



SXY mag

SXY girl of
the month

Maritza Contreras

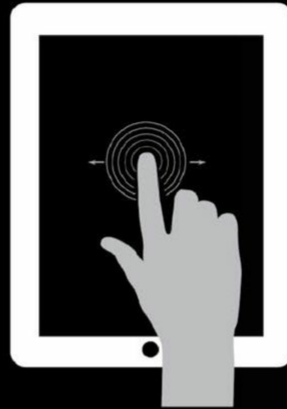
Is She Interested
In You?
Read These Signs!

Learn How To
Turn Her On!

+ More!

HOW TO USE THIS APP?

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horizontally to navigate
between pages



TAP AND HOLD
the screen to show the
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PINCH
to zoom in





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A romantic close-up of a young couple about to kiss. The woman has long, wavy brown hair and is looking down at the man. The man has short, wavy brown hair and is looking up at the woman. They are both smiling and appear to be in a intimate setting.

DATING

HOW IMPORTANT IS IT TO SLEEP WITH HER ON THE FIRST DATE?

BY HECTOR CASTILLO



Often enough we'll get someone of SXY MAG readers who will begin to question the validity of any model that talks about how to sleep with a woman on the first date.

Usually it's because he finds the majority of chicks he meets up with won't sleep with him on the first date... or, when he does go for the first-date lay, he crashes, burns, and never hears from her again, no matter how much he persists. Usually his inquiries are focused on women of higher quality (more beautiful or popular) and he suspects they aren't prone to sleeping with men quickly. Well, that's actually true – beautiful girls with high self-esteem are much less likely to sleep around, as they've learned from a young age just how in-demand they are and how easily

they can rope men in to relationships without having to give up sex.

However, this doesn't change the fact that these women will have sex with you on a first date/meeting. Not only is it possible, it's better, because the quicker you sleep with her, the more likely she is to date you, and not those other dudes. We will answer why in this article.

Now, this is important: to most naturals (like myself), it isn't really about strategy – it's about desire. When you ask us why it's important to sleep with a girl on the first date, the answer is "because I want to sleep with her." To understand this mindset, divorce yourself from strategic, categorical thinking for a moment.

You see a girl with a nice ass, busty tits, or a beautiful face – you want to have sex with her, without a doubt. Why would you NOT want to have sex with her as quickly as possible? This thought is in fact a much higher order of frame and masculine thinking than the "how do I keep her or seem most dominant?" mindset, even if it seems simpler or more primal. It's rooted firmly in the man's desire (i.e., your frame).

On a slightly more academic level, I addressed this question of lay speed in my article on moving fast without rushing. My thesis was simple – because time is irrelevant to women, why not move fast?

If a woman feels sexually or emotionally connected (or both), she will have sex with you quickly.

Thirty minutes after meeting you, an hour into the first date, or without even a first date and straight to your house, etc. (also, for clarification, a first date can also include the first time you meet her out. Basically, the first time you have any significant chance of sleeping with her, be it at a bar, coffee shop, or a predetermined meeting)

The only higher-tier counterargument to this mindset that I can surmise, and one I've seen a few times, is if it takes you longer to sleep with a girl, that ensures her chances of cheating are lessened, because if it was hard for YOU to get her, then imagine how hard it will be for those OTHER guys. Well, we'll cover that one, too.

However, many guys still wonder why it's important that you sleep with her on the first date or meeting.

But first we need to address the primary question.

WILL ANY GIRL SLEEP WITH YOU ON THE FIRST DATE (OR FIRST TIME YOU MEET HER?)

Short answer: yes.

Long answer: it depends on how good you are. Also, there's a difference between any girl and every girl. I mean, if we're gonna be academic, then let's be academic. Not every girl will sleep with you on the first date, but it is without a doubt possible that any girl of any quality or personality will sleep with you on a first date.

It starts with attraction. If she's going on a date with you, there's a fair chance she's attracted to you (unless she's using you for a free meal or looking for a friend; most of the time this is easy to spot). In most cases, then, when she likes you, it's your game that takes her from "I want to sleep with you" to "I WILL sleep with you."

Now, how do I know this all for sure? Experience. I have myself slept with women or otherwise gotten intimate



with them on the first date, despite them being ultra conservative, beautiful, or "hard-to-get." If I didn't do it myself, I know that they have done it before. Or I know of guys who have.

And because women.

The only other counterargument is, well, experience, but of generally negative results. You might say "Well, chicks aren't sleeping with me that quickly!"

Well, I'm sorry that this is your reality. But for some men, it is not so. To make it your reality, a first step might be to get some coaching or work on fundamentals.

Moving on. Why is it bad if you wait longer than one date? It's bad because of what a potential

boyfriend, in the traditional sense, needs to fulfill before he gets into her pants. What is that? His sexual fidelity. And that is not something you should offer in return for sex, EVER, I don't care how hot she is. Women hold the key to sex, but men hold the key to relationships, and if you give that up, you are starting from a very bad position in terms of negotiation (and if you lambast at the thought of framing sex as a negotiation, then take it up with the girl who wants your commitment before she has sex with you; she's the one turning sex into a business deal, not me).

When you wait too long to have sex with a girl, she might think you want something serious (not necessarily, but it's much more likely than if you're trying to get it an hour into a first date). She might not have thought of you as a potential boyfriend, but

because of your actions, she begins to think of you as one. This is okay as long as you're already having sex.

(I've had girls outright declare that they want me as their boyfriend and still sleep with me the first night – like my current girlfriend. This is fine, because it's her who wants to be YOUR girlfriend, not her asking YOU for commitment first. You'll often find this with girls you have amazing chemistry with or very dominant women who know exactly what they want)

In other words, she should either be sexually AND romantically interested in you, or sexually interested first... and THEN romantically interested. If it's romantic interest first, then sexual... well, you're going the route of a woman rather than a man.



The former situation, in which she wants both from you, is the position of the lover (and by romantic interest, this can mean a week-long relationship while you're in town, or a ten year relationship). The latter is that of a fuckboy— at first she thought you were just a dick with legs, but you turned out to be much more. These are both fine – and both best executed when you sleep with her on the first date.

WHY IS IT OPTIMAL TO SLEEP WITH HER ON THE FIRST DATE?

The key word here is “optimal.” To put it concisely, because it makes you dominant. It also saves time (and money?).

Like I said, your desire should be “I want to have sex with her.” The sooner the better.

Getting it in quickly shows that you get what you want (i.e., you are a dominant male). Sometimes guys will get confused and mistake dominance for aggression. These are not mutually exclusive characteristics, but they are not identical, either.

You can be aggressive but not dominant, you can be dominant but not aggressive, and you can be dominant and aggressive. If aggression is accepted and enjoyed by her, then do it. If not, then don't. But getting your way is dominance, and that should always happen, because why not? (...so long as it's consensual, of course, duh – to that one guy who feels like going down that road of accusations.)

Also, she finds it sexy when a man gets his way. Women like winners. If you don't understand this, you are not in a position to even be arguing in this debate; you need to go sleep with more women until you see one of them get properly turned on by your dominance – your epiphany will

come with the lust in her eyes. “What if I don't want to have sex quickly?”

Then, you're thinking like a woman. Why? Because even if you think romance helps with sex (and yes, it does, and I believe this is the contention, that you want it to be a better experience), then there's literally nothing wrong with having sex, you know, again, and again, and again, after you had sex the first time... and it progressively amplifies along with the feelings you build for each other. A woman thinks of sex as being “special” so that she can either screen someone to take her virginity or get commitment before giving it up (his commitment is far more likely to occur after sex, or, if possible, before they have sex – if a guy is actually in love with her).

This can apply to any girl who isn't a virgin, too, just you're more likely to get this “idealistic” argument from a virgin. Perhaps also with very beautiful and high-status women, this is a legitimate screen for them, because 99.9% of men they meet will be willing to give commitment before having sex with them.

Male thinking is understandably different. As a man, screwing things up your first time, or any time really, and banging a low-value chick who won't give you commitment isn't risky at all – you don't “give up” anything as a man in a sense of mating. Your sperm and virility is practically infinite so long as you live. Even if you do screw a chick who's screwing other guys, and she gets knocked up, you have them take a DNA test. If it's not yours, you're good (unless of course you raise it for a few years, then find out it's not yours. By then, you're a surrogate parent under the law and will help raise it whether you like it or not).

But back to sleeping with her quickly. If you have that desire (which is also conducive for a serious, long-term relationship), and your desire is fulfilled, she will think you're more attractive. It's really that simple.

Now, the counterargument here might be “Well, if time doesn't matter to women, and they'll have sex with you as long as they feel emotionally and/or sexually connected to you, why is it to them MORE attractive for you to do it quickly? Isn't it more



important that you just have sex at all?" In other words, isn't it enough that you have sex with her?

Yes and No.

This part might be difficult to wrap your head around, because we think so linearly about time, but let's give it a try.

Women view time in a much more accurate way than we do (i.e., time for them doesn't exist – only the present moment does). This is why women can say they want to be with a man forever, and then change their mind one week later. The present reality, the only reality with any substantial, empirical existence, is no longer "I want to be with you forever" after they find out you are giving up on your dream, made yet another a promise you couldn't keep, have treated her poorly for the last time, etc. (there's always a reason she will change her mind, even if you can't see it... cuz, you know, causality).

Men will cry that she's illogical, but she's simply viewing time how she's built to see it. Whether her view of time is ontologically correct or not is irrelevant – it's how she sees it, and, chances are you won't be able to change her mind with a philosophical argument. You have to change her emotions to instead see your frame in the present tense (i.e., show her why she should be in love with you NOW... again).

Okay, now here's the switch that might be hard to see.

Even though time isn't important to her, and she'll sleep with you quickly if everything falls into place emotionally (and logically and logistically), she still is a sentient and self-aware being and can know when one guy put in less effort and had an easier time about something. It's like her watching an MMA fight. If one guy knocks out his opponent with one hit, and then she sees another barely scrape a W from a grueling

three 5-minute round match, she's going to think the first guy is more powerful (some exceptions, of course).

Therefore, the guy who beds her the same day he meets her is much more powerful than the guy who spends a few weeks taking her around town, showing her all the coolest places he can, paying for the dates, and in between all of this, spending time on the phone with her or incessantly texting her.

Now, that comparison is exaggerated, sure. What's the difference between a guy who screws her in one date versus two? Is it THAT big of a deal? It depends. Maybe her first one-night stand was years ago when she was a bit more susceptible to male charm (or outright deception/manipulation if that guy made promises he didn't keep), and now that she's older, more experienced, and her walls are up, you getting in her pants on the second date is more of a feat than





the one he pulled off. She's a different person now. You're more powerful in her eyes.

It's relative. You need to know your girl to figure out her past and know how you stack up against the competition (the whole "don't compare yourself" self-esteem argument doesn't work for her. She IS comparing you, just like you compare her to all of your other girls).

