walk away.

Looking her info up and contacting her at her job again shows your willingness to go after something you want. She will usually be pleasantly surprised in most cases with the trouble you went through to locate her *especially* if she thought she would never hear from you again.

Technique 10 - Image is Everything

Have you ever noticed that when you decided to just throw on anything to go to the store at 1am in the morning, you run into people you haven't seen in a long time?

The image that stays in their minds is "I saw such and such and they looked bad."

We are on stage 24hrs a day.

Whether we like it or not, we are always being watched.

You are judged by your appearance.

Other factors include: *how neat or sloppy, wrinkled or creased, shaved or unshaved, manicured or not, teeth clean, breath fresh.*

Since you never know when you'll run into the woman of your dreams; you not only have to have the skill-set to pick her up, but you need the proper *appearance* to go with it.

Men are judged by the woman on their arm, the car they drive and those they associate with.

Everything guys do goes towards the acquiring of the girl of their dreams.

If you look at any award show, all the male actors show up with the hottest piece of ass they can come up with. *(No pun intended).*

They don't show up with a mediocre chubby chick with a great personality.

The amount of respect a guy is given is often in direct correlation to how beautiful his woman is.

Have you ever seen the 55 year old Exec showing up in a function with a 23 year old swimsuit model?

As far as men are concerned, *he's the man* and they're wondering if she has any friends or sisters.

But all the women can't believe this young woman could subject herself like that to an old man and why is she letting him rob the cradle.

Appearance covers not only how you look but *your attitude, your level of confidence, how well you speak, your demeanor* as well as *how you handle situations.*

Do you maintain your poise and cool no matter what?

Do you have control of your life and can you handle anything that comes up? Always remember -- *perception is reality.*

Technique 11 - Slow Down

Another one of the biggest things that I stress to guys that I coach is to slow down.

When I say slow down I mean everything, for starters, the speed at which at which you walk.

I've interviewed countless women and the question that I've asked them is *"Do you find anything sexy about a man who walks really fast?"*

In most cases the women said *"There was no way"* or they really had to fish for some way that it could be a sexy or an attractive quality.

They usually failed miserably.

If you've ever watch a James Bond movie or a Steve McQueen movie, you'll notice that unless there's a crisis, neither one of these gentleman are ever in a hurry -- yet they both always walk *with a purpose* and once again women always find that sexy.

Next thing most guys need to slow down is their speech patterns.

Most guys talk too fast which can sometimes lead to other problems such as stuttering, stammering and other unnecessary self inflicting speech impediments that could possibly be avoided with deliberating slowed speech.

When you talk slowly, your voice automatically deepens.

Women find this sexy and attractive.

You also don't give any indication that you're nervous, jittery, emotional or needy. This is important because that usually turns the attraction dial to off.

Last but not least, you need to slow down your mannerisms.

In addition to slowing down your general mannerisms, you need to include the *art of pausing* as well as the inclusion of big body language or the *art of taking up a lot of space*.

For example, when you sit down, you need to spread out and take up more space than usual.

Listen guys, when you go out on dates to eat dinner, which I seldom do, but nonetheless do -- *ask for a booth*.

Then sit on the same side as if you are even. I hate seeing couples sitting across from each other having boring mundane conversations that quickly lead to no where. This is just a test in most cases to see if you'll stand up like a man.

Technique 12 - Teasing

One of the best ways to show a woman that you're not intimidated by her looks is to *tease* her.

Not to mention, it's a great way to have to have fun.

By far one of the best ways to convey this is through *third party references*.

This is typically done by talking about the person in front of them in a very *playful* way to other people.

The beauty of this technique is that the things that are said could normally be considered insulting.

But since these comments are not made directly at the women, they have no choice but to go along. In order to be effective at teasing, you have to develop a semi- serious *sarcastic* tone.

Technique 13 - Solving Problems

Firstly you should never take dating personally.

You should never rely on women to make you feel good or to solve your problems.

Never solve a woman's problem, *it's a big mistake*.

If you do, she'll make YOU the problem.

Here's the difference.

When guys have a problem, we realize there's a problem and fix it so we can move on.

In most cases, we don't even care why it happened or who was even responsible -- we just want it fixed now and will sort all that out later.

Most men don't like guys that just complain about their problems and don't try to solve them.

The same thing applies with women and dating.

If one of my friends comes to me and tells me about some hot chick he met that hasn't called him yet; I'm not gonna be like, "Aah man, you've got a raw deal, how dare she not call, you must feel really bad, I know how you feel. You'll probably hear, you've got the digits? Yea, then call her dumbass."

See, problem solved.

Women deal with problems differently than men do.

They also treat them differently.

Girls like problems way more than we do.

You see, problems are a chance for women to *share their feelings* and *bond with each other* and *become emotionally closer*.

To women, it's more about simply having the problem that matters.

The notion of ever solving the problems at hand usually never even comes up.

Have you ever noticed that when a woman comes at you with a problem and you solve it, she usually gets mad at you?

If and when a woman comes at you with a problem, you cannot and must not solve that problem.

Read that again.

You should be forever grateful that she has that problem.

As long as she does have that problem, you are in the clear my friend.

So instead of fixing the problem, you should concentrate more on *listening*, be with her and let her know you really admire how she's handling the situation and that you understand her feelings.

We use sports to bond, *they use problems*.

More importantly, if you solved a woman's problem, she will not reward you with sex. *She'll only think of you as a friend*.

Technique 14 - Don't be a nice guy

The definition of a nice guy usually equals you being labeled as a *friend* and *stuck in the friend zone*.

You definitely won't be the guy she calls on when she feels the need for sex.

Most women want a "nice guy" but when confronted with one, they usually feel very little attraction if any at all.

Nice guys usually don't exude any of the behaviors or characteristics that lead to creating attraction.

Women also don't feel any sexual tension or chemistry when in the presence of nice guys.

It's YOUR responsibility as men to convey to any woman you're dealing with that you're NOT a nice guy.

Let them know that you're a *nice person* but you're NOT a nice guy.

A "nice guy" is a guy a woman calls during an off pay week when she doesn't have any money yet still wants to be taken out and wined and dined but not feel sexually threatened.

A "nice guy" is a guy a woman calls when she has 6 or 7 hours to kill before the guy she really wants to have sex with comes home or gets off work.

She calls the "nice guy" to take her to the movies, dinner, and the mall or just to talk.

He occupies her time until he has to drop her off back at home where she usually extends the obligatory right hand saying *"Thank you, I had such a nice time. You are so nice and if you act right, I'll call you again next week so you can spend even more money on me."*

All I'm saying is, *please don't let yourself fall into the category of nice guy.*

Nice guys usually get everything BUT sex. However don't forget there is a middle ground; *you don't have to be asshole either.*

Technique 15 - The importance of accessories

I'm really big on accessories.

These incidentals can make or break you.

I've found them to be ways of bringing an outfit together and drawing attention to yourself as well as creating many interesting conversation starters.

You can incite *curiosity* and *intrigue* by wearing a carefully well worded t-shirt.

I have many of which I sell at my website.

The one thing that I have noticed above most other things is the fact that *women notice details.*

They pay extreme attention to the little things and one of those little things could be the one thing that strikes their interest.

The accessories that I use the most for personal expression are: sunglasses, T-shirts (usually with provocative expressions on them), watches (I was brought up believing a man's watch says a lot of things about him).

My favorite one of all would be my collection of bags as well as mini knapsacks which always seem to draw attention and have been the spark of many interesting conversations.

The point is to use as many *interesting* things as you can to *let the "game" come to you*.

Through the use of the things you wear, you can create scenarios where women approach you, notice you and initiated conversations because they're intrigued and curious about you and what you're wearing.

Technique 16 - ATM Receipts

This is one that got me through extremely lean times like college.

Since I didn't have much money, the best thing that ever happened to me was being able to project the image that I had money even though I truly didn't.

I came across this technique by accident only to discover that I wasn't the only person that stumbled across this.

I was driving around looking for an address and I got miserably lost in a neighborhood I probably would've never wound up in.

I was running low on funds, so I stopped at an ATM to replenish.

It was in a very ritzy area. I noticed some high end car dealerships and expensive hotels and restaurants nearby. I proceeded to withdraw some money and opted to get a receipt to confirm how broke I was.

This was probably one of the best things I ever did.

I went to throw the receipt away and missed. I was so embarrassed being a ball player and everything. So not to be a litterbug, I went to pick it up and I noticed another one on the ground.

Before I threw it away I saw it had a really high 5 figure balance.

So I looked through the trash and picked out another 12 receipts.

Whenever I got to the moment of truth and it came time to getting a girl's phone number, I would plainly state that "The only thing I have to write my number down on is my ATM receipt. I hope you don't mind."

In many cases, I would get a call that same day wanting to hang out. Without exception, the girl would always look at the balance and assume I had money. This is just something to take the edge off of not having any money.

Technique 17 - The "I Gotta Go" Guy

This is part of the ever evolving role of an effective wingman.

Sometimes being able to carry on a descent, interesting yet entertaining conversation can be a blessing as well as a curse.

There are many already involved women dying for a stimulating conversation out there that will selfishly and purposely allow that conversation to last for sometimes hours with no other intention other than to satisfy their need for something they seldom find.

I blame the man for letting this happen because at some point during the conversation, it's your responsibility to find out whether she's single or otherwise.

When it comes to women and relationships, 99% of the problems and challenges that occur are the man's fault. They happen for 1 of 3 reasons...

- **Something he did**
- **Something he didn't do**
- **Something he used to do and for whatever reason stopped doing**

But back to the "I gotta go guy."

In lieu of the fact that most guys will assume that if the conversation is going well, they feel they have a chance.

Since this is not always the case, in order to hedge your bet and increase your odds in this particular situation, you need to sometimes utilize the help of a friend.

His job is to allow you 5 minutes to chat up whomever you're talking to, which if you've done everything you were supposed to do, you should have created a very comfortable situation for you and the female.

He comes over to create a diversion which he can't complete without your help.

For instance -- I'm talking with a girl and after 5 minutes, my friend would come over and say something in a very loud whispering voice – *"Will, I left my medication in the car, we gotta go"*

At this point, your job is to say to the female you're talking to you – *"I think I should handle this it, was a pleasure talking to you. I think we should exchange information so we can carry this on at a later time."*

If you have created rapport, she shouldn't have a problem with the mutual exchange.

The reason this is effective is because it saves you unnecessary dialogue and it also gives you the ability to speak to more women in a shorter time span and possibly obtain more numbers.

Technique 18 - Have a Mentor/Coach

I played sports practically my whole life whether it was football, baseball, or basketball.

In most cases, because of my extreme competitive nature, I opted for individualized instruction for different parts of my game.

No matter how good you are, one can always benefit from someone whose specialty is something you're trying to obtain.

The best athletes in the world have individual coaches for everything.

In this day and age, no one coach handles the responsibility of trying to teach every facet of the game.

When I played, there was a strength coach, nutrition coach, speed and agility coach, dribbling coach etc.

When you think you know it all, that's when you're on your way down.

We offer different coaching services because there are different needs. It's hard to watch yourself and even harder to make your own corrections. Sometimes it's the tiniest thing that makes a huge difference.

I was fortunate enough to have a mentor that taught me many things.

There were things that I liked and there were things that I didn't like.

I don't think he really cared.

I remember while growing up, my Dad was a very outspoken person.

He told me 'Whenever I want your opinion, I'll give it to you'.

He believed kids should be seen and not heard.

He also thought that the only rights kids had were the ones their parents gave them.

It was based on the many teachings I experienced while trying to seek knowledge and experience that made me come to the conclusion, "I'd rather learn from someone that has already been there, done that and got a T-shirt."

The one thing you can't teach is experience.

Technique 19 - Stay in shape

Everyone should strive to get in the best shape possible for them.

It doesn't make sense becoming good at learning how to create attraction and discovering sex secrets if you don't have the health and endurance to utilize them.

For starters, you'll probably live longer.

When you're in shape, generally speaking women will find you more attractive.

I'm not a doctor but I was fortunate enough to learn a few things that helped put me in a better place health wise.

The first thing that really put me on the road to fitness was learning that walking should be a staple in my fitness program. It helps to loosen your joints, speed up your metabolism and helps your body recalibrate itself. It's really hard to be depressed when you're breathing fresh air and looking out into nature.

The next thing I learned was that I needed to clean out my system.

I learned this when I had the misfortune of being in an accident. I was referred to a chiropractor that was also a nutritionist as well as a learned expert in holistic and homeopathic remedies. He advised me to do a few things.

The first thing he told me to do was to reduce my stress levels.

I discovered you need to reduce stress in your life to live a long, happy, and healthy life.

He asked me what kind of music I listened to.

Listening to music that is soothing to you will make you feel good and less stressed.

The next thing was to laugh and smile more.

Did you know that the average adult only laughs an average of FIVE times per week?

The more you laugh, the better you'll feel.

Smiling changes your energetic field.

The physical act of smiling strengthens the immune system and releases endorphins from the brain, making you feel better.

Guys, you'll like this one – A doctor once told me to have sex as often as you can because sex promotes health.

So smoke 'em if you got 'em.

You need to get eight hours of sleep.

Lastly he told me get a dog, don't eat after seven and get a monthly deep tissue massage which I highly recommend.

I started eating more fruits and vegetables as well as watching everything else I ate. I've got a personal trainer to help me with weight training. The last thing I would recommend is a colon cleanser for many obvious reasons. Do your own research and discover the path that you'd like to follow.

Technique 20 - Maintenance

A few words on maintaining an active lifestyle.

When it comes to doing your hair, get a stylist.

A stylist would be able to tell you what haircuts would look best on your head. There are usually lots of women you can talk to in the salon.

If you're gonna spend money, I suggest you do it on shoes.

One of the first things women notice are your shoes.

Are they clean?

Are they good quality?

They make all kinds of judgments and assessments about a man *based on his choice of footwear*. It will definitely be money well spent.

The clothes that you want to look good on you I would suggest that you use a dry cleaning service.

Most guys believe it or not HATE to iron clothes.

When you dry clean, you preserve the integrity of the garment and it comes ready to wear.

There are two accessories that every man needs to have at their disposal.

The first one is a lint brush.

This brush will do everything from get rid of unsightly lint, dandruff and anything that might attach itself to your clothes to getting rid of any unwanted evidence off of bed sheets and bed spreads. The lint brush will pick up things guys can't see with their naked eye.

Last but not least, the best place to keep a condom is *in your sock*. When the moment of truth comes (No pun intended), you look like a genius because you have no clothes on, yet you still manufacture a condom out of thin air and you don't kill the mood.

Technique 21 - Text Messaging

A quick technique about texting.

They have many useful functions.

In some cases, women would prefer to communicate using Instant Messaging as opposed to speaking on the phone.

When establishing the framework for the type of relationship you would like to have with a woman, texting can be an essential and invaluable tool in your arsenal.

If you aren't looking for a serious relationship, the first rule is to NOT call that often -- perhaps once or twice a week.

When you call everyday -- two, three times a day, her natural "girlfriend" gene is gonna kick in.

A text message is a great way to stay in touch, build sexual chemistry, create sexual tension and not be considered the same as talking on the phone.

There are also many instances you can't talk on the phone but you still want to communicate.

You can set whatever tone you like with texting. The best part is that no one has to know except the person you're texting.

Technique 22 - You are a product of your environment.

We are all products of our environments.

The question is *what kind of environment are you surrounding yourself with?*

In order to maintain your position or standing in life never mind improving it, you have to always be constantly learning and improving.

There are times that we get away from the things that have worked and have been very successful for us in the past.

In this day of information overload, there's enough stuff out there to choke a field of wild horses. Staying on top of your game requires you keep abreast of many things.

You have to remember what got you to the point that you're at presently and constantly remind yourself of those things and keep them at the top of consciousness.

You also have to learn new and different things in an ever revolving state of evolution.

Eventually you will do add-ons, updates and even throw out some of the things you now currently use. It's a very good idea to continue to refer to, go over, read and watch materials that you do have to keep the information fresh.

Another key ingredient in your environment deals with the people you chose to surround yourself with.

There have been many special people, even loved ones that I had to distance myself from them because of their not so good influence on my life as well as their extreme negativity.

It's hard enough to stay upbeat, excited and motivated as it is.

It's damn near impossible to do it when you have negative people in your life.

Last but not least, *you are what you think*.

What you **say** is what you get.

It's a shame that most people in general hang themselves by their tongues.

When you say something, you energetically put the wheels in motion that will manifest it into reality. You must speak positively and use words as a tool to make what you desire come to pass.

Technique 23 - Nothing to lose

Most guys that go out come across situations where they're out with friends at a club or a social get together and they meet a girl who's visiting friends or in town on business.

The bottom line is she's not gonna be here for long.

When men and women go out of town or on vacation, they're more apt to do things they might never do at home.

Ok fellas -- so you've met a girl that you like, you've built rapport and she's feeling you too. Now usually once a guy finds out that she's not from the area, he'll either forget about all the rapport he worked so hard to create and establish by leaving or he'll continue on with no intention of trying to escalate to the next level.

In situations like this where you know the girl is visiting and more than likely you'll never see her again, you need to a few things.

First, after you've developed enough comfort between the two of you, ask her whether is she having a good time?

Find out if she's enjoying herself since she's been here.

At this point, you need to step out of character and propose an extremely blunt question.

You tell her "You need to let me hit that before you go home".

This approach can also be used in normal everyday situations as a means of attempting to escalate.

In most cases you have *absolutely nothing to lose*.

If she says no, you're right back at square one. Always remember: *nothing ventured, nothing gained*.

Technique 24 – One reason not to buy drinks

Most guys aren't ready to buy drinks.

Generally it says all the wrong things.

First, it says you have to PAY for her attention and that you couldn't get it on your own merit.

Next, drinks usually have time limits; you have approximately eight minutes to come up with something interesting enough to keep her attention or she'll excuse herself but meanwhile keeping the drink.

You're basically asking for her permission and saying can I do something for you, like spend money and show you what a great provider I am.

Have you ever noticed that the prettiest most beautiful women that go to clubs wear the tightest outfits with the smallest pocketbooks if they carry one at all.

In other words, they rarely carry any money or they bring just enough to get home because they know there are guys at clubs that will buy them drinks all night long.

The pretty ones usually get really tipsy by the end of the night because of all the free drinks that came their way from all the "nice guys" in the club.

Just because you're talking to her doesn't mean you HAVE to buy her a drink.

If she asks you to buy her a drink, you should let her know you're flattered she would ask, but let her know that it's ok if she gets this round and you get the next one.

I wouldn't have a problem eventually buying a drink for a girl that wouldn't have a problem buying me a drink.

Women EXPECT men to pay for everything like they are their own personal ATM card.

I'll give you a personal experience -- I met a very nice young lady or so I thought.

We had very brief phone conversations on multiple occasions.

So we agreed to hang out on a Thursday but she let me know she had limited availability. I had planned to simply talk to her at a coffee shop or let her help me pick out a book that I was looking for.

She wanted to know where we were going and what we would be doing.

I told her my plans, especially in lieu of the time constrictions.

She told she'd take a rain check and that she expected to be taken to dinner.

I immediately saw that she saw me as her meal ticket for the night and responded with "*I bet you did.*" She then was audibly upset and proceeded to hang up the phone without saying goodbye.

Now I'm not saying all women are like that.

I am saying that you have to use your best judgment and common sense to properly evaluate situations like that when they arise. You have to wonder if every time you see a woman, she always wants to meet you in a very public place with lots of people around - She probably doesn't want to be alone with you and wants her friends around just in case she needs interference.

You have to wonder if she claims to be extremely busy and the little bit of time she does squeeze out of her schedule for, she always shows up with friends and expects you to pay their way too because you're a *gentleman*.

That's probably not the choice of terms I would've used but you know...

You have to wonder if after she's had her drink that you paid for, she never wants to hang with you afterward or is always in a hurry to leave like she did you a favor by letting you buy her a drink.

Lastly, you have to wonder about that girl when every time the check comes, she has to excuse herself and go to the ladies room.
Let me give you an analogy.

A woman will let you buy drink after drink misleading you to think she likes you the same way a woman will often allow a guy that is in love with her to pour his heart out confessing his feelings and demonstrate his devotion even though she has zero intention of feeling the same way herself.

Technique 25 - Setting up the club

This is basically a preview from my upcoming book "*It's Not Hard Unless You Want It To Be*".

In this chapter, we talk about how to set the odds more in your favor.

I won't go into great detail but I'll give you the basics.

Most guys have a few really good looking female friends that for whatever reasons, it never worked out romantically. Well, here's your chance to finally take advantage of the fact that you have a good looking female friend who likes to hang out with you.

First, you pick a spot that you either currently like or would like that spot to be regular haunt. I can't break it down step by step here because of lack of time and space.

But eventually in order for this to be an extremely effective method you have to know, *acknowledge* and *be acknowledged* by everyone working at the club inside and out. There are other steps you will have to employ. This is just a basic overview.

You send your female friends in ahead of you and strategically place them near the bar and the main entrance. At this point all they're waiting for you to make your grand entrance, which I will explain right now.

Before I explain, I'd like to make a strong recommendation.

If possible, you should try to have sex before you go out.

This helps serve many purposes.

The first one being it should have felt good.

Next, you have psychologically accomplished the night's goal before you even go out.

For those of you that have a significant other, you have probably alleviated any suspicion you might have incurred from the fact you're going out especially without her.

The biggest reason is that you will assume a posture of *indifference* towards the opposite sex which is an extremely attractive quality.

The end goal when you arrive at a club is to be able to park your car illegally in front of the club and the bouncers watching your car while you get your party on inside.

Then you go right to the front of the club cutting the line.

You will never ever wait on line once you're done reading the book.

As a matter of fact, you wouldn't even feel right if you did. The bouncers working outside will stop doing whatever they were doing and acknowledge your presence.

In other words -- show you love.

Everyone who had the misfortune of having to wait on line has now seen you park illegally in front of the club, have all the bouncers show you love, allow you to cut the line and go in with absolutely NO wait.

I don't know about you, but when I did have to wait on line, it would piss me off when people cut in front of me. Needless to say you probably won't have to pay admission either.

Once you're inside, the first thing you're gonna do is stand a little bit passed the entrance.

The reason why you're standing there is because no matter what the venue, when the door opens, people check out who just came in.

It goes against basic human nature to not look when a door opens and closes.

It's your job to bask in your newly found spotlight and resist the urge to quickly scurry to an empty unmanned neutral corner like ninety-nine percent of all guys do. This is done so as not to attract attention to them. In other words so nobody will notice them. *Give people a chance to check YOU out.*

Now pay attention, this part is important.

The thing that has to occur is what's known as '*Self-Validation*'.

This is the process where you are *giving the illusion that you know and recognize people where in most situations you probably won't.*

This is done by planting your feet staying in place and allowing everyone to notice your arrival.

While they're busy checking you out, this gives you the opportunity to check them out. You should be looking for women that fits your personal preference or someone you might consider talking to.

You should have the mindset that *"the kid has arrived and you should be checking ME out."*

Then you look to your right, knowingly as if you just spotted someone that you knew.

After you paused for a second, you point in that direction smiling while nodding in direct acknowledgement that you know someone.

Then you do a double take to the left like you can't believe your luck that you recognize someone else. You repeat the same pointing process to the left.

This is where your good looking female friends will start to pay dividends.

Their job for the rest of the night is to *re-validate* you all night long.

The first girlfriend's job is to wait for you to finish self validating yourself.

She then lets you walk a few feet into the club and then runs up to you like she hasn't seen you in six months.

She hugs you and ask where have you been and are you going to chill with her tonight? You hug her back and let her know it was great seeing her but you're gonna chill by yourself.

You walk another few feet -- only this time towards the bar.

Then your other female friend walks up to you, hugs you and says "*How long are you here for?*"

You respond with "*I don't know*".

She lets you know that your money is no good here and asks "*What are you drinking?*" As she moves you close to the bar, she states loud enough for people around to hear "*I'm not taking no for an answer.*"

That's enough for now.

The rest will be in my book.

Let's look at what just happened.

You were able to the table to increase your social standing and allowed others to reconfirm it giving you social relevance as well as *proof*.

Technique 26 - How great sex can be the answer to many of your problems.

Sex has been used as an enticement, reward as well as something that can be taken away like a privilege by women since the beginning of time.

It's commonly used as a weapon by women.

I implore all guys to take the time to study, learn, practice and apply techniques that will cause them to become sexually proficient.

A sexually satisfied woman will usually take her stuff off the market.

Generally speaking, most women would rather deal with their pain in the ass “man problem” that rocks their world than to try and find a new guy and go through the whole “*get to know you*” phase.

Good sex is hard to find.

GREAT sex is damn near impossible to find.

If it is found most people will do whatever they have to do to keep it. A woman doesn't even have to like you to have sex with you.

If a woman is mad at you, she's not going to penalize herself by denying herself great sex. She'll go right back to hating you once you're done. She'll be buttoning her blouse saying “*Don't think that this changes anything.*”

Technique 27 - The Jump-Off Crib

This technique is for those who are dating more than one person at a time, are living with someone or don't want women that they're dating to know where they live until they're sure that she's not a stalker.

A “jump-off crib” is usually a small apartment that you use for any discretionary activities you want to keep on the down-low.

This is the address or location you use for any activities involving anyone except your main girl or wife.

The location and the fact that you actually have a “*jump off crib*” must remain a secret or it completely loses its effectiveness.

The benefits include the crib in most cases is cheaper than a hotel.

You don't have to let anyone know where you live until you're ready to.

For those who still live at home with their parents, this gives them an outlet to look like they're on their own *without* blowing up their real spot.

You also don't care if they come by unannounced.

They shouldn't be doing that anyway because that's one of the many things that should have been addressed early on in the relationship.

When girls know that you're never home, this discourages them from just showing up unannounced for no particular reason.

In order for this ploy to work most effectively, you should be talking to women that live a good distance from you and your jump off crib. If all of the women you date live locally, you will only create unnecessary headaches for yourself.

You should probably limit your secret meetings to once per week per person.

This will give them the gift of missing you as well as setting the foundation and laying the groundwork for this particular relationship. This and other information can be found in my upcoming book ***'It's Not Hard Unless You Want It To Be.'***

Technique 28 - The Booty Call Agreement

This fun document is something that I came up with for those that wanted to establish and set the rules for (just sex) relationships. Enjoy!

WILL'S BOOTY-CALL AGREEMENT

This BOOTY-CALL AGREEMENT is entered on this ____ day of ____ 200__ Between _____ and _____ who from this point shall be referred to BOOTY-CALLER and BOOTY-CALLEE respectively. This AGREEMENT SHALL COVER THE FOLLOWING RULES AND PRINCIPLES:

First under no condition is spending the night permitted unless it's unusually good and I don't feel like leaving and think that it should be repeated as necessary until morning. The phone numbers of 3 taxi cab companies are in the top drawer of the nightstand should you require transportation, because if you're at my place, I'm not taking you home even though you have to leave.

You will have to show yourself out, so please do lock up behind you, even though it's a BOOTY-CALL you can't be too careful. Public meetings are not permitted except for pick up purposes only and more times than not, we're going to your place. The only exception would occur if you're taking me for dinner and drinks before the evenings' agenda. The likelihood of this occurring is extremely small. The reason being is because you won't ever see me before midnight and that's way too late to eat.

No calls before 10pm. My DATING HOURS are between the hours of 10pm-3am and we really don't have anything to talk about.

None of that love-making crap only mind-blowing sex allowed or else don't bother. Absolutely no emotional discussions (i.e. Do you love me? Or What am I too you?). No matter what you ask, the answer is always NO. There is no advance BOOTY-CALL. This is why you are called the backup, "Ms-Just-In-Case. Only unless you are from out of town, will there be any prior arrangements provided. As it stands, this is a one time advanced arrangement only. All gifts are accepted. Money is good. We don't accept credit cards or honor cookie coupons.

Please; no comparisons with former lovers – its none of your damn business how well you stacked up. Besides, I'd only hurt your feelings with the answer. We are not friends. We are not "Friends With Benefits," just sex buddies. It's ok to call out the wrong name during sex. I'll probably use loving terms like "hey you" or "What's your name again?"

Don't bring extra clothing. Anything you leave behind will be discarded soon after your departure. No falling asleep right after sex is over unless I'm at your place because in that case I'm leaving. Otherwise you have to get your crap and go. You don't have to go home but you have to get the hell up outta here. Don't be offended if I don't ask if you enjoyed it – I really don't care. You can't borrow anything from me for any reason. If anyone asks who you are, the standard response will be "I don't know yet". Doggie-style is preferred. I just want to turn you around, throw you against the wall, pull your hair (which by the way is required to be in a pony tail), bang you hard from behind without taking my jacket off and then leave. There will be no cuddling, canoodling, spooning etc. The reason for Doggie-style is the less eye contact the better. Most importantly, No condoms, No Sex. You must B>Y>O>B the bar is closed. There will be no phone use permitted for many obvious reasons.

The aforementioned rules may only be altered by the holder of the agreement (The BOOTY-CALLER). If the BOOTY-CALLEE attempts to change or alter any terms of this agreement, it will automatically become Null and Void. Furthermore, you will be removed from the said BOOTY-CALL list and be deleted from phone memory. All this because your ass couldn't follow simple instructions.

Participating BOOTY-CALLEE 'S Signature _____ Date _____

About The Author: Will Hicks has firmly established himself as a brand name throughout the seduction community. Will's website, <http://www.YouAreSoInMyWay.com>, provides men and women with the necessary social lubrication needed to not only cope with, but also to conquer any dating challenges that may arise.

His specialties range from professional wingman services to "dating mentorship hotlines," where men have an all-access pass to someone that can help solve their dating problems.

His unique unorthodox style of pickup which blends the bizarre and insane with the comically practical can best be described as East meets West.

Will has authored the book entitled *"It's Not Hard, Unless You Want It To Be."* The story of how one man chose to deal with women and dating.