Now, to lessen the seriousness of this, it's not the MOST important thing that you sleep with her quickly. That honor goes to continually having good sex with her, I would say. Second to that is remaining non-needy, followed by giving her romance and fulfilling her emotional desires, then followed by your commitment to your dream, and finally expanding the relationship.

But all of those things are very well communicated to her and set a good early precedent if you sleep with her

quickly. A man who moves forward with his relationships, is chasing his dream, knows women, is non-needy, and is experienced (i.e., he can shag well) probably doesn't spend too much time courting women – but rather gets them in bed quickly – simply for the sake of efficiency. To put it simply, it's not necessary for you to lay her on the first date, but it is optimal.

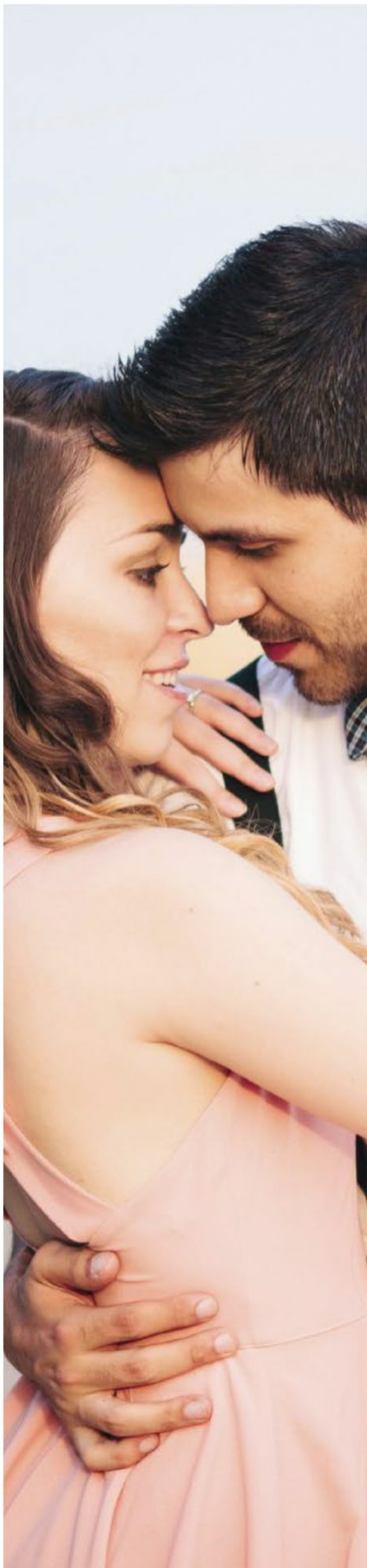
DOES THAT MEAN I NEED TO BE A FAMOUS, HOT, TALL, MUSCULAR SUPERSTAR?

This is the question that might come to your mind if you're dealing with really high-value women or legitimately conservative chicks. Maybe you look on Instagram and see that all the super-hot Insta-models are dating tall, muscular, bearded, and tattooed men. Or maybe they're just famous (which beats all those).

With the Instagram models, this can be explained by the fact that they

are going to pick a guy who looks good to the world. They are status-obsessed, as is obvious by their lifestyle (they make a living posting near-nude pics on social media). So they're going to pick men with widely accepted high-value traits (e.g., tall, handsome, bearded, tattooed, etc.) because it's hard to read game through a picture; they instead just want prima facie jealousy from their competition. Also, these chicks work out hard, are full of testosterone, and are probably only attracted to hyper-masculine men (and big buff dudes are much more likely to be masculine than most, if you want to dragnet demographically).

Now, is it possible that a short and wild seducer can get into her pants in one night? Or maybe a silent, strong, but mysterious artist? Sure. He might even get in there quicker than a meathead, because she knows that the other demographic would make a great boyfriend and will want to get more investment out



of him before opening her legs. This non-meathead, not normally her type, is totally open to all avenues (or exclusively a hookup, since she'd never think of publicly declaring him a boyfriend if she's super status-obsessed).

I mean, one of the hottest girls I've ever seen on Instagram, the Weather Channel bombshell Yanet Garcia, started dating the professional gamer Faze Censor after her fans all urged her to follow him on Instagram and they met up. He's famous and in good shape, but in no way hyper-masculine personality wise, and totally different from most guys you'd expect her to date. I mean, the dude posted a video of himself crying after he and Yanet got into a fight (allegedly because he checked out another girl, which is a strong sign that he's whipped).

Of course, girls have types, and he might be hers. She might be conservative and like nice guys at the moment. You, on the other hand, might not be her type.

But you could say that about anything. You can technically fit her type on paper but be totally unimpressive to her. Or you can be the opposite of everything she usually dates, and she could go crazy for you.

The point is, none of these realities should stop you from improving. Would your sex life be better if you were more rich, more popular (or famous?), in better shape, wore better clothes, etc?

Uhh... ya. I think, most importantly, because it puts you in proximity to these women. But if your game is trash, you can hang around them all day, and they'll constantly have dry pussies in your vicinity.

So, Do Both

However, you don't NEED to be ultra-anything to get your personal ten-out-of-ten. You should try to be,

but it's not necessary. Maybe the confidence you get from that next promotion, however marginal, will make you slightly peppier the next day... and on that day you happen to run into a girl who fits every dream you've ever had about a woman. She smells the confidence on you, you melt her with charm, and she quickly accepts an invite back to your place. It's either all a game of probability, or it's not (and in that case, you still need to act as if it is; determinism is a funny subject).

She will sleep with you quickly if she feels the connection there. The higher her standards, the higher your game/fundamentals need to be; but at a certain point, you're getting diminishing returns on things and only competing with the top 1% of the world's hottest men. That's where I like to play, but you don't have to play there to get the women you want. It depends on what you want.

But if that is what you want, you're not going to complain that you have to be that cool, rich, muscular, or famous to get a girl like that – you're just going to do it so that you can get your foot in the door and prove yourself better than the rest of the jabronies that chase after her.

WILL SHE THINK I'M A LOSER IF IT TAKES MORE THAN ONE DATE?

It depends. I'd say "yes" only under four circumstances.

1. You feel like a loser if you don't get her in the first date. She can read your emotions as the date ends, and if you're also sullen and depressed, she's going to think you don't get laid much. It's not even a question of "He couldn't lay me in 3 hours and 25 minutes?!" What a loser!" (girls don't think like this, remember). Instead, it's "He seems really upset that he couldn't have sex with me; he must not get laid very much or with girls as hot as me."

2. If she throws you some pretty clear signals and you don't catch them. In that case, it's auto-rejection on either the side of value or attainability. If you seemed uninterested or aloof, she'll think "Wow, I made it so obvious that I wanted to go home with him, and he didn't take it?" [Of course, if your aim is to keep the tension going, she could also be even MORE interested now, because most men are suckers for her charms... and you, for whatever reason, weren't buying it; though, if that's the case, she'll most likely text or call you soon after she failed to bed you. If not, then she's thinking you don't like her.]
3. If she thinks you didn't go for the kill because you seemed shy, nervous, or buckled at the first sign of flirtatious resistance, then she'll think you're a wimp (there's always the allure of the hot but innocent/shy guy, but I wouldn't bank on this happening – it's rare). That's a value auto-rejection.
4. You positioned yourself as a fuckboy, and failing at conquering and giving her the only thing you were offering (sex), you're useless to her.

ISN'T SHE A SLUT IF SHE SLEEPS WITH ME ON THE FIRST DATE?

The real question here is: "If I date her after we sleep together so quickly, will she be that easy for other guys, too?"

Conversely, if a girl takes two, three, or more dates for you to get with, it must mean that she's hard to get, higher value, and less likely to cheat on you, right?

This is a false premise. Some of the most promiscuous girls I know will sometimes rope guys into ten or more dates/hangouts before sleeping with them. Slutty girls are better than virgins at getting guys to throw commitment and all sorts of



investment at them in exchange for sex (virgins are great simply by their strong, idealistic frame; experienced chicks have, uh, experience). A lot of guys overestimate their own seductive prowess and think "My girl could never cheat on me! It took me X amount of time to get her in bed." Well, there's a chance that she played hard-to-get to get you to think exactly that and think she's worthy of a relationship.

On the converse, I'm not saying your girl will definitely cheat on you if you don't sleep with her in one night (if you still think that's the point of this article, you seriously aren't paying attention, so don't lose your nuts in the comment section). What I am saying is that you shouldn't let thoughts like these make you complacent. A girl is a girl, and if she's sick and tired of your lazy, complacent, boring ass, she will move on, whether that takes a year or ten. This can happen even if you do sleep with her on the first date, took her virginity, if she's super conservative, or has any other

quality that you consider "safe." In this respect, then, it's kind of irrelevant how quickly you sleep with her (but only in this respect).

I myself tend to be attracted to very experienced women for relationships, because inexperienced chicks bore the shit out of me, or I find them too sane. It's a challenge – can I keep a girl this beautiful, dominant, and promiscuous faithful to me? I also like my girls a bit crazy, and promiscuous women tend to have daddy/mommy issues (as of now; this could always change as I change, or maybe I'll get cheated on, get bitter, and try to lessen those chances by dating a girl with a lower lay count – who knows). Or maybe it's because they have a high sex drive and I need that to satisfy my insatiable lust.

THE SIMPLE SOLUTION TO ALL OF THIS

As I pointed out at the beginning, this is an overcomplication of a very simple issue, but it needs to be addressed.

How to solve this simply? Think like a natural. "I want to sleep with her as quickly as I can, because why not?"

Following with the other issue, infidelity, you can adopt this approach: "So what if she cheats on you? Break up with her, cut contact, and find another girl."

Having these two thoughts in your head, and also fully feeling them emotionally, transcends all strategic arguments for or against sleeping with a girl quickly. You sleep with a girl quickly because you have a connection. That's it. It's the natural frame of "I'm a man, I'm horny, and I want to put my penis inside of her," which is quite literally the most intoxicating thing to a woman, but it is also fused with the idea of connecting to a woman romantically and emotionally.

Thus, it evolves into "I'm connected to her and the most beautiful way of expressing that is to ravage her." Once you're there, you're at the epitome of male-to-female thinking. When you're with a girl, you're not thinking whether it's strategic to sleep with her thirty minutes into the first date, you're thinking... no... feeling the following: "We must consummate this connection."

In other words, you can't think of a reality where you two DON'T sleep together. What a frame, huh?

If she doesn't want to follow you all the way, then okay, maybe she needs more time. If she's worth it to you, then wait for her, if she's not, then don't (no, it's not the end of the world if it takes two or three dates/hangouts).

Simple. Easy. Not hard. Funnily enough, this is actually going to increase your skills more so with women for whom you feel intense attraction. You'll do better with girls you consider 9s and 10s than you will with 7s, for instance.

What's the super-secret, top-echelon name for this paradigm? The lover.

How do you get there?

Go meet women, talk to them, flirt with them, get rejected by them, sleep with the other ones, date those, and don't stop pushing until you're satisfied. Then, one day, you will be talking to some girl (or a lot of girls) and think "Man, I love these chicks." Then you will realize: "Oh... hey, I did it."

Oh yeah, and read more Girls Chase articles and buy our products along the way, because we know what we're talking about. Don't question us!

Just kidding, question us and test our theories (emphasis on the testing part – meaning go out and meet women).

To late nights with beautiful women...

+INFO

HECTOR CASTILLO
Get Girls Chasing YOU!



A close-up photograph of a man's muscular torso and right arm. He is holding a chrome dumbbell in his right hand. The background is black. The text is overlaid on the right side of the image.

Forgotten USSR Olympic Training Plan Reveals the Secret to Rapid Muscle Density & Definition



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FITNESS

THE TRUTH ABOUT GAINING MUSCLE AND LOSING WEIGHT

VIA [FITNESS.COM](https://www.fitness.com)



First of all, there are a lot of articles all over the internet and various magazines telling you that you can gain muscle and lose weight at the same time if you just buy this supplement, do this routine, or what have you. These are lies, and I'm going to tell you why, and tell you the right way to accomplish these goals.

IGNORE BODYBUILDERS AND MODELS

For someone trying to live a normal lifestyle, there is no point following bodybuilders, watching what they do, and trying to copy their diet or exercise techniques. What they do is completely different from what an ordinary person trying to get fit needs to do. A professional bodybuilder does nothing but lift, eat, and prepare for competitions. This is not a normal person's lifestyle, and will not work if you are trying to get fit while having a job, a family to take care of, or a normal life.

Also, what you see on TV or in magazines or on the Internet is almost certainly an illusion. Without putting down the hard work these

people do put into their bodies, usually the models have been airbrushed and photoshopped almost beyond recognition. In real life they aren't actually that big, or that cut, or that thin. Stop comparing yourself to the legs on that model, or the abs on that actor, because it's probably spraypainted, and if it is real, it's because that person spend six months dedicated to achieving that body.

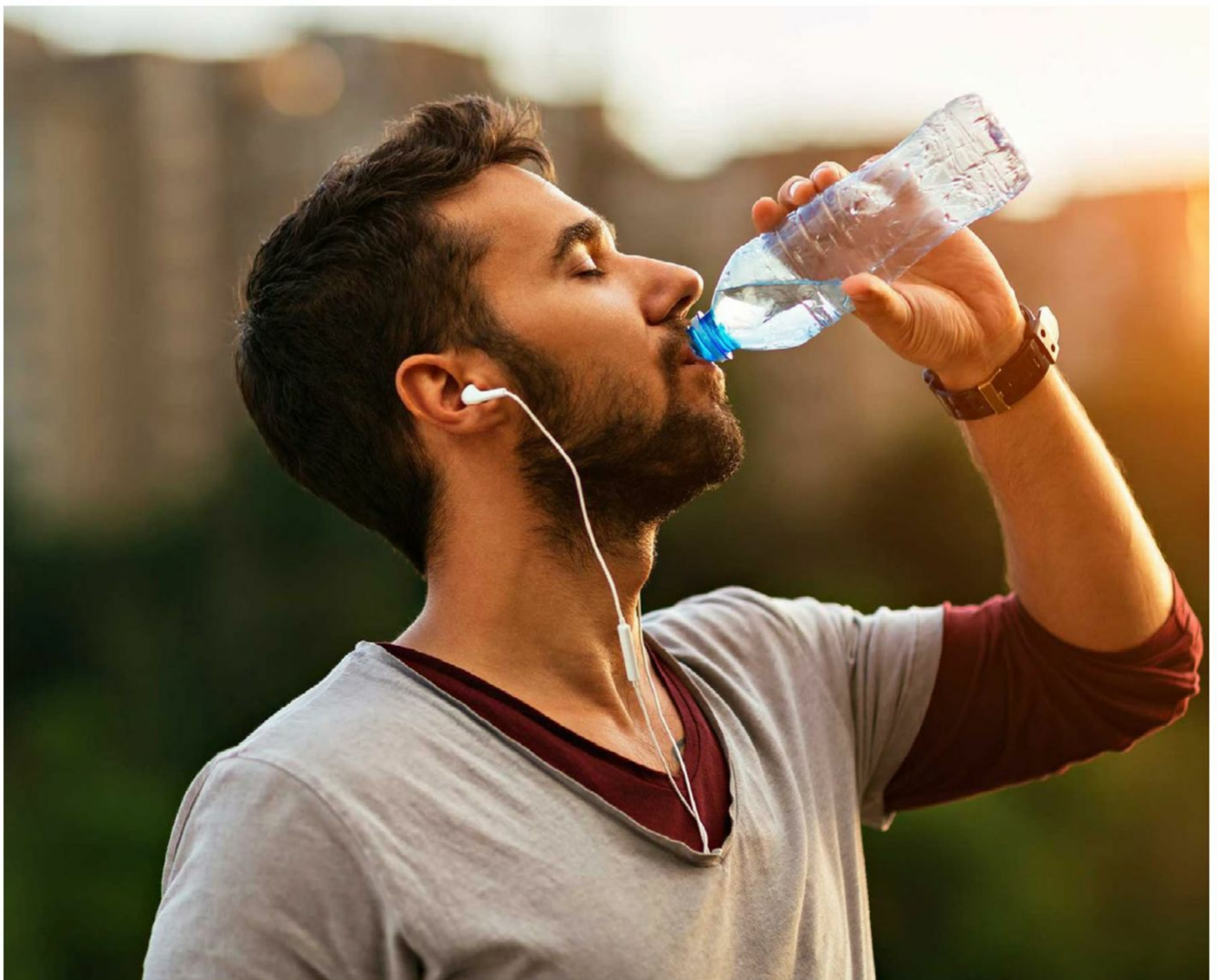
GAINING MUSCLE VS. LOSING WEIGHT

The difference between "bulking", and "leaning out", or gaining muscle and losing weight, is that when you're bulking, you need a calorie surplus, and when you're leaning out you need a calorie deficit. How can you do this

at the same time? It's impossible. If your goals are to gain muscle and lose fat, you need to use a way of alternating between bulking up and leaning out that works for you. Some people alternate every three months, some alternate weekly, different people have different results.

For the best results, most people find three months of bulking followed by three months of losing weight to be effective. One reason for this is that when you have more muscle mass you burn more calories, so after a good period of muscle building, the cutting stage will be more effective and you will get more lean.

Now it is possible to build muscle without gaining weight, and to do that you need to be in the gym 4-5



days per week, for 45 minutes to an hour, putting some good stress on your muscles for bulking.

If you're trying to lean out or cut, it's all about burning. Your workouts need to be focused on burning as many calories as possible. Five or six days a week you need to do some kind of cardio, whether that be team sports, sprinting, running, biking, or elliptical machines.

NUTRITION

Nutrition is extremely important to reaching your fitness goals. 80% of your results will come from nutrition and diet, the other 20% will come from your physical activity.

One area people trying to lose weight often trip up is calories in beverages. Our bodies aren't used to processing liquid calories, so we don't feel full after consuming them, but they will hurt you just as much if you're trying to lose weight. Stick to water, green tea, and cut out soda, juice, and other high-calorie beverages.

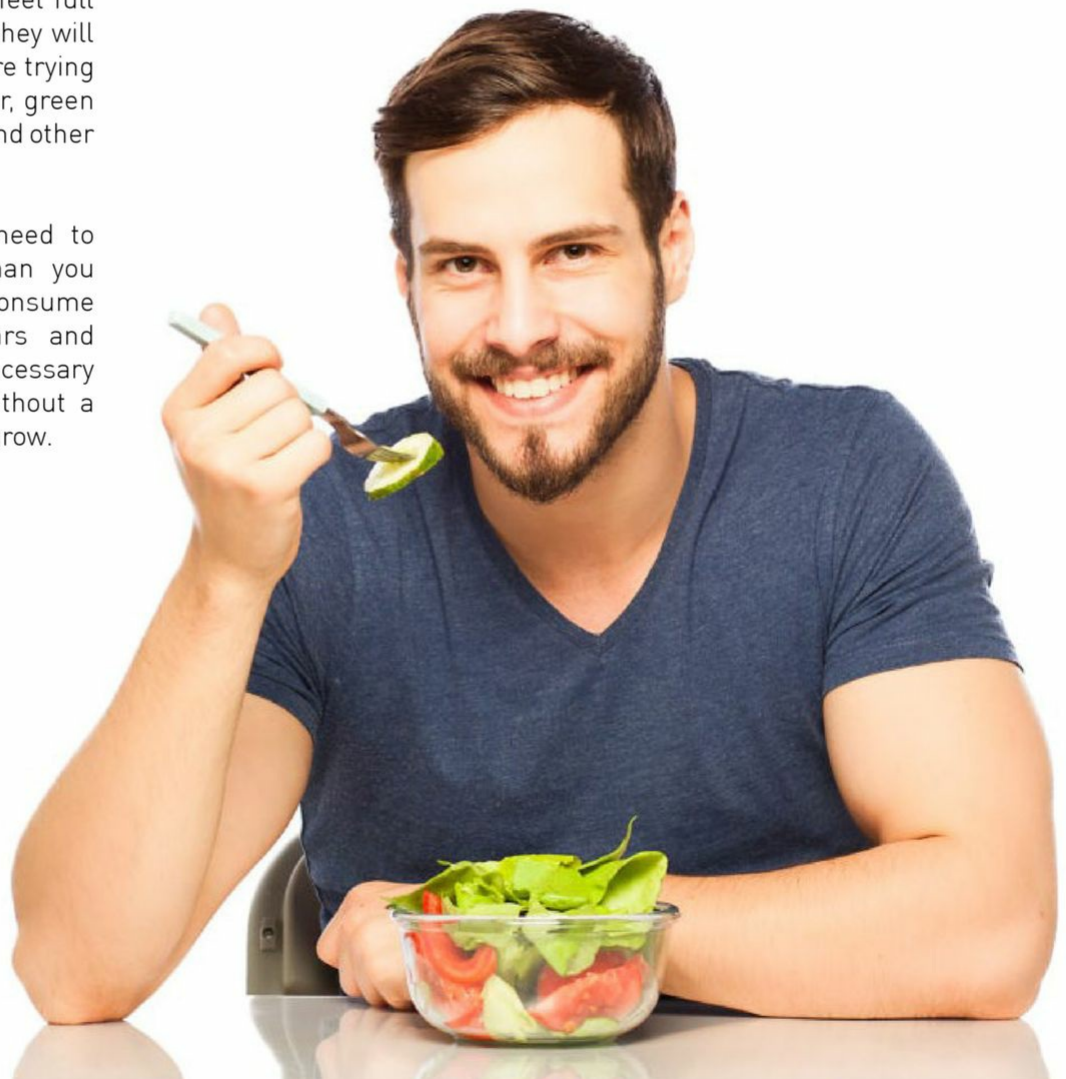
For building muscle, you need to consume more calories than you burn. It's important not to consume empty calories from sugars and sauces, and protein is necessary for building muscle, but without a calorie surplus you will not grow.