He has also appeared on numerous Double your Dating Products such as:

- *Body Language (For success with women and dating)*
- *Approaching Women And Starting Conversations*
- *Meeting Women in Bars and Clubs*
- *Cocky Comedy and conversation skills*
- *Cliff's List Seminar (An event that was designed to focus on helping men to create and keep attraction with women).*
- *DVD program "Basic Training, The Blueprint for Dating Women."*

Chapter VIII: Mark J Ryan

Insights From The Author Of “*Breaking The Seduction Code*”

<http://www.SeductionCode.com>

Hello,

My name is Mark J. Ryan. Some people call me Mark others Mark J. others MJR and when I get take out food, they call me Ryan. Feel free to use any of them, I am flexible. And I have three first names.

I have been playing with Hypnosis since I was a kid and NLP for the last 20 years. These two fields have taught me to pay attention to others.

When if first started using NLP, my *main goal was to get more women* in my life. I started practicing in Sales. I remember getting a six audio tape set on NLP and sales in the late 80's (*I know that was when some of you were kids!*).

I couldn't wait to use them in my new job Selling cars in Dallas, TX. I actually used it when getting hired. The Sales Manager smiled and said I was hired.

The first month, I was the No 1 sales person in that department of one of the *biggest* dealerships in the USA. The 2nd month, I tied for first with their best sales person and brought home much more than him. The 3rd month, I got hired in NY for a sales managers training Job.

During this whole time, I was pulling techniques from every NLP and hypnosis book ever written. I was getting people to stop smoking, lose weight and my numbers with women were improving.

About 10 years ago, I was hitting a plateau and decided it was time to get some training from the best. My first training was with Dr. Richard Bandler in San Francisco -- the Co-Developer of NLP.

The class went very well and I got some great compliments from the Master himself, which immediately made me a 'Tony Robbins' like celebrity in the course.

As a matter of fact, some were saying that Richard might as well have said I was the next Tony Robbins!

The seduction game is a *process*.

There is *no end point* you get to.

You are *always* growing.

Some faster and some slower.

My job is to speed up that growth dramatically. It doesn't matter if you are just beginning the process or are already a master, fine-tuning your skills and art, you have come to the right place.

During this whole learning process and even before, I was always asking guys I knew who were great with women, what they did.

I gathered much information over the years. One of the things I learned was that most guys could not explain their success.

Their egos sure gave it a shot though.

As I got deeper into NLP and modeling, I began to see and understand what they were trying to say but couldn't. Add to that all the therapy I was doing with people at seminars while teaching and my business (www.MarkJRyan.com) and I was getting *amazing* information on men and even better, I was getting confirmation from *all the women* I was working with.

So, now that I was on the trail, I really got to going very deep inside the Strategies and processes. I add to that all the research I was doing on the Biological Process underneath the surface doing its work without notice, and I *had* a model.

A model that when I tried it on, worked *great* for me and seemed to work even *better* for the guys I helped install this into. It became a lot of fun and fulfilling seeing these guys go from dry to wet. Their lives were changing and I had a new career.

Since the beginning I have spent well over \$100,000 on Seminars, CD's, Tapes (Audio & Video) and Books (*but mostly on seminars though*).

I am now a Master and Trainer in Hypnosis, NLP, and Reiki.

A Master in Neuro-Semantics. A certified coach and trained in many other

things. I have taught many professionals and regular guys how to go to the next level. I can teach you too, *if* you will let me.

I like to teach at both a conscious and... unconscious level. So *relax* and let it all sink in as you begin a new journey.

Enjoy!

In this chapter I will be using as much humor as possible.

Why?

Because humor is a great thing to be attached to the learning's. It is even better when you *apply* the techniques using the *same humor* they went into your head and body with. Women will appreciate the tag of a little humor while playing the seduction game.

Also, I was looking for techniques that were not going to be the run-of-the-mill techniques. I wanted techniques you hadn't seen before or at least heard them put that way.

I wanted techniques that would stir thoughts in you and have you consider how some things you *never* even considered in the seduction process could have such a strong effect on the process.

We might even call this chapter Subliminal Seduction... *oops, already a book by that name!*

Maybe Subliminal Tips!

The other thing about bringing up things the way I do is the hypnotic effect they will have on all the other great techniques you will be learning in this entire manual.

There is a method to my madness... really.

So I request that you stay open-minded until you are done with this chapter. Try the stuff on like clothing. Keep what you like, toss aside what you don't. The key is at least **trying** it on.

I am breaking these 18 Points of Seduction into 3 categories:

- 1. The Basics**
- 2. Internal Seduction - *Dealing with the inner game***
- 3. External Seduction - *What to focus on with her and the interaction between the 2 of you***

Section 1: The Basics

Let's start off with the basics.

Yeah, yeah, I know - "*Everyone knows the basics*", you might be saying.

And I am sure you do at some level.

I just want to put my spin on them and bring them to conscious awareness before I proceed into internal and external seduction.

That way, we can build a chain anchor as we call it in NLP.

Or for those of you who are unfamiliar with NLP, a string of ideas and emotions that flow from beginning to end, in one big group, automatically.

An emotional chain reaction into Master Seducer.

1a. It's your breath dude!

You would not believe the amount of women I have talked to about guys who claim breath was the *main reason* they ended a relationship.

They would claim many other reasons, so as not to hurt his feelings and not sound so shallow, but bottom line was breath.

It will turn off a woman's attraction quicker than a light switch.

Smell is the **only** sense that bypasses your higher thinking and goes right to the more primal part of your brain. Once you anchor something at that level in a bad way with a woman, it will take a bulldozer to pry it loose.

Let me give you a quick example of what happened to me with an Ex.

She would like to have sex in the morning.

Well, my breath like most people *stinks* in the morning.

She used to tell me that in a nasty way. Over a short period of time, I became very self conscious of it and I did the best I could to fix the problem but she became so associated with the bad breath, (not that her body odors were like roses) that even when I had great breath, she would claim I had bad breath.

One time she told me I had bad breath when I knew I didn't and her cousin was standing right next to me.

So I leaned over to her and told her I knew this was an odd request but could she please check my breath.

She was extremely hot also, so I was taking a big chance of getting blasted if she said it stunk. After I blew in her face, she asked me to breathe on her again. At that point, I knew it couldn't have been too bad for her to ask to smell it a second time (*unless she was a masochist, and that would be good to know*).

At that point, me Ex caught on to what I was doing and got pissed. But it was music to my ears when her hot cousin told me she thought I had nice breath.

Even though her cousin told me different, the bad breath anchor was still in me.

This is not a good thing for self-confidence when approaching or sleeping with a new woman. As a matter of fact, I was with one woman afterwards having sex and she asked me if I was holding my breath.

She thought she had bad breath and I was holding my breath turning purple trying *not* to smell her breath!

I stopped and caught myself holding my breath.

She was right, but it was my breath I was concerned about. That's how deep and anchor can effect you fellas.

She told me to breathe, and that she liked my breath.

Look, why do I spend so much time on breath?

I do many trade shows that have mainly men as the attendee's and I can tell you many have *horrible* breath and are not even *conscious* of it.

I have even told a few.

Every one of them was thankful.

I am sure you can remember someone from your past who's breath smelt like a sewer and you couldn't wait to get away from him or her, and the next time you saw them... Yep... that strong memory came back and you crossed the road hoping they wouldn't see you.

Remember, I have talked to many woman who have had guys that have everything a girl can want, and left them because they could not stomach their breath. They were able to put up with other noxious gases that came from his body, but **not** bad breath.

Make clean breath a priority!

1b. Are those your pits stinking or mine?

While we are on smell, let's pick up on a few more body parts.

I remember in my past reading an article about some test that was done on underarm sweat.

Apparently these scientists got an extract of armpit juice from some guys and placed it in random parts of a movie theater on seats. Then they would let a group of women into the theater and track where they sat.

When the test was done, there was a big correlation between where the armpit extract was placed and where the women sat. They were like bloodhounds picking up a scent and went right for the seats with essence of bubba on them.

So, not only does smell bypass the cortex in the brain but it can also be detected in minute quantities.

Does that mean you shouldn't shower... no... no... no.

It may mean you **delay** a shower.

I had this one girlfriend who used to make me do jobs before we had sex.

Being an NLP master, I figured she was trying to condition me like a dog to get her to do all kinds of work for the promise of sex.

One day, she was looking out the window and asked me to cut the lawn.

I told her I had cut it only a few days ago.

She said *"Cut it again and we can have sex."*

When I heard that, I told her the gig was up and I knew what she was doing. After I told her what I thought she was doing, she laughed and said no.

She said she would get ho*ny watching me work and when I would sweat, it even turned her on *more* because she knew I would have a slight smell that drove her crazy.

She also said she *loved* the feel of when I was sweating when we made love.

Well, I can tell you I was never so happy to be so wrong... and never so quick to mow a lawn that was already cut!

Now, I have actually experimented with this on my own.

I might go play a round of golf and go straight out to the clubs without cleaning up first and seemed to get way *more* attention from women than when I was clean and smelling like a bar of soap.

I have known many construction workers who say the same thing, when they go out to have a beer straight after work.

And I cannot tell you how many times I have gone to a grocery store hoping no one would see me because I hadn't taken a shower from going out the night before and ended up getting numbers from women friends I would inadvertently run into.

At other times, it might be someone coming to my house or girlfriends of roommates who had stayed the night.

The key here guy is *subtle* or *faint smell*.

If your buddies are waving their noses as you pass... go take a shower.

Your sweat in your underarms is the *main* source of pheromones in the body.

These are chemical attractors that find their way to a woman's nose (*Like the theater experiment*).

Apparently at an unconscious level, that little bulb inside a woman's nose can download all kinds of information about you, ***mainly*** if she wants to have sex with you!

If you are clean as a whistle, she doesn't get any pheromones from you. If you stink, her conscious smelling will send you away. But if you have just a little subtle amount... *it could be magic!*

My first experience with this was when I was stationed in Europe while in the service.

A lot of the German girls and French girls would have a faint odor and have on a little perfume. It used to drive me *nuts* when being with them. Maybe that's why I have a soft spot in my heart for European women & American Hippie Chicks.

By the way, one of the most amazing things in these tests on pheromones was the fact that the guys could smell the **faint** body odor from themselves and other guys, but the woman could NOT and yet, they were still effected.

I will get into this a little bit more in 1c.

And further on in this manual in a surprising way.

Now when you get good at seduction, you never know when you might get lucky. So make sure any other areas on your body, without pheromones in them, that may stink are taken care of...

If you know what I mean.

1c. Adding smell!

Ok, Ok I will get off the smell thing for awhile. Right after this one.

I remember a few years back, I spent \$100.00 on this Pheromone product that said women would surround you when wearing this with your favorite cologne. Kind of like the theater seat from earlier.

Well, I gotta tell you.

It worked very well.

No matter where I went, in a short time, women surrounded me.

Now the nurses at the nursing home couldn't understand what was happening... *just kidding!*

I was at a bar and my buddies were asking me what the heck I was doing.

I told them it was a new ESP technique I was using because I didn't want them to find out. I actually got my ass pinched that night.

Now I don't know if it was the Pheromones or my expectation that it was going to work, but it worked!

Maybe it was the combination of expectation with the pheromones... I don't know. But if you have the extra cash, I would give it a try.

On more than one occasion, I was told by women that the way I smelt was driving them crazy. Crazy enough to get me laid.

There is also magic in experimenting with it and the expectation of it working. Expectation can work wonders, as we will talk about later.

Cologne.

Here is my take on this.

Madison Ave. and Hollywood don't spend billions of dollars just to sell you something that smells good on you.

They sell you the illusion of what smelling good will get you... sex!

They do the same with beer, but putting on the right stink oil can do much, much more than drinking any brand of beer will do for you.

On a personal note.

Find cologne that appeals to your illusion of what you want women to think of you.

If you want to appear as the Professor or dad, then wear some Old Spice (Original).

Believe it or not, if a woman is looking for a father type, and her dad or a male she looked at as a dad used to wear Old Spice.... *those old anchors will work wonders for you!*

From years of conditioning, what I do is watch and listen to what I hear a woman saying turns them on.

I will go to a mall where there are several high-end department stores.

Then I will go to one of the girls and start asking them about what they like to smell on their boyfriends. I will also ask them what they like to smell on other guys. Then I will ask them what their girlfriends like on guys.

When I get a consensus, I will usually buy that product.

Remember, I am not just listening to what they say -- I am looking at unconscious responses that let me know that they really like this cologne on a *sexual level*.

I can get used to any smell in cologne. I can get used to it very quickly especially if I know women like it that much. If I like the cologne myself

before I buy it, it makes the experience of wearing it that much more powerful to the women I am around.

Simply because I am adding my like and confidence in the smell!

As a side note.

Please do not wear any cologne that your sisters or mother or women friends ask you to wear.

Unless of course it is confirmed by asking women who may find attractive.

Why do I bring this up here?

Because any woman that is not sexually attracted to you will want you to wear cologne that does not bring up any sexual feelings in them.

Not that you want to bring up sexual feelings in them.

Their opinion is good for what to wear to church, but not for what makes you sexy.

As a matter of fact, their internal programs are meant to turn an attraction down as much as possible. There may be exceptions to this rule but we are talking about the biological patterns and I wouldn't take any chances if I were you.

Let's go back to Madison Avenue for little bit.

Madison Avenue and Hollywood are not just trying to condition you to buy their cologne.

They are also conditioning women to *respond a certain way* to the smell of their cologne.

Please read this again – it is extremely important.

Let me use the new cologne and deodorant called AXE as an example.

In the commercials that are playing here in the United States, when a man is wearing this new cologne or deodorant, it shows women literally *attacking* men for sex.

Now, something must be working because every time I go to the grocery store looking for this product, the area is empty. Either a lot of guys are buying this or even better, a lot of women are buying it for their men.

Let me explain the underlying hypnotic phenomenon that is going on here.

When a stage hypnotist brings people up on stage, he has carefully selected them.

There have been many tests over the years asking people why they acted so crazy and funny on stage while under hypnosis.

The bottom line is that it was found out that most of these people were looking for a *context* to act this way.

Being on stage under hypnosis is a great excuse to act that way and not have to suffer the consequences for acting that way in public. It is the same kind of mentality that someone who gets drunk and acts crazy in public can blame it on the alcohol.

It gives them something outside of themselves to blame their behavior on so they don't have to take full responsibility for their actions.

In the same way, women want to be able to act more sexual in public.

When they see commercials that show woman being sexually aggressive to a man who is wearing certain cologne, it gives them a kind of *permission* to do the same thing.

I don't know about you but I want to give as many reasons as possible for women to be sexually aggressive around me.

So while the conditioning brought about by Madison Avenue and Hollywood to get you to buy a certain brand of cologne, conditions men, it also is conditioning women in the process.

The women in the commercial look very educated and well put together.

It is almost as if they're saying that if a woman smells AXE cologne she has *permission* to go wild on you.

Now I'm not saying that that is going to happen to you, although I hope it does.

What I'm saying is that it is *opening the door of permission* in a woman that makes it that much easier for you to get the goods, if you know I mean.

Take advantage of every opportunity to open those doors or even better, take advantage of those doors that Hollywood and Madison Avenue has spent millions and billions opening for *you*.

One other little tip for you that works wonders when a woman is upset with you.

Put a little baby powder on.

It is very hard for a woman to stay angry around all the anchors of a baby. She will have a tendency to revert back to good feelings with that smell.

All right just one more then!

We all know that women love the smell of Money, so if you rub a couple hundred dollar bills behind your ears and on your chest before you go out, it also works wonders... just kidding... *I think?*

1d. What are you wearing tonight bro!

Every girls' crazy about a sharp dress man – ZZ Top

A lot of men out there don't know anything about how to dress attractive to women.

I am one of them.

Growing up with women in my family always told me how to dress.

They would always tell me how nice I looked.

So I get used dressing based on what the women around me thought.

I had a close friend who was fantastic with the women and he always called me *"attire challenged"*.

He used to tell me to stop wearing what my grandmother thought looked good on me and start *dressing for what women thought looked good on me*.

Whenever I had a few extra bucks, I would ask my buddy to take me out and show me how to shop for clothes.

And sure enough, every time I was to wear the clothes that he helped me buy, I would get compliments and more attention from women. So find yourself somebody that knows what kind of clothing women like and have them take you out shopping if you need help in this area.

Another time, I was visiting a friend of mine in Arizona on my way to California.

His wife came right out and asked me if she could take me out shopping and pick out some clothing for me. I said, "*Sure!*" and we went and spend some money on some nice threads.

I could tell when she really liked what I had on. She lit up in a way that any man would enjoy. I figured that if I got at least one other woman looking at me like she did, I was going to do all right.

Sure enough, when I got to California, I had two fine looking women fighting over my attention.

I ended up marrying one of them.

The clothes made a difference not only in how I felt about myself but in how I was looked at by other women.

So my advice to you is to find someone that has *your sexual interest in mind* when commenting on how clothes look on you.

I want to talk a little bit about trying other styles of clothing.

When I was in Texas years ago, I used to dress up like a cowboy.

And it was *amazing* the different types of women who responded to me when I was wearing those clothes.

The country and western girls weren't really my types, but boy did I sure have some fun with them!

When I dressed up in cowboy gear, my attitude changed also.

I didn't have anything to lose by playing cowboy. And that fun and confidence came across to the women. When I was playing myself, I always had something to lose. But not when I was playing Clint Eastwood.

More recently I have been playing with the biker look.

I hesitate to give this one away because it works so well. All it takes is a biker shirt and a few days of not shaving.

This may sound too easy, but you have to give it a try.

It works magic!

I especially liked the way that women react.

I recently purchased a very nice T-shirt with long sleeves. It is a black shirt

with outlined white flames on the arm and a big white iron cross on the back with "Choppers" written in the middle of it.

I had also let my hair grow little longer than normal.

So when I wore the shirt after not shaving for a few days, I was *amazed* at the responses that I got from women especially younger women.

It was so good that I almost felt like Brad Pitt in way. The women were blushing and nervous and tripping over their words. And these were nice girls, not the kind of girls you usually see with biker's.

Remember when we were talking about hypnosis and giving a context for people to be ways in public that they normally wouldn't be?

Well, this is also one of those times.

A lot of nice girls are **dying** to let out the bad side.

If they are with the guy who is a biker, then they will be *expected* to let out that side of themselves.

It is not necessarily the look of the biker that excites the women; ***it is the idea of who they can be around him that excites them!***

Read that again we will bring up later.

A lot of nice girls fantasize about *being* bad girls.

When you dress up like a biker and you know the right things to say and the right way to look at them, you can get right in touch with that bad side of the girls.

When it comes to the surface so quickly that they blush, you have an awesome opportunity in front of you to take advantage of some pretty powerful emotional states that may take a long time to get to any other way.

The point here again is to dress in way that the opposite sex finds you attractive and at the same time, you feel attractive in what you are wearing.

You may also find that you discover an attractive you that you *never knew* existed. All that can happen by role-playing a little bit with what you wear.

Years ago, I used to travel around Texas and Louisiana with a band.

The band used to play nightclubs in very nice hotels.

I really didn't like that kind of dress at first.

But after the lead singer of the band took me out to get some very nice clothing that will fit in with the nightclubs crowds, I soon changed my mind after experiencing the quality of women that were coming to see the band.

One morning I woke up in a 15,000-ft.² house that was owned by a beautiful woman who happened to be single and lying next to me.

There were a lot of those experiences and if I could, I would go hang out with them again in the second!

I even went so far as to go out dressed up like a Heavy Metal Head Banger.

I went with a friend of mine who played guitar and was well known at those kinds of clubs. I was again very successful, but these girls were little bit too wild for me.

I think I know you're getting the drift about the great possibilities that are available to you by playing with what you wear.

1e. Your Place or mine?

I'll keep this one short and sweet.

Single guys are notorious for having messy and dirty pads.

If you're going out and have any possibility of bringing someone home, then at least straighten up your pad a little bit.

Most women are pretty anal about how their place looks.

If your place looks like a tornado hit it, she may be considering what HER place would look like if you moved into it at some future date.

If you look like you're going to be a lot of work she'll cut you out quick if she's a clean girl.

At least clean up your bathroom.

Maybe it's from growing up around a lot of women, but I have always been really good at keeping my bathrooms clean, especially the toilet seat and what's underneath it.

Believe it or not guys, women check this kinda stuff out!

They are extremely particular about where they put their butt.

And if your toilet seat has mold growing out of it, then chances are you just gave her a pretty bad *anchor*.

Now, she may be one of these females that want to change you and are challenged by making you into a Cinderella, but be warned, it may not be much fun.

I cannot tell you how many women have commented to me about my clean bathroom. They always seem to be impressed.

And I have been told on more than one occasion that it worked in my benefit in more than one way.

Now I wasn't doing it for the women, because I just like a clean bathroom myself. But you can bet your ass I used it to my benefit!

So spend a little time preparing a safe and comfortable and clean place to bring women home to. Because you never know what kind of woman you are bringing home.

Now there's a lot of women out there that are worse than guys and could not care less what your place looks like, they just want to know what you will be doing inside your place.

But why take a chance?

And do you really want a woman around longer than a night or two if she makes your place look worse than what it already is?

I don't know about you, but if I go over to a woman's house and it is a mess, and it looks like it is always a mess, that will usually be the *last* time I see her.

I have found out that women who have a messed up house, usually have some pretty messed up emotions and thoughts.

Take heed to this, my friends.

Now, I am not saying that I should be able to eat off of her kitchen floor.

I'm saying that she took some time to straight up and clean before she brought me there. *That's just me!*

And over time, you may come to the same conclusion. Hopefully this saves you some hassles.

Same thing goes for your car's guys.

Spend a little bit of time cleaning up the area that she will be sitting in.

This is a mistake that I made with one of those clean freaks.

We were both driving our own car, so I didn't expect that she would be sitting in mine.

But her timing belt went out on her engine and guess who was her chauffeur for the next two days?

If you could've seen the look on her face when she got into my vehicle you would've known as I did that this relationship would be over soon.

She was so disgusted.

It was my work car, so I never thought that a hot woman that I had just spent a great evening with would be riding shotgun with me.

Maybe it was all those old French Fries (*chips*) on the floor that got her. *I don't know!* But I do know it cost me a nice piece of ass. There are some things that are too much effort trying to recover from.

Another little tip:

Make sure you have all evidence of any present girlfriends or recent conquests, removed or out of sight.

If this woman turns out to be more than a one-night stand, chances are she is doing a better job of canvassing your place than Sherlock Holmes.

She will ask you months later whose panties she found in the magazine stand. It might just be an earring or even the back of an earring that she keeps on file.

But trust me, they will be used against you in the court of her mind.

So spend a little time cleaning up and throwing away all those old condom wrappers and half used lubricant tubes.

And remember that women also love to leave little things around for other women to find, especially if she likes you. It is *her* way of *marking her territory*, kind of like a dog peeing on a tree.

I think you can figure the rest out for yourself.

1f. There are no rules... really!

This will be the main technique!

Get this and your seduction process will be much easier and much more fun...

There is no right or wrong in the seduction process... just outcomes or results.

This is the frame of mind all great seducers have as one of their main frames.

If I hit a golf ball and it goes left and I wanted it to go straight, I am **not** wrong.

That golf ball went *exactly* where it was supposed to go when the clubface hits it, *exactly* the way I hit it.

I got a result.

Now, the next time I will make adjustments in my thinking and body language to get a *different* result.

The same goes with any sport or skill.

And the same goes with seduction.

The good news is that you get to do it again!

Even in baseball, you get three strikes before you are considered out.

But I have found that most men considered themselves out after the first time.

Heck, many considered themselves out *before* they even go out to the batters box.

I knew a guy who started playing golf. He went out and bought a great new set of clubs. After the first few holes, he threw his golf clubs into a big water trap at approximately the same place a few of his previously hit balls went. He never played again.

Why?

Because he thought he should be playing like a pro right away without any practice.

And that is the mistake **most** men make when beginning to play the seduction game.

Once again I will say to you **“There Are NO Rules,”** but... and this is a big BUT (*the kind of butts some guys like*); there are certain things you can do to greatly enhance your odds of getting more of what you want out of the game... women!

That is why this book is full of techniques and not “Rules”.

Now I am not saying that if you use certain rules you will not get success, but the next guy might fail dismally with those same set of rules.

The key here is to be **flexible** in your beliefs, thoughts, emotions and behavior.

Great Chef's know this too!

They know that in order to be famous, they will have to develop certain dishes that are unique to them.

First, they learn some basic concepts about cooking and then they begin to add their own flavor.

They might add some of this and subtract some of that.

If they don't like what they have made they toss it and start again.

Sure they may experience doubts, but they get right back up and do it again... and again... and again... **until** they get exactly what they want.

To become a master seducer, you must apply the same thinking!

There are 3 billion women on this earth and that means 3 billion failures before I will finally call you a failure.

I'll bet you that you will be thinking as a success before you hit 20 tries... *heck I will even say 10 times if you apply these techniques in this entire manual.*

Ok... maybe even five. ;-)

And the fear... it goes away pretty fast when you realize all the fantasies of rejection were just that... *fantasies!*

The only time I really got shot down and slapped was when I grabbed a woman's ass before I asked her, her name. Ok, it was before she even saw

me... and I deserved it. And I guess I should make this one a rule No 1. Don't grab a woman's ass before she see's you! ☺

99.999999.... % of women will respect you for making the first move because they know how difficult it can be for THEM!

So once you get past this point, the game becomes about getting the results you want.

Try the techniques you get here first.

Get *comfortable* using them.

Then begin to bring your own recipe to the mix and attract the beautiful women who love what you are cooking up inside of ... YOU!

There are no rules, only results!

I do have one question.

"What are you going to do when you have a plan to say hello to 100 women as practice and you end up getting laid way before then?"

Think about it.

Section 2: Internal Seduction - Dealing with the inner game

Is it me or is it me? It's you!

2a. Enjoying yourself in Public... In a legal way of course!

I have a friend in Northern California who recently got out of a bad marriage, gave his company to his Ex and went and lived in his truck on a mountain trying to find himself.

I saw him a short time ago and he was *having the time of his life!*

He let his hair grow long, he grew a long beard and looked like a hippie from the sixties.

He also had a harem of beautiful hippie chicks.

Everywhere we went in town that has beautiful hippie chicks, they would come running over to him and give him a hug and kiss!

It was great because I got to know all these beautiful women by being around him. And as much as he likes me, they tended to like me too!

Now, when my friend was first going through his divorce, I helped him with a lot of the seduction stuff.

At first he thought it was too manipulative for him.

But after a period of time, he started to come around to what I was teaching him.

It doesn't take long for a belief to change when an 18-year-old girl from Stanford University grabs him by the hand and takes him out to the woods and screws his brains out because he tries a few of the techniques in my book.

Or he ends up going out with an Italian hippie girl who is the most spectacular girl around.

When I asked him what he had learned about women in the process, he told me the song "Girls just want to have fun" describes it all.

He said that he was at such a place in his life that everything he did **had** to have **fun** somewhere in it.

He said he noticed that the more he had fun, the more women wanted to be around him so they could be *included* in that **fun**.

Then it was just a matter of him *maintaining* that level of fun and using some of the seduction techniques in the process.

He said a lot of the girls were beautiful, but he didn't have any sexual interest in them.

Yet he still went out and did things with them having fun.

These girls' friends and other girls would observe and see the good time that he was having with them and wanted to be included in the party. My buddy said he **WAS** the party!

One of the reasons that women love rock stars is because the guys seem to be having so much fun. Women are drawn to the fun and want to be included in it. If you're not having fun, then maybe that's one of the reasons that you are not having the **intimate fun** that you desire.

One of the keys here is to make sure you are having fun doing something that you *LOVE* to do.

Women can tell if you're trying to have fun for their benefit and not yours.

It won't work!

Unless maybe you are already in a relationship.

And fun doesn't have to be expensive.

My buddy in Northern California loves to camp.

While I was there, he decided he was going to have a party on a river.

He made the idea of it extremely fun.

And the camping party was even more fun.

With lots of very hot hippie chick's dancing and enjoying themselves. The girls would be asking him what he was planning next. They were becoming dependent on him for what fun they would have next.

That's not a bad thing.

As a matter of fact, it's a pretty nice thing to have so many beautiful women looking to you for their fun. It doesn't take but a few well-placed comments to let them know how much fun you can be in the **bedroom** also.

There are a lot of women who don't think that your fun is their fun.

But do you really want to be around those women?

And there are still a whole lot more women who will find your fun, *fun!*

And the chances are probably that many betters that you will find what she likes to do fun also!

When I was a visiting my friend, there were many women that I would point out to him as someone that I would like to have some 'fun' with.

But he would tell me that she was too tight and too much work.

He seemed to know which women were ready to have fun and which ones were not.

I found out the hard way with one of them that he told me was too tight and too much work. It took a few weeks for me to see past her good looks. But

he was right. So make sure you don't get around too many women who will suck the fun out of you like a vampire.

Look for someone will support the fun inside of you. Look for someone that you feel comfortable supporting the fun within her.

One of the most fun things my buddy does with women is **dance**.

When he is out on the dance floor, he is having a lot of fun with himself.

I have watched him dancing.

His fun is like a magnet to women who will just come up on the dance floor and start dancing with him.

He isn't the greatest dancer, but that doesn't matter to the women he is dancing with. So there is no excuse for you either if you're dancing stinks.

Are you having fun dancing?

Are you having fun doing whatever you're doing?

The main point here is to learn to have fun with yourself, **whatever you're doing**, first.

Then bring that fun to a woman or women.

Don't do it the other way around.

Stop waiting for the women to have fun to make your life exciting.

And if that happens to be the case, then you just add life to her party.

An additional point on this one; go to a dance studio and learn some of the upcoming dance moves that are going to be hot in the clubs.

The best seducers I know are all great dancers.

When you can bring fun and confidence to your dancing, the women can really feel it in that kind of an intimate interaction. All great seducers that I know are not afraid to show their sexuality while dancing with a woman.

Get out the Yellow Pages!

2b. Or not to be... Self image

One time I walked into a restroom at a club and this guy was looking at himself in the mirror and kissing towards his image in the mirror.

I think I kind of caught him off guard when I asked him if he was practicing kissing for his girlfriend.