TWO DIFFERENT GOALS

The truth is, you cannot gain muscle and lose weight at the same time, with a single diet and exercise program. It is possible to bulk up without gaining fat, and it's possible to lean down without losing muscle mass. To do both, you need a disciplined approach of alternating between a muscle building program and a fat cutting program.

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DATING



20 SIGNS THAT SHE IS INTERESTED IN YOU

BY GEORGE SOURRYS
VIA PUATRaining.COM



A crucial step to knowing whether she is the right girl for you is being able to tell if she reciprocates your interest.

When it comes to dating, most men fear rejection.

But what if I told you, that from the very moment a girl meets you, she is secretly sending out signals that convey her interest level.

And by being able to notice these signals, you will have the instant power to know if she is interested in you.

How confident will you feel when you possess the skills to be able to know if she's interested, before you even make a move, thus meaning you will never be rejected again?

And how much will your life change when you take hold of all the great opportunities with women that you are currently missing out on, just because you didn't notice you had the opportunities, to begin with?

This article will help you tell if a girl is interested, BEFORE making a move.

WOMEN AND MEN DISPLAY ATTRACTION DIFFERENTLY

Men and women are different. As such, they usually send out different signals when they are interested.

As a man, I find it incredibly easy to know when a guy is interested in a girl. He looks at her excessively, he changes his voice and posture. He has his groin pointed towards her etc.

But women often struggle over these male 'signs', they just can't always notice them. They go to the bathroom and ask their girlfriends "do you think he likes me?"

Similarly, I can guarantee that a girl can tell when a member of her sex is interested in a guy. Because she knows the female 'signs' of interest.

Here is a secret which you have to know: Women are obvious. You just have to know what signs to look for.

Here are the signs you must pay attention to. If she's doing any or all of these... then she's interested in you

1. SHE LOOKS AT YOU THE RIGHT WAY

This applies when she hasn't yet met you:

Almost every time you share eye contact with a random girl, she will look away. It doesn't matter if you are a male model or extremely unattractive. But the amazing thing is this, in which direction she looks while looking away, conveys her level of attraction!

If she looks down, it is a sign that she is attracted to you. That she sees you as a sexual equal or superior.

If she looks to the side, it means she's not sure yet. She may be interested, she just has to do some detective work.

If she looks up, it means that she is not interested at all.

It's kind of like rolling her eyes at you. Don't take it too harshly when this happens, however. She could just have a boyfriend that she is madly in love with.

Note: For any of the above to be a genuine sign of interest, given the opportunity, she has to look back at you within 45 seconds.

2. SHE KEEPS CHECKING YOU OUT

Girls check out guys too. Sometimes they are obvious and you can see their eyes look you up and down.

But more often than not, they are more secretive with their attention. And they get away with it, due to having far superior peripheral vision to males.

After a while, when a girl is interested in you, she secretly looks at you. She studies you, she tries to figure you out.

3. SHE LOOKS AT YOU LONGER THAN NECESSARY

This applies once you have met the girl and she is comfortable in the interaction:

Have you noticed that when you talk to a girl you find undesirable, you often give them less eye contact? As if you don't want to lead them on? Alternatively when you feel confident and like a girl, you often look into her eyes that little bit longer than normal? You take opportunities to study her. Well, the same applies to when a girl likes you.

4. EVERY TIME SHE IS FEELING AN EMOTIONAL PEAK, SHE GLANCES AT YOU

She may be sitting with you as part of a group, or she may even be talking to another guy on the opposite side of the room. But if you notice, for example, that in the middle of a laugh, she almost always glances at you, you will know that this girl desires your attention.

Why does she choose this moment to make eye contact with you?

If she is with you, it gives her a chance to build a bond with you, harnessing these good emotions flying about.

If she is in the company of others and looks over while she laughs, she's using it as a chance to grab your attention while she is at her most desirable – full of fun and good vibes.

Pay attention to her peaks in emotions, and look to see who her eyes fixate on.



5. HER PHYSIOLOGY CHANGES UNCONTROLLABLY

When a girl is attracted to you, her physiology changes.

Certain 'lust' chemicals in her body increase. Causing her to physically change, for example:

- She arches her back to appear sexier
- She pushes her breasts out to show you her best features
- Her pupils dilate
- She begins to breathe more slowly
- Her lips redden and become more pronounced
- Her nipples harden
- Her vagina becomes lubricated

Ok, so I get that some of these signals are hard to spot. But there are other signals as well.

For example, when people walk past someone they find attractive, often they automatically improve their posture.

6. SHE USES SEXY BODY LANGUAGE

To really be great with women, you have to be great at reading body language. Because the fact is, so much of how a girl expresses herself is done through her body.

Have you ever watched as a girl circled a glass with her finger? Or sensually stroked it up and down with her hand? Chances are, in this very moment, this girl was horny as hell!

You see, when a girl is talking with you and things are heating up, she will subconsciously start caressing. She could be caressing a part of her body, such as her hair, her leg etc. Or it could be a nearby inanimate object, such as a glass.

7. SHE SEEKS ATTENTION

A girl walks briskly past your line of view, swinging her hips, and walking

like she has a purpose, somewhere to go, somewhere to be. I didn't even believe this sign existed at first. However, I had heard of it.

I first realised this sign was fact when it happened to me.

Of course, I noticed the girl briskly walking past me, but I didn't think anything of it, until a girl I was with pointed out "that walk was all about you". Basically, it was a form attention seeking.

There are other ways that girls seek your attention too. It may include talking louder than she has to with her friends in order to get your attention.

8. PROXIMITY: SHE CLOSES IN ON YOU

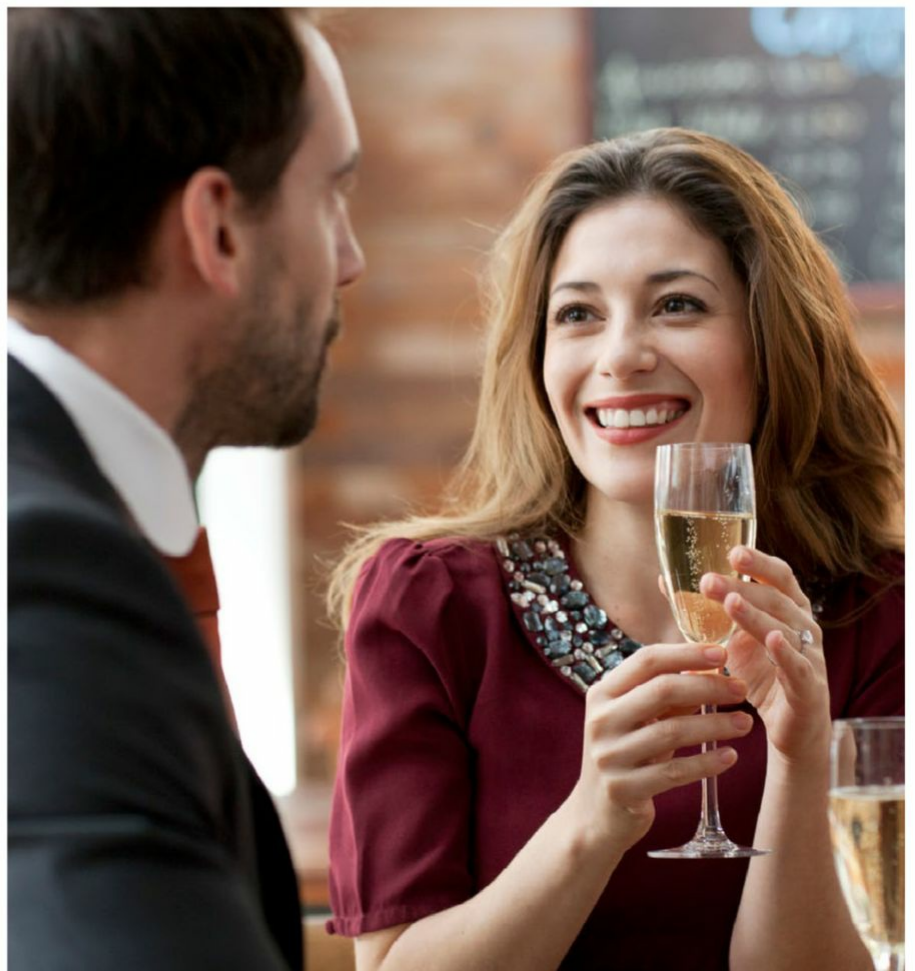
Women are almost always aware of their proximity in a room.

Everyone has a 'personal bubble'. The size of the bubble is different amongst cultures. In western society, it's about 60cm in most situations, 30 cm in a crowded club.

Sometimes girls purposely invade a guy's personal space. And often is to get attention.

An example is when a woman stands, or dances near a man in a club, by herself, and for no apparent reason. She doesn't need to face him. But purely by being in proximity, it could be a sign that she wants his attention.

There are a lot of other methods girls use when it comes to invading a guy's personal space. Some are more obvious than others. If it seems odd, as if there is no other good reason for it than to gather your attention, chances are she is in fact, seeking your attention.



9. SHE GIVES YOU THE TIME OF DAY

If a girl gives you time with her, you have your foot in the door.

Girls are trained at blocking attempts to woo them. And the best ones get hit on all the time. So they are like ninjas at getting rid of unwanted attention.

And if they can't get rid of you, they will eject themselves from the situation.

They'll run off to the dance floor without giving you an invitation to join. They'll go to the bathroom or bar with their friends and then conveniently end up somewhere other than where you are currently.

Ok, I'm focussing on the negative. But only to let you realise the positive...

If a girl gives you time, or any opportunity to pursue her, it could be because she is at least considering you. This opportunity could be as simple as her staying behind with you as her friends go to the bathroom.

If she gives you a date, she's considering you even more strongly, or perhaps has already, flat out, made the decision that she likes you. But remember, this sign is only valid when she isn't forced.

For example, if it is her job to serve you in a clothing store, don't necessarily look at this time spent together as being a sign of interest. It is her job, she is forced to spend time with you. In this case, only look for gestures which are beyond the call of duty. And that goes for every sign I list here, know they are only relevant if the female is not forced.

10. SHE HAS ENERGY WITH YOU

I have noticed that often when some friends and I are talking to attractive females we have a lot of energy. We're witty, we're talkative. But the

minute they all go to the bathroom, we slump.

It's like we all conserve energy for their return. We don't speak much, we don't release much energy. But as soon as the girls return, we are back full of energy. Girls are the same.

They conserve their energy until when it is important.