He looked at me in all seriousness and said, *"No, I was actually practicing kissing myself."*

I asked him if he was kidding and he said no he just liked himself THAT much.

Now to me, that was a little overboard, but the point is this guy really liked himself and that's what it takes for a woman to like you too. **If you don't like yourself, how do you expect anybody else is going to like you, let alone beautiful women?**

Every guy that I have ever known who is any good at all with women has liked himself.

Every guy that have ever known or done therapy with that has trouble with women, has something about himself that he doesn't like.

That part himself that he doesn't like tends to be the focus when he is with a woman.

Women are amazing at picking up what is going on in a man's mind.

She will also pick up that you don't like yourself.

Now if you're around a woman who doesn't like herself, it may be a match.

She may empathize with you about not liking yourself and like you because she wants somebody to like her.

Either way, women are extremely attracted to a man that likes himself.

From a woman's point of view, there is something about a man that really likes himself that creates a *challenge* in women.

Some women like the challenge of seeing if they can tear it down.

You gotta watch out for these women.

They get their self-esteem from tearing man down.

Then there are the other women *who take it as a challenge to learn how to like themselves better by being around you.*

Either way, they are going to **test** you to see if you're solid in the way you feel about yourself. Be prepared for it and you will come out looking and smelling like a bunch of roses.

This is one of the main reasons you must learn to like yourself and have a great self image.

It is much easier said than done, but you must begin immediately if you are to build it up for the future.

The key here is finding the real strengths that you have.

The strengths that you KNOW about yourself already.

The strengths that other people see in you.

The strengths other people have made comments to you about in the past.

You may think they are small, but you have to start somewhere.

A lot of guys have great self-images based on something that you may find to be irrelevant. But to the guy with the great self-image, it could be the foundation or 'Keystone' of his self-image.

Even if it is something small to you but big to him, if he is focusing on it and your focusing on what was wrong with you, *he* will get the girl every time in a contest between the two of you.

It is the **state of mind and body** that he gets into by focusing on his self-image that is what really attracts a woman.

Read this again.

I was watching the show on MTV called "*The Surreal Life*".

One of the stars of the show is Jose Conseco, a big baseball player who used to play with Mark McGwire.

José really likes himself.

At first, all the women on the show thought he was too much into himself.

But by the third episode, they were all beginning to like him a lot and one of them said she was planning on sleeping with him. His self-confidence was so powerful that eventually the women *believed* the self-image that he was exuding towards them.

It became a kind of an intoxicating drink to them that they *couldn't help* drinking.

I have seen this over and over again with master seducers.

I don't know how many times I've seen women say to me and other master seducers how they thought we were way too self-confident.

And then later on wanting to take us home.

Never go on what a woman says about you at first because she may well be testing you.

And if you are strong in your self-image, it won't matter if she is testing you or not because you are happy with whom you are and **who you are is not dependent on what she has to say.**

You must learn to like the image in the mirror looking back at you.

Because if you don't like that image, how can you expect a woman to like that image.

I promise you that if you spend some time getting to like that self image in the mirror, there will be a sudden change from the women looking at that same image.

They will begin to mirror your thoughts about what you think of yourself.

This can work for you and they can work against you.

Make it work for yourself.

2c. Or to hear.... Self-esteem is what I hear!

Self-esteem is different than self-image.

Self-image uses the **visual part** of your mind to create feelings.

Self-esteem uses your **auditory** system.

What you say to yourself.

Both on the outside, out loud, and the inside, which may be so loud that you think others can hear it 😊. It is also about what you accept from others' words both inside and outside.

Scientists have estimated that we say between 50,000 and 60,000 things to our self every day.

95 % to 99 % are the exact same phrases every day.

If you are hearing bad things about yourself from old memories when you're growing up or maybe recent ones, then chances are you're repeating them inside your head over and over again.

How can a man feel good about of self when he keeps hearing the same old crap thousands of time a day?

You can't.

One way to begin to find out what those rascals are saying is to *begin to say nice things about yourself*.

When you begin to say nice things about yourself, that part that likes to say all the crappy things to you begins to rear its ugly head.

Believe it or not, just becoming *aware* of the things you say to yourself without putting any judgment on them is enough to have them begin to dissolve.

I look at it as the glass of Coca-Cola syndrome.

At first, there are thousands and thousands of bubbles, but if you are patient, you will begin to see the bubbles dissipate.

After a while, the Coca-Cola goes flat and all the bubbles are gone.

But if you keep putting on the cap and suppressing the bubbles, the bubbles will stay around for longtime. As a matter of fact they may even grow.

The key here is to let them come up inside of your awareness and to observe them as if you were watching a play at a theater.

If you have really persistent issues, I would highly recommend going to see a coach or a therapist.

The money is well worth it to get on with your life. I don't know how many men I've known that have gone to therapy later on in their lives and wished

they had done it much earlier. Because when they cleared their issues, life had a new luster to it.

And a kind of silence inside their head, that was more than welcome.

In the meantime, begin to say things to yourself that are kind and build confidence within you.

Many master seducers that I have known always talked to themselves as if they were talking to their best friend because to them they were their own best friend.

These are the kind of guys that when you ask them to think about somebody that is extremely self-confident that they really like, they think about themselves.

It may seem and feel very different at first to begin this process, but I promise you it will get much easier if you stay with it. You may think and feel that the things you are beginning to say to yourself are not who you are. *But is the person who you are getting the kind of satisfaction from women and life?*

If not, begin to change aspects of yourself.

Growth means change and change can feel uncomfortable at first and you will get used to it.

Think about when you were a little boy and now think about the man you are now. Part of you is the same, and a big part of you is different and yet you are still you.

The same process happens with becoming a master seducer.

Just remember to begin to say to yourself, positive things that you know to be true about yourself in a way that you would say them to your best friend to build him back up again if he was feeling down.

It works like a charm.

2d. No means know

Don't ever be afraid to walk away from a woman that you are in the middle of a conversation with.

I was interviewing a master seducer for my Internet radio show two days ago.

He is a professional comedian and very successful radio talkshow host in America.

In his past, he was a DJ at strip clubs and other big dance clubs. He also managed them for years. He always had some of the most amazing women on his arm. I enjoyed being around him because I would always meet a lot of his women friends. If I was his friend, I must be interesting and it worked very well for me.

One of the things I learned from him was *how to say no to a woman*.

While we were doing the interview the other day, he started to talk about how effective that was for him.

He said he couldn't remember how many times he told a woman that she wasn't worth his time and he walked away from her only later to have her follow him out to the parking lot and demand that she gives him oral or regular sex.

This may sound crazy to you but I have experienced it myself.

When asking my friend what the psychology behind this was, he said it was - **-control.**

A lot of beautiful women or anyone for that matter hates to be told "No."

The beautiful ones especially.

He said *they are so used to being in control, that when a man takes that control away from her, his own self control, she wants the control back.*

He said as stupid as it sounds, women are willing to have sex with you to get control back. He said that he has actually heard women say *"I'll teach him to walk away from me, I will show him who's boss I am going to go have sex with him"*.

It is very counterintuitive but women are very counterintuitive.

Especially beautiful women who have had control because of their beauty for so long.

Any man that takes that control away from her becomes a challenge and we all know women love challenges.

I had another friend of mine who was *amazing* with women.

During the eighties, he used to dress up like a heavy-metal rocker. He was really into the scene. He could also play a *mean* guitar.

I used to go out with him to this club he frequented and never cease to be amazed at the horny little heavy-metal chicks always around him.

I remember one night when this beautiful girl came up to him and whispered something in his ear. And then to my amazement, he actually pushed her away and called her a name and told her to get away from him.

Now this girl was smoking hot!

And believe it or not she came back for more.

But then I proceeded to have my mind blown when she came right out and asked him, no begged him to let her perform oral sex on him.

He once again said no and told her to leave or he was going to have his bouncer friends toss her out of the club. She left and I grabbed my buddy and shook him and asked him why he hadn't thought about his buddies, *like me!*

He laughed and told me that I didn't want anything to do with her.

We left it at that.

2e. Are you ignoring me? No, I am watching the game

Along the same lines as the last technique is the fine art of *ignoring* women just enough.

One time when I was living with a couple friends in Dallas Texas, I experienced this technique work very well for me.

I remember coming home late one evening and one of my roommates had a girl with him in the living room. I said "hi" to her and then proceeded to put all my attention on the television.

I would talk to my roommate without looking her way.

This girl was very good-looking and had an *incredible* body.

It was really funny because I can feel her trying to draw my attention towards her, but I continued not to give attention to her by watching the television.

I sat in my chair with a grin on my face watching the TV. Apparently this girl was spending the night because when my roommate went to bed, she said she was going to watch the rest of the show. He said OK and went to bed.

I could really begin to feel the tension rising and I kept watching TV with a slight grin on my face.

She kept trying to start conversations with me and I would give her a quick answer and turn back to the TV.

I could really feel her frustration and I was loving it.

At one point, she asked me if I would walk her from our apartment to her car because she needed to go to her apartment to get something. I said OK and walked her to her car.

When we got to her car, she told me she was afraid to go to her apartment this late by herself and would I please go with her because it was only around the block.

She said I could drive her brand new Camero if I would do that for her.

I said OK.

When we got to her apartment, she attacked me like a desperate woman!

The whole time she said she felt guilty about my roommate.

I didn't feel guilty because we all had an agreement. I ended up having lots of amazing and crazy sex from a little bit of ignoring. A lot of guys would have been all over her and answered her every question to talk to her till dawn and wouldn't have gotten laid.

I have one friend who is on the top of the master seducer list.

If he is out with a woman, a lot of times, he will leave her sitting alone as he goes and talks to people he knows.

He likes to make her watch him enjoy himself with other people.

He says this *creates a tension* in her that increases her desire for him.

He says the key is not to make her wait too long and to check in with her with a WAVE or a wink.

This lets her know she is still on his mind but not in the **top** of his thoughts.

He makes her **work for the top spot**. So when he goes back to see her, she is *anticipating* his return. She may be little upset with him but he quickly turns it into excitement at his return.

Each woman is different, so you must learn the *peculiarities* and *timing* of each one which leaves us directly into the next technique.

2f. Can I come in now...? No, stay out a little bit longer!

To know the peculiarities and timing of a woman you must be paying attention.

And to be paying attention, you must be what we call in NLP: **external**.

If you are inside your head and talking bad about yourself or seeing images of yourself being shot down or slapped, then you're going to miss most of what is happening with her.

In the seduction process, *you must play a game between going inside into your feelings and outside paying attention to its going on with her*, and percentage wise you better be outside more of the time.

When you are in the fear state or "*flight or flight syndrome*", it is next to *impossible* to be paying attention to what she is feeling and how to respond like a master seducer.

This is why the previous steps of taking care of self-esteem and self-image are so important.

Because when you DO go inside the feel good about yourself, you feel confident about yourself, *you feel safe*.

And you must feel safe and secure before you can feel confidence.

The type of confidence that will attract a woman.

The type of confidence that let you pay attention to what she is saying, how she is saying it, how she is moving, her skin color (*is she blushing?*), whether her eyes are dilated, how she is breathing, etc... etc...

This is why you must take care of the inside first.

Otherwise, it's all going to be all about you and your fear, at least you.

I highly recommend that you read some good books on NLP.

They will teach you how to begin to stay outside of yourself or external to yourself when dealing with a woman.

NLP will teach you certain distinctions to pay attention to about a woman.

In NLP, we call this *state uptime*.

It is the ability to stay outside of yourself and pay attention to who is in front of you without going back inside yourself for long periods of time. It was a big part of my training as a therapist.

The client does not feel like they're getting their money's worth if you are inside thinking about where you're going for dinner tonight.

The external is especially important when first meeting a woman.

That seems to be the time when fear rears its ugly head the most powerfully.

When you can learn to start paying attention to what she is wearing both in clothing and perfume and jewelry.

Then pay attention to her hair and her eyes.

And most importantly **what** she is saying and **how** she is saying it.

The funny thing is, if you practice some of these NLP, you will find that your external state of "*curiosity*" will keep your internal fear at bay.

Even if you haven't yet completely been able to deal with your internal fear, your external curiosity about her, if strong enough, will **overpower** the internal fear.

Give it a try, I think you will be *amazed* how quickly this can work for you.

Also if you are outside paying attention to her, the implied message to her unconscious mind is that you are confident enough to stay out.

She has only seen this in Master seducers in the past and might start looking at you as one also.

When you can learn to do both internal and external *efficiently*, you will be well on your road to becoming a master seducer. Which brings us into the next section in the next technique...

Section 3: External Seduction - What to focus on with her and the interaction between the 2 of you

Paying attention to her!

3a. Isolate her... But not too much.

This especially applies if you're meeting her for the first time and she is with one or more friends. *The more friends she is with, the faster you need to isolate her.*

Why do we need to isolate her so quickly?

Because she will act differently around you than she will around her friends.

Her friends will quickly begin to put you in a box that may be difficult or impossible to escape from. They could begin to form opinions about you as a group and that puts an awful lot of pressure on her to start from that frame about you.

Let me give you an imaginary example based on reality.

Imagine you are walking in a bad part of a big-city with 10 of your strongest friends and you come upon someone that looks pretty shady.

Think about how you would think about that shady person knowing that you are pretty safe with your 10 friends surrounding you.

Now imagine that same scenario when you're with only one friend and then imagine that same situation if you were by yourself. *You can begin to tell inside yourself the differences of how you would feel and what you would be thinking.*

It's the same kind of thing with a woman when she is around her friends.

She may feel a kind of strength from the group than she would if she is by herself.

Now you also have the issue of safety involved.

When she is around that many friends, I'm sure she feels completely comfortable. As you bring her away from that group, her level of safety will decrease quickly and at the same time her level of vulnerability to you influencing her *increases*.

And she will begin to search for ways to defend herself from you.

So it is extremely important at this point to *disarm* her defenses.

You have a big bonus when you remove her from the influence of her friends as she will be looking for a new point of safety.

The quicker you can begin to make her feel comfortable around you, the quicker she will forget about her friends and the influence that the group has over her and her opinion of you.

Now the best way I know of how to do that is through a *smile* and *humor*.

Find something funny to say and don't take her way out into the woods by herself right away. Keep slowly moving her farther away from her friends or thought of her friends as she gets more comfortable with you.

Make sure her friends are within close proximity when you first isolate her. That way, the safety factor of the group is within seeing or hearing distance. *But far enough away for you to be able to begin to influence her.*

There are no fast and hard rules about this. She will give you an idea about how far away you can take her while she still feel safe.

Trust me guys, if you pull her away from her safety zone too far, too fast, she won't be thinking about you' instead she will be thinking about her safety and her friends. You'll want to switch those two things around.

Always consider a woman's *comfort* and *safety* issues about being alone with you.

It is so much easier to seduce her when comfort and safety are given for her. Even if you take her out on the date alone, make sure you find out what kinds of places make her feel safe and comfortable and keep her there until you progressively make her feel safe and comfortable in your bed.

Some great ways of doing that are **taking her out on a dance floor and then leaving the dance floor away from where you started and farther from her friends.**

Another way is to introduce her to someone you know... away from her friends.

Another one might be showing her something about the place you are at... away from her friends.

She will respect your confidence for taking a chance of getting shot down in front of her friends.

And her friends will respect you whether they admitted it or not.

Most of all, you will respect yourself for going after what you want, whether you get it or not.

If you do get it, it's a big bonus.

The main point here is you went after what you wanted.

3b. Get her testosterone going... Yes hers.

I was recently listening to some CDs that were talking about how these doctors were using testosterone on women to see the effects on certain diseases.

After a couple of days of testing, the doctors started to have women pull out of the experiment. When the doctors began to question the women on why they wanted out of the experiment, all the women said that **they could no longer stand the amount of sexual thoughts and feelings that they were having.**

The women said that these thoughts and feelings were relentless and *never stopped day or night!*

Welcome to the world of men, ladies!

This was a big lightbulb going on in my head for me.

I started to see why so many master seducers created attraction in women. And why so many of the old seduction techniques continue to work today.

Here's one of the big ones: **Building excitement in a woman.**

Many of the master seducers out there build excitement in a woman by **doing things that create this emotional surge in women.**

Think about the guy who has a motorcycle and takes a woman for ride.

There is danger and excitement in the ride.

And as an aside, there is also safety.

When a guys taking a woman on a motorcycle ride at 100 mph, trust me, she is searching for *some* form of safety.

The closest form of that safety is right in front of her, the guy she has her

fingernails buried into. Even though it is the **same** guy that is creating the danger and excitement. *What a great anchor!*

Now I know why motorcycles are so appealing to both men and women.

Think about a guy that plays music in front of a group of people.

This also creates excitement in a woman.

Think about a guy that takes a woman on a roller coaster ride or any ride for that matter in and at an amusement park.

The roller coaster is safe and yet it is dangerous and exciting.

A rock star is safe (*maybe*) and yet he is dangerous and exciting.

I am sure you can extrapolate this out and find many examples of how this dynamic works between men and women. Now it is **your** turn to begin to create those states and her.

Why did I bring up excitement and danger?

Because I read another article around the exact same time that said **excitement and danger, actually raises testosterone levels in a woman!** Are you beginning to get the link here?

Testosterone in women equal sexual thoughts, danger and excitement creates testosterone.

I think it also explains one of the biggest reasons that women like bad boys and jerks.

It is not necessarily the abuse that they may get from them that is attraction but I *guarantee* these guys create some kind of testosterone boost in the women they go around.

Once the testosterone boosts and the women begin to have sexual thoughts, it doesn't take a scientist to see how these two thoughts can come together.

Jerk equals sexy feelings.

Bad boy equals sexy feelings.

Women like sexy feelings and will justify the entire bad boy and jerk crap because the most powerful driving emotion she is feeling:

attraction, overrides her logical thoughts about what her cortex (social programming) thinks she wanted a man.

When a woman is flushed with these powerful feelings, she will take (*prefers*) them any day to the logical thoughts of her friends and even her own mind. That is why it is so important, my friends to get these emotional feelings going.

3c. Is there testosterone in competition?

Here's another reason the master seducers are so successful with women: *competition*.

Yes it is true; I read another article about this also. *It said that women also have a boost in testosterone while engaging in competition.*

Have you ever noticed how manly so many female sports stars look?

Yes I know, you can find that there are still many who are beautiful, but I am talking *overall*.

I am generalizing here to make the point...

Now it could be that one of the reasons they got into sports was because they weren't that good-looking.

I think though, it is the **other** way around.

I think that years of competition mentality *triggered* testosterone in that woman's body and she began to look like a female weightlifter.

I mean think about it, come on.

Think about the *meanest*, most argumentative women you know.

How good-looking are they?

Okay maybe they still look pretty good while they are young, but look at older women who are mean and argumentative and always trying to have the upper hand on men.

Don't they start to look more like men?

Don't they start to have a hard man-like look to them?

I think so, heck I know a few who even have moustache and back hair! And I think it is lots of testosterone over the years.

This is my opinion: I think anger is one of the ways a woman deals with testosterone so she doesn't have to deal with her sexuality or sexual thoughts.

I think women use anger as a way to dissipate or distract themselves from sexual thoughts or feelings while they are feeling angry.

Ever notice how women love make up sex?

I think it is because they are still flushed with testosterone and without the anger, *it turns sexual*. Great seducers know how to turn anger into sexual thoughts.

Why not?

It is not that far away!

So how does this all fit in with seduction?

I think the key here is to turn it up just enough, but not too much. What do I mean by that?

Women test men all the time.

What are they testing them for?

I know a lot of women that are testing them for mad-ability!

What is Mad-ability?

They are testing you to see how mad you get when you get mad.

If you don't get mad and let them rollover you with their crap, they will begin to know that you are a wimp and that your behavior probably will not attract them.

If you get too mad, they may figure you are prone to abusing them in a later date, unless they are some of those sick women that like this kinda' stuff.

And then there are those guys who can dish it back to them while staying confident.

If a woman tests a man and finds out he is one of these men, she gets

excited. She gets excited because she knows she can go back and forth with you in a verbal competition and have fun in the meantime.

About The Author: Mark J Ryan has been committed to helping people change their lives from all over the country for over 18 years+. He began his journey in helping others in 1986 when he started using a technology called NLP in sales and business with truly amazing results. He is also a Master Trainer in Hypnotherapy, Master Practitioner & Trainer of NLP and HNLP -- A Reiki Master.

Mark is popularly known as the “*Seduction King*” within the seduction community; the way in which he blends NLP techniques and applies them into the seduction game – is something that not many has seen before! He is also the best-selling author of the infamous guide -- “*Breaking The Seduction Code*” (<http://www.SeductionCode.com>) and has developed many of the nation’s leading seduction & hypnosis products which can be found at: (<http://www.TheSeductionKing.com>).

Mark is also a gifted coach, therapist & trainer and is a highly sought after speaker in the field of dating & seduction and has appeared on many of the nation’s top Media programmes. He can be contacted at: <http://www.MarkJRyan.com>

Chapter VIII: Elena Petrova

Want to meet a woman who is beautiful, sexy, intelligent and educated? *YES, you can!*



Elena Petrova: *Want to meet a girl like me? Read on...*

Insights From The Author of “*How To Find And Marry A Girl Like Me*”

<http://www.WomenRussia.com/book>

Hi! *How are you doing?*

All those dating and seduction techniques, *it's mind blowing, isn't it?*

OK, let's take a little break and talk about something different.

But first, let me introduce myself. My name is Elena Petrova. I am Russian and I am known as an expert on dating Russian women.

Now, you are probably thinking, “*Oh, NO! I don't want a mail order bride*”.

And you are right!

You don't need a mail order bride.
And I am not here to talk about them.

Exactly the opposite: I am here to tell you why you must never even ***think*** about getting a mail order bride. I will also tell you what EVERY man placing personal ads on the Internet absolutely MUST know, or *he can get into trouble*.

This is where we are going to start, and then we are moving on to more exciting things: discovering wonderful opportunities that *most single men are not even aware of* and learning practical steps how to have a bunch of perfect 10's *competing* for your attention.

If your self-esteem needs a boost, there is no better remedy!

I will show you how you can have five hotties lined up *dying* to meet you by the end of this month – and I don't give a damn what you look like or how much money you have. **If you can walk and talk at all, that's all you need.**

Want a relationship or a girlfriend of your dreams, or maybe even a wife?

Yes, you can get it and it's easier than you think.

And not just anybody...

I will show you how you can **meet women of the highest quality** and make all your friends turn green with envy.

Even if this sounds astounding to you now - by the time you read to the end of this chapter, you'll know why it is not only possible but *achievable* for you.

Imagine being with a beautiful woman who thinks you are the best thing that ever happened to her...

Imagine being able to *choose* between many beautiful women who are interested in you and be the one who makes his pick.

This is closer than you think.

And you do not need to become a Don Juan, learn meditation or NLP or anything else. You do not need to change yourself.

By the end of this chapter, you will realize that you are valuable just the way you are, and that it is *possible* for you to find a beautiful woman who will appreciate and sincerely love you.

No fairy-tales or rosy pictures.

I am not talking any B.S. here.

I am going to be blunt, politically incorrect and unfair.

I will tell you all, the good, the bad, and the ugly. I'll uncover for you the secrets that women DON'T WANT MEN TO KNOW. You will be able to peek into women's most sacred dreams, which only a woman can know.

I'll give you the tools that work in *the real world "as it is"*, not in the perfect world as it *"should be"*. I guarantee that my stuff works and that you'll be able to follow the simple steps outlined here and gain the unfair advantage over your competitors.

Girls of the quality that you never thought were available for you; they will be *putty* in your hands.

If this sounds too good to be true, I can assure you it's not.

IT'S FOR REAL.

I have taught this for many years and I know it works.

People like you used it to their advantage and were successful beyond their wildest expectations. And the most exciting part is that there is nothing stopping you from doing the same...

The only thing you need in order to be successful is *to give it a try*.

That's it!

You will never look back.

You are about to discover a whole new world that only a *tiny* percentage of men is aware of. What's more, you will be one of the privileged few who **KNOWS** what makes this world tick. You will have *the unfair advantage*.

Imagine being the man that women compete for...

And having beautiful women *respect* and *appreciate* you in a whole new way. Imagine how good it would feel to be with someone who is beautiful, intelligent, kind, sexy and fun to be with – and who loves you just as much as you love her.

By the end of this chapter, you will realize that it's not only possible but attainable for you.

And best of all, you can achieve all this without having to change who you are. You don't have to become an arrogant or mean person – you can still be yourself, and at the same time enjoy all the wonderful things that success with women can bring you.

So, are you ready for this exciting journey?

YES?

Then let's start without delay.

Welcome to the world of wonderful opportunities, where dreams do come true! 😊

Technique 1 – Why you must never, EVER think about getting a mail order bride

Now, let's start from the very beginning.

Since I am the expert on dating Russian women, I am often contacted by reporters asking about mail order brides, Russian mail order brides, and so on.

What puzzles me the most is that **dating Russian women has NOTHING to do with mail order brides!**

Let me explain.

There are American guys/gals teaching men how to date American women. I am certain there are French guys/gals that teach dating French women and Italian guys/gals that teach dating Italian women.

Naturally, every nation has some specifics in the courting ritual, but all in all, they teach the same things.

I am a Russian woman teaching men on how to date Russian women.

I am teaching men dealing with REAL women in REAL LIFE.

Most, if not all, techniques described by other authors in this book will be applicable to dating Russian women as well. Russian women are not some kind of exotic beings – they are still WOMEN and they want exactly the same things in love and life as women of other nations. (*If you want to know “what women want”, hang on here; we’ll get to that shortly.*)

So, what I am going to talk about has nothing to do with “getting a mail order bride”.

In fact, I want to warn you against “getting a mail order bride”.

Don’t even THINK about it!

But first, tell me what you imagine when you hear the words “mail order bride”?

- *Some desperate person who sells herself in order to get out of poverty?*
- *A dubious entrant who is only after the Green Card?*
- *A creepy shark who will divorce her silly husband and steal his money, once she is here?*
- *A submissive, docile creature who is kept on the leash by her dominant Master?*
- *All of the above blended in one?*

Did I guess right?

This is what people **typically** imagine when they hear the words, “*mail order bride*”.

Another typical belief is that it’s really possible to “*get a mail order bride*”, in other words, one can just page through a catalog, pick a picture, and have his bride delivered in a gift wrapped box.

Or send her a ticket and she jumps on the plane and will be knocking on your door next Friday.

Easy.

No effort, no emotional involvement, like buying an electrical toothbrush via mail order.

That’s the picture you imagine when hearing “*mail order bride*”, isn’t it?

The idea is that one has to do pretty much like *nothing* in order to get one. And WHO would want something that does not take any effort to get?

*A loser and a dumb a***, that’s who.*

Naturally, you aren’t interested!

Now, let me ask you this:

WHERE ON EARTH DID YOU GET THOSE IDEAS?

I mean, did you try to do it yourself?

No?

OK, then probably a close friend of yours did, and you know all the details?

Again, no?

So, where from did you get the idea of “*mail order brides*”?

Probably you’ve read an article, or seen something on TV, in other words, you got it FROM SOME MEDIA. You did NOT experience it yourself and you just got the idea from somewhere else.

Is it correct?

OK, we are getting somewhere.

Now, please tell me, have you ever heard about an American (*Australian, British, insert nationality here*) woman who married a rich guy *only* for his money?

Sure.

Have you ever heard about a couple where the wife ripped off her husband financially in the divorce settlement? I bet you have. Have you heard about men that abuse their wives?

Again, yes.

Most likely, you even encountered some of such couples yourself.

Now, please tell me, how *typical* such things are?

Well, they happen now and then, they are not front-page news but they aren't the norm either.

RIGHT.

Those things happen on everyday basis and you aren't going to jump up to the ceiling hearing something like this. But they are NOT NORMAL. They are rather *unfortunate* exceptions.

Most relationships are not like this.

NOW.

What sells newspapers?

Huh, NEWS of course!

What IS news?

Something that WILL make you jump to the ceiling.

Now, as we have found out, if a man beats his wife, it's no news.

But if the woman is, for example, Russian, *this CAN be news!*

Of course – she is a MAIL ORDER BRIDE!

We've got our front-page piece!

You see where we are getting?

What you see in the media is NOT normal everyday things. What you see there is purposefully selected information designed *to make you jump up to the ceiling*.

The facts you get aren't false but they are *framed* in a certain way.

And since you have no knowledge of the actual situation, and have no personal experience, **you accept this frame as the fact of life**.

It's like taking Hollywood movies and presuming them to be reality – you won't buy into it but Russian women can, because they have no knowledge of your life.

The same with you – you may be buying into the image of “*mail order brides*” simply because you don't know better. You may think the scary stories you read in the media are the truth. You may have not realized that the reason *why* those stories made newspapers in first turn is *because* they are scary.

Tell me, when was the last time you've seen “*happily ever after*” marital bliss story on the front page of the newspaper? I am ready to pay \$100 for each such story.

\$100, anyone?

Murders and treachery sell newspapers.

“Happily ever after” stories don't.

THINGS ARE NOT ALWAYS WHAT THEY SEEM TO BE.

Your image of “*mail order brides*” is the result of media framing – a purposeful interpretation of facts in the way that first of all benefits THE MEDIA ITSELF.

Media framing is no secret. This is what Paul McKenna, a former radio broadcaster, said about it (*highlights are mine*):

*“A highly effective communicator can reframe **anything** to create a different perspective or interpretation. In fact, there is so much ‘spin’ in the media today that about the only thing you can know for sure is that if you don't take responsibility for the frames you make in your life then someone else will!*

*“**The news media shape our opinions of the world** by which stories they choose to report. Rather than making those decisions based on what will help us make informed decisions about the world, all too often the*

mechanism for choosing what is featured and what gets left out comes down to what will pull higher ratings."

Just to give you an example, a couple of days ago I received a request from a popular Russian TV station. They are making a program about Russian women marrying western men (*for the Russian audience, of course*).

So, guess from 3 choices, what did they want from me?

- 1 – Contacts with happily married Russian-western couples;
- 2 - Contacts with our clients currently seeking a partner abroad;
- 3 – Contacts with Russian women who married western men and got into trouble.

If you guessed the choice #3, *you are right*: they are making a show why Russian women should NOT marry western men and what bastards western men are and how poorly they treat their Russian wives.

WHY?

Because:

- Bad news sells better. People enjoy hearing about problems that other people have. It makes them feel better about themselves. (*Why else would people watch Jerry Springer??*)
- Half of the TV-station audience are men. They won't be happy if the station promoted marriages to foreigners.
- The other half of the audience are women, and most of them are married – naturally, to Russian men. They would prefer to have their choice justified rather than questioned.
- There is no nation in the world that encourages flow of quality people out of the country: usually it's the most intelligent and capable individuals that emigrate.

MEDIA DELIVERS WHAT THEIR AUDIENCES WANT. They need to deliver news that will shock you and make you jump up to the ceiling, to boost their ratings, so more people watch this particular program. If the ratings fall, the advertisers withdraw their support, and the program goes off the air.

They also need to deliver news that most people WANT to hear. If people don't like what they hear, they just switch to another channel.

Even ONE bad show can significantly damage program's ratings and drive advertisers away. So media cannot afford any slips. They have to keep their ratings, so they must keep their audiences shocked and happy.

This is why you hear what you hear on the TV.

Because this is what MOST PEOPLE *want* to hear.

Now that you understand that you've looked at the phenomenon of Russian women dating western men through the distorting glasses of media, you can take these glasses off and find out what's REALLY going on here.

What really happens, is that "*mail order brides*" don't exist.

They aren't more real than Santa Claus.

There are men and women that seek **suitable partners** outside their national borders. The key word here is "*suitable*": these men and women aren't looking for ANYONE.

Men don't look for ANY woman; they are looking for women that are beautiful, young, intelligent, and have a good personality.

Women don't look for ANY guy who will give her the ticket: **they are looking for men that are attractive, stable, secure, fun to be with and have a good personality**. They are looking for their Dream Man.

Every woman secretly dreams about her Prince on a white stallion, who will sweep her off her feet and take her to his kingdom far, far away, where all her current problems will disappear.

What?

You thought Russian women did not have such dreams?

Then you don't know *anything* about women, my friend.

You see, we all evolved from the same forebears.

This is why all human females are driven by the same basic instincts in their search for a mate.

We want love, we want excitement, we want to be with a man we find special and who makes us feel special, and we want commitment from our males. That's in OUR GENES. We cannot change it, even if we wanted to. (*That's a very important moment and we'll discuss it in greater detail later.*)

For now, I just want you to realize that Russian women are not some kind of exotic beings. They are people like you and me and of course they are WOMEN.

It means they have *similar dreams* that your female friends have, and they have *similar desires* about what they seek in a man and in a relationship. And being human beings (*sorry for the jumble*), they ultimately want to be happy and they don't want to suffer.

So, Russian women seeking partners abroad certainly don't seek to become slaves or criminals, because this would go *against* the natural human aspirations to be happy and free.

In other words, they do not "*sell themselves*" and don't intend to pull an immigration scam. They simply realized the world is bigger than their home country and by searching beyond national borders, they *increase their odds* of finding the quality partner they are looking for.

They aren't stuck on getting married to a foreigner either. THEY STILL DATE LOCAL MEN AND **USE ALL OPPORTUNITIES** THAT COME THEIR WAY. If they find the right guy at home, they will marry him – and many do.

This is what an American man who visited Russia several times, spent six months there, dated dozens of Russian girls and talked to hundreds of people there, said about that:

Many ignorant people (who have never been to Russia) constantly claim that Russian women treat me and other foreign men much better because they are desperate to get out of their country. These people make snap judgments about something they know nothing about. This common claim is ignorant, laughable and easily disproved from every angle.

Most Russian women love to travel to places like Europe, America, or other countries for vacation but **not** to move there permanently (I don't think that in any country the typical person there is looking to leave it).

And even among those who do want to leave their country to live elsewhere, many of them prefer Europe over America because it's much more convenient to come back home to visit their families, and because European culture is closer and similar to theirs. Also, even among those who want to leave their country, most of them are not desperate. They are merely considering it as an *option*, not basing all their hopes on it.

They would consider moving abroad for the right man that they fall in love with, but it's not their goal in life.

This misconception arose partly because of the false image of Russian women portrayed by our egocentric media. One of the jobs of our media, besides selling news for its advertisers, is to motivate you to get up and go to work or school every day to keep our economy/society productive.

One of the ways of doing this is to make you think that other people are worse off than you and would give anything to be in your shoes. And of course, bad news sells better for the media and its advertisers, since people like to believe that others are worse off than they are and would give anything to be in their shoes, to keep themselves motivated in their current situation in life.

Most of the women in those online marriage agencies are not there for the sole purpose of getting out of the country. They are there because there is a shortage of good men in their country who can financially provide for them and they want to see if they can meet such a man elsewhere.

IF they meet that right man, **THEN** they will consider relocating to his country if he wishes.

But their main objective is NOT to get out of Russia!

Winston Wu

(Read the whole article at):

http://www.womenrussia.com/eight_reasons.htm

So, "mail order brides" as you picture them *don't* exist.

There are very *few* people in this world that would live under the same roof and have sex with someone they don't like, for food and shelter, unless they lived in a litterbin before.

And I can assure you that girls from Russian dating sites are *not* from this category (*in fact, 90% of them have degrees or are current college students*). They have jobs, they have friends, they have interests and hobbies, in short, THEY HAVE A LIFE.

They aren't desperate.

In fact, if you look at Russian dating agencies, you'll be astounded by the quality of women you find there. Want to check my claims? Go to <http://www.elenasmodels.com> and see for yourself.

Go to the site and see the ads.

Got there?

Great.

Now read the ads – don't just look at the photos, read what they are saying about themselves and the men they are looking for.

I am sure you'll feel like it's too good to be true. That's normal; all guys feel this way when they first see sites of Russian dating agencies.

I even know what thoughts are running through your mind now:

- *Are those girls real?*
- *Why they need to look abroad – are local men blind?*
- *What kind of men they are looking for – they are probably looking for someone rich?*
- *I'm just a normal guy – sure those girls won't be interested in me?*
- *How do I know she is serious about moving to America (Australia, Great Britain, insert the name of the country here) and not just scamming me to send her money for tickets?*
- *How do I know she is not just after Passport?*
- *How do I know she is not going to dump me, once she's got her Green Card?*
- *How do I know she is not going to steal my money?*
- *How do I know she is not marrying me just to get into the country, then divorce me and bring her Russian boyfriend here?*
- *There must be some catch... It just cannot be true!*

Sure there is a catch: you must shrug media brainwashing to see the things as they really are. Your mental attitude is EVERYTHING.

All the questions above are coming from the mental attitude of “*getting a mail order bride*”. With this attitude, the only type of person you can attract is “*mail order bride*” – a scam that will take you in.

Why?

Because your attitude will come through every bit of your communication, loud and clear, and the only type of person it can attract is, of course, *your* scamming “*mail order bride*”. You get what you are looking for. Catch-22.

This is why I say that you must not even THINK about “*getting a mail order bride*”. Because when you think “*mail order brides*”, you can only get a “*mail order bride*”.

It's quite obvious, isn't it?

To see the things as they are, you have to ***change your mental attitude.***

Your mental attitude is like glasses you are viewing your world through. When you look through a green glass, all things will look green. There is NO WAY you'll see something pink through the green glass.

After a while, looking through the green glass starts feeling like normal. You don't even notice that things are green anymore. But if you take off the green glasses, the change is *dramatic*. *It's like a whole new world is in front of you!*

To understand unique advantages of dating Russian women, you need to remove the green glasses of “*getting a mail order bride*”. Then everything will suddenly start making sense.

You will recognize that natural human aspirations to be happy and avoid suffering cannot be changed.

You will realize that the portrait of “*mail order bride*” is *contradictory* and it doesn't fit with the things you've learnt about women in general. You'll understand that the laws of attraction work just the *same way* for Russian women as they work for western women: they seek someone who is DIFFERENT from other men.

You'll appreciate that beautiful Russian women who list their ads with Internet dating agencies have a HUGE CHOICE and receive HUNDREDS of letters, and that ALL men who write to them can give them the Passport – so how is the woman to make her choice?

Of course she will choose the man she is ATTRACTED TO!

Even if her initial motive was immigration, once a woman started receiving all those letters, she'd have to start thinking **who to **choose**.** And once she started choosing, her natural instincts would make her choose the man she is attracted to as opposed to the man who is repulsive to her.

It is obvious, isn't it?

If both John and Jack want to be with her, and they both are from the same country, her decision will NOT be based on which country they are from! It will be based on other factors.

The more beautiful is the girl, the more letters she receives, and so the more choice she has. Only ugly girls don't have a choice and men don't want ugly women – they want beautiful ones.

You understand now that both parties, men and women, seek **suitable partners**. Where there is a choice, there is competition. Where there is competition, there is the law of attraction at work. *It just cannot be different!*

Summing it up: Dating Russian women has nothing to do with “mail order brides”. Real Russian women don't seek a passport; they seek *suitable partners*. You cannot meet a decent Russian girl if you think “mail order brides”.

Technique 2 – Why it is WINNERS that are dating Russian girls

There is no single man in this world (*correction: heterosexual man*) who would not want a woman who is young, beautiful, intelligent, educated, fit, stylish, sexy and has a good personality.

All men want a girlfriend like this!

The problem is there aren't many women who possess these qualities AND are unattached and available. Such girls usually have a string of admirers and an attitude. You might even think they are out of *your* league.

Think again!

In your country, this may be true.

But the world is so much bigger than that!

In some countries, things are exactly the opposite: There is a **huge shortage of nice, intelligent and stable single men!**

And with wonderful advantages of Internet, **your dating options are no longer limited by people living a short drive away.**

Just a few years ago, international dating opportunities were virtually nonexistent because there was no convenient and effective means of communication.

But then came the Internet, and our world *changed* once and for all.

Now, contacting somebody from the other end of the world is no more complicated than contacting your buddies! Anyway, the majority of today's communication happens via e-mail and phone.

Even the cultures grew closer!

The whole world is watching *American Idol* and *Survivor*, listening to Eminem and Britney Spears, admiring *The Lord Of The Rings* and *Titanic*, and reading the latest New York bestsellers.

We wear Malaysian-made jeans and Korean-made running shoes, and our kids play with Chinese-made toys. When you phone a toll-free number, someone in India, via the Internet, answers your call.

Jobs are increasingly shipped overseas where companies can save thousands of \$\$\$ by using discrepancies in the income levels.

We live in the age of the global economy.

That's a fact!

If you can meet local people via the Internet, why not *expand* your dating options and look globally where you can get a better deal?

This makes perfect sense.

Demographics of a particular country may provide an exciting opportunity for you to meet a partner of better quality than what is available for you at home.

Men-to-women ratios differ dramatically between countries.

For example, the latest figures from CIA's The World Fact Book show that in the United Arab Emirates, there are 186 males for 100 females! It's clear the competition for eligible females should be stiff there. If you were a single guy, getting a woman would be hard in the Emirates!

The lowest men-to-women ratios are in Eastern Europe, with countries like Russia and Ukraine having *only 86 males for 100 females*. There the situation is exactly the opposite: Eligible bachelors are more precious than gold.

So if you are a single male, exploring your dating options in Russia makes perfect sense.

Even the slightest differences in male/female ratios can make a big distinction in the battle of sexes. The bigger is the difference, the more *profound* effect it has on the outcome.

This is how it works.

Many people talking statistics forget about the effects of escalation by elimination: in other words, small differences in general population can result in huge discrepancies inside certain groups.

Let's say in the age group 18-45 in Russia, there are 95 males for 100 females (*the figures of 86/100 general rate are affected by the fact that women live longer; i.e. there are many more women in the age group over 65 than men*).

In Russia, most people in the age group 18-45 are married. Let's say 75% of people are married. It means, in the remaining 25% the male/female ratio will be already 80/100, i.e. 4 males for 5 females.

Most people that aren't married are attached and in long-term exclusive relationships. Let's say 75% of unmarried people are in exclusive relationships. This means, in the remaining 25% the male/female ratio is already 20/100, i.e. there is only 1 male for every 5 unattached women!

How stiff is the competition if there are 5 single women for every single man?

It is clear that 4 out of 5 single women have NO CHANCE of meeting a partner – *there are simply not enough men for them!*

You see now how the slightest differences in male/female ratios can escalate for singles in the couple's world?

Naturally, if something is in scarce supply, its value soars, and vice versa, if something is in ample supply, its value plummets. Beautiful women are plentiful in Russia and single men are rare.

Nice and stable single men are EVEN RARER.

THIS IS WHY you can get a much **better quality woman** in Russia – because men like you are special there!

There is NO other place like Eastern Europe to look for quality women!

You understand now about global markets. The same job that is salaried at \$5,000 a month in the USA might be salaried only \$200/month in India.

The same is applicable to dating markets.

High-quality women who would be considered elite in America — and whom you can only see on TV — may be **available** to you in Eastern Europe.

I am not joking or exaggerating. There are Russian women who work as TV presenters, models, actresses and medical doctors who seek partners abroad, and you can meet them online and in real life.

Why can't they meet anyone in their homeland?

Of course they can meet “*somebody*,” but not the type of man they are interested in!

I guess their reason for looking outside national borders is the same as yours: You can also meet “*somebody*”, but not the type of woman you are interested in.

Of course, if all you want is to get laid tonight, then looking outside your hometown would be a waste of time. What's the difference if she's a college dropout, ex-drug-addict and simply a nuisance if you never have to see her again?

But when it's about long term or marriage, it's time to get choosier.

There is a period in life of every man when he is no longer interested in having a new woman in his bed every night, when he wants a *meaningful* relationship with a great woman. When he just wants to settle down and have kids. **THIS HAPPENS WITH EVERY MAN.** If it hasn't happen to you yet, you can be sure it will one day.

Researches show that in their twenties and early thirties, women want *commitment* really badly, and men aren't interested much - and this is why women try all those tricks to “*trap*” men in.

But it all changes when they pass the mark of 37 years (*also called middle-age crisis*): men start wanting commitment more and women less.

*This is the time when many men realize that all the best women are already taken! And this is where you should remember about offshore dating. **This is where dating Russian women makes real sense.***

Just as you would not hesitate to accept a job offer that gave you a much better salary and career overseas, **you should not discount prospects of finding a better quality partner away from your homeland.**

And since you can get a much better quality woman in Russia than those available for you at home, **you are a WINNER!** You are getting MORE than all other men of your merits could get, because they never ventured outside their comfort zone.

What would you call a person who got more than others in his situation?
YES – **the winner!**

Summing it up: You can meet women of **much** better quality in Russia than those available for you at home. Men that are dating Russian girls are WINNERS, because they get more than others in their situation.

Technique 3 – How to boost your self-esteem to the sky in 30 days flat

You've been reading this manual for quite some time now, and I am sure you noticed the common point between all authors: they all emphasize that success with women starts inside YOURSELF.

Your attitude, your inner game, your mind-set – this is what matters the most.

This all boils down to self-esteem: either you think you are successful with women or not, *you are probably right.*

The gurus teach that once you **believe** you are successful with women, you automatically will be successful in your interactions with women in the real world.

This all is true and right, but there's one problem: An average man had more than a fair share of rejections from women in his life time. It is kind of difficult to believe you are successful with women if most of your latest exchanges with women ended in disaster.

So, the question is: *How can one gain the necessary self-esteem in order to start approaching women with the 'winner' attitude?*

The truth is that unless you are REALLY successful with women, you cannot *just* impose this belief on yourself. If you fake it, it will come out as fake – and women will *sense* it.

So, in order to **be** successful with women, you need to **believe** you are successful with women, and in order to genuinely *believe* that you are successful with women, you need to really **be** successful with women.

Vicious circle?

Not really.

What it means is that **you have to get out and secure some successes with women** – and **only then** you can boost your self-esteem and build the base for bigger successes.

But it is YOU, yourself, who *defines* what success means for YOU, and this moves the power into YOUR hands.

Most techniques of developing the habit of successful interactions with women are built on the principle of shifting the definition of success: you get out, do something basic, like saying 'Hi' to a woman (*any woman – not necessarily a beautiful one*), and congratulate yourself on your success.

You do not try to do something big; *you set smaller goals that are easier to reach*. Once you master it, you move to the next level.

But there is a BETTER WAY.

Nothing helps you boost your self-esteem to the sky faster than having beautiful women interested in YOU.

And by now, you know where you can score with beautiful women better than at your homeland: *among Russian babes!* Start talking to Eastern European girls and you can have your self-esteem boosted to the sky in 30 days flat!

I realized that when I started to receive reports from men dating Russian girls via Internet about their successes with local women.

YES, the guys would write to me and say, *"Hey, I've got this beautiful babe from Russia and I was going to travel to meet her soon, but I met another girl here at home and now I have to tell my Russian friend it's all over, how do I do it?"*

Other guys would talk about their self-esteem rising dramatically, once they started communicating with Russian girls, and third would directly admit their confidence levels *soared* and it had powerful effect on their interactions with local women.

Some guys would sign up for expensive membership and then suddenly cancel their profiles, and when asked “*why*”, they would say they met somebody locally.

At first I was puzzled but once I remembered about the power of self-image, everything made perfect sense.

What happened, online contacts with Russian girls were the ideal low-risk environment.

The guy could communicate with many women at the same time and he could see that even though some women rejected him, other women liked him and wanted to get to know him.

The rejections weren't painful, first, because the contacts were impersonal and there was no public humiliation, and second, even though some women rejected him, other women *were* interested in him – *and what women!*

The type of girls that he could only DREAM to get at home.

Another great bonus was *security*: If he were dating local women over the Internet and they were rejecting him, he could still fear that one day he would run into them in real life.

With Russian girls, there was no fear of running into somebody who rejected him; he had the total *power* over which women he wanted to meet in real life.

He was flirting, joking and having fun *with real women*, but there was no *pressure* of immediate meeting as it happens with dating local women online, simply because the girls were so far away from him.

In fact, the interactions with women were much like first dates, where people learn more about each other – the only difference was that the meetings were via e-mail, not in real life.

The guy had the time to think over the questions he wanted to ask and the answers he was giving, and see what brought him more success. He could try different flirting techniques and see which worked.

The fact that he was successful with beautiful women would boost his confidence and self-esteem.

This, in its turn, would show up in his interactions with local women – he would **not be desperately seeking approval**, as there were *many* women who were interested in him.

He would not accept any B.S. or bow to their gimmicks.

In other words, **he would behave like THE MAN WHO IS SUCCESSFUL WITH WOMEN.**

And he really was!

Many beautiful girls were *dying* to meet him.

With his increased confidence and subsequent attraction of local women, he had a choice then: Go out with local women and have sex today, or wait until he meets his hot Russian babes.

What would happen then, some guys would wait (*crazy ones*), some guys would have sex with local women today but still plan on meeting Russian girls, and most guys would go for local women and forget about Russian babes.

Time and time again, this was happening even with the guys who decided to give up on local women altogether!

The unique advantage of dating Russian girls is that you can get much better quality women there than those available for you at home: younger, sweeter, more beautiful, more educated, and more intelligent.

If you are 45 years old, your local options will be limited to women in their late 30th at best – in Russia 20-something girls will be interested in you.

THAT'S A BIG DIFFERENCE.

The change that you experience when beautiful women express their interest in you is striking. Knowing that beautiful and exciting women WANT to be with YOU, this is powerful beyond any means.

I know this from my own experience, just from another side: Once I learned that interesting, attractive and successful men were seriously INTERESTED IN ME (*very normal and ordinary by Russian standards*), my confidence and self-esteem soared.

I realized I had *the power to choose*.

Before that, in my encounters with local men, I was just trying hard to be chosen.

The change was incredible!

Try it for yourself.

This will be an *amazing* experience for you.

Just remember that women you will be talking to are *not* mail order brides and they aren't looking for immigration by any means.

They are not looking for a better LIFE – they are looking for a better quality PARTNER. And they can be yours, *if* you want to.

Summing it up: If you want to boost your self-esteem to the sky in 30 days flat, try dating Russian girls via Internet. You can get much better quality women there than those available for you at home, and the change you experience when you have many beautiful and exciting women interested in you is striking.

Technique 4 – What EVERY man placing personal ads on the Internet should know (this one is HUGE!)

Yes, this one is HUGE!

Absolutely EVERY MAN who ever placed a personal ad on the Internet, or who is going to do it in the future, MUST know that.

This can save you lots of time and effort, and probably hundreds of dollars in the long run.

It's about meeting Russian women through general dating sites. **PLEASE READ THIS INFORMATION CAREFULLY.** Even if it is the only thing you read in this chapter.

It's *essential* knowledge that every man using the Internet must know these days.

As you are aware, Internet brought us many wonderful opportunities but as any wonderful opportunity, there are always some drawbacks. Like, e-mail is great but e-mail viruses are a nuisance.

It often happens that the more exciting the opportunity, the more bad guys sneak around hunting for easy bucks. Yes, we'd like it to be different, but this is just the way it works.

So, with all the wonderful opportunities we have on the borderless Internet, we now also face a new generation of *international scams*.

One of the most popular Internet cheats is Nigerian “inheritance” scam: you

receive mail from a top African official who pleads for your help in transferring funds from his government account, and promises you several million dollars if you only allow him to use your bank account for the transaction. If you decide it's a good idea, the scammers will clean up your entire bank account.

Now, most people are aware of this one – *but some people are STILL buying into it!*

They simply never heard about this scam before.

I don't want something like this happen to you. And this is why you NEED to know what I am going to tell you.

I am going to tell you about another popular Internet cheat – and since you are a single man who is placing some personal ads online or will be placing them in the future, you WILL be exposed to this scam, and I don't want you to buy into it.

This hoax is Russian women writing to men through large online personals.

If you have ever placed a personal ad online, you probably remember getting some messages from Russian girls in response to your profile. Most likely, you simply deleted them and never bothered to answer. But you keep getting more. One day, it may happen you *will* answer.

Or maybe you contacted somebody who was listed as from your area, and in her responding email she says she is from Russia.

OK, if you recognize the situation, here is the thrilling news for you:

YOU WERE CONTACTED BY A SCAMMER!

Yes, this was NOT a real girl.

It was a criminal who wanted to steal your money.

! If you weren't looking for a Russian woman, and suddenly a Russian woman found you, IT WAS A CON.

You will **never** receive any legitimate mail from single Russian girls through large online personals.

Why?

First, payment for premium membership on such sites is in dollars, and it's *too expensive* for an average Russian woman's salary.

Second, when a Russian girl seeks somebody internationally, she will look on the sites with *ads of Western men seeking Russian women*. Would you look for a Russian girl on a Russian website that publishes ads of girls who want to meet somebody *locally*?

No, you would look at the Web sites with ads of girls who want to meet somebody *internationally*. Any normal person would do the same.

Normal, REAL girls apply to Russian dating agencies that offer international introductions.

These agencies are FREE to women; they only charge men. There are thousands of them on the Internet, and dozens in any Russian city – and they vigorously advertise in Russia to ensure continuous flow of new female clients.

If a girl thinks about looking for somebody internationally, there are HUNDREDS of ads of international dating agencies in local newspapers for singles.

So tell me, what is the chance of a girl paying 30% of her monthly salary to send a letter to only one man (*you*) through a large online dating site where men look for somebody locally when there are HUNDREDS of sites that offer introductions to Western men for Russian women *free of charge*?

Realistically?

Zero, nada, none!

All those people who say they love you and want to meet you and have a way to secure a quick visa to your country are lying to you and **only want to steal your money!**

NEVER, EVER SEND MONEY TO ANYONE YOU HAVE NOT MET IN PERSON!

For any reason whatsoever (unless you don't mind to sponsor a hairy Boris).

YES, scammers are mostly men.

They only use women to receive money transfers, and those women don't look a single bit like pretty girls from photos sent with love letters. (*Click*

here to see what type of women scammers use
<http://www.womenrussia.com/vesti.htm>.)

So if you thought they were real girls stealing money from gullible Westerners, it is not so.

It is a simple scam where photos are of one person (*often stolen from the Internet; there were even scammers using **my own photos** downloaded from my Web site!*), letters written by another person (*usually a man, he knows what makes other men tick*), and money received by a third person ... everything's fake: letters, photos and feelings.

I am always bewildered why media reports about those scams talk of 'Russian women scamming men'.

Dating scammers are regular criminals!

No one talks about 'Top African officials scamming public' reporting on Nigerian scammers. The correct heading for those stories would be 'Russian criminals steal millions of dollars from users of Yahoo Personals, Match.com, Lavalife and other online personals'.

This would reflect what really happens there.

Do not send money!

If you send money to someone you never met, you are sponsoring Russian criminals and make them flourish.

Don't do it.

Also, **don't bother even answering any contacts from 'Russian girls' you get through large dating sites** – you will only waste your time and effort; you'd rather talk to someone real, wouldn't you?

If you want to explore your options with Russian girls, you have to go to sites of specialized *Russian dating agencies* that list profiles of girls seeking someone internationally.

I strongly advise you to **choose sites of western-based agencies that have thousands of profiles in their databases** and can offer you splendid choice. Those sites will always accept payments by credit card and have their contact details available: phone, fax, address etc.

This is where you can meet real Russian girls who are legitimate. Avoid sites that charge for correspondence (*i.e. you pay for each letter sent and received*) and opt for the sites with membership.

P.S. *If you do not believe me and think I have some hidden agenda advising you against large personals sites: OK, answer those 'girls' that write to you. The pattern you will see will be that no matter what you say to 'her' (even if you tell her she is ugly), she will quickly fall in love with you and will want to visit you. Earlier or later 'she' will ask for money to pay for visa/ticket/insurance/her grandmother's funerals/some bribe to get her out of trouble – there WILL be a money request. When you get the money request, you will have the proof it IS a scam. This will happen with EVERY contact you receive through large personals sites.*

P.P.S. *IF you still don't believe me, send the money. No one will ever arrive to join you – that's for sure. If you get to that point, send me your story to idiots@womenrussia.com - I will collect them and publish for all future idiots that don't want to believe me. I AM IN THIS INDUSTRY FOR SEVEN YEARS. I KNOW EXACTLY WHAT'S GOING ON HERE. Large personals sites are responsible for 99% of scams where men were scammed by a 'Russian woman'. Don't send money!*

Summing it up: Do not mix up real Russian women with Internet criminals. A real Russian girl will NEVER write to you out of blue, quickly fall in love with you and ask for money for tickets to join you. If you were NOT looking for a Russian woman and "Russian woman found you", this is a SCAM. Save yourself time and effort and disregard such contacts coming from large online personals.

Technique 5 – The MOST important step on the way to meeting the woman of your dreams

OK, that all was theory.

Let's get to the action.

But before we start, let's revise the basics of success in any venture.

The very basic principle of being successful in anything you do is to know what you want.

This principle is very simple indeed, yet so many people overlook it, especially in such things as love and relationships.

Many still believe that love and relationships are something that should happen to them “*naturally*.” Their motto is, “*Let’s get the ball rolling and then we’ll see.*”

What’s wrong with this approach?

Let me give an example.

Let’s say you decide to visit Paris, France.

You first decide about your destination, and *then* you budget for the trip, find a travel agent, buy tickets, book accommodation, get time off work, find a lift to the airport, pack your bags and so on.

You do not pack your bags first and *then* decide where you want to go because **it is the destination that determines what you put in the bags.**

If you “pack your bags” *before* deciding where are you going, you are doomed to pack the wrong things!

Of course, you might have to check with a few travel agents before you find a good deal, you might not find flights on the exact dates you want, or you may dislike the girl at the check-in counter, but **once you know where you are going, you can be flexible in the details.**

It’s the same with relationships.

You must decide from the *beginning* what you want from a relationship and what kind of person would be right for you, and **then** go and look for this person.

Knowing what you want from a relationship in advance makes everything so much easier. You have a mental image of Miss Right in your mind, and you will naturally size up all the women you meet against this image.

You will spot the right woman straight away, and you will know what to put **into** a relationship in order to get it right. (*Don’t worry, I will tell you later what women are looking for!*)

You may have more than one goal in mind.

For example, you may be looking for a long-term relationship with a view to marriage, but at the same time, you want to enjoy short-term relationships with people you do not consider good candidates for a long-term commitment.

There's nothing wrong with that!

But you **still** need to know what *kind* of person you want for the long term so you can determine which candidates don't fit.

You can have all the fun you want and *still* be on the lookout for Miss Right at the same time.

But remember: **These are two different goals, and you are likely to seek two different types of people for them.**

Try to imagine your Dream Woman: *What does she look like?*

- *What age is she?*
- *Is she tall or petite? Is she slim, athletic, plump or just of normal build?*
- *Is she of fair, olive or dark complexion?*
- *Is she blonde or brunette? Is her hair long or short? Curly or straight?*
- *Does she have light or dark eyes?*
- *Does she have a straight or turned-up nose?*
- *What is the shape of her lips?*
- *Does she have dimples when she smiles?*
- *Does she use cosmetics or go natural?*
- *How large are her breasts?*
- *Does she have a 'womanly' figure with curves or is she model-like?*
- *What are her main personal traits?*
- *Is she the outgoing or quiet type? Sweet or bitchy?*
- *What is she doing for a living?*
- *Did she graduate from a college or does she only have a high school qualification?*
- *What are the interests you are sharing with her?*
- *What kind of clothes does she prefer: casual or smart?*
- *Does she wear high heels or sneakers?*

Try to answer all these questions and *imagine* the woman you are looking for, as if she was in flesh and blood in front of you. If it helps, combine features of the women you know.

Just by answering these very basic questions, you already will be *way ahead* of most guys hanging out in singles' bars.

But if you want to REALLY go for your dream, **WRITE DOWN YOUR ANSWERS.**

It will only take you a few minutes.

If you are unsure about certain things, that's OK.

Just put ALL possible features on the list.

For example, you don't mind her hair color. Put on the list, '*blonde, brunette, redhead or brown-haired*'.