As a rule, a person's energy level is usually synonymous with their interest level. Thus, when a girl displays energy in an interaction with you, she is also showing interest in you.

But importantly, her energy must be focussed on you. She can't be constantly scanning the room for other opportunities. Energy only counts if she is putting it into the two of you.

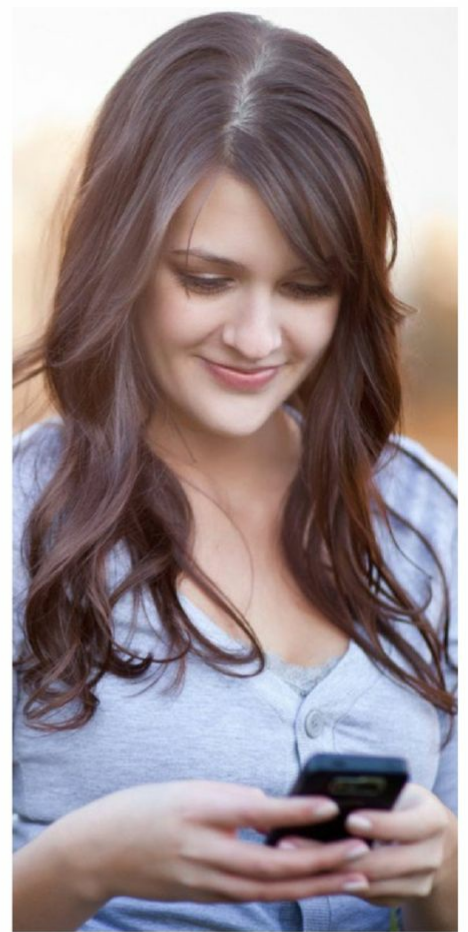
Having an ability to read basic human social psychology can help here.

For example, a girl could be talking to her friends while you stand a few metres away, out of the conversation, but this doesn't necessarily mean her energy isn't on you.

Perhaps, you notice she is talking louder than what is logically needed to communicate with her friends and she often glances over (see: attention seeking above).

In this case, it's highly likely she is hoping you to overhear and join in the conversation. These little signs are crucial and once you really get into the higher level of skills, you will be able to read every social situation as if it were second nature, including all of these subtle clues women give. Her energy with you can also be displayed in other ways.

For example, if you write her a brief message and she writes you back a message which feels like the length of a novel, obviously she is investing



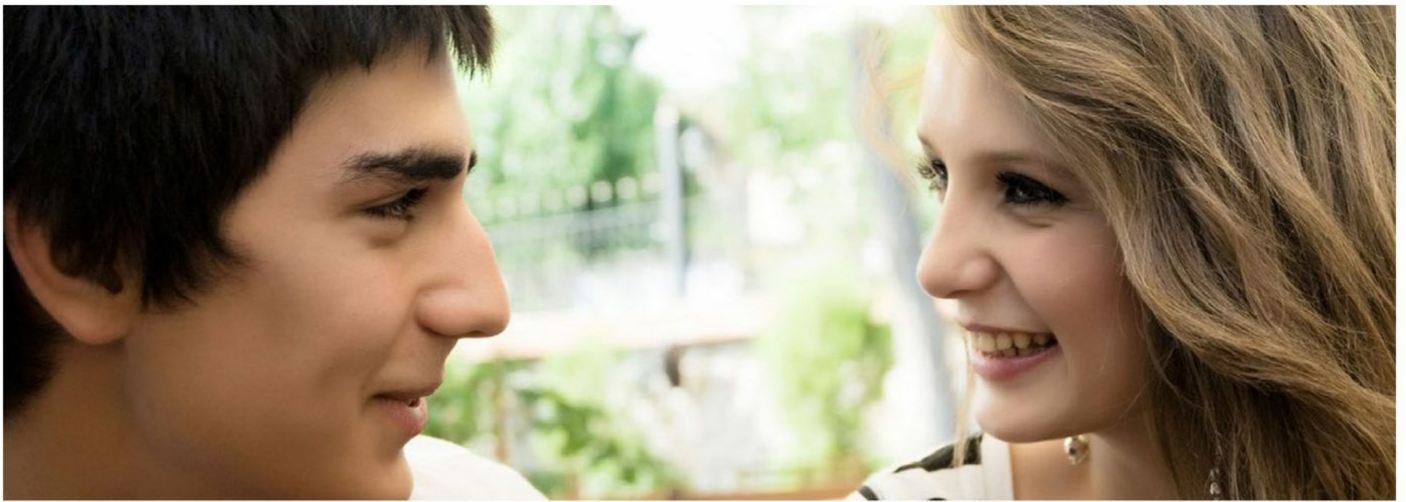
in the interaction. She is giving you energy. When girls like us, they give us their energy. And vice versa.

If she offers to come over to help you with an assignment, if she makes you dinner on your date rather than take the easy way and just go to a restaurant. If she does anything selfless just to impress you, she is probably interested.

I have known this for a long time. And when I lived on college and knew girls liked me, I would have them washing my clothes, make me sandwiches, be doing my assignments.

Ok, I was a bastard. I was probably as bad as the girl that flirts with guys for drinks. And while I wouldn't partake in such unsavoury practices today, there is a lesson here, a girl giving you energy is often a sign that she likes you!

By the way, the more energy she gives to you, the more her investment



in you grows. And with girls, more investment = more chance of falling in love with you.

While positive energy is desired, realise that negative energy can also sometimes be a sign of interest. When a girl shows high levels of emotions around you, it's often because they care.

11. SHE ISOLATES HERSELF WITH YOU

Girls are often more physically vulnerable than guys. In many environments, such as bars/nightclubs, girls hang in small groups with other females.

This group of females watch each other's back and keep one another safe. And this group generally can't be torn apart, unless of course, the right guys come along.

When a girl purposely isolates herself from her group, to be in your company, she's probably interested in getting to know you.

Whenever a girl did this, I would use the "zebra" code word to my friends. This is because, after studying the way lions hunt, I realised that once a lion has a single zebra separated from the pack of zebras, it's pretty much has it. The same is true with the mating game in humans. When a girl 'zebras' (separates) herself from the group, she's strongly considering you.

If she chooses that she'd like to separate not only from her group but everyone and everything else, to be in your company, this is an even better sign.

For example, when a girl suggests that she would like to leave a party to watch a movie at your place with you, just the two of you... you will know that the movie is probably the last thing on her mind.

Take note, this separation from others can be mental and physical, or just mental. But there always must be a mental aspect. Because even if a girl travels to the moon with you, if she is still wondering what her friends are doing every two seconds, you won't get anywhere.

12. SHE WARNS YOU OFF ANOTHER GIRL

Have you ever had a girl come up and warn you off a girl who has been the subject of your attention?

The girl may say something like "I just don't trust her". Or "She's beneath you". Well what she really means by this is "You're for me, not her". She could be interested!

Remember that women are very territorial, so once they like you, they will do whatever they can to keep you interested in them and this is a very common tactic they use subconsciously.

If this does happen to you, only take her advice with a pinch of salt. You need to be the one that makes the decision of whether the girl is as bad as she says she is.

13. HER GROOMING IS IMMACULATE

When a girl meets up with a guy she likes, she tries to make herself as visually flattering as possible. So it's visually quite easy to tell if a girl is trying to impress you.

Before a date with you, did she put more energy into prettying herself than she did when she went out with a platonic friend? Does she put in a lot of effort even though you were just going to the movies or doing something very casual?

This is a sign! Remember, the key thing to focus on here is what she does differently with you compared to what she normally does. This is what truly determines her level of interest.

Also be on the lookout to see if a girl is particularly trying to get you to pay attention to her specific favourite body parts – such as her legs or her breasts.

14. SHE FINDS RIDICULOUS EXCUSES TO CONTACT YOU

When I was in college, I once had a girl ring me up in the middle of the night. When I answered the phone,

she pretended that I had actually rung her. I went along with it. She then invited me to her room. Girls will find any excuse to contact you when they are keen, even if the excuse makes no sense at all.

Here's another example, I often had girls banging on the door of my apartment, late at night, after they had been out drinking. Whenever a girl did this, she never had any plausible excuse. It was always "I was just wondering what you are up to?" It's 3 in the morning!

Ok, I know its overkill, but here's another – once I was at a Pearl Jam concert and a very attractive girl came up to me, asking for a cigarette paper to roll her tobacco.

I didn't smoke, so I got a paper from my friend and gave it to her. As she started rolling her cigarette, I noticed that inside her tobacco pouch she already had plenty of cigarette papers. She just wanted an excuse to come over.

Basically, if you catch a girl out, if you realise that their reason to contact you or to catch up is just nonsense – this is a good sign!

15. SHE KEEPS EXTENDING YOUR TIME TOGETHER

When a girl is with you, on a date or some other meeting, they have finite time. They have something else they need to do in the future.

When a girl puts off leaving your company, you know that her interest level is rising. When it happens continually, you know her interest is even stronger.

I've been on dates where a girl has pre-warned me that she needs to be home by a reasonable hour.

The date goes on and every so often the girl says "I should really go home..." Next thing you know it's the next morning and they are still with you.

She's also saying that to make you want her more, so that you think "Oh crap, I haven't got long with her, I need to impress her".

16. SHE LETS YOU BE DOMINANT AND ASSUMES THE SUBMISSIVE ROLE

When a girl gives you dominance and control over the situation, she could be interested. This could be as simple as letting you decide what to

do on the date, what to drink, what to eat etc.

I have also noticed that when I meet taller women who are attracted to me, they instantly make themselves appear shorter to come down to my average height.

They develop bad posture. They let me still be dominant. Whenever I have noticed a taller girl do this I have always found out that she indeed likes me.

It's a biological response that women do naturally which they can't control. They are attracted to dominant confident men!

17. SHE WANTS TO SEEM SIMILAR TO YOU

When a person likes someone, they often try to seem similar to that person in order to attract them. Subconsciously we all know that like attract like and birds of a feather flock together.

There are a few ways a girl can do this. One is through matching.

Matching is when she directly copies you in order to seek rapport with you. This can be either done subconsciously



or consciously. Examples are copying your body movements and posture. For example, if you were to suddenly move forward in your chair, if she were to do the same, she is matching you.

Or she could copy specific words or phrases that you say.

Or even pretend to have the same tastes in music, food and so on, or slightly exaggerate her interest in things which you find interesting.

18. SHE TOUCHES YOU

Touch could be as innocent as “accidentally” brushing you as she walks past, pretending to bump into you or as obvious as grabbing your ass. Touch says it all.

I call the following the ultimate test, as this is a way to find out, for certain, if a girl really likes you. This technique has worked for me so many times I have lost count. It was my saviour test! I always used it.

When you are sitting near a girl, touch her slightly. Maybe put your leg or arm next to hers. Basically, have a part of both of your bodies slightly touching. Keep it there.

If she moves herself away and stays away, then your romance may not go any further. But if she continues to touch you, it is a good sign.