I suggest you get your own "*Dream Woman*" scrapbook and put there your *description* of your Dream Woman that you have just written and photos of women you find attractive – you can cut them from magazines, newspapers, make print-outs from the Internet, *anywhere*.

This may feel silly at first but it works *astoundingly*.

You won't believe it but you will quickly see the pattern in their appearance that you may have never noticed before.

Do not delay; write down what type of woman you want to meet NOW! It will only take you five minutes to compile a basic description. You can add details to it later.

Summing it up: Decide what type of relationships and what type of person you are looking for **before** you go hunting!

Technique 6 – Why it is easier to get a quality woman for a long-term relationship than for the short term

It is a well-known fact that **women dislike short-term relationships "with no strings attached."**

The reason for that lies in their *nature*.

We are both biological and *intellectual* creatures, with biology being the basis. We need the biological basis that enables us to think, i.e., our brain. We can have a brain and be unable to think (*as when a person is in a coma*), but we cannot think without having a brain.

In fact, we have 4 brains:

Somatic brain - This brain came first in evolution; it existed in the simplest organisms hundreds of millions of years ago. This brain plays a major role in digestion and production of hormones. In humans, it is located mainly in the gut.

Reptilian brain - This brain is responsible for more complex body functions such as heartbeat, breathing, swallowing, following visuals and startle response.

Limbic brain - This brain appeared in mammals after millions of years of evolution. It is responsible for emotions and some new functions that reptilians did not have, such as suckling milk from a mother. The limbic brain combines the input we receive from our somatic and reptilian brains into our sense of **emotion**.

For mammals, emotions helped them to react faster to changing environments. Such emotions as fear come before any reasoning and prompt a quick action. The limbic brain is our **subconscious** mind.

Neocortical brain (neocortex) – This is the brain that developed last during evolution. It is the largest part of the brain, comprising more than two-thirds of its mass.

The neocortex is responsible for abstract thinking and nonverbal intuition: language, judgments, morals, goal management, creativity and our sense of self. The neocortex is the instrument that gives us some control over our emotions; it is our **conscious** mind.

All those 4 brains are working together in today's humans – *including you!*

But lower brains are **the basis** of our nerve system.

This is why the nerve circuits connecting our receptors (*eyes, ears, nose, etc*) to lower brains are often **faster**, in particular connections to limbic (emotional) brain that is located inside the neocortex (conscious brain) in our heads.

The input from receptors goes **directly** to limbic brain but it passes longer circuits to neocortex.

In other words, we see someone, develop an instant emotion (*like or dislike*), and ONLY THEN our conscious brain starts analyzing what we've seen.

The difference in time the impulses arrive to our limbic (emotional) brain and neocortical (conscious) brain can be only hundredth parts of a second but it makes HUGE difference.

It means that our subconscious precedes our conscious and by default: our conscious mind only looks for EXPLANATIONS why we have this or that emotion about certain people – but it cannot change this emotion.

Now, what does it mean for you?

It means that when you meet a woman for the first time, she instantly develops an **emotion** connected to you – *before you even said a word!*

What's more, she might not even be AWARE of that emotion *until* you approach her – but the emotion is ***already there***.

She saw you for a couple of seconds when turned to her girlfriend – BUM! She already has some (unconscious) opinion about you. *S-s-s-scary..... isn't it?* 😊

Relax, it is entirely up to you what this opinion holds; in fact, it's so easy to influence this unconscious opinion, you will wonder why all people aren't doing that (*and why you have not thought about that before!*).

But I am running ahead; we'll talk about it shortly.

Now, let's go back to human nature and how it relates to sexual preference.

Our sexual strategies are mostly shaped by our ***biological*** nature. This means, ***the way we make our mating choices and our mating criteria are firmly imprinted in our subconscious mind.***

It also means that we cannot reasonably change it.

It is our subconscious mind that supplies us with decisions that we relate to as "*chemistry*" with its apparent lack of logic.

This is why it often happens that your mind and your heart will tell you opposite things.

This is why you often wonder how women can be attracted to certain guys.

Doesn't she have eyes?

Yes, she does, but they're no help: *Her sexual choices are made by her unconscious brain, and it's telling her this guy is great!*

Why this is so?

Let's go back in our history where sexual strategies were formed some hundreds of thousands of years ago.

At that time, humans lived in caves, women collected fruit, and men hunted game.

For a child to survive, he had to have a mother, who was looking after him and feeding him breast milk, and for the mother with a small child to survive, she had to have a man who was supporting her.

Why would a man support the mother with a small child?

Because he was in love with her, and also because he thought the child was his.

Actually, according to scientists, **romantic love evolved exactly for the reason that the father would support the mother through the first few years of child upbringing.**

Children of fathers that stuck around their mothers for longer, were better off and survived disproportionately, passing on their genes, and thus promoting romantic love as a survival benefit for future generations.

Since humans are biological creatures, **our very basic reason for existence, or purpose of life, is life itself.**

Every creature wants to live forever.

This is not possible in our mortal bodies, but it is possible to pass on our most important part — what makes us unique, our **genes** — to future generations.

And this is what every biological creature, from jellyfish to elephants, strives to achieve: *“Pass it forward.”*

Every one of us is the result of an unbroken chain of ancestors, each of which managed to attract at least one sexual partner.

We carry their genes.

In some sense, **YOU ARE THE PICK OF EVOLUTION.**

Millions of dead ends of your species were eliminated because they died without producing offspring, but you are alive and here today!

This is something to be proud of and not taken lightly.

Just think about it: You’ve got the responsibility to pass it forward. You do not want to be the dead end of evolution, do you? 😊

OK, let’s come back to our nitty-gritty.

We were talking about short-term and long-term relationships and why men are more eager for the former than women.

As we discussed, our sexual strategies are imprinted in our **subconscious**.

They are based on *instincts* — the wisdom of hundreds of thousands of generations of humans living in prehistoric times. The newest changes brought by civilization are not reflected there!

We still feel the way our prehistoric ancestors did: with our limbic brains.

For generations, women would pay much higher a price for short-term sexual encounters than men.

A man can father hundreds of children a year (*he only needs enough willing partners for that*), while a woman can produce only one child about every other year (*no matter how many willing partners contribute*).

Historically, the more sexual partners a man had, the more children he could produce, the *higher* his chance to pass on his genes. Even if some women were of bad quality, he would not have lost much if they carried his children.

A woman cannot afford such a mistake.

It takes her too long to mother a child.

A child of a man with bad genes would struggle to survive, and it would mean her own genes might be eliminated, too. That is why women are biologically determined to seek out men with good genes.

But in humans, genes alone do not determine whether a child will live or die.

Our larger brain, *the neocortex*, is the reason human babies are born so immature that they are unable to care for themselves for many years. They physically cannot be born mature, as they would not be able to get through the birth ways.

A human baby needs an adult to take care of him for many years (*as opposed to a few weeks with other mammals*) before being able to provide for himself.

In prehistoric times, this meant a woman was unable to get food for herself and her baby and needed someone else to provide for her.

SHE NEEDED A COMMITTED MALE.

This is why women are naturally looking for commitment in a man, and this is why they are less interested in short-term sexual relationships than men.

This is also the reason why married women are more likely to entertain short-term relationships than single women: *They already have a committed man to provide for their children!*

It works on the **biological**, or **subconscious**, level.

Even though today's women can provide for their children on their own, they are still biologically programmed to look for committed men who can provide for their children, even if they are not looking to start a family.

What gives?

- *If you seek a “no stings attached” relationship, married women are your playing field. They are purely looking for good looks and harmlessness (she must be sure you will not tell her husband). The easiest way to meet them is at supermarkets and their homes (if you are a pool guy, carpet cleaner, plumber, etc.).*
- *If you seek a relationship, the criteria become more complex: You will be evaluated from the point of view of providing for a family, leadership and commitment. Good looks alone are **not enough** (and may not even be needed).*

Summing it up: Women consider commitment indispensable when it's about long-term relationships. Even if you score low in the looks and money department, your commitment can make up for those.

Technique 7 – Why do you need to check your options with Russian women

Before you move any further, I want you to check your options with Russian women.

I believe that most men can find in Russia a woman of much *better quality* than those available for them at home but you don't have to take my word for that.

Go and see for yourself.

For example, on www.elenasmodels.com, go to “Advanced Search” page and include parameters of your Dream Woman. You can select age, height,

weight, education, knowledge of foreign languages, presence of kids and marital status — even eye color and hair color and length!

There is also a box to enter your own data, such as age and race, so you can pull up only the profiles of girls who are seeking a guy like you.

There is also a facility to search by last activity and the date of publication, but for the purposes of our investigation, leave it unchanged (“not important”) for now.

When you’re finished entering your details, click on “Search”.

Do you see how many women who meet your requirements want to meet a guy like you?

Check their profiles; see what they are looking for – do you fit?

Check what **age difference** they list in their preferences for a partner. This will give you an indication of what is realistic in your search and what is not.

You can play around with the search and remove some parameters or add new restrictions.

I suggest you remove the age requirement from your search (*leave your own age!*) and see what the results are. You might never have realized what kinds of women are available to you!

Remember what your Dream Woman looks like? (**Technique #5**) Now it’s time to use that information. See if you can find someone who fits the exact profile of your Dream Woman. If you find several potential candidates, *it’s worth giving it a try*.

And yes, these girls are for real.

No tricks.

Of course, you still have to win her heart – but hang on, I am here to make it easy for you.

You might be wondering if you are the type of man these women are looking for.

What Russian women are looking for in men, anyway?

Glad you asked! 😊

Yes, there are certain things ALL Russian women seeking partners abroad are looking for, with no exceptions.

First of all, if Russian women decide to look abroad, they do it because they seek a *committed relationship*. If they needed a sexual escapade, this they could find it at home.

So in order to be successful with Russian girls, you have to either *be looking* for a committed relationship, or *pretend* to be looking for one.

Even if you want to offer her an exciting life full of 5-stars hotels and international travel, she won't be interested unless you promise to marry her.

Seeking a committed relationship is the main reason why Russian women decide to look elsewhere: **they really, REALLY want to get married.**

Why?

In Russia, a woman is not considered as respectful and successful, unless she is *married*.

Russians marry early and by the age of 22, most women are married (how crazy it may sound to you). If she is over 22 and unmarried, this is a sign of some defect and she may be considered as a candidate to 'old maids'. It is the social archetype.

You see, during the 20th century, Russia had many wars, with World War II alone taking twenty million lives. Another twenty million people died in Stalin's concentration camps. Nearly 90% of those victims were men.

After WW II, simply having a man was a blessing.

Then there was the fourteen-year Afghanistan conflict in which many more young Russian men died. Throughout the entire 20th century, Russian women had to fiercely compete to ensure they had a husband. Now they have Chechnya – which started just a few years after Russian troops left Afghanistan.

So for many generations having a husband was *the definitive sign of success* for Russian women: she did better than most others. This is how the archetype of husband as the symbol of success developed.

They still have a 5% official death rate in Russian Army (real figures may be higher) – and ALL Russian men over 18 have to serve in the Army for 2 years, this is compulsory. It means 100 boys go to Army and only 95 return home. This is one of the reasons why men/women ratios drop substantially after the age of 18.

So, *commitment* is certainly the most important thing Russian women are looking for in foreign men.

Besides commitment, Russian women seek men who are (*qualities most often mentioned in personal ads, in priority order*):

(1) intelligent; (2) kind; (3) financially secure; (4) marriage-minded; (5) have a sense of humor; (6) non-drinkers or social drinkers only; (7) faithful; (8) decent; (9) physically fit; and (10) good-looking.

As you can plainly see, appearance is not of the greatest importance on the list of Russian women's priorities.

They are more interested in a *good heart* than good looks.

"Good looking" means for them that you are *neat* and *tidy* and *well dressed*.

You can be overweight and unfit but still be considered *"good looking"* as long as you take care of your **overall appearance**. It will not hurt if you have a great body, but if you don't, *don't worry*.

In Russia, the way a man dresses is more important than his body.

"Financially secure" means you have a stable job and are able to provide for a family of three, *not that you are a millionaire!*

This is a requirement that will fit virtually any employed man; so as long as you have a job and are not living under a bridge, you are *"financially secure"* in the eyes of Russian women.

A Russian woman will *never* ask you what car you drive, or if you own your home or how much it is worth. She may ask who you live with, because in Russia, many people live with their parents and even grandparents.

That's about it!

As you see, Russian women are not too demanding. But in their country, they cannot meet the type of men they want to marry!

The biggest problem is with finding men who qualify as **financially secure, non-drinkers or social drinkers, and faithful**. Yes, there ARE such men – but virtually all of them are already married!

And this is why you can be special in the eyes of Russian women – because most western men easily meet those simple requirements, and most Russian men don't.

Russian women are genuinely attracted to western men - not because they live in a better country but because they are better quality *“relationship material”*.

They are very DIFFERENT from their local options. Russian demographics and social archetypes make you very special for Russian women.

Summing it up: Check your options before you move any further. See the difference between the kind of women available to you at home and the kind of women you can meet in Eastern Europe. If it does not seem worthwhile, you can save yourself time and stop reading now! 😊 If you are a normal western male without harmful addictions, you WILL be able to find in Russia a woman who will be sincerely attracted to you.

Technique 8 – How to be realistic in your search for your Dream Woman

The usual reaction from men after they have checked their options with Russian women is, **“WOW!”** They did not expect that such beautiful women could be available and unattached and seek somebody like them.

This is a great advantage, but it may turn out to be a disadvantage as well.

Some guys get carried away with the possibilities and become greedy, trying to find a woman who is perfect in every way, and the younger the better.

This is why I insisted you write down your expectations in Technique #5. This will keep you right on target. *(If you have not done it yet, go back and do it NOW!)*

Don't lose sight of what you are truly looking for: **a partner for life.**

Don't go for the youngest woman you can get.

Think what would happen a few years down the line when she's married to you. Even if she now thinks your age difference is OK, this may change once she is in your country. Even strong feelings can weaken under societal pressure.

You can find in Russia a woman much younger than yourself, but the greater your age difference, the less the probability of your marriage surviving.

Age difference up to ten years is safe. If your age difference is greater, you must have certain things in common that will help cement your marriage.

*(In my book **"How To Find And Marry A Girl Like Me"** I discuss this matter in detail, with practical examples and ways to **stretch the acceptable age** difference without compromising the strength of your marriage.)*

Don't stray too far from the initial draft of your Dream Woman.

After all, this is what you actually believe would make you happy in a mate, right? Use it as your guide.

You CAN get this type of woman in Russia, and you *will* be able to keep her.

If you find a woman who is much more than your initial draft, most likely you will, sooner or later, start to worry if she is going to stay with you — and she will **feel** your insecurity; women are very good at that.

This is where all those mail-order bride horror stories you have heard about start — the guys got carried away and went for women they could not keep.

Do not forget about the differences in global dating markets. You may seem like a fairy-tale prince for her in Russia, but in your country stable, faithful and kind men are a plenty.

Keep your requirements realistic, and you will be much happier in the long run!

***P.S.** From time to time, I get letters from guys that are in their fifties or sixties and they want to marry a girl in her twenties. They say they are not interested in older women and would rather stay single than marry somebody 10 years younger than themselves.*

They say they talk to 20-something girls and the girls like them.

YES, this may happen.

It is possible that through the virtue of your experience and confidence, young girls will be attracted to you. They may even fall madly in love with you. You can even marry them. But if you do it, you must be prepared that earlier or later she will want to go. Consider it a borrowed time. Don't think it will last forever and don't be surprised when it ends. Enjoy it while it lasts but be prepared that it WILL end, and when it does, be prepared to end it gracefully and let her go.

Make sure there are no money battles.

*Certainly, do not tell her that she is going to leave you one day, and don't fear it – just enjoy your every day with her. That's the best advice I can give you. If you enter a relationship with such age difference, there is **no way** it will last forever. Recognize it now, and don't have hard feelings.*

SHE IS GIVING YOU THE MOST VALUABLE THING FOR A WOMAN – HER YOUTH.

Understand it and be grateful for every day you get to spend with her.

*Summing it up: If you intend to relocate to Russia, you can go for the best woman you can get, no problem. But if you want her to relocate to **your** country, go for a woman you will be able to keep.*

Technique 9 – What is the best way to meet high quality Russian women

There are two general options:

- (1) Going there and meeting women “live,” or*
- (2) Start communication via the Internet and then visit your virtual girlfriend(s).*

Here's a list of advantages and pitfalls of each option:

1) Going there and meeting women “live”

Advantages:

- a) You just go there and meet “the real person.” No failed expectations.*
- b) Women judge you at “face value.” They have no idea whether you were divorced three times, have six children or dropped out of high school.*
- c) You can meet many women and are not bound to any one person. No reservations about being unfaithful.*
- d) Less prone to manipulation. It's more difficult to lie face to face than in letters.*
- e) Saves time. Just jump on the plane and go (you will need a visa for some countries).*

Drawbacks:

- a) You have to approach the women. Don't assume they will just throw themselves at you! 😊*
- b) You don't know anything about the women you meet. You have no idea if they were divorced three times, have six children or dropped out of high school.*

- c) *You need to prove yourself to each woman. They don't know anything about you, and they are wary.*
- d) *The number of women you can meet is limited.*
- e) *If you don't know the language, you may struggle to communicate or find women who can speak English.*
- f) *Most women don't want to emigrate. Even if you establish a relationship, she will most likely refuse your offer to relocate to your country.*

All in all, if you are reasonably good-looking, *sociable* and *outgoing* and easily *connect* with people, this approach may work for you.

The biggest problem with this approach is that you need to find **women who are ready to relocate to another country** – and most women aren't.

So even if you managed to meet a nice girl and she fell in love with you, it does not mean she will move with you.

Usually men who choose this option go to local dating agencies that offer introductions to foreigners and ask them for help in meeting girls. This way you meet women who have already decided they would emigrate if they find the right person, and these women usually speak English.

2) Start communication via the Internet and then visit your virtual girlfriend(s).

Advantages:

- a) *There are huge databases of available women. Your playing field is the whole Internet.*
- b) *You can select only the women who meet your requirements. No surprise discoveries.*
- c) *You can communicate with many people and see who is the most suitable for you, and you can do it simultaneously.*
- d) *People are more open when they are dating online. She may never tell you in person what she can reveal in her letters.*
- e) *You can impress women with your depth. For many people, it is easier to express themselves in writing than in person.*
- f) *Women can learn about you and grow to trust you. You meet in person as friends, not strangers.*
- g) *Online dating is safe and you can check her background before you meet in person. No nasty surprises.*

Drawbacks:

- a) *You don't know who is behind the pretty picture. She could post her photo of ten years ago.*

- b) More prone to manipulation. Is it this pretty girl who writes the letters to you, or is it a guy who wants to steal your money?*
- c) She can communicate with many people and do it simultaneously. You fall in love with her, but she can still choose somebody else.*
- d) She can try to impress you with her non-existent qualities. It's not easy to verify them.*
- e) You have to wait for a bedroom meeting for quite a while. 😊*
- f) You can meet and find you don't like each other in person.*

All in all, this option is much safer in terms of personal involvement and expense: You give it a try, and if it does not work, you don't lose much. If you are shy and don't feel comfortable approaching women, this option may work better for you.

Most men that marry Russian women usually use the second option, and this option makes more sense for me too.

You can find many sites of Russian dating agencies on the Internet. As I said previously, I strongly advise you to use websites of western-based agencies as opposed to Russian-based. The reason for that is simple: you get a better value there, and you know you are dealing with a legitimate service.

Large western-based agencies have thousands of profiles in their databases and they are not afraid to lose some girls because they have found someone. They work on numbers; even if some girls become unavailable, there will be hundreds of new ones next week.

Many western-based agencies will offer you membership options similar to personals sites where you can have unlimited contacts with female members. Those sites list women from multitude of locations and they do not interrupt with your contacts with women.

Russian-based agencies usually have only women from a particular city where the agency is located, which is several hundreds at best, and they don't really want to lose their best girls who bring them most income. They may, consciously or unconsciously, sabotage your communication, especially if they have personal contact with women.

Avoid sites that charge for correspondence (i.e. each letter sent and received), both western and Russian-based – they are VERY expensive in the long run and you will not get a fair choice because you are limited in your communications.

Many men who decided to set up their goal on finding a high quality woman in Eastern Europe join several dating sites. From my point of view, this makes perfect sense.

How important is it for you to find THE RIGHT WOMAN? What value would you place on finding YOUR SOUL MATE? Decide from the beginning and act accordingly.

Summing it up: You CAN meet a nice girl in Eastern Europe, no doubt about it. If you are committed to the idea, go ahead and choose the most comprehensive option. You get what you pay for. If you are unsure that meeting a Russian girl is what you want, start small and write a few letters, and then take it from there.

Technique 10 – What you need to do BEFORE you sent your first email

If you are going to start talking to Russian women via the Internet, don't just jump in and email to every pretty face you can find.

This will definitely fail, and you may decide the whole idea does not work for you.

The idea is flawless, and it can work for anyone.

The key to success is to *do the right thing*.

You need to be prepared and do what will score high with women and be sure to avoid doing the wrong things.

It is easier said than done, but hang on; I am here to help you! 😊

Of course I won't be able to tell you every little thing here — it is beyond the scope of this book — but I will tell you the most important things.

(If you want a more detailed tutorial on letter writing, you will find it in my book ["How To Find And Marry A Girl Like Me."](#))

The first thing is to prepare your own information. You will need to do it before you send your first "Hello," as it takes time and you don't want to look sloppy; you might never get a second chance.

This is where you must ensure none of the mail-order bride nonsense blurs your vision.

Yes, these beautiful women you see on Russian dating sites are *real* and *available*, and they are indeed *seeking Western men for partners*.

You can contact them, and if you say and do the *right things*, you can marry one of them.

But if you contact them and say and do the *wrong things*, they will reject you; they are NOT desperate and are NOT just looking for a way out of Russia.

They are looking for love, respect, security and, most of all, their **destiny** and **husband**. They are looking for a gentleman.

If you are arrogant and think you can buy yourself a wife, that you would be doing her a favor by writing to her, you will only attract gold diggers; honest women will avoid you. **If you treat them like trash, you will attract only trash.**

This is why the way you present your information is so important.

Go about this process as you would go about finding a new job. You need to prepare a quality résumé, do your homework and find out about the company you are applying to, adjust your résumé to the needs of the company and position you are interested in, and present yourself well at the interview. If you skip or fail one of these steps, you are out. So, do everything to the best of your ability, for **finding a wife will have a much bigger impact on your life than finding a job.**

I have seen men send in letters that say something like, “Hi, I am Jim, you’ve got lovely legs! Are you real??? Just checking,” with a screenshot from a webcam attached, which deforms the face and makes most handsome guys look silly. Do such introductions get a response, ANY response? Guess.

NOPE. Such letters end up in the trash.

You don’t want your letters to end up in the trash, do you? 😊

So take seriously the task of preparing your own information.

You need to write **at least** one to two pages about yourself, your life, what you like and dislike, where you live, your work, your education, whether you have been married previously and, if not, why. *(A good answer? Because you were first busy with your studies/career, and when you had established yourself, you could not find the right woman, as most were already married.)*

Prepare your information from the point of view of what a Russian woman wants to find in a man (see **Technique #7** for the most important qualities that Russian women seek in men). All Russian women want a man who is intelligent, kind, financially secure, marriage-minded, faithful and who doesn’t drink too much (yes, it’s true: Russian men’s drinking habits are Russian women’s nightmares). These are the most important qualities to emphasize.

Do *not* offer to take her out of her misery, and do not say you can offer her a better life.

She is looking for a *suitable partner and romance* that will clear clouds from the sky; she wants a guy who will sweep her off her feet, **NOT an escape from her beloved homeland.**

Do *not* say anything bad or insulting about her country; it is her native land, and she is proud of it.

Do *not* write in length about your divorce or its reasons, and do not complain about Western women and what you dislike about them. Doing so will give the impression that you are only writing to them because you cannot get anybody at home.

Do *not* lie about your age or anything else. Once the truth comes out, she will be disturbed by the fact that you lied to her and will not be able to trust you again.

If in doubt, look at the profiles of women who interest you and write something similar.

If the agency you signed up with only provides you with contact information of the women, then include the information you prepared in the email you are sending (one-liners won't work here). Most Russian girls have access to email these days – you certainly want to meet someone you can communicate with easily.

And the type of woman you are looking for – intelligent, classy, and modern – will certainly have access to email. So when I talk about sending letters, I mean email.

If the agency you signed up with allows you to place your own profile on their site, you should use this information to compile your profile. Take your time when doing that, then come back in a couple of days and read it again.

If you are happy with your profile, start contacting women by sending them a short (1-2 paragraphs) witty note commenting on something in their profiles. If you do not receive the response you desire, change something in your profile and see how it goes. Try lots of things, keep what works and ditch what doesn't. Don't take it too seriously – it's not life or death matter. Have fun!

Summing it up: “By failing to prepare you are preparing to fail” (it's not me, it's Franklin 😊). Put effort into the preparation and it will pay back tenfold. Don't think a Russian woman will jump on you just because you are a foreigner; you will still need to win her heart.

Technique 11 – How to use photos to gain advantage over your competitors

When I view men's ads, I cannot stop wondering what they think when they post their pictures.

Do they really think somebody will be attracted to a photo of an unshaven man with a bear belly and disheveled hair?

Or do they think their most attractive feature is their citizenship and they shouldn't bother any further?

If you want to impress Russian women, you need to look neat, stable and friendly.

Just like your press publishes horror stories about Russian brides scamming gullible men, newspapers in her home country publish horror stories about Western men locking girls up or selling them as sex slaves.

She must be sure you are not a swindler or an axe murderer.

Where can she get this information?

From your photo, of course!

If you look kind and stable, she will think you ARE kind and stable. If you look like you did not wash for a week ... well, this is exactly what she will think, not that you were working in the garden the whole morning!

You do not need to be a movie stud to look good in the photos. As long as you look stable, secure, neat and friendly, you will pass.

Surely, being handsome won't hurt, but if you are not, don't worry: Just follow my instructions and you will score more than a hunky dude.

There are some cultural specifics about photos:

- Russians believe that for formal introductions (such as your introduction letter or your personal ad) you must look formal. This means a **suit and tie will work the best**. Yes, such clothes may look ridiculous in Western personals, but for dating Russian women, that's exactly THE THING. It is proven that men in suit-and-tie photos receive **300% better responses** — and from better-quality women — than non-professional photos in shorts and T-shirts.
- **No bare legs (shorts, etc.) or naked torsos!** In Western personals, ads of guys with six-packs may produce great results, but Russian

women will feel insulted. You can include a photo in a singlet and jeans, for example, but not without a top (*or bottom*).

- **Tattoos and earrings are an absolute NO-NO.** In Russia, only ex-cons and ex-Marines have tattoos. Earrings mean you are gay. Cover up your body art and remove all piercings. If you go to Russia one day (and I hope you will), be prepared to explain at length that in the West it is normal for people to have tattoos and body piercings and that many celebrities have them. Still, try to postpone this discussion; don't shock her on the first day of your arrival. (*Some young girls from capital cities may sport removable tattoos in their photos; they think it's cool – still, permanent tattoos aren't mainstream even in capitals.*)

If you are good looking and young, then non-professional photos will do: You can ask a friend to make a few dozens photos with a digital camera (if you don't own one, you can rent one from a photo shop), and then select several shots that you like the most.

But if you are not young and handsome, get professional photos done. **With quality photos, you will be able to find a quality woman.** With poor-quality photos... you *may* still find a quality woman, but it will be ten times harder. Do you want to date harder or smarter?

You will need some formal photos in a suit and tie and some informal photos without the tie and jacket. If possible, take the suit-and-tie pictures in a studio and the photos without the tie outside or in a different setting.

You must like these photos VERY MUCH. If you don't like your own photos, why do you think somebody else will?

You must look happy, confident and relaxed on your photos. Friendly smile will make you a winner!

Decide which photo(s) you will be using for the introduction (your personal ad or first letter to a woman) and which photos you will send women when they respond to your ad. And remember, **introduction photos should be in suit and tie.** One or two photos are enough for an introduction.

If she responds positively and you start corresponding, send a picture or two with the first three or four letters. This way the woman, if she corresponds with a few men (and most girls do), won't have problems identifying you.

Certainly, when sending photos during correspondence, you should not send variations of the same studio photos all the time. Use different pictures — ones that tell about your lifestyle and interests.

For example, if you play tennis, send a photo of yourself on the court; if you work out in a gym, send a photo of yourself lifting weights, etc.

Women will seldom ask you for more photos, but they are very curious to see more of you – didn't you send her a photo from ten years ago? Why did you send only one photo – do you have something to hide?

You will laugh, but I know a woman who was wondering about the man she was supposed to meet in a few days. He had never sent her a full-length photo; what if he didn't have any legs? 😊

Yeah, pretty crazy, I know, but you might get this feeling of “this is too good to be true” when dating Russian women. Remember, **they have the same feeling!**

Explain the photos you send, like where and when they were taken (do not explain about studio photos; I hope this goes without saying).

With the third or fourth letter, send a photo of you with your family or/and friends. Women enjoy such photos but not until they get to know you a little, so do not send a family photo with your first or second letter.

It is also advisable to send her a photo of your home, where you live and the neighborhood. After all, this is the place she will live one day, if things between you work out. It is best to send photos of your home taken in the summer.

If you live in an apartment, send her pictures of the kitchen (with you in it). The kitchen is always a place of interest for Russian women, for they all believe a woman should be able to cook, and live up to this belief. If the living room in your home is big and nice, you can also send her a picture of it (and you in it).

Do not send pictures of your backyard (unless they show the house from an interesting angle). Do not send too many pictures of your house from all possible angles; two or three photos are enough.

If you have a swimming pool, send a picture of you on the side of the pool; Russian women all LOVE outdoor swimming pools; they don't have them in Russia, it's too cold.

The best is not just send a photo of your house but YOU in front of your house. This way you are not sending her just the photo of your house but YOUR photo as well. “This is me in front of my home” (no feeling that you are trying to buy her affection, but at the same time you satisfy her curiosity).