Then after a while, test her interest even more by getting even closer to her. Have more of yourselves touching each other.

If all goes well, intimacy will develop.

19. SHE VALIDATES HERSELF AS A POTENTIAL MATE

Girls often validate themselves as potential mates when they like you. For example, if you tell a girl that you like girls who are independent, she may respond at that point how she is independent, or mention it later on, as a way to validate herself to you.



I find this a lot with girls.

For example, I find that when I am older than a girl by enough years to make it significant, a girl will often make special mention how their past boyfriends have been older, or how they are more mature than other girls their age, or some other method to validate.

There are hundreds of examples here, just take notice when you see this signal.

20. SHE TALKS TO YOU DIFFERENTLY

When a girl, or her friends, tell you she is interested, you can probably trust her/their words.

Also watch for other signs in her/their talk.

For example, if you ask a girl if she has a boyfriend and she replies "no". Then her friend interrupts "Yes, you do!" And she again replies "I do not!" You know that she probably has a boyfriend, but is interested in you.

Does she try to impress you with what she says? Or is her questioning very intimate, on topics such as your family, past relationships etc? In certain situations, these could be signs of interest.

There are a million other things she or her friends could say that would give the game away. Too many to include in this article. Most are obvious anyway, so keep an ear out. And remember, in all that I teach here, it is more important to be able to read human psychology than it is to try to learn rules to each and every situation. People who are great with women are great with their level of "social intelligence". So get out there and improve your skills socially!

A BONUS SIGNAL: THE NATURALLY OBVIOUS

Ever heard of go with the flow? The obvious is a signal which is almost unexplainable.

Its basis could possibly be a mixture of any or all of the above signs. It could be due to subconsciously picking up on her pheromones. It could be a sixth sense. We actually don't know for sure what 'the obvious' is.

But for millennia, our ancestors have relied on this skill to help succeed with one of the most important goals of the human race – reproduction.

This skill has become so useful, so important, that it has become instinctual.

Have you ever just 'known' the right time to move in for a kiss? Maybe you could sense it as you looked into a girl's eyes.

Or maybe, you noticed that a girl has a crush on you. She didn't have to broadcast this fact. Again, you could 'just tell'. I have, and I am sure most of you have too.

And when we try to describe what led us to believe such, we have trouble. In many cases, we learnt all we needed to know just by simply sharing eye contact with a girl. We just sensed their interest, instinctually. And words fall out the window when it comes to instinct.

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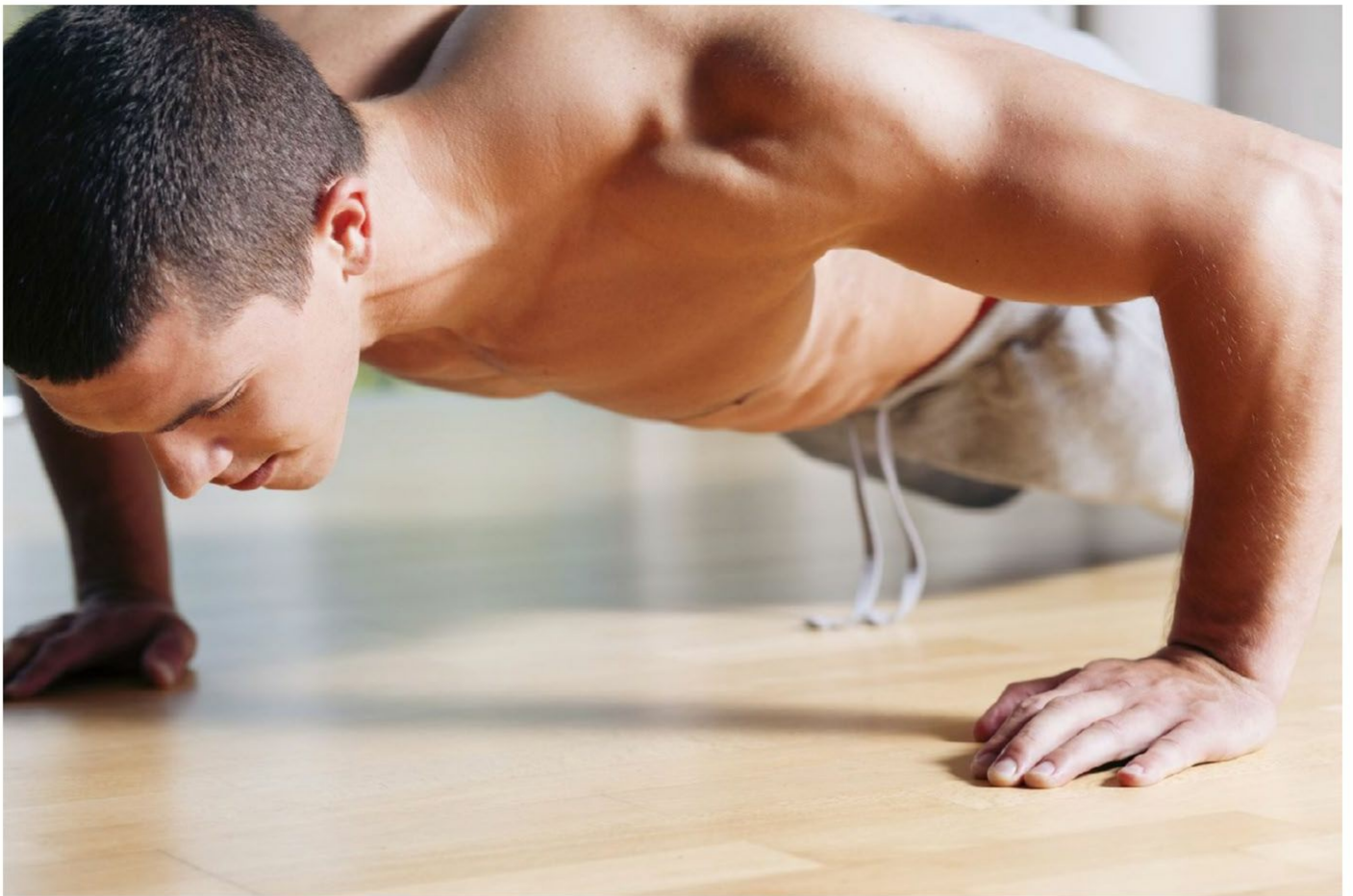
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HUMARA

5 PUSHUP TIPS YOU NEED TO KNOW

A man with short brown hair and a light beard is in a pushup position on a green lawn. He is wearing a grey tank top and is looking directly at the camera with a focused expression. The background is a blurred green field with trees.



“ I can do 50 push-ups! How many can you do?!” Ah yes, the age-old challenge issued by thousands of retired jocks and drunken teens across America in real-time as I write this post. It would seem that push ups tend to be the universal default measurement of strength when a vacant bench press is not available. The physical reality of the 50 push up claim often ends up looking more like a beached epileptic seal on amphetamines and less like a strong, stable athlete expertly executing an exercise. My advice with push ups is simple: ditch the numbers game and focus on form. Here are 5 tips to make your push ups more challenging, and you significantly stronger in the process.

1. ELBOWS ON A 45 DEGREE ANGLE

A common technical mistake on push ups is to flare the elbows directly out to the sides. When the elbow stays fixed at a 45 degree angle there will be more shoulder and triceps activation. Also, the body will be forced forward to achieve the elbow position which puts more weight directly over the muscles being worked. Much harder.

2. SQUEEZE ABS AND BUTT BEFORE COMING UP

One of the most common cheat mechanisms during the "up" portion of the push up is the act of arching the lower back, lengthening the abs, and

dropping the belly to the floor. This causes the weight of the lower body to stay below the muscles being used and therefore subtracted from the load on the involved muscles. Also, the rib cage arches upward putting less stress into the chest, shoulders, and triceps; while overloading the lower back. By squeezing the butt and tensing the core, it is much harder to arch the lower back and the abs prevent the rib cage from arching.

3. SET THE BLADES AND KEEP THEM SET

This is the key to seeing more chest and back development. Your shoulders should not be whispering sweet nothings in your ear during the

push up. Instead, set the shoulders back and away from the ear lobes; thinking about digging under the arms and moving your blades back towards your hip bones during the entire push up movement. Your chest will burn more.

4. ELEVATE FEET WITH POINTED TOES

Push ups can be a leg exercise. What?! It's true. I have witnessed many people initiate the "up" portion of the push up from the balls of their feet. I see this especially during plyometric/clapping push ups. One of the best ways to make the push up more of an upper body exercise is to point the feet and rest them on top of a ball or in the straps of a



suspension trainer. This takes away all leverage from the lower body and also adds a balance component to the upper body that is challenging. Wobble wobble. :)

5. MOVE THE HANDS BACK FURTHER TOWARDS CENTER OF GRAVITY

This one is the best! Gymnasts arguably have the highest level of relative strength in comparison to any other athletes in sport today. Relative strength is simply the amount of force they can generate relative to their body-weight. The gymnast push up is executed with the hands as close to the hip bones as possible. It is commonly used as a bridge to another move called a planche. The planche is similar to the position of a push up, but with both feet suspended freely off the ground! The closer the hands are to the hips...the further the body weight is shifted forward and the harder the push up becomes. When combined with the above tips, this one is really challenging.

Armed with these tips you are now ready for the hard part; actually doing them. Good luck!

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A man and a woman are shown in profile, facing each other and about to kiss. The man is on the left, with dark curly hair, and the woman is on the right, with long blonde hair. They are both smiling and looking at each other. The background is a warm, out-of-focus indoor setting. The title text is overlaid in the center.

HOW TO GET A ONE-NIGHT STAND TONIGHT

BY CHASE AMANTE



So you want to hook up with a girl and get a one-night stand. Go out, lock eyes with her, walk up to her, smile at her, say hello. Then, not so long after, take her hand and lead her out of there... Straight back to your place or hers. Off come the clothes, and into bed you go. Sounds simple enough.

Over a decade ago, when I set out to teach myself success with girls, one-night stands were my second focus. My first focus was how to get a phenomenal girlfriend (and you can read my guide on how to get a girlfriend [here](#)).

It took me a little while to get that first one-night stand, because I did not know what I was doing. But once I figured out how to get them, I got better and better

at doing so. After I'd put enough work (and a few years) in, I could just about get one-night stands on command. At that point I'd achieved a major personal milestone: the ability to hook up with girls whenever I wished.

In this article, based on a decade of my own experience hooking up with girls and getting one-night stands, I show you how to do it. In addition, I've tapped 15 scientific studies that will open your eyes to a few elements of one-night stands you likely did not know. And I've laid it all out in simple, clear instructions.

So let's dive in! Let's show you how to get a one-night stand... tonight.