If you are rich and would prefer not to let her know about it, send a picture of you inside your home, where it is impossible to see how big it is.

If you are not rich and are afraid the woman will not be content with where you live, definitely send her photos of your home. It is better to find it out now than when she comes to join you forever and is shocked. Send a photo of your home after you have exchanged four or five letters and you feel she is **really** interested in you, and you in her.

The size of your photos sent via e-mail should not exceed 20-30 KB, or Russian women will have problems downloading them with their low-speed Internet connection.

At the same time, the actual size of the photos should not be too small, preferably just a little smaller than the computer screen. Use lower resolution (40-50 % quality) and save the photos in JPEG format.

You can change the size, resolution and format of the photos in any graphics editor program. PhotoShop is the best, if you have it on your machine or know somebody who does. Or you can use "Paint," a graphic editor that is a part of standard Windows programs (you will find it through the Start menu on the bottom of your computer screen: click on Programs => Accessories => Paint).

Most men don't pay attention to the content of their photos; so if you do, you gain a distinctive advantage over your competitors.

Summing it up: Photos that you send during correspondence build your image in women's eyes. To confirm that you ARE the man she is looking for, she looks at your photos. You will need both professional and non-professional photos. Start with formal photos in suit and tie and move to informal photos that are indicative of your lifestyle.

Technique 12 – What is your best approach to dating process

In online dating, there are two major approaches: writing to others or waiting for them to write to you.

On general dating sites, the person who writes usually picks up the bill: One cannot send letters to other members without paying for premium membership. Often, both people have to pay for premium membership in order to communicate.

On Russian dating sites, women don't pay. Whether you want to place your own profile or write to women, it will be you who has to foot the bill.

The reason for that is simple: *differences in income level*.

In Russia, the average salary is about \$120/month; in your country, it is about \$2,500 to \$3,000. When Russian women start earning enough, the agencies may start charging them, too! 😊

So what works best, answering women's ads or placing your own?

It depends on who you are and what type of woman you are looking for.

Generally, **women prefer men to write to them first**. Just as in regular dating, the first contact is the responsibility of the man.

To approach a female, a male should overcome his fear of rejection and thus demonstrate his bravery. In most species, it is the male that starts the courtship process, and the female either accepts or rejects the suitor. So for women, it feels more natural when men write to them first.

But if you seek a woman who is assertive, confident and enjoys taking initiative, then placing your own ad and waiting for the responses can be a sure way to pre-screen your applicants.

Summing it up: There is no "best way" that works for everyone. Some people have more success answering women's ads, while others prefer women expressing interest in them first. Check out both options and see what works best for YOU.

Technique 13 – How to ensure responses when answering women's ads

When answering a woman's ad, you have the advantage of finding out some information about the woman and seeing her photo. You can then fit your information to her profile and requirements as a prospective partner.

The way to go is to use the information you prepared in advance, but give it some "personal flavor" by mentioning certain details that refer to this particular woman. Yes, this will take some time and effort, but the results are well worth it!

Can't you just write a template letter and then simply change the names?

Of course you can, but **you will be much more successful if you personalize each one**.

I always know when I receive a form letter — always! I am sure you know it,

too. If there are no personal references in the letter, I know the letter was not written especially for me. No one wants to be one of the crowd. Every person wants to be special!

So how do you personalize each letter?

The easiest way is to mention something she said in her profile or ask a question about her photo. Those are safe, risk-free ways to demonstrate to her that you do not send the same letter to hundreds of other girls.

Generally, anything that shows you are responding to HER profile and that could not be obviously sent to any other woman will find a favorable response.

Use your imagination!

Rule #1 here: It is not about YOU; it is about HER!

Even when you talk about yourself, you must do it from **her** angle, “*What is in it for ME?*”

Tell her what you liked so much about her profile that you decided to write to her. Some things may be uncertain in her profile. Ask questions and guess the answers.

For example, maybe she ticked “Tell you later” in her profile referring to kids. If she did not have any children, she would probably have said so. Ask her if she has kids and tell her you think she does and that you just love kiddies. A person who actually THINKS and, what’s more, thinks ABOUT HER, is indeed something special, and your letter is sure to get noticed.

Tell her why you think you are the right guy for her. If you do not fit her requirements perfectly, explain why it shouldn’t be a problem.

You pride yourself as having a great sense of humor? Back up your claim: Make her laugh! **From the very first sentence, your letter should grab her attention and keep it through to the end.**

Now it’s time for a reality check.

When answering women’s ads, your chance of receiving an answer is about 20% (two answers to ten letters sent). Your chance to receive a positive answer is about 10% (more if you are young, handsome and athletic, less if you are not good looking or are more than fifteen years older than she).

So to secure one positive answer (assuming you meet their requirements),

you need to write to at least ten women. The newer the profile, the better your chance of receiving an answer.

It is certainly NOT a good idea to write to only one woman. Even if you have a favorite, pick up a few that sound okay and compare their responses.

You will see the difference: One person only writes short notes and hardly answers your questions, and another writes long, thoughtful letters that answer your questions in great detail. Who is more interested in you?

Men, complaining about the lack of responses to their letters, are my personal favorite. It is like women are **obliged** to answer them! They say, 'She could at least be polite and answer that she isn't interested'. Oh, REALLY? Why? Because this is the way it should be?

If you think so, do yourself a big favor and realize that **life isn't the way it should be – it is the way IT IS**. And the way it is that no one owes you a thing if you express your interest in them – the fact they took their time to **review** your letter and profile is the most you can hope for: it is your own responsibility to make them **desire** to answer you!

They placed their ads in order to find their Dream Man – if you have not convinced them you are The One, you are out! Blame yourself for that – then change something – your profile, your photo, your letter – DO something about it! If she thinks you are The One, she will answer you – guaranteed!

Summing it up: You need to understand that not all the women will answer your letters, but the women who really like you will. Write to several women to compare their responses and see who is more interested in you. The more women you wrote to, the more positive responses you will get!

Technique 14 – How to get the most out of your profile

When placing your own profile, use the information you prepared beforehand (**Technique #9**) and a photo with you in a suit and tie.

Do not include too many requirements for a partner, or some quality women may decide they are not good enough for you. In particular, do not use the word “beautiful” in the description of your dream partner. In Russian, this word is very discriminatory. Rather, use the word “attractive.”

Don't make your profile too long – it should stir her curiosity and the longer is your profile, the more is the possibility of you saying something stupid or downright wrong.

Check how your photo and link to your profile looks in search results – does it stand out? Is it easy for women to find you?

Most sites move the members who logged in the last to the top of search results. Login regularly to keep your ad on the top and you will get many more messages from interested women.

If you do not get the results you hoped for, change something. If you keep doing what you are doing, you will get more of what you are already getting. To change the situation, you have to change your approach.

Summing it up: By placing your own ad, you can get a real sense of how popular you are with Russian girls. You can test anything – headline, message, photos, anything! Try lots of things and keep what works.

Technique 15 – The surefire way to double your response rate

It is amazing what results you can get if you simply **let people know what you expect from them!**

For example, I have a free e-book on my site that is sent via e-mail by an autoresponder.

Because of spam blockers, some people don't receive the e-book and then write to me and complain. Now, when they write to me, "I did not receive the e-mail you promised," my first impulse is to simply delete their message. I feel they are unhappy with me, and this irritates me. I have to overcome this irritation and send them the missing e-book by hand.

But when they write, "I did not receive the e-mail you promised, could you please send it to me?" I just automatically send it and don't take any notice of it – it takes just a few seconds!

The difference in the approaches is so tiny, but the results vary dramatically!

The first type of request often goes unanswered, but the second type of request is ALWAYS answered.

You see, I do not have to **think** what to do with the second type of requests; I simply follow the instructions.

It works the same with anything. If what you want from people is a simple action, let them know what you expect, and you are much more likely to get it.

Simply write at the end of your letter: "I am waiting for an answer from you in any case, even if you are not interested."

You will be amazed how many more responses you will get if you add this short phrase!

Summing it up: Tell people what response you expect from them. If you want them to answer your letters, ask for it directly.

Technique 16 – Why no response means a bigger opportunity for you

Let's face it, we live in a fast-paced world. We tell people, "Let's get together soon," and forget it in an instant. We send an e-mail, never get a response, and lose the contact forever.

This is extremely important when dating online: **If you do not get a response, follow up.**

Send another e-mail.

Repeat that you are waiting for an answer and you want to hear from them **even if they are not interested.**

Having somebody who is really interested in you is not very common these days. This very fact may convince people to respond.

Sometimes the woman might have changed her e-mail address and did not inform the website about it. If there is another channel for reaching her (postal address, fax, phone number – many Russian websites will supply you with this information), try this channel before assuming she is not interested.

Most men only send letters **via e-mail.**

She knows the value of those letters: a dime a dozen. She also knows men send letters to multiple recipients at once. But if she gets a "real" letter in the mail, it's something special for her.

If you tell her in your letter that you tried e-mailing her and did not receive an answer — this is why you sent her a letter by mail — **she is sure to be impressed because you've just demonstrated to her how special she is to you.** Most likely she behaves this way with all the men who wrote to her – she HAS TO screen her responses in some way! Make sure your letters are impossible to forget and keep 'em coming. You can be one of precious few who managed to get through her self-imposed barrier.

Summing it up: Follow up. Women like persistent men.

Technique 17 – What women are REALLY looking for – and this is NOT what you think!

Most men believe women only seek guys that are handsome, tall, rich and famous – and by believing into this B.S. they effectively close any opportunities for themselves.

In **Technique #7** I described you what Russian women are looking for in potential partners: They seek men who are intelligent, kind, financially secure, marriage-minded, faithful, honest, physically fit, decent-looking, have a sense of humor, and don't abuse alcohol. You see those are all **personality** traits, and you have the solitary control over them.

But that's just part of the picture.

The things above are what Russian women **think** they want in a mate.

The truth is we often do not understand ourselves.

Most people are not used to self-reflection. We have certain biases imposed on us by our society and culture, and those biases often contradict our biological selves. In other words, our **subconscious** may want different things than our **conscious**.

To understand the difference between what women (consciously) **think** they want and what they (subconsciously) **really** want is crucial to your success.

During the introduction stage, when she has no preference for you or anyone else, she mostly consciously analyzes your information.

She may still answer you positively if your profile fits her image of a "good man" (Russian women don't look for an ideal; they just want somebody who is good, stable and NORMAL), but if you do not give her what she really wants, she will eventually reject you: *"I cannot give orders to my heart."*

This means you cannot neglect a woman's emotions when trying to win her affection. Even though women **think** all they need is a good man, what they **seek** is a man who stirs their emotions.

Women are emotional creatures. They need emotional food in a relationship, just like you need food to keep your body going.

This emotional food is called romance.

Women are romance junkies.

This is why women often fall for womanizers. They do know who they are dealing with, they just cannot help being attracted to men who deliver quality emotional food for their emotional receptors.

Excitement, anticipation, thrill, emotional ups and downs, these all are necessary requirements in the game of romance, just like a suit and tie are necessary requirements in the corporate game.

Imagine a guy in shorts and an old T-shirt in a corporate meeting. This is how you will look in the game of romance if you refuse to follow its rules.

Always try to give her something that will make her FEEL STRONGLY about you and your relationships. As long as she FEELS SOMETHING, she is in. As soon as she becomes BORED, she is out.

Make her DO SOMETHING for YOU, so she has to put in an effort. We value things we put effort into.

Only give her your effort if you see it returned at least as strongly. Do not try to BUY her affection with gifts or compliments; this won't work. Make her **occasional** gift or compliment, to make her **feel good about herself** (not to make her feel good about YOU).

Only do it because you WANT to do it, not because you EXPECT something in return. Remember, no matter how much money you spend on her, she does not owe you a thing. Only spend as much money as you can afford to have wasted. Don't do sacrifices for her.

When deciding on a gift, it does not have to be expensive, and it does not have to be useful; on the contrary, the most senseless romantic gestures work the best.

Romance itself is useless.

It is a waste.

Like a courtship dance in insects or a bird song, it is absolutely worthless in terms of producing value.

Most women will be more impressed by a simple flower from the top of a mountain than by a luxury bouquet from an expensive florist.

Both are useless, but the former is much more romantic.

Summing it up: What women *think* they want and what they *really* want are two different things. Women say they want security and stability, while in reality they want strong emotional experiences. They take the game of romance seriously.

Technique 18 – The key to unlocking a woman's heart

The key to unlocking a woman's heart is how you make her **feel**, not what she thinks about you. The less you worry what she thinks about you, the more she will be attracted to you. What you should take care is how **she feels** when she is **with you** (virtually or in real life).

We like people who make us feel good about ourselves, and we don't like people who make us feel bad, insecure or awkward.

This is why it is not a good idea to say anything bad or insulting about her country. This will make her feel bad about herself and is exactly the opposite of what it takes to win her heart.

Use this simple principle to check on all your actions: Will it make her feel better about herself or will it make her feel bad, insecure or defensive?

Avoid anything that can make her feel bad, and do the things that will make her feel good. If in doubt, ask a trusted female friend how would she feel about it.

Summing it up: Everything that makes a woman feel better about herself helps your relationship. Everything that makes her feel worse about herself destroys it. Your goal is to always try to make her feel good about herself.

Technique 19 – How to intensify her feelings for you

A woman needs for you to make her feel good about herself, but this alone isn't enough to win her over.

Try to recall your former passions. Which ones do you remember the best? I bet they are the ones who hurt you the most.

The ones that you ended up "being friends" with, you do not remember many details of. But the ones who hurt you? You remember those experiences in great detail.

Why?

Because your subconscious keeps accounts of hurtful experiences readily available. Your biological self needs it for survival.

Like you need to remember that fire hurts to protect yourself for the future, your subconscious keeps the record of emotional hurts in an attempt to protect you from being hurt again.

We are made like pleasure machines: We always seek pleasure and try to avoid pain. But at the same time, we remember painful experiences better.

What gives?

You can use negative emotions to intensify her feelings about you.

How? **You must do it in a way that causes her to experience some negative emotions about your relationship but not about you.**

For example, you usually write to her every day, but suddenly you disappear for a few days. She will be worried sick. Worrying is a negative emotion that will provoke her to realize how important you are to her.

When you come back, explain your disappearance in an appropriate way (you had computer problems, had to go out of town, etc.). She cannot be mad at you for that, but she will remember how bad she felt **without** you.

Often, negative emotions happen in a relationship naturally. Don't be afraid of them: Use them to your advantage.

Summing it up: You can use negative emotions to intensify her feelings. We tend to remember painful experiences better than good ones.

Technique 20 – The key to online relationships

To win a woman's heart, your communication should be intense. In other words, one letter a week won't work as well as a letter every day.

Couples who do fall in love via the Internet admit they spent a great deal of time communicating, usually up to a few hours a day by e-mail, phone, instant messenger, etc.

Use all possible forms of communication, including airmail. Airmail is a great way of providing her with something "real" about you: photos, guides to your city, hand-made gifts, etc.

Summing it up: The more intensive your communication, the stronger her feelings about you. It is impossible to keep in close contact with somebody you don't like; but it also works the other way around: The closer your contact, the more she will like you.

Technique 21 – Why you must make her fall in love with you BEFORE you meet in person

You must do your best to make her fall in love with you before you meet in person. As I said, women take the game of romance seriously. If she is in love with your personality, she will be willing to overlook physical or any other imperfections.

To make her fall in love with you, she must trust you. The best way to earn her trust is to be direct and straightforward and answer honestly, even when the answer may hurt.

If such a thing happens, answer truthfully but tell her that you hope this will not make her feel bad about you. (Give her instructions on what reaction you expect from her.)

For example, if she asks about the reason for your divorce and the reason is that you were cheating on your wife and she caught you; normally, a person would avoid giving this information away and just say something about irreconcilable differences.

Now, if you tell her the truth, but also add that you regret it and you know you will never do it again in your life, ***she will actually trust you more!*** If you admit such things, it means you have decided to be honest in relationships and you just demonstrated it.

It is not necessary to be self-demeaning; just be honest. I hope you don't have too many skeletons in the closet! 😊

You will also need to overcome her suspicions that you may not be the person you say you are.

Get a criminal background check on yourself done and certified by police and send her a copy. It will cost you just a few dollars, but it will provide her with great relief. And as you know, anything that makes a woman feel more comfortable is good for your relationship.

By making her feel good, doing romantic things, stimulating her emotions, and leading her to trust you, you can make a woman fall in love with your personality.

Then, during the personal meeting, she will fall for you again — as long as you are the same person you were in your letters.

You will know if a woman is in love with you. She may not tell you directly, but if she cannot get enough of you and spends a great deal of time on your communication, then you know she is.

Rule number one here is: If you ask yourself whether she really loves you or just tells you so, then she does *not* love you. If you are in doubt, trust your instincts. If a woman truly loves you, you WILL know.

Summing it up: Go and meet her in person after you know she really likes you and has strong feelings for you. You must make her fall in love with you **before** you meet in person.

Technique 22 – How soon you should meet in real life

No matter how scared you are to ruin your perfect Internet romance, do not postpone your personal meeting for too long.

Six months is about the limit; from there onwards women will want to know when you are going to visit them. They will not be able to maintain the intensity of their feelings for much longer, and if you do not meet soon, it will just go downhill.

Some men feel they need to correspond for a couple of **years** to confirm the woman's interest. This is NOT a good idea.

The clue is not the length of your correspondence but its **intensity**. If your correspondence is intense, you will get to the point where all you wanted to say and ask has already been said and asked, and there is nothing else you can do by correspondence.

This is the right time to meet in person. If you lose the momentum, you may jeopardize your relationship.

Summing it up: Do not correspond for years. Six months is about the maximum your relationship can wait before it starts to go downhill. You don't need to meet her right away, but you should at least start planning your personal meeting.

Technique 23 – The key to successful real-life meeting

Since you are going to meet her when she already is in love with your personality, you are already nearly there.

Now all you need to do is ***reinforce her feelings***.

It is mandatory that you look neat and smell good, your hair be clean-cut, your clothes new and fashionable, and your shoes shiny.

Good personal hygiene cannot be replaced by anything else.

Long pants and long-sleeved shirts or polo shirts will work much better than shorts and T-shirts.

It works to look good.

Be a gentleman: Open doors for her, move chairs, take her hand when stepping out of a vehicle, hold her coat for her to slip on, etc.

If you think it is nonsense, I can assure you she does not think so!

Be polite and kind to all people around you. Even if something irritates you, don't show it.

Don't be afraid of her rejection. She will not turn her back on you because of simple hospitality.

You are friends already; the worst that can happen, is that you will remain friends only.

Read advice of other authors from this book on dealing with women on a personal basis. This will help you understand how women think. Once you know it, you cannot do too many things wrong.

Be on your best behavior, relax and enjoy.

The best thing you can do to ensure success of your personal meeting is to HAVE FUN!

Summing it up: When meeting in person, you need only reinforce the feelings she already has for you. Be her knight in shining armour, and she will be your princess.

Technique 24 – How to deal with immigration

Since immigration procedures vary from country to country, I will not be talking here of particulars.

To ensure smooth immigration, you must check your country's immigration procedures **prior** to your visiting your girlfriend.

There may be certain requirements you need to meet (having photos made together, having proof of entertaining together, etc.).

If money is not a problem for you, get a consultation from an immigration lawyer. For some countries it works best when you are already married; for some it works best when you are not. Immigration rules change all the time. *(No wonder, with the world we live in today.)*

They might have just changed the procedure and you can now do something in a few weeks that earlier took months.

Tell your girlfriend what you have found out about immigration rules; it will reassure her you are serious about her.

She is just as worried about your meeting as you are!

Summing it up: By learning about the immigration procedure before your visit, you will save yourself lots of time and can make the process easier for you and your girlfriend.

Technique 25 – How to find out if she is really interested in you

Sometimes men cannot tell if a woman is truly interested or not. Some guys are shy and simply afraid of women and don't even attempt to get closer to them, and then they wonder how she feels.

Girls are always polite with visitors because of simple hospitality, and this confuses men: Is she friendly because she likes me or simply because it is inappropriate in her country to turn her back on a guest?

The key to her true feelings is her body language.

BODY LANGUAGE DOES NOT LIE!

If the body language tells you one thing, and the woman says another, trust the body language. What she tells you is what she ***thinks***; and she may

think you are a great catch. What her body language shows is what she **feels**; and her mind and heart may tell her different things.

Either way, if her body language is negative, nothing good will come of it. When mind and heart contradict each other, the heart always wins. You will not be happy together.

The general rule here is, when a woman likes you, she will reciprocate your body language and have an open posture; and if she does not like you, she will turn away from you and try to “cover” or “protect” herself (crossed legs and arms).

If she likes you, she will move closer to you when you move closer (or at least will not move back). And if she does not like you, she will move back if you move closer (sometimes not straight away, but after a few minutes).

If she likes you, she will smile back when you smile at her. If she does not like you, she will look away.

If she likes you, she will happily accept your ideas. If she does not like you, everything you do will be wrong.

If she likes you, she will be happy and relaxed, even annoying problems won't get to her. If she does not like you, she will be irritated with minor things.

Crossed legs and arms and keeping her distance are the worst signals; if it persists, run!

Watch also for good signs. If she looks into your eyes, plays with her hair, touches her body, or licks her lips, those are the signs that she likes you as a romantic partner.

The most positive signal, of course, is if the girl wants to have sex with you!

If you get her into bed and she wants more, then she is indeed in love with you, but I guess you will have figured it out by then! 😊

Summing it up: To find out about a woman's true feelings, watch her body language. If her words and body language contradict each other, trust the body language: It is impossible to fake, and it does not lie.

Technique 26 – Beware of the “cold feet” syndrome.

OK, you’ve met, you fell in love, her body language is positive — everything’s good, right?

Not yet.

All people get cold feet before they venture into something that will change their whole life.

Your girlfriend will get them, too. It’s normal.

Please understand: She has to leave behind her family and friends, her career, her country, her language, **her whole life as she knows it**, to be with you.

It’s scary.

Your task here is to prevent her from backing out.

You may want to talk to her about it and tell her it is normal to be scared of such a great change. Tell her that there is nothing to worry about.

Ask her to open a bank account where she can get a debit card and deposit some money into this account, enough for her to buy a return ticket.

Deposit some money into this account every month, and tell her you will be doing so every month so she can have her own money.

She will know that she will not have to beg you for money every time once she is in your country.

Tell her more about the environment she will be moving into: neighbors, available activities, entertainment and of course shopping (this is a BIG ONE for women! 😊). Tell her about your family and friends — people she will meet when she arrives. Send her more photos of your city. When she arrives, she won’t feel like a stranger.

Summing it up: Take preventive measures against cold feet. Make her familiar with the environment she will walk into and make her comfortable with her new status.

Technique 27 – The key to easy adaptation

When a girl arrives to your country, most likely she will experience what is called “culture shock”. This is normal; you would also have culture shock if you immigrated to Russia.

The key to easy adaptation is to encourage her to establish her own circle of acquaintances and friends. Signing up for English as second language courses, helping local charity or church, those things will help her to feel needed and at the right place.

She will want to talk to her family and friends a lot – let her. There are very cheap phone cards available, let her do it, she needs it. It will only be during the first months; once she feels with you at home, she will phone her family less and less.

This usually happens AFTER she went home to visit. This is where she will realize her life and home are now with you, and her old home is what it is, OLD home. This is passed and she has a new life now. A much happier one!

Summing it up: Until she goes home to visit, she can still be uncertain where her home is. Once she did, she will realize it's with you. You must encourage her to go home in 6-12 months after her immigration; this will close the 'old' page of her life.

Technique 28 – Do not procrastinate: Do it!

This is the shortest tip of all.

Now that you have read this entire chapter, you will have a great desire to try it.

Do not resist this desire.

Just go and do it.

HAPPY HUNTING! 😊

Yours,

Elena Petrova

About The Author: Elena Petrova is the author of the Love & Romance best-seller, *The 12 Simple Rules* (<http://www.12SimpleRules.com>) along with the much talked about *How To Find And Marry A Girl Like Me*, a book that shows you exactly how to become truly successful with Russian women (learn more about it at <http://www.WomenRussia.com/book>)

As a leading global dating authority, she has been interviewed in various International Dating Publications, from the USA, UK, Ireland, Russia, Australia, Germany, Spain, South Africa, Finland, etc... She has also been invited to share her Dating insights for Nationally Televised Interviews in the past couple of years.

Elena is the proud owner of one of the Internet's most visited Dating Agency sites -- Elena's Models. Articles about her dating agency were published in many Russian publications, including major publications; *Cosmopolitan*, *Home Computer*, *Computers and Internet*, *Private Life*, *Liza* and dozens of others.

You can visit <http://www.ElenasModels.com> to see photos of happy couples that met through Elena's agency.

Chapter X: Cucan Pemo

Insights From The Author Of “Retrieve A Lover”

<http://www.RetrieveALover.com>

For 8 months, I went through a painful experience of a failing relationship, and along the way discovered the secrets of creating that magical relationship which everyone desires. The secrets I learnt enabled me to bring back the love of my life, and I even continued using the same “formula” to create a fulfilling and harmonious relationship with my loved one.

Initially, no one believed it was possible *until* I made the impossible - *possible*.

On this journey, I learnt a lot about life, human nature, and relationships, and proceeded to teach and share the insights I had gained to those who come to me.

Ok, let’s begin then...

Technique 1 - YOU create your relationship reality

Over the past few years, I’ve been teaching people some of my most prized and valuable relationship strategies and ideas online.

Most of what I’ve been teaching are nothing new and the principles, strategies and tips which I’ve learnt and shared with my friends, associates and readers come from various sources and resources which I’ve been researching and studied for almost 3 years.

One of the main reasons why my teachings, materials and tips work for many people is I’ve found ways to *apply* these time tested principles, “formulas” and tips in the real world.

This is one skill I’ve been emphasizing in all my works and that is, you have to make the knowledge you have gained your **OWN!**

Other people can share with you or teach you their secret “formulas”, their magical strategies and their powerful tips, but nothing will happen for YOU if you do not have the intention to put these teachings and strategies into practice, customize them, and make them work for you!

I've been exposed to the “master principle” which I would like to share with you here – No matter where you are in your relationship right now, **YOU** create your own relationship reality.

And I've put it here as the Number One technique you have to master before you move on to other techniques.

In fact, if you master just this *one* principle, you'll be able to master the rest and the light might just go on for you! Once you internalize this principle, everything else about relationships and dating will start to click.

This “*master principle*” is universally applicable to ALL aspects of your life and relationships - to your relationship, and to ANY other relationships, anywhere. I cannot emphasize enough how important just this one principle is.

If you are wondering whether this will all work for you, I'm a living proof of using and applying this “master principle”.

My most successful clients and customers who have been using my RetrieveALover.com and AttractATrueLoveSecrets.com packages are ALL people who have internalize this teaching and make the impossible possible – retrieving their lover/spouse/partner under the most difficult and adverse condition or circumstance or even attracting their true love! Read about all the rave reviews at <http://www.retrievealover.com/book-reviews.htm>

If you think you are no good at meeting people, walking over to a man or woman, presenting friendly conversations and non-threatening body language, and engaging in a friendly and pleasant conversation with him, you know something?

It is not that you are no good at this; but you have made yourself believe that you are no good at it!

You think you are no good, so you are no good.

If you have a past relationship that has failed, or even failed a number of times for that matter, don't let your past control your present and determine your future. *This universe is full of abundance.*

It certainly does not have to remain true that you will not be able to attract and find your true love. This is up to YOU!

YOU decide.

Whatever it is that is not going your way on the outside of you, be it any of your life or relationship circumstances or situations, *check the inside!*

Always start from *within* you.

Take the analogy of a tree with its roots buried deep within the ground.

Can you visualize it?

If the roots (the invisible) are not good; the visible parts of it will not be good too.

Period.

Remember this simple but profound truth, having tension on the inside of you *guarantees* resistance on the outside.

Conversely, *relaxation* inside will reduce resistance outside.

Heighten your immunity to negative and discouraging influences of all kinds, both physical and mental, by learning to change your thinking, as and when it is necessary.

Your thoughts are very powerful.

The kind of thoughts you hold each and every single seconds coupled with your intense emotions WILL create for you YOUR reality.

Technique 2 - Understand How You Can Make Things Happen – Even To Get A New Date!

Positive thinking is tiring and mentally exhausting if used incorrectly.

If you are a positive thinker, it doesn't mean life will be all perfect and smooth for you every single moment.

Be a master of love by being able to summon the right thoughts and trigger the right feelings (using any one of the techniques as taught to you in our manual) during that particular moment in life and in your relationship when you need it!

The **“Secret”** to success and love is to understand how the Universe works and how we can be *“In Tune with the Infinite”* and understand *“How to flow”* to the *“Highest and Best”*.

Think of life as a “River”.

If you are flowing along and get blocked or stuck, then you have gone in a direction that is *counter* to the movement of the flow.

You are like a “great oarsman” who steers your own ship in the sea of life to your Ultimate Destiny.

You are the “Captain of Your Soul” and “Master of Your Fate”.

Your job is to turn your “Dreams into Reality” and be one with your “Highest and Best Soulmate”.

As you flow with the “River of Life”, you will be guided at all times to what is “highest and best” for you.

So if you encounter a block or a rejection, then that is a “Message from the Great Universal Master Dream Machine” that you are to proceed differently or to pursue another person or direction.

Excellent salesmen, business people and those looking to create the life and relationships of their dreams when following divine guidance go through life experiencing rejections and reluctance, procrastination, frustration and disappointments every now and then but still achieve the results they want.

Why?

Because they know how to read the feedback and signs from their Soul and Universe.

Your Divine Guidance from your Soul and the Universe speak to you in many ways. A block, or negative feeling, resistance or lack of comfort or energy are all just messages.

It would be nice if the Universe sent you an email or said in a clear voice *“Hey this person isn’t highest and best for you”* or *“Hey you need to learn better skills here”*.