PART 1. PICK A VENUE

How much hooking up actually goes on, anyway? According to a 2014 comparison of 1980s versus 2000s sex partner counts, little's changed (Monto & Carey). College-aged guys and girls still have the same number of sex partners today they did 20 years earlier. However, where more of the 1980s partners were boyfriends and girlfriends, more of the 2000s partners were hookups. People simply have more anonymous, casual sex.

In fact, according to another investigation (Brimeyer & Smith, 2012), by their senior year of college, 55.2% of college-aged girls have hooked up six or more times. Only 21% have hooked up two or fewer times.

Of course, people don't meet casual sex partners just anywhere. The "where" and "how" of it matter. A lot. So, before we get to what to do (so you can get in on some of that hooking up too), first we need to talk where to go.

A. BASICS OF HOOKUP VENUES

A "hookup venue" is anywhere you stand a good chance to meet a girl you can quickly have sex with. The venue you select makes all the difference. Pick a good venue and it can be simple to find a cute girl to take home. Pick a bad venue and you could be the best-looking guy in the world with the best game and the biggest bank account and you won't find a single girl to hook up with.

Surveys of college students (Kuperberg & Padgett, 2015) have found the following places rank as the most common venues people meet other people to hook up with (at least while in university):

- Bars, parties, and nightclubs: 30% of hookups
- Student dorms: 18.5% of hookups
- Personal recommendations: 10% of hookups
- Common interest groups: 6.5% of hookups
- Public places: 3% of hookups
- Online dating: 2.5% of hookups

One of the more interesting things about hooking up is that the female

sex drive appears to be responsive. That is, girls aren't in neutral and then you somehow flip them on. Instead, a girl decides she wants to have sex, and then seeks out a man she thinks will be able to turn her on (Basson, 2000). Yet, at the same time, women are often surprised when they hook up and do not expect it (Herold & Mewhinney, 1993).

What that means for you is girls go looking for one-night stands, but they don't know they're looking.

Because they are looking (even if they don't know it), you need to go to places they're more likely to go looking at... Like one of those places from the list above. If you go somewhere girls don't look to hook up at (like, say, the gym, or a pottery class), you'll be a lot less likely to walk out of there girl-in-hand. You want to find the girls who are already looking for a one-night stand.

B. THE TWO-SPOT SYSTEM

One of the most effective strategies I've discovered for one-night stands is what I call the "two-spot system." In essence, you visit two (2) different



spots on a given night out. No more or fewer.

For instance, you may go to Bar A as your first venue. Here, you'll warm up. You can socialize, have a drink or two, do a couple of warm-up approaches. Then, as the night picks up more, you'll head next to Bar B. By the time you reach Bar B, you're already warmed up. And now it's easy to meet new girls. At the same time, you beam confidence and sex appeal... And those girls who are out looking for a hookup make themselves known to you.

The two-spot system gets around the entrenched feeling you get if you only go to one place. Because the first venue is a warm-up, you feel less pressure to not mess up (so can be more active). And by the time you reach the second venue you're already firing on all cylinders.

This approach also lets you avoid another common problem guys have when they seek one-night stands: too many venues. What a lot of men do is go to a venue, look around for five to ten minutes, then leave. Go to the next venue. Look around five to ten more minutes, then leave there too. Go to the next venue. I've rarely seen a guy hook up with a girl doing this, and have rarely hooked up when I've done it myself. You don't spend long enough in any one venue to settle in and find girls to meet. You're not there long enough for interested women to signal their availability to you. And your mind is too scattered to notice even if they do. Usually you just bounce around and waste your evening instead.

C. GOOD NIGHTS & BAD NIGHTS

You noticed in "Basics of Hookup Venues" a full 30% of hookups happen in places with alcohol, right? Bars, parties, nightclubs. Most of the rest are some variation of social circle. But there's a lot more anonymous hooking up that occurs in the party venues.

People who drink use drink both to disinhibit themselves, and as an excuse for flirtation and hooking up.

Of course, while alcohol greases the wheels, it can also lead to the wheels falling off. If a girl gets too drunk, her friends aren't going to let her go home with you. And if she does go home with you, and you hook up, you may be at risk of a false rape accusation if she forgets the night. If you get too drunk yourself, you'll turn sloppy and unattractive.

So for a good night, try to stick to just a few drinks, and look for girls who've had no more than a drink or two themselves.

Some other things that will usually lead to "bad nights":

- You don't talk to anyone / any girls
- You let rejections affect you too much
- You pick bad venues without enough available women

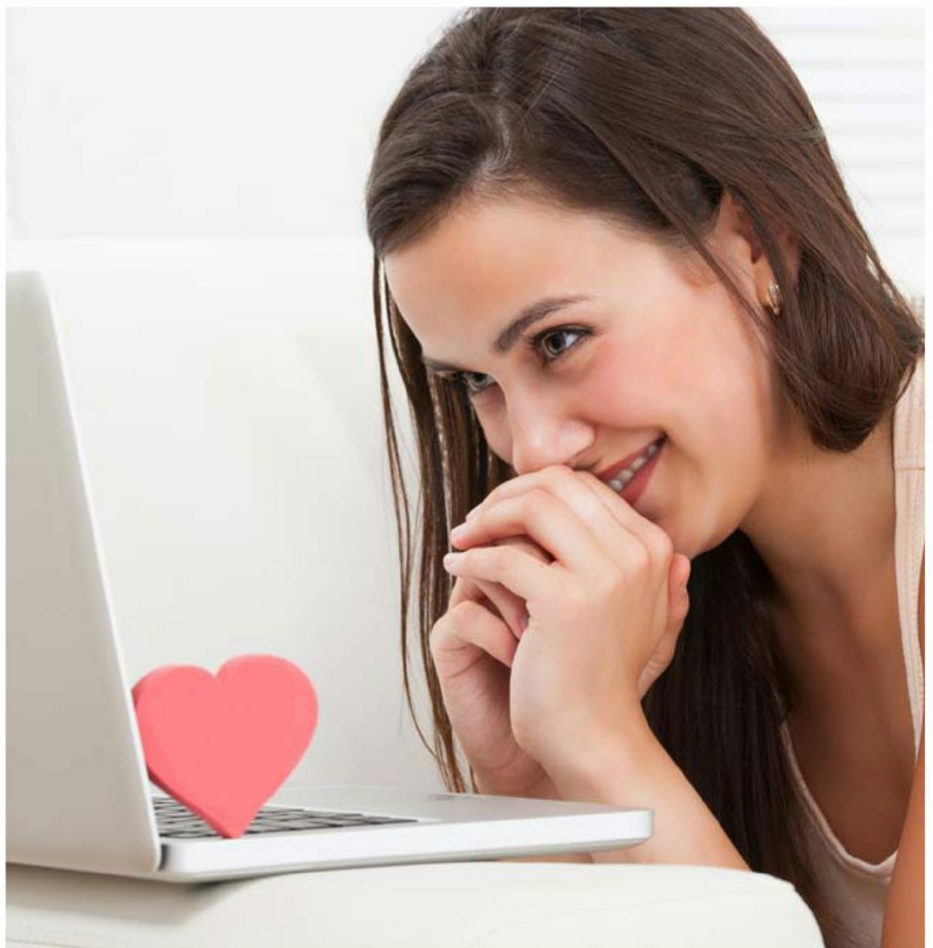
- You miss signals and don't make moves on interested girls

Avoid each of these, and your nights will be a lot more productive.

D. THE ONLINE OPTION

If you don't feel like going out, there's also the online option too. The biggest upside of online dating is the girls you'll meet off it are often pretty down to hook up. The big downsides are online is image-oriented (so you need great pictures)... And the caliber of girl you meet on it is lower than what you get in real life.

However, if you've got great, attractive pictures to use, and you want to do online, it's a splendid supplement to "real world game." You can check out my guide to online dating here. And you may want to pick up a copy of Girls Chase author Colt Williams's manual for hooking up with girls on Tinder and other dating apps here.



PART 2. MEET HER

Once you've picked a venue (or two), it's time to meet her. Before you head out, make sure you're dressed well and you've got a plan for the night. When you meet the girl you click with, what will do to move things forward? What will you talk about with her? Where will you take her?

We'll discuss all these things in this section and the next... So make sure you read this article the whole way through before you head out for a night on the town.

A. APPROACH EARLY

The single worst mistake men make when they go out to meet new girls is this: "I'm just going to hang out for a while before I do any approaches." Have a drink, talk to your friends, etc.

When you first arrive at a venue, all the momentum is with you. You've been walking... You're excited... You're motivated. If you then settle in and grab a drink or a bit of food, or settle into a long chat with a pal, how excited will you be after that? Answer: not much.

You don't need to begin guns blazing. You likely won't pick up a girl and take her home within your first 20 minutes out (though it happens sometimes). Instead, what you are aiming for is to lubricate your social skills... And in particular, to get warmed up meeting new people. That way, as the outing progresses, you feel more and more comfortable chatting up strangers. And chatting up strangers is the absolute lynch pin of pulling off one-night stands.

B. BE SOCIABLE

When you go out, you should aim to be sociable in general. Don't just go out to talk to attractive girls and no one else. When you're sociable, you take a lot of pressure off yourself. You also look like a more interesting, attractive guy to anyone around you... Including pretty girls.

You'll want to be sociable with an aim of making new connections with people. Yet you also want to make sure you put yourself in positions to meet new girls. So move about, socialize, but look for the chance to chat up people near to girls you'd like to meet.

One other great effect your socializing has is to get you interacting in a more lively way with others. One of the major traits girls look for in both potential one-night stands and men they'd like to date longer-term? An exciting personality (Stewart, Stinnett, & Rosenfeld, 2000).

C. ABANDON BAD LEADS

It can feel pretty good to get into a decent conversation with someone new. This is especially true if you go out alone, or you don't talk to strangers a whole lot. But not every connection is as good as the next.

Just like there are girls who've gone out looking to hook up, there are girls who've gone out looking for good, platonic fun. If you meet one of them, you may talk to her for hours yet end up no closer to a one-night stand. Likewise, there are girls who for whatever reason you just don't do it for. You aren't their type, you said or did something that turned them off, or they already met a guy they like a lot.

It's vital you abandon bad leads as soon as you know a girl is one of



these. To sift the good leads from the bad, you'll go through the steps in Part 3: From Hello to Let's Go Home. If at any point you run into a wall of resistance and can't get any forward progress, it's time to cut and run. Do take her phone number... You can always set up a date with her for another time. But don't devote your whole night to a girl who won't devote her night, to you.

Here's all you have to say to cut bait with a girl it's not going anywhere with:

Her: blah blah [this isn't going anywhere].

You: Cool, yeah. Well, tell you what. I'm going to go scout out the rest of the venue now. See what the scene's looking like. If I don't run into you again later, we should still grab food or a drink next week sometime.

Her: Okay.

You: Excellent. Let me take your contact info.