We don’t always have a direct Auditory connection although some of us have easier and faster access to the “wee small voice” and “whispers of wisdom” from the Universe.

In the Free mini E-course I’m offering through the “True Love on Demand” website at <http://www.TrueLoveOnDemand.com>, both Dr Robby Bilton and myself will give you the inside scoop on how to tune into these messages and feedback clearly and easily.

Those that succeed in Love and Life have developed the habit of *thinking the right thoughts, asking the right questions within themselves, developing new ways of responding to the objections they get, and triggering that feelings* which will serve them.

It's all about developing a Relationship with the Universe. It communicates with you in many ways.

We have at least 4 Internal Channels that the Universe gives you direction through Intuitive Guidance.

There are also several external ways the Universe gives you clear signs and directions for your "Highest and Best Good".

So, whether you are dating or already in a committed relationship, understand that you are bound to go through periods of times when there will be disagreements, disappointments, confusion, arguments, and quarrels.

Be a master of love by learning to snap out of these seemingly unhappy and energy-draining situations as quick as lava would flow out of a volcano.

If you keep failing at getting your first date, or even having difficulty getting more dates after the first one, look at and understand the **Bigger Picture**.

And **welcome** objections.

This is the only way your partner can make it known to you what exactly he/she likes or doesn't like about you, SO you can improve on yourself!

Technique 3 - From the Inside - Out

First, recognize that you *already* have tons of power ready to be used to achieve your dream of a perfect mate.

It does not matter whether you are competing with others for the same person, or whether you are ugly looking, unattractive, shy or lack of charisma.

You only have to take this tremendous power that you already possess and move it in a *new* direction.

It is already there stored up within you, but is being scattered and misdirected. What we are going to do is *focus* it and *aim* it.

Then watch miracles happen!

Try to get in touch with where your power is heading right now.

It is entirely possible that you have made decisions in your recent or not so recent past that are now counterproductive to your finding a wonderful mate.

I have encountered people who keep telling me:

"I will never have a truly happy relationship."

"I am unattractive; other people do not want to be close to me."

"I always attract the wrong person."

"I am not sociable enough. People do not even want to be friends with me."

"I've been hurt badly. I think I will not love again."

"I cannot talk well. People do not find me interesting."

If you look closely enough, you'll notice that all of the people mentioned above hold some kind of beliefs within and about themselves.

They feel that they are unattractive, too fat, too thin, too old, too ugly and uninteresting and thus they are unable to attract or capture the heart of a person whom they like.

Some admit that they are very shy, unsociable, and do not like to be part of a big group of people, and thus without some sort of charisma, they feel they will never be able to find and attract a wonderful partner for themselves.

Then there are others who have been in bad relationships or marriages before and are hurt so badly that they begin to believe that they will never have a truly happy relationship, and so will never attract a right and perfect mate again.

There is one basic truth of the law of the Universe which you have to remember, and that is:

"Believe, and you'll see..."

Many of us are being taught that 'seeing is believing.'

It sounds logical, isn't it?

You have to see some kind of concrete proof with your eyes first, only then will you believe that it is a fact.

This is why we are always feeling that we are under the control of our outer circumstances, external events or other people. We feel that things and events are not within our control. There is nothing we can do about it.

Now, I'm going to tell you that it *should be the other way round!*

Think about it.

Take as long as you want to realize this truth – Believe, and you'll see.

You don't see to believe.

You believe first, and then you'll see it all happening.

This is how the events, circumstances and things in our daily lives happen.

A lot of events or circumstances in our daily lives do not happen just by chance, by accident, by fate or by destiny.

We **create** them, whether consciously or unconsciously. We are the creators of our own destiny. There are no accidents.

Thus, the very first step to finding and attracting a perfect partner, or even to get your first date is to *take responsibility* for your own power, which every one of us possesses.

If you are lonely right now, and wondering why you could never find or attract a person who will truly love you, realize this: things are the way they **are because that is how we insist they must be.**

This is one of the immortal truths of love and relationship.

Things are the way they are right now for you because you have, whether consciously or unconsciously, made some sort of **emotional decisions** in your recent or not so recent past, that are now counterproductive to your finding a good and wonderful partner.

You may have told yourself:

"There is a big group of people over there. Should I join in their conversation? Maybe I shouldn't, I will made a fool of myself (You are shy! You don't feel secure.)"

*"The person that I like is over there. Should I go over and strike up a conversation with him? But, there are other prettier women near him. He wouldn't bother to notice me."
(You tell yourself you are unattractive, you stop yourself approaching the person you like).*

Believe, and you'll see.

If you see yourself in the examples given above, now you should have a better understanding why it seems you have so much difficulties finding and attracting a wonderful mate.

The answer is right here, within you.

Search the answer within your-self first, do not look elsewhere.

If you believe you are too fat or too thin, and that you will never be able to attract a perfect mate, then, your 'wish' is going to materialize.

Believe, and you'll see.

If you believe you will never attract a responsible and loving mate ever again (because you have been hurt badly in previous relationships or marriages), then you will never attract a wonderful mate.

Period.

Believe, and you'll see.

If you believe you will never capture the heart of the person you like (because you are too shy to approach him/her, or that you believe there are better and more attractive woman or man for him/her who are far better than you, or that you have no confidence of winning that person's heart), then, you'll never win the heart of this person whom you like and love so much.

Believe, and you'll see.

When I see someone repeatedly trying to make something happen and being unsuccessful *I always look at the person to find out why they are stopping themselves.*

The fact is, we all **consciously (or unconsciously) choose our current circumstances or situations in our relationships.**

Now, ask yourself:

Why are you stopping yourself?

Now, don't get me wrong.

It is perfectly okay if you feel, say, you are a shy person.

There is nothing wrong with you feeling this way in the first place. This could

be due to a lot of factors and reasons such as your upbringing, the type of education you have received, the environment and culture you are being exposed to from a young age, or it could very likely be due to your habitual way of thinking, attitude, character and so on and so forth.

The first step in this magical process of finding, attracting and capturing the heart of the person you like, is to get in touch with your personal power right now. Take a good look at the way your life is in the relationship and marriage area and realize that *it is exactly as you want it to be*.

I know it is going to sound a little ironical, since you are probably reading this resource hoping to find out how to make things better in this area, the secrets of making another person like you, or the secrets of getting your first date or drawing a true love to you somewhat magically (if you are not yet eyeing someone you know).

For me to say that it is already just the way you want it is somewhat of a paradox.

However, this is really the starting point and the foundation of having personal power in your relationships.

Much of my work with my clients is to help them get back in touch with their personal power, by showing them they are the ones who make their relationship choices.

*If they still could not find or attract a true love, or that they are still unable to connect with a person they like, it is **NOT** because other people have not considered them, are rejecting them, or that they are destined to be lonely all their life (many of them believe so!), but that they themselves make such relationship choices!*

Once they see this clearly, once they understand what is going on, a certain realization and freedom emerges in them. Having regained their power, they are now ready to use it to create something different in their love lives.

This awareness, that of acknowledging our power, and seeing *how* and *why* we have made all of our current choices in relationships and other areas, is the magic elixir that opens up a new world of possibilities.

Technique 4 - People like to have their needs met and want you to take the LEAD in meeting them

This is the unspoken truth of persuasive secrets.

Zig Ziglar is a world famous salesman and now sales trainer. His famous quote is *"You will always get what you want if you give enough people what they want"* is a tried and true strategy both in the world of sales and in the world of love.

It's also a very sound Universal Principle. Our job is to love and care for others in the way they want to be loved and cared for.

It is about the Platinum Rule not just the Golden Rule. The Platinum rule states "Give people what they want in the way THEY want it".

And if we are with the right person then this will be easy for us and it will be easy for them to give us what we want especially if we let them know.

Too often we tend to **assume** the intentions of others.

Don't assume.

Spell it out to your potential mate what you like them to do or not do – "Call me at _____", or "You can email me at _____". And know what you want.

It's important to find out what they want too. Your preconceived notions may be mistaken. You can put your Sherlock Holmes detective hat and find out if your assumptions are right or not.

Once you find out what they want, give it to them.

If you have given them all that they want in the way they want it, but they are still not motivated or able to meet your needs, then you have some life and relationship choices to make.

Your job is to give *freely* first, however if they are not able to meet your needs you may want to ask "Is He (She) the "highest and best for me."

Relationship with Mastery, Love and the right partner is effortless, easy and fun; however you may have to switch up your game so you get on track with whom you are with or wanting to be with.

I once had a client who spent too much time and energy trying to figure out what his woman was thinking.

He wanted to date her; but was afraid of rejections; and kept questioning himself whether he should send her flowers or a card. He was afraid she wouldn't like what he gave her.

I told him, *people like to be understood, recognized and loved.*

If he wouldn't proceed to date her, don't expect her to take any actions!

Some personalities are shy and are just dying to have you take the initiative.

Some people and depending on the society, gender or and personality, have been trained to be the receptor vs the initiator.

"What if she rejected me?" He asked.

"You can't keep putting papaya seeds in the soil and expect to see an apple tree!" I told him.

"If one way doesn't work with her, try another way!"

And if she is not "Highest and Best" for your energy, it will not be returned and you will find it harder and harder even if you use all sorts of techniques.

The answer is not about techniques and strategies.

It is about flow and vibration.

With your Soulmate or one that is "Higher and Better" for you, there is always an "Expanding Vortex of Energy Exchange" -- *As you give energy to the person it will be expanded back to you.*

If you have not understood their unique personality or style, then if you are initially blocked and switch they will respond.

However if you switch and use techniques that would appeal to any style and especially theirs and nothing happens; and on top of that you even get a heaviness, then you know this is a *message* to tell you to move on and find someone better for you.

This guy got my message clear.

I wasn't able to see the woman he liked and he expected me to give him a magical solution to attract that girl. I couldn't give him that of course, since I wouldn't know what her desires and needs are.

But I taught him one important skill, that is, to constantly develop new ways of responding to objections and understanding the messages.

Its call "sensory acuity" -- Listen and See the feedback people and the Universe are giving you and move accordingly with the Stream or "River of Life". And learn to listen to your Soul.

However don't give up too soon if you "just know" and feel deeply in your heart and soul that this person may one of your potential Soulmate.

He gave her his contact number so she can contact him should she be interested to go out with him. He heard nothing from her for a week. He sent her a card with his email address besides his signature.

No response either.

A month later, he text her a message casually asking her if she would like to go to the gym with him, "to whack the weights" this was what he wrote in his message.

The woman responded and enquired why he would want to "*whack the weights?*"

He gave his honest feelings and thoughts: It always gave him a good feeling after working out hard and sweating it out.

In his own words, "it was as if all the negative energy in him evaporated."

She agreed to go to the gym with him.

To cut a long story short, this was the starting point of their blossoming relationship. He found out later that, she was recovering from a previous failed relationship and was moody all the time while he was trying so hard to connect with her.

That he could "whack the weights" and knocked out all the negative energies inside of him intrigued her so much that she decided to give it a try.

This guy didn't know he had hit the right key when he asked her to go to the gym. He would never had succeeded winning her over if he had given up and if he didn't switch his style and try some different approaches.

He also realized that at some point she may not be his highest and best if she never responds but she did when he hit the right chord.

Technique 5 - What women want

If the woman you want to attract is holding power, such as being your boss or superior, you have to understand what these type of women want and what they lack in their psyche.

For these women, they are always meeting and encountering people who tend to be fawning and to want something from them.

Their being in a position of power tends to make them look very cold and seem socially distanced from other people.

However, in reality, most women of these type long to be seduced and loved by the right men who understands their innermost secret.

To make her fall in love with you, **you have to act like their equal or their superior.**

It is very rare that other men would dare to or are willing to be her equal or superior, so you decide that you will be the one to give her the kind of treatment that she will never get from others.

If you find out that she always does her jogging at a local park during the weekends morning, plan a chance meeting with her in your jogging gear.

Make it look like an 'accident' that both of you meet.

Find an excuse to jog together, then challenge to her to a 200m sprint!

If you work in the same company, race to complete an important report before her. It does not matter who come out as a winner.

What matters is you'll get her attention. Whatever it is, know what you are doing and why you do it. You get the idea.

If you are dealing with a woman who is constantly looking for adventure and changes in life, you cannot get their attention by showing them that you are a responsible man able to provide a sense of security.

They do not want security; they want challenges, and they love playing mind games at times.

To them, pain is pleasure, and they do not mind enduring pain at times.

In order for her to fall in love with you, you have to rise up to their level and inject drama and challenges into your relationship with you.

You have to maintain an air of mystery about yourself and able to give surprises once in a while.

This is the only way to allow her to see you as always interesting and challenging to be with, and so she will not be bored!

For her, she does not need comfort, security or promises.

She needs to get rid of her own boredom! Some ideas of what you can do to draw her to you:

- 1) Learn to bake her homemade croissants for breakfast (something she would usually do herself)
- 2) Plan a chance meeting; and continue the next day, and the day after tomorrow. Ask her why you keep running into her.
- 3) Cancel an appointment with her and tell her you have something very important to attend to, but don't give details.
- 4) Purposely don't pick up her call during the time when she knows you will be available.

Here's a secret about human nature which you can take note of right now.

People want to be engaged in things or else they will feel bored.

Even doing meditation or going into a retreat require you to be engaged in that activity! *Become that which she is earnestly seeking and engage her!*

If the woman you want is focused on some worthwhile cause or religion, say she is a very devout Buddhist, understand that these type of women have some sort of emptiness which they want to fill in their psyche.

Very often they feel something important is lacking in them, and thus they are always seeking and searching for the answer just what it is that is missing.

If you want to make her fall in love with you or to go on a date with her, your plan would be to become her object of worship and become that which she is earnestly seeking.

Technique 6 - People are attracted toward those of higher vibrational energy

To attract your highest and best mate, you have to learn how to become what he/she wishes to become.

Do not get me wrong.

I'm not telling you to change your personality and become a person you are not supposed to be!

There is a certain universal truth about attraction.

Think about it, **WE, all of us, are naturally attracted towards people**

who possess a vibrant, healthy, strong self image. They need not have to ask for it; we naturally find ourselves gravitated towards them.

We are drawn to those and those are drawn to us who support each others dreams, dharma and soul expression.

Its like 2 trees living side by side nurturing and supporting each other to be all that they can be.

Two are growing and moving through life together, however there is enough space and love for each to be their own full expression of their Soul.

When I was younger, I once met a man who had a passion for tree climbing.

He was so good at it; I was always looking at him in awe as he climbed the trees with superb ease and speed.

I took a liking to him instantly; and was attracted towards him.

We had a good time together, with him always talking about this favorite past time of his. However, our relationship didn't last long after he was being posted overseas by his company.

I was quite young then. Being a passionate student of human nature, I was always thinking how and why I was attracted to him.

I realized it now, that it was his **positive energy and the strong, healthy and vibrant self image** he had about himself that had attracted me towards him.

You can never go wrong with certain things in life. If you possess a vibrant, healthy, cheery image and have that type of energy radiating from you, you become an instant human magnet!

This friend of mine had suffered from previous bad relationships before he got to know me; and instead of letting those bad relationships pull him down, he managed to *transfer* and *channel* all those negative energies towards tree climbing; and he trained himself to become an elite, one of the fastest tree climbers that I've known of.

It's not what happens to you in life its how you deal with what happens.

You can use the energy to implode on yourself and bring your mood, self esteem and love of relationship and life down into the ground.

Or...

You can understand the bigger picture of life and use these events and situations as a springboard to climb to higher heights.

We love to be near someone who is cheery and possesses honest enthusiasm about life. Relationship is always a constant exchange of energy.

If someone has a *higher vibrational* energy than us, we'll find ourselves wanting to go near that person. This is why exercising is so important.

Keeping yourself fit and healthy and using the techniques of the universal laws as taught in our system, you will be able to attract and find your highest and best partner.

Love is an Expanding Energy.

Those who give out energy get much back.

Give to all freely.

Have a love and positive expression towards everyone. Accept and Love your situation and if it's not your cup of tea, then take the energy and go for more.

Your job is to "Create the Dreams of Soul" and make them real in your life. With the right mindset and system this is very easy and effortless.

So, starting from today, *begin to think about how you can increase and develop your internal energy to a higher level.*

Charisma is just an expansion and expression of energy. It's just a decision to be loving and giving freely.

When you give love and life to all that you meet, those who are "highest and best for you" will read your vibration and return to you in an ever exchanging expansion of energy.

A Soul Based Relationship is like an Evergreen growing and expanding in all directions.

It grows taller, wider and the roots every year get deeper and clearer.

A Soulmate Relationship is an expanding expression of love and fun, forever. It's a joy to behold and everyone can experience this in his or her lifetime.

We are designed to be with the one who loves us for who we are and the Vision we are unfolding.

I had explored and gone through a lot of systems out there, and those which you'll be learning in our manual are some of the very best!

Try them if you haven't done so!

Of course, you can explore a lot of other systems and methods, but, instead of wasting time going through all the clutter, *why not stop "looking" and start "doing"!*

Always remember, you can only taste success when you decide to stop getting ready to get ready!

You can truly have the "Love and Relationship of Your Dreams".

All you need is the right system and a little help from us. Thus, if you have not done so, get a copy of the manual for yourself today, and learn how you can attract your true love for life!

Technique 7 - How to make negative responses and reactions work in your favor

I often get these questions from my readers,

"Cucan, what if he doesn't return my calls?"

"What if she doesn't reply my mails?"

"I send him a card and I haven't heard from him until now."

"What if she doesn't want to connect? I don't want to sound like i'm manipulative."

"I have changed for the better, but how can I make her see the new me and experience the new me if she doesn't want to connect?"

"He hasn't contact me for 3 weeks! What am I doing to do?"

So, today, I'm gong to share with you a story of a salesman and what I have learnt from him.

This salesman possesses in his hands a golden secret which can help you make relationship and love work for you again, even if all you are receiving are negative responses and rejections!

You may not know this, but do you know that whatever it is that you hold a strong belief on – whether you realize it or not, whether consciously or subconsciously – how your environment will be, how people will react and respond to you, **will exactly be THAT which will support what you believe to be true?**

In other words, your reality is THAT which matches your beliefs!

As within, so without.

The evidence and proofs (that YOU want to see) will start to spring up from everywhere around you, so that you'll feel that it feels right things are the way they are right now.

De-hypnotize yourself now!

Here is the story of a salesman which I would like to share with you here.

His story will open up your eyes and your mind to seeking a creative solution for yourself if you like to make a connection with your dream date, or even to make a re-connection with your current partner.

Once a young salesman cornered a professional salesman after a seminar, to complain passionately about the executive he had to deal with at one of his key accounts.

"Everytime I go to him with a new product, a new idea, a better way of doing things," he said, "he instantly shoots it down or brushes me off. How am I ever going to expand this account's value if I can't even get my ideas listened to? There's just no point even telling this guy about anything new."

I asked, "How do you usually approach this fellow with your ideas?" I listened as the salesman described when and how he went to this customer with new products or ideas. He described what he said and what the client said.

"Does it always happen like that?" I inquired.

"Absolutely," the salesman said. "It's as if there was a script and we each read out parts."

"It might as well be," I told him. "As long as you make the same first move, he is going to make the same second move. You and he are having the same chess match over and over again. Because you are frustrated with this client, you keep

approaching him exactly the same way, just waiting for his unsatisfactory response. And you get it.

Let me tell you what a person with the habit of optimistic response might do.

First, he would STOP doing the same thing over and over.

Second, he would know two things in his heart: one, that this person can be reached, interested, opened up, even inspired - because EVERY human being can be!

Third, he would keep trying different approaches until one proved effective."

If whatever methods or approaches you are making is not working for you to make that connection again, STOP using the same unproductive approaches over and over again.

Secondly, **realize that EVERY human being can be inspired and motivated.**

Make the efforts to find out what motivates your partner or your spouse, NOW.

Remember that what motivates him/her years ago might not be the same as of TODAY.

But one truth about human nature stays the same throughout centuries. *Everyone of us needs a little uplifting every now and then.*

Third, if that salesman comes up to me and all he wants to talk about is himself and how good his products are, I WILL stop listening. You see, I'm sick of listening to sales pitches.

Think about this, if all you want to do is to come up to me and talk about why YOU are needed by me and why YOU should be staying by my side, even "brainstorming" with me why I am wrong and why YOU are right, I would have to ask you to go away and leave me alone.

Truth is, I'm sick of listening to the same old things over and over again.

Do you have anything better and more refreshing to do and say THAT WILL UPLIFT MY SPIRIT?

The story of the salesman is extracted from the wonderful book "Zero Resistance Selling" by Dan Kennedy. You can get this book from any bookstores.

Technique 8 - Want A Date? Become genuinely interested in YOUR-SELF!

Do you wish his eyes be glued on you?

Let me tell you a story. It's a true story.

Just recently, I got interested in a guy. I'm not supposed to share this with anyone, including you, lest my partner gets to know about it. :)

However, being an avid student of human nature and inter-personal relationships, I could not help wondering, what is it (about him, or me?) that has made me attracted to him?

But, don't be mistaken. Until today, we are just very good friends. I still have my partner with me, so I wouldn't want to do anything that will break my relationship with him.

We have a common interest though. This is why we click together and always enjoy each other's company, with no expectation from each other.

He had gone through several failed relationships, and we had a talk about this one day over coffee at a cafe. He was hurt that the relationships he had with his ex-girlfriends didn't work out the way he wanted them to.

However, that didn't destroy him; instead, in his own words, such experiences make him even stronger.

I realized that I admired his courage and strength to be able to pick himself up even after a heart-breaking experience.

In fact, I was inspired by him.

"We had conflicts and disagreements. It didn't work out, everyone of them (his girlfriends) initiated the break-up. I didn't put in the effort to pursue and thus eventually we broke up. I was devastated then. But I'm not going to allow myself to be enveloped in self-pity and sorrow.

I put all my attention, energy and focus on my passion, that is, bodybuilding. I realized that, whatever effort, time, money, and energy I had put into bodybuilding, it has all paid off handsomely. I could see the results I want to see. With relationship, it is so different. You cannot control the outcome; you cannot control the other person."

He is so right.

You cannot control another person or how he will think and behave.

You only have control of your-self, this indirectly implies the power you have in your hands. You **CHOOSE** whether your circumstance controls you or destroy you; else choose a more positive way of reacting and responding to your circumstances.

I didn't tell him this secret which I have been holding in my heart, that I enjoyed his accompany and going out with him, even training together with him at the gym whenever I can find the time to do it.

I asked myself what had made him seem attractive. The answers I got shocked me further.

(1) He inspired me with his insights about life and relationships. In short, he had what I had been seeking and searching - the answers to some of the tough questions about life and relationship.

(2) I found myself wanting to go out with him often. He was confident about his passion and what he was doing. He was independent, had a character, and was not affected by what others think about whether whatever he is doing is right or wrong. In short, he was of a higher vibrational energy than I.

I realize, and I have been sharing this secret with many of my readers - By becoming interested in MYSELF, my partner becomes more interested in me!

If you think it is a paradox.

IT is!

Many relationship challenges and difficulties often start when one of the couples shift his or her center onto another person, and many people do this unknowingly!

Understand that your center is HERE, right now, within you; it is your safe haven and most trustworthy antenna.

You do NOT have to search for it in another person!

This is one secret which has worked wonders for those who are willing to take the time to chew on it.

Inspire your partner today!

However, don't stop here. Dale Carnegie has taught that *"If you want people to become interested in you, you have to become genuinely interested in others!"*

Become genuinely interested in YOUR-SELF!

Become genuinely interested in others!

Combine this two, and you might find yourself being swamped with so much attention, you'll have to crack your head to find your own private time.

Technique 9 - How to draw anyone to your side – without you having to ask for it!

Before I begin, I would like to first point out that throughout this entire chapter, I will be using "he" and "him", etc, rather than awkwardly saying "he or she" or using "he/she".

So please understand I do not mean this as slight to women.

Many of my readers have often asked me, *"How can I change my partner? What can I do to make him do things the way I want it? Or is it even possible?"*

My question to you is, *"Do you go into a relationship to change another person?"*

Well, you have to take responsibility for the choice you have made if you do not like what you see today!

Truth is, you cannot change or force another person to behave in the ways you desire just by telling him or pointing out to him.

Most times than not, it doesn't work.

The secret here is, whatever it is you would like your partner to do - whether it is to do particular things, behave in particular ways, or think in the ways you want it - your partner has to see these ideas themselves as *coming from themselves!*

This is one of the secrets possessed by those cult leaders. How is it that they are able to influence their followers to do what they wish them to do so easily? Think about it. You can learn their secrets.

If you are trying to save your relationship, your partner has to see this idea of reconciliation and working and keeping this relationship as coming from themselves.

Very often, it doesn't work if YOU keep telling them to see your point, to work out something, to say something.

So, what can you do to possess that jedi-like magic to influence your partner?

I call this **positive motivation**.

Try not to tell your partner what to do. Stop making him see your point. It won't work. However, keep these points in mind:

(1) Become the person your partner wishes to become.

(2) Improve your-self FIRST. The changes you like to see on the outside will follow.

(3) Understand that most human beings naturally gravitated towards the person who possess a higher vibrational energy. Now, some of you might think this is too profound and metaphysical. It is not. Simply, just ask yourself who attracts you in your daily life and makes you think, "Gee, I wish I have his confidence/strength/power/courage." Then, ask yourself what can YOU do to become such a person.

Just recently, I ran into one of my friends, the guy who is a bodybuilder (some of you might already know who I am talking about if you read my previous technique). When he saw me, he pulled me to one side and confided in me.

He was running into big trouble. He told me.

To cut a long story short, he ran into one of his ex-girlfriends the other day, one whom he had lost contact with for almost 2 years. She had a boyfriend now, but was currently having some disagreements and conflicts with him.

Now, this friend of mine (let's call him Mr X.), was very concerned about her.

They met up for a chit-chat not long after they bumped into each other. Now, in case you are wondering, Mr X doesn't have any intention to get back into a relationship with her.

However, being a good natured person, he still cares about her and treats her just like his other friends. It wasn't long before Mr X realized that the girl was contacting him more than 10 times a week! It was clear to him that she had a different intention, and was trying to get back into a relationship with him.

"Look, Cucan.

I made it very clear to her that she was still my friend and she was not to expect anything from me. Besides, she had a boyfriend now. They were having some conflicts and misunderstanding. All I did was just spending some time to listen to her, to talk to her, and gave her a little help here and there, that was all, I did all these just as I would do for a friend.

I didn't want to interfere with their affairs nor did I want to be seen as a third party. But, apparently she wanted something else and she was obviously trying to get close to me! I didn't ask for all these! Now, what am I supposed to do?"

I was enthused by his remarks.

And this got me thinking. **How was it that so many of my readers have a hard time making a connection with the love of their life or even failed times and times again trying to get the attention they are seeking from their partners**; and yet, this friend of mine was getting all the (unwanted) attention without lifting a finger!

Some of you might have got it figured out.

Naturally Mr X has a higher vibrational energy than the woman. This is one reason why his ex-girlfriend is attracted towards him.

There is another very important reason.

And this is what I told him, "My friend, the more you tell her that she is not to expect anything from you, the more she'll find it difficult to drift away from you! The reason is this: people want what they cannot have!

The more difficulty they have to getting something they want, the more they'll want it. Even during their sleep they'll think about it; it fills the whole of their consciousness so much so that they will conclude for themselves that this is definitely something they must have!"

Now, Mr X is such an understanding and caring man.

Let me ask you.

Who wouldn't like to be with a caring, understanding person?

And he kept telling her:

"Look, I can be there for you. But now you have a boyfriend. Don't expect anything from me. We are no longer in a relationship".

And of course, Mr X wouldn't have any difficulty being alone with himself even if this girl was not around. It was no wonder the girl found herself irresistibly attracted towards him!

Technique 10 - Study the character of the one you wish to win over

Love is first started into flame by sympathy – by liking certain things about the other one or by liking the things the other one likes. If you can be in complete sympathy with the one that you desire, you will definitely win her affection.

Learning to read and discover the other one's character is thus a very useful and important skill that can come through cultivation and practice. *Being able to read her character*, you'll be able to treat her in her own unique ways and capture her heart!

I have a male friend who has an experience which I would like to share with here. His account of a real story can teach us something about human nature which you can keep in mind whenever you try to attract and win over a girl you like.

It happens that this friend of mine has another female friend (We'll call her Miss Y here for clarity) who was in a relationship with her boyfriend of almost 7 years.

To cut a long story short, this boyfriend cheated on her and went out with another girl. The three of them were colleagues and work in the same company. Upon finding out the truth, Miss Y was very upset and 'threatened' to make things difficult for her boyfriend and his new girlfriend.

The reason why Miss Y was so confident that she could make things worse for her boyfriend was that she was very well liked and was very influential in the workplace. Thus if she proceeded to do what she had planned, there was a high chance her ex-boyfriend and his new girlfriend could be kick out of the company.

Well, this male friend of mine got to know about her plan and her decision. He knew she was not in her right frame of mind and no matter how he advised her not to go overboard doing things, she wouldn't listen.

"If you do this, you'll be disturbing the peace and harmony in the company; and everyone in the company will be upset!"

“It wouldn’t do you any good to chase them away. Both of them are good workers in the company and they still have so much to contribute! You have to try to think for the company and not to have ‘revenge’ cloud your thinking!”

“I understand your ex-boyfriend is at fault and whatever he is doing is wrong; but what gain will you get if you manage to get your way having them expelled from the company?”

No matter how hard my friend tried to persuade her, Miss Y wouldn’t change her mind about proceeding with her plan.

Then, one day, my friend changed his approach. He knew he had to do something to help his friend see things in a clearer way. He understood that she would only hurt herself further by doing what she was planning to do.

“Look. I know that what they are doing to you is wrong. But if you can forgive and forget, you are a stronger person, and you will be blessed in many, many ways!”

Bang!!!

He hit the right chord in Miss Y’s heart and this really got her to slow down and to think. What happens was this.

She started to look at the big picture and seriously took the company’s (and everyone’s) interest into consideration. Eventually, she stopped harassing the ‘couple’.

She concluded that she would be a stronger girl if she changed her plan.

Conclusion: People sometimes accept what they are being told, but never doubt what they conclude!

Technique 11 - A Saleman’s Secret

There is one good salesman who once expressed that to sell a product; he has to visit his potential buyer for at least 3 times.

The first time, his main objective is to catch his attention.

The second time, his main objective is to arouse his customer’s desire to buy.

The third time, with his persistent persuasion he was able to convince his customer to buy from him.

Using this method to capture the heart of the woman you want would prove to be very effective and miraculous.

You have to be very, very patient, and persistently grab every opportunity to get close to her, even if you have received a number of rejections from her.

How do you go about doing it?

First and foremost, you have to remember not to be too formal and put up a too serious face or attitude when you ask her for a date, this will drive her to be on her cautious side and she would get wary of you.

The best and most effective way to do it would be to make it all fun, memorable and creative!

If this is your first date and when it comes time to go home, you have to ask her for any of her contact numbers so both of you could meet again. You have to brush away all thoughts of rejection and just go ahead and sincerely ask her for her contact numbers.

Another very effective method would be to ask her for her email as most people feel much more secure and comfortable giving email addresses, instead of their own contact numbers or home addresses.

It is important that you have done your best to make this a fun, memorable and happy date for both of you, so it'll be easier for you to ask her out again.

Try this.

Do not date her right away when it is time to go home. Ask her for her contact number or email address, and after both of you have returned home, give her a call and date her again.

Thus, the lesson you have to learn here is, like the good salesman, be persistent and persevere in your effort to get close to her, and you'll win over her heart!

Technique 12 - Perseverance is the Key

The interesting thing about getting the woman you want is, you do not have to invest in any extra tools; you do not need to buy too many flowers; nor do you need to get too many gifts just to please her.

There are many men who get a lot of expensive things – gifts, diamonds, jewels, clothes, etc. you name it – and they do not succeed in getting the woman that they want.

The real secret is this: *You only need yourself!*

That's right.

If you seriously have decided that you want this woman of your dreams, you only need yourself, and you will *never, ever, give up until you get her!* Read the previous sentence again. This is really the secret which all men, who have succeeded in winning over their dream lovers, possess.

When men fail to win over the heart of their dream lovers, they thought it was fate, or it was just their luck, or that they were not meant to be together.

What they do not know is that the **main reason why many men fail to get the woman of their dream is that they do not have the confidence and courage to break through the internal moral barrier of the woman.**

Many of them give up just because the woman they like say a word: *"No!"*.

Most women hold a similar, strong belief, *that man has to take the initiative to go after the woman he loves, and woman has to be the one being chased.*

If you understand this, you should never ever give up just because you receive a rejection. Don't label it as a failure on your part, or that something in you is incomplete or imperfect. Do not add in your own opinion or judgment regarding the rejection.

Instead, see it as learning one more approach you should not have used to approach her.

Technique 13 - Not following the crowd

When choosing their mate, many women love to do a careful observation of all her suitors first. This is one of the secrets which I have discovered not too long ago. Many of you would have known that my partner and I came from the same sports teams.

Months ago both the women's and the men's teams decided to come together to organize a fund raising activity for the teams.

I had a very pretty team-mate who volunteered to join the committee and it was a known fact that many guys in the team were already interested in her. Thus during the meetings when she voiced out her opinions, many guys would start to give her support by making a lot of positive and supportive comments.

All that they were doing were trying to get her attention and to please her.

Now, this girl is already attached. Who do you think she has chosen and win over her heart? Well, the amazing thing was she had chosen one of the guys (in that committee) and *he was the one who never talked much or gave any comments during the meetings!*

He had a quiet nature and did not really like to 'perform' during occasions like this. And because of this, he tends to 'stand out' from the crowd and catch her attention instead!

Does this mean you have to do extraordinary things and stand out from the crowd to win over her heart?

No.

You just have to know that many women do make careful observation of the people around them. *What is most important is that you preserve your individuality and be yourself whenever you have a chance of being with the woman you love.*

Technique 14 - Become genuinely interested in her

Instead of wasting your effort and time trying to get him or her to be interested in you, try instead to get interested in that person.

One of the immortal truth of life is that people are not interested in you.

They are not interested in me.

They are interested in themselves.

Most of us would ensure that we ourselves have to be feeling good, great, and comfortable first before we look at others. Let's face it.

People like to be with you if you show them you are interested in them, able to make them feel good about themselves, and able to make them feel important.

Most of us often do it the other way round.

We try so hard to get the person of our dreams interested in us by doing all kinds of unnecessary things. We make sure that we are dressed appropriately and attractively when we go for a gathering knowing that that person will be there as well.

We try all sorts of ways and methods to show him what we are capable of, our skills, our talents and suchlike.

You will not be able to attract your true love if all you are doing is to impress him and wanting him to become interested in you. If you want to draw this person to you, you have to first get interested in him, find out his interests, his likes or dislikes, the things which he is most passionate about, and get him to talk about it!

Besides video taping, my partner also loves mountain bikes and has a vast knowledge of anything relating to mountain biking. He owns a very expensive Cannodale mountain bike and up until today it is still his most treasured possession.

This is an episode which happened months before we go steady, which truly reflects the truth that: We are interested in others when they are interested in us.

I spotted him pushing his mountain bike while on the way home after school. During that time, I was very eager to get him for a dinner date but was unsure how I could go about asking him. That night, we spotted each other on the net and I invited him for a chat.

All the while I was only thinking about what I want and how I could get it.

So I started the conversation casually and we talked about our sports and training (both of us joined the same sports team but we seldom get to see each other as the training schedule for the women's and men's team are different).

When I eventually did ask him if he would like to have dinner, he was quite reluctant and kept saying he would be very busy for the whole month.

Naturally, I did not want to give up. Then, recalling what I had learned about personal magnetism, I changed my tactics. Instead of persuading him to come out for dinner and bombarding him with more questions and persuasion, I began to ask him about his mountain bike. At the same time, I began to surf to the web site on Cannodale and had a quick browsing through its pages with information on his Cannodale.

It worked!

And I got him hooked. For the next one and a half hour, we just talked about Cannodale and mountain biking. Even though I did not have a vast knowledge of mountain bike or Cannodale, *but I got him interested in me, just by becoming interested in him and his passion – mountain biking.*

Before we ended our conversation, he actually asked me if I would be free for dinner the next day!

If you have found out what interests your woman, you would have aroused in her an eager want that no amount of discussion or talking could have possibly accomplished.

Chew on this strategy.

You can make a deeper impression in one day by becoming genuinely interested in other people than you can in one year by trying to get other people interested in you. No one can keep from liking you if you practice this very important principle. Always remember this.

Technique 15 - Woman wants to be wooed!

Most women are very sensitive to what others are thinking and saying about themselves.

This usually results from the fact that for a long time women have been seen as the weaker or softer group when compared to their male counterparts. In other words, it is one of women's weaknesses too, and if you understand this, you would be able to make use of this to formulate your strategy in winning over the heart of the woman you love.

You could try expressing your love for this woman in front of other people or when both of you are in a big group. She may respond by saying you are thick skinned, but in actual fact she was proud of it.

Why?

Because you have made her feel very good about herself, and with your courageous act you have made her feel that she really is a very attractive and special person in your heart.

Most women love men opening doors and treating them like a lady.

So, do not hesitate to court her by bringing flowers, holding her hands, plan the evening ahead, open the car doors for her, orders dinner and asking her what she like, rises when she returns to the table! Of course not all of these would impress every single women, just be more **observant** and try to understand what your woman secrets want!

Technique 16 - A little surprise in a peaceful life

Unlike men who always look for excitement, challenges and changes in life, *most women would prefer a peaceful, secure, and comfortable life.*

Many women are also used to living a life with not much excitement and adventure. For this reason, many women have often wished that life would give them a little surprise and change every now and then, and any surprises, however small or large, would have caught her attention and got her hooked.

The ironical part is, even though many women would love a little excitement and challenge in their normally quiet and peaceful life, *they do not really look forward to anything that is too drastic or brings about tremendous changes.*

If you want to win the heart of a woman you love, you have to know this secret - *Women often love a little surprise in a peaceful life.*

Once you know this secret, you'll have an upper advantage over other men!

You would know how to approach the woman you love.

First, you know that you have to fulfill their need of a little excitement and challenge in life, while at the same time, you know you have to first let her see you as someone who is trustworthy and mature.

So, you have to build this foundation first, to let this woman see you as someone who is able to provide a sense of security.

On this basis, you can then proceed to create a little surprise for her every now and then. For more romantic and creative ideas, make the effort to research the net. There are many free resources available on the net for good, unique and awesome dating ideas.

So, your secret weapon here is to break the routine at an appropriate time, place and atmosphere, and you'll bound to capture her heart and make her very happy.

Technique 17 - How about a little challenge

If the woman you like is a really attractive girl and she already has a lot of men wanting to get close to her, **what you have to do is to ignore her a little intentionally**; this is the easier way to catch her attention.

A woman who is very popular and attractive is usually someone who is full of confidence.

And because there are probably a lot of men who want her, she will naturally have a keener observation of the men she knows. As attractive woman are used to the praises of men, she would have taken everything for granted and would feel that since she is so popular and attractive, men should come forward to please her and gain her approval.

Thus, if anyone should criticize her or reject her, she would naturally not give in so easily and would try very hard to gain the approval of the other party who dare to go against her or her views.

This is one of the weaknesses of attractive women and this is also one of the most effective tactics you could use if you ever decide to want this woman.

This is what you should do.

Occasionally, challenge her and her views if you have found out where and what her weaknesses are. If you can do this while most other men are trying so hard to please her, you'll be noticed as doing something very different from her usual experience.

In fact, she'll feel that this is very refreshing and unexpected (from your side).

However, you have to remember this rule.

For 80% of the time you should be giving sincere, honest appreciation (of her good points), but for 20% of the time you could try to challenge her.

If you criticized her or challenged her too drastically, you can forget about winning over her. But if you can give the right amount of challenges, you would have ignited in her a subtle curiosity about you (because you are different from other guys!).

Very likely, you would have got her interested and wanted to find out more about you!

Technique 18 - Winning over a woman who is the only child

If you are dealing with women who are also the only child in the family, you have to understand the mental attitude of these women.

Most of these women are quite attractive looking, and being the only child in the family they are bound to have been pampered from young.

One distinctive, common characteristic of these women is, they are observed to be slower in reacting when it comes to human relations.

This could be due to the fact that many of them have grown up in a secure, pampering and comfortable environment, and seldom receive rejections or criticisms from third parties. When you have lived and grow up in such a safe and highly 'predictable' environment, you would not likely take much notice of the nature of human relations in your everyday life as the people around you would always come to you and be there for you.

So, if the woman of your dream comes from such a family background, you would not have much success of winning over her heart by using a caring, attentive and softer approach. In her eyes, you would be seen as no different from other men (including her father, her uncle, her friends, etc.) who have come into her life, since she has been receiving attention and pampering from many of these men for a long time.

In order to leave a deep impression of yourself in her heart, *at times you have to adopt a rougher and tougher approach and attitude when bring in contact with her.*

Many of these women are already too used to and tired of all the attention and pampering that they could get from the people around her.

By using a completely different and tougher approach towards her, you would have left an indelible mark in her mind as this would be something she has never experienced before.

Of course, I do not mean to ask you to be offensive, but to use tact and to do it in a moderate way.

For instance, try going against her wishes and suggest a better restaurant than the one she desires to go to and make sure the one you are recommending is really good and different.

Insist that you have your way at times and not just to go all out to please her every time.

Technique 19 - Mystery

One way to attract the woman of your dream is to moderately preserve and cultivate a sense of mystery about yourself.

It is important that you do not tell and reveal all about yourself and your life to her without leaving a trace of 'unknown' behind.

Many men tend to tell the women all about themselves thinking that by taking a tell-all approach they would definitely win the heart of the women they like. The result they get is in fact, the opposite.

Realize this.

Most women are only interested in men who are somewhat mysterious to them.

When a woman meets a man, she gets to know more about this man - his behavior, his character, his habits and his attitude in life.

Besides all these, a woman always loves to think: *"There must be some other interesting things about this man which I have not discovered. What is it?"*

They love to build up a balloon of curiosity within themselves and this is what spur them on to wanting to be with you, wanting to know more about you, wanting to show care and concern for you, and wanting to uncover those 'unknown' and mysterious part of your-self!

Her curiosity about you and your mysterious part will always be increasing **if** you know how to make use of this to get her to be forever interested in you.

Once you can get her to be interested in you (by creating a sense of mystery about you-self), this interest she has in you will not be easily eliminated and will always be in her even after marriage.

Here are some suggestions on what you could do.

At times, try a quick date with her and leave immediately. When it was time to part, think of something to tell her but make it somewhat mysterious or surprising (this would have arose her curiosity about you).

For the time being, do not be too concerned whether she really likes you or not, just make sure that you have captured her attention and interest in you.

In addition, you could also try to do something different on a date with her, something which you seldom do in your usual routine. This would help to enhance your relationship with her.

To get the best results, you really have to sit down and plan what you want to do. For more ideas, you could check out Creative Dates [here](#).

Thus, remember this.

Do not tell her everything about yourself and your life.

Maintain and preserve a little sense of mystery about your-self and your life. This is your secret weapon to attracting her. And this woman would definitely take a greater interest in you.

Technique 20 - Are you appreciative?

Woman often likes to feel she has been worthwhile in your life and that initially she does make a difference in your life. Woman's character tends to be nurturing, and this is a subtle skill and strength which nature has given her.

So, if you want this woman, or even to think about getting a date and more dates with her after your first date, *try to tap into her nurturing nature.*

She does this by showing that she wants to help, to offer you encouragement and support through means and ways, to show her beliefs and enthusiasms in you, your interests and your life, to be always there for you.

So what can you do to get her attention, or to get a date with her?

Create the opportunity for her to lend a helping hand.

To get close to a woman whom you want to attract, *find a chance or create an opportunity where she could give you a helping hand in some projects.*

You can try to plan to set up a temporary stall at a flea market and sell your old stuff. Invite her to give you a helping hand, ask her if she wants to sell her stuff too and clear up some space in her house.

Organize a garage sale at your backyard.

You can do it for charity.

If you tell her it is for charity it might be easier for you to ask her to come along.

Do not be too arrogant and do not be too proud of yourself or your ability.

Be responsive!

Show your appreciation for whatever she has done for you, however small the deed is. It your action that counts!

Let her know that you appreciate what she has done for you, and that you appreciate her for who she is. If she hears this, I can tell you, you are more than half way there to winning her heart.

If you are not an emotional person, you can show your appreciation through your gestures, smiles, cheerfulness, and attitude.

Whatever it is, *create an opportunity where she knows she can contribute.*

Women love being appreciated and for some women, they love getting involved in activities which they would never have the chance to participate in during their normal routine.

If you can be the man who can *lead her out of her boredom* and make them feel that she has done something great by giving a helping hand and contributing to a good cause, she will be attracted towards you!

Why?

You have made a difference to her lives, and they love those feelings of doing something different.

Technique 21 - Coincidence

If you can create “*coincidence meetings*” with her, you have a higher chance of making her feel that you are the one for her!

In this way, you would have won half the battle of attracting her and winning her over.

If you notice, most of the people who visit and consult fortune-tellers are women.

Indeed, many women do believe in fate and destiny.

In the history of mankind, for a long, long time, women have been seen as the weaker group when compared to their male counterparts and even today many people still believe that women do not have the power or energy to create their destiny and become masters of their destiny (even though this belief is changing today with many more women rising in power).

Understanding this, you could try making use of this method to get her attention.

In order to capture her attention, try to create opportunity to run into her or make her sense your presence without her expecting to see you.

For instance you could try to ‘accidentally’ run into her while she is going out, or join a club which she has just joined.

You can let her see you, and just appear within her sight for a few times, but you need not go forward and approach her.

After you have done this for a number of times, very likely she would have come to believe that these are not coincidences and would even believe that everything happens for a reason, or perhaps you are the one for her!

Remember, **no one will create opportunities for you.**

But you have a choice.

You can choose to create opportunity for yourself, or you could choose to wait forever sitting there doing nothing, and thinking that she would just come to you, which is all only wishful thinking.

Technique 22 - How to grow her love for you

Traditionally, men have always being viewed as superior than their female counterparts and thus they are people who take more initiative.

When men do things, usually they will not consider much about the consequences. They tend to feel a greater sense of urgency and not to hold back things for a longer period of time (lest they miss a good opportunity), but would instead prefer to kick-start and complete the tasks at hand first.

On the other hand, women are more *cautious* and *always on their alert mode*. They tend to prefer to take a longer period of time to look at things from all angles and directions before they decide the next step they want to take.

So, do not lose heart when you are being rejected for a date with the woman you like.

Try this method.

If she says 'No', be a gentleman and gladly tell her: 'Do not worry. I would not disturb you again.'

Then be sure that you mean what you have said and do not contact her for about a month. After a month, find a compelling reason to contact this woman and see what happens. Most of the time, you would find that this woman has been expecting and waiting you to call her.

Most women tend to feel regretful after the other party graciously accepts her rejection, as this is not something she would expect.

Most of the time she would expect some resistance, stubbornness and challenges from men, but because you are different, you manage to get her interested in you.

If you manage to get her on a date with you, try this.

For instance after you have both watched a movie and while having supper together, you can tell her: *"I'll send you home after 15 minutes."*

15 minutes later, you have to really fulfill your promise and without showing any signs of regrets or reluctance, walk her to your vehicle and send her home. In this way, you would have been seen as someone who is very responsible and gentlemanly.

Besides making her feel that that night is not enough and that she wishes she could stay out with you longer, you would have won over her affection too.

When you walk her to her door, similarly try your best not to show any signs of reluctance in leaving. This strategy would help to enhance your relationship with her.

If your girlfriend asks to break up with you, try adopting the above method and see if it works for you. If she asks for a break-up, why not accept her request graciously.

I know it is not an easy thing especially if you are someone who is already very attached to her. But many times this is one of the best and effective methods to get her back to your side.

After you have graciously accepted her request, and you really mean it to not to disturb or irritate her in any way for the many days that follow, there will come a time when this woman would feel regretful for the break-up and for all the hurting words she might have said to you.

Why?

You have given her the opportunity to do some soul searching and to resolve any internal conflicts which she might be facing during that point of time and which you may not be able to resolve for her except her herself.

By giving her the 'space' or 'breathing space' she needs during that critical period, ironically you would have made her missed everything that is good about you.

You must realize this, ***such men who are willing to take the calculated risks of letting go are rare to find.*** Eventually, she would be so regretful of it all that she will ask to return to your side.

Technique 23 - It's always the little things that counts

Be observant.

If you spot her admiring something which she likes very much but keeps holding back about buying it for one reason or another; without her knowledge and if it is within your means and power, secretly buy it and present it to her as a surprise gift.

Get it for her with sincerity without expecting her to meet any of your expectations or without asking any favor in return.

This is one of the best ways to capture her heart! But if all you want is to put some demands on her, then it is better you don't do it. You can learn to be thoughtful in many different ways:

- a) Return her borrowed books for her
- b) Prepare breakfast for her before she wakes up
- c) Offer her a ride if it is about to rain after work
- d) Buy the dessert or drinks she favor while having meals without her asking you to do so
- e) Offer to walk her dog for her

Technique 24 - Be unpredictable at times

If you just get to know her and like her a lot, you'll find yourself wanting to know more and everything about this woman. You'll even feel like wanting her to know more about you and you think that if you tell her all about yourself you'll gain her trust and affection.

Be aware!

If you have let her know too much about you, especially on your first few dates, *her interest in you would have gone downhill very soon.* Preserve a sense of mystery about yourself. But do not get me wrong, this does not mean you have to lie to her about yourself.

Be moderate.

And every time when you date ensure that your date is always refreshing, fun and creative. Do not go for the same activities and do the same old thing every time you meet.

Here's an interesting strategy shared by one of my clients.

You can create a sense of mystery about you by *always saying goodbye to her at the same place and same time.*

For instance, after a dinner date, no matter how much fun both of you have had for that night and how much you have had enjoyed each other's accompany, always end the date at, say 9pm.

The girl would find it hard to believe that you can actually stick to ending the date always at the same time. And she would definitely find you mysterious, and probably unbelievable!

To capture her heart, *you have to practice preserving a sense of mystery and at times be unpredictable*, this will get her hooked if she finds that there is still something missing.

If you talk and tell too much about yourself, you are no different from other guys, who tend to talk too much just to please. So, if you want to capture her heart, be different.

The result you'll get?

She'll find it hard to resist wanting to know more about you and your being!

Technique 25 - Women tend to say one thing and mean another

Understand that women tend to say one thing and mean another.

If you proceed to date a woman you like and she rejects you by saying she is busy (this is the most common excuse!), you have to be aware that such excuses have a lot of positive meanings.

In other words, even if this woman is available and free for that moment, she would also use such excuses to try to get your attention.

Her main purpose is to find out whether you are truly sincere towards her, and how much she means to you.

Let's look at the following scenario:

A man called a woman whom he wanted to attract for a dinner date: *"Would you be free to go for dinner tonight?"*

The woman rejected by saying: *"I'm afraid I would be very busy with my work tonight. There are still so many things to do."*

The man was disappointed and said instead: *"If that is the case, call me if you are free tonight. Goodbye!"*

The man mentioned above has been very unwise in believing everything that the woman said and he has taken things too lightly.

What do you think will happen?

This woman would have been very disappointed and perhaps angry with the man, and she may also be having doubts about his affection for her.

In fact, she was disappointed not to hear something from the man, that "Even if I'm busy, I would also like you to continue to ask me if I can come out for a little while for your sake and not to give up so easily."

Women love to find out a man's love for them by testing his sincerity and determination by using a simple event such as the above.

This is why so many men find that women are unpredictable and mysterious.

To make a woman fall in love with you and to ensure that you will stand out from any competition (from other men who are eyeing the same woman), *you will have to learn to read her character and underlying meanings in whatever she says.*

If you are someone who is not afraid of any given obstacles and would find all means and solutions in order to meet up with the woman you love, this shows that your love and affection for her is true and deep, and she will know it!

Technique 26 - Ignite her the excitement and joy for life!

I had a woman friend who once had two men interested in her at about the same time. She could not decide who she wanted to be with at the beginning, so she gave both of them an equal chance by being casual friends with them and tried to get to know each one of them well first before making her decision.

I met her on the street one day and that day she made it known to me that she had made her decision and they are getting married soon.

Intrigued, and as I was working on the materials for one of my books, I wanted to find out how that particular man won over her heart and what exactly he had done to gain her affection.

This was her account of what happened.

The first man was involved in competitive archery and thus spent a lot of his time training. He was not highly educated, but had a decent job earning a sufficient salary.

He loved pets, was affectionate to animals and had a pet dog in his house. However, he was quite hot tempered and impatient at times. Though he loved the outdoors, he also enjoyed staying at home and doing household chores.

The second man was quite good looking too, and was highly educated.

He was a professional, worked as an engineer earning a good salary and stayed with his parents in a private apartment. He was known to be very filial, friendly and quite good tempered too.

My friend had got to know him through a local Buddhist centre and he left a deep impression on her when after every prayer session he would pick up the mop and start cleaning up the prayer hall diligently! Well, not many men would have done that!

Who do you think my friend eventually end up being with?

Many of us would have guessed that the second man had a higher chance of winning her over. But, we are wrong!
She had chosen the first man.

Why?

Even though the second man seemed to be a good man and would have been a good husband if she married him, but she was not **attracted** towards him.

He was not involved in sports heavily, and did not have any hobbies which he was passionate about.

He was too polite and gentlemanly and he always kept himself at a distance from her as he respected her.

Even though he had tried his best to please her and make her happy, she found that her date with him was always very routine and predictable. He was too much of a Mr Nice Guy!

On the other hand, she felt more *excitement* and *liveliness* when being together with the other man. He was very passionate with his sport and had a strong belief in it.

Because of his busy schedule with training and his commitment in doing his chores at home, he was always unavailable and unpredictable, and my friend found herself missing him a lot whenever he was unavailable.

He had a loving nature, and was more open in showing his affection and love for her and his pet. He lost his temper with her at times too, when she did not seem to understand him. The weird thing was even though my friend knew he was a bad tempered person, she still chose to be with him.

Conclusion?

People are often feeling bored about life and many times, we need that something to excite us and awaken our psyche.

If you are the one who can do just that, at the right timing, right environment and right atmosphere, you can be sure you'll be the one she'll choose to have a date with!

Technique 27 - The secret key to making any woman fall in love with you

The secret key to making any woman fall in love with you is this: **Find out what is missing her life right now and be the man to provide it.**

When you first meet this woman, first *study her character, find out her moods, needs, and wants.*

If she is a woman who needs excitement and adventure, ask her along to go on a trekking trip with you.

Get her out of her comfort zone, tell her you know someone very well who could guide both of you up that mountain for a good price. Let her know you are somebody who would sacrifice time and comfort to be with her.

If what is missing in her life is suffering and challenges, and that she feels life is too easy to feel truly alive, what she needs are doing things which are against the norms.

For instance, if she has never really adopt an exercise and keep fit program daily, you can be the one to introduce her to weights training, something which is always dominated by men.

If it is something new that she has never tried before, she will be keen to give it a try, and you can keep up your relationship with her from there. Whatever it is, you adapt yourself to her ideals and bring her fantasy to life.

You have to focus intensely on her and find out what she is disappointed by. She will often reveal this in subtle ways: *through gesture, beliefs in life and tone of voice.*

This is how the love of my life made me fall in love with him and win over my heart.

Even though I am heavily involved in sports just like him, but I am never really a very outdoor person.

From young, I have a strong inner desire for freedom and independence (which I'm deprived of because of my family background), and he is the one seeming to be what I lack.

In short, he fit my ideal, and this is what attracts me to him almost like a magnet.

No other man can give me this good feeling when being with him. He showed me that all of us can get close to nature and to experience that blissful feeling of freedom through various ways and he taught me a new sport – mountain biking; and I simply love the sheer thrill, fun and excitement of riding with him through the wilds with no worries, and feeling absolutely free!

He arranged a trekking trip for me and some of my other friends and we flew all the way to Malaysia to climb Mount Ophir.

He told me, once I succeeded in reaching the top, that feeling of satisfaction is indescribable. *And it was true!*

It was really an exhilarating feeling being able to climb up there after a good effort. Finally, I found a man *who could make me feel greatness in myself*, and not just pampering me fulfilling my wishes of only material things!

Many other men are wrapped up in their own desires, impatience and selfishness, that they pale in comparison to the love of my life. This is why I have chosen him, and this is why I accept his date and reject others.

So, if you want to make a woman fall in love with you, become somebody who seems very attuned to her innermost desires.

In addition, try to bring her immense pleasure by *bringing to life her fantasies!* It's not how you look (whether you are tall, short, thin or fat!) that matters, it's what you do and how you do it!

Technique 28 - The most precious skill

This is one juicy technique here which I would encourage you to hold to your heart.

If you desire dating success and want to know how to get the date you want, or even win over the person you like, and someone comes around and tell you that he or she has the most powerful “formula” to help you achieve the dating success you want and all you have to do is Step 1, 2, 3, 4, 5 – RUN!!!

Believe it or not, there is no ONE, single “formula” or strategy existing that can help you to achieve dating success.

Recall the story of the guy who tried to date my friend and win her over but eventually fail? (Refer Technique #26) If you understand and master that technique, you’ll understand that no one, single “formula” is going to work wonders with every single girls because every girls is just so different!

To maximize your dating success, you have to really put in the effort to get to know the girl you like – her character, her likings, her dislikes, what motivates her, what turns her on, what makes her switch off, and such likes – And to give yourself that *unfair advantage* over other guys in winning over the heart of the one you love, make it a point to diligently study human and human nature.

It is not that difficult at all and even though it has something to do with human psychology, all you have to do is to learn a few basic principles (some of which you have learnt from previous tips) and then proceed to internalize and master that which you know by making it a habit to start observing your environment and the people around you – your friends, your family members, your associates, strangers on the streets – ask yourself questions like *why is he (she) the way he is? Why is he (she) behaving the way he is? What motivates him (her)? What could he (she) be thinking or feeling right now? What could be her fantasies and secret desires?*

My friend, this is the **ONLY** real education you can get for yourself – by **starting to learn all you can about human nature and begin to be more observant of your surroundings and environment today!**

My most successful students have not only learnt or memorize the strategies or tips which I share with them, but most importantly, they learn and master my **THINKING** process as well as the skill to read people and human nature.

Any smart person on the street could always give you good advice or a 5-step strategies.

But what if situation changes and you couldn't apply one of the steps given?

What would you do?

Would you be able to change your approach?

Would you be able to see things with new perspectives?

Could you have done things differently so that you achieve the results you want?

This, my friend, is what set my successful clients and students from those who fail to see the big picture.

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"500 Secrets About Men Every Woman Should Know!"

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"500 Secrets About Girl Every Guy Should Know!"

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"FamilyAndRelationships.com - Your Complete Resource Center for Everything

About Family, Home, Relationships, Love, Human Nature And Spirituality"

==> <http://www.FamilyAndRelationships.com>

Her books and manuals speak directly to the hearts of both men and women and many people have expressed that whenever they read her books, it was as if they were *reading about their life!* This is because she gives "*straight from the trenches*" advice, tips and strategies based on real life experiences, accounts and successes of both herself and her clients.

She now writes regularly on relationship, marriage, and family related issues, sharing the tips and strategies on how to find true love, draw true love, keeping a true love, and even bringing back a lost love, no matter what type of relationship one is involved in.

Cucan Pemo is also a freelance writer on parenting, family and working tips and strategies. Together with Dr Robby Bilton, a relationship wizard himself, they have co-written and published the best-sellers:

"Find Out If He or She Is The One For You! – The Complete Love By Design System"

==> <http://www.LoveByDesignBook.com>

"True Love On Demand!"

==> <http://www.TrueLoveOnDemand.com>

"The World's First Counsellor In A Box Program!"

==> <http://www.CounsellorInABox.com>

The End