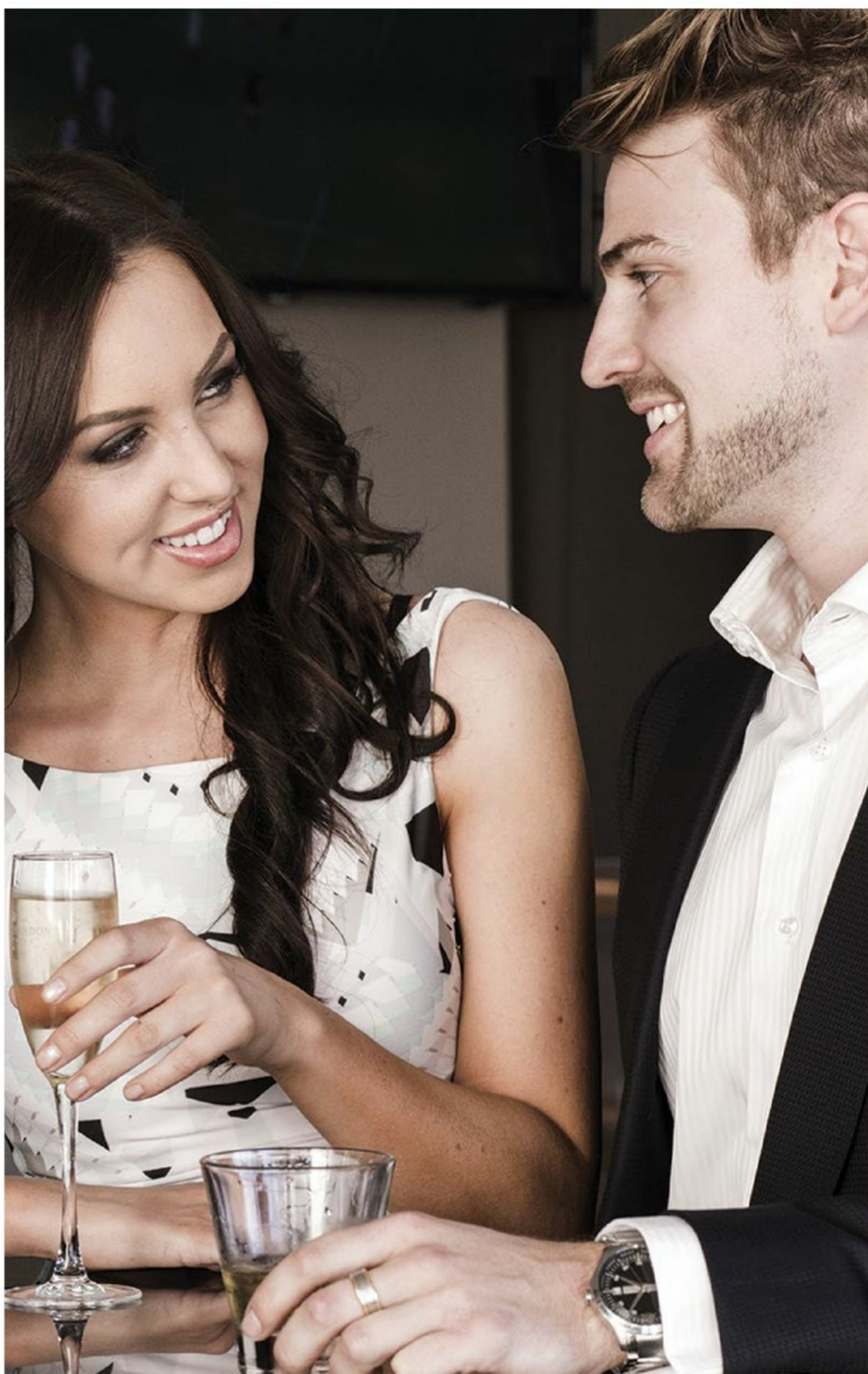
Then save her information and tell her you'll see her around.

You can always reopen her later if you like. Sometimes girls warm up to you more after you've left for a while, then return. But your focus on abandoning a bad lead should be just that: to abandon her, and find someone else. If she's still there later and you can resume with her again, consider it a bonus.

D. COMMIT TO GOOD LEADS

All that socializing and abandoning of bad leads can have an unintentional harmful side effect. That is, you begin to eject from chats with girls too fast... And you ditch cute girls who might've gone home with you had you stuck around longer.

The signs a girl is a good lead, and not a bad one, are as simple as she's receptive to what we'll discuss in the next section. If she responds



well when you flirt with her, touch her, and move her, she's a good lead. Don't abandon her! Even if she doesn't respond perfect, if she still complies with most of what you ask, she's good.

It's a bit of a fine line to walk, abandoning bad leads and committing to good ones. Yet this is an essential step to getting one-

night stands. If you can't abandon bad leads, you'll get stuck for entire outings with girls it goes nowhere with. And if you can't commit to good leads, you'll move on before you have the chance to make anything happen with a girl. You must look for girls who respond well, and be ready to commit to them for so long as they continue to respond well to you.

PART 2. FROM HELLO TO LET'S GO HOME

You've gone out, hit a venue or two, socialized, and made some connections. And now you think you've found a girl who might be the one you'll take back home.

But for you to do that, you're going to need to press all the right buttons with her, first.

The good news is, if she likes you, she wants you to press them.

A. PLAYFUL BANTER

One of the greatest coups you can have in getting more one-night stands is this: make a conscious effort to inject playful banter at the outset. Look for a few ways to make it playful and fun.

Women seek out what scientists dub "humor production" for both short- and long-term relationships (Bressler, Martin, & Balshine, 2006). Whether you're a hookup or a future husband, she has an eye out for this. Is your sense of humor good or not?

A few examples of playful banter at the outset:

- Joke about something in the environment
- Tease her on something she's doing/wearing
- Chase frame her as trying to attract male attention

You may want to gauge how open she is to teasing before you go in full bore. This way you avoid over-teasing girls who aren't as receptive to teases.

Also, in addition to humor production, women also look for humor receptivity, too. That is, can you laugh, as well as make her laugh? So don't just crack a few witty remarks yet remain unmoved when funny stuff happens. You want to be able to laugh at the environment and at yourself (when it makes sense to), too.

B. MAKE IT SEXUAL

A lot of guys try to stay polite when they go out to meet girls. They suppress their sexual sides so as not to offend. But how about girls? What do girls want when it comes to one-night stands?

According to a 1999 study, when girls hook up with guys, it's because they want to sate their sexual desires,

experiment sexually, and experience pleasure (Regan & Dryer). If you keep it polite and respectful, you will not do well with a girl who's in this mood.

It's crucial for one-night stands to add that extra bit of sexiness in. You can do this many ways:

- Sex talk
- Innuendo
- Sexual assumptions
- Chase frames
- Flirtation
- Sexy facial expressions

Once you have sexiness mixed in, you'll see an interesting effect. Girls who want to hook up screen themselves in, and every other girl starts to screen herself out. It becomes much easier at that point to find the right girl.

C. USE PLENTY OF TOUCH

When you touch other people, you make yourself seem higher status and more socially powerful (Burgoon, 1991). Touch also makes you seem more physically dominant. And both social dominance and physical dominance make a man more attractive for a one-night stand (Bryan, Webster, & Mahaffey, 2011).



Touch is an easy, powerful way to make her want to sleep with you.

When you touch a girl, you want to do so in a controlled way. Most guys either don't touch at all, or they're too aggressive with touch. What you want is a balance:

- Start with incidental touch. This includes touch to her wrist, forearm, or elbow.
- Move to protective touch. Put your hand on the small of her back as you guide her around.
- Next, use romantic touch. Hold hands with her, or use your fingers to touch and play with her hair.
- Last, use sexual touch. Kissing, stroking, sex. Usually you'll want to wait until you're alone with her for this.

It's important to go through the progression in order. If you try to touch her hair or hold her hands without building up to it, it'll often backfire. Get her comfortable with lighter forms of touch first, before you move to more intimate forms.

D. MOVE HER AROUND

Between 5 to 10 minutes into a conversation, move her somewhere else. When you move a girl, you do a few good things for yourself:

- You have her commit to the interaction
- You get her to invest further in the courtship
- You screen out girls it isn't going anywhere with

Each of these is important. The first two serve as "buy in", where she chooses to go along to the next step with you. The last one (screening girls out) is a way for you to identify girls who are not very good leads after a few minutes of talk.

To ask a girl to move with you, all you need to tell her is, "Let's grab a seat before all the seats get taken," or, "Let's head to the smoking lounge, it's too loud in here."

E. BUILD A CONNECTION

Each girl's different, and it's going to depend what she's on the hunt for how deep you go. Some girls need a lot of connection; some need just a little. Some don't need any at all. However, you're usually best served to build a least a shred of connection... Just in case.

Scientists have found the more a girl tells you about herself, the more connected both you and her feel (Cohen, 2016). Women are "more excited on first encounters when they have things in common with the man or the man shows interest in what the woman is saying" (McFarland, Jurafsky, & Rawlings, 2013). The more connected to you she feels, the more willing she is to come along with you, comply with you, and trust you.

Trust is an integral part of a successful hook up. If it's there (and you press all the other buttons she needs you to press), she's yours; if it isn't, she isn't. You can build trust other ways than connecting with her; but a connection is one of the most reliable ways to get it.

The easiest way to build connections with most girls is via deep diving. Start with a few basic questions, and once you get answers, drill down on those answers to her motivations - the 'why's of why she's done what she's done. The more you can get her to tell you about what drives her and motivates her, the more intimately she'll disclose... And the more connected both of you will feel.

F. LOOK FOR THE WINDOW

At some point, if you've found a girl who likes you and followed the steps above, a window is going to open up with her. During this window, she's open to going home with you.

If you ask her before the window, she'll say no, because she isn't ready yet. If you miss the window, you'll lose her and she'll excuse herself and leave (or she'll go hook up with someone else).

Some signs the window's opened include:

- She gets very close to you
- Her eyelids lower ("bedroom eyes")
- She stares and smiles at you





- She talks less and her answers are shorter
- She blushes
- Her pupils dilate
- She holds your hand or loops her arm in yours

When you see two or more of these signs together, that's usually a decent indication her window has opened up. And when that window opens up, it's time to invite her home.

G. INVITE HER HOME

If I had to give guys just a single tool to use to get a lot more one-night stands, it would be this: invite girls home more. No matter how great you do on everything else, the invite is the make-or-break moment. If you invite her back, she may say yes. If you don't invite her, you likely won't get her. Girls rarely invite themselves over on their own.

You can invite her back to your place. Or you suggest you both head to her place. If neither is an option, you'll have to get creative with logistics.

Anything remotely interesting you have at home will work as an excuse to invite her. Wine, hot chocolate, a fire to curl up by, your music collection, a nightcap, a movie. "Let's go and [X]," is the basic formula.

She doesn't need the most incredible offer in the world. However, she does need you to give her an excuse. That's so she can maintain the narrative the next day that, "I had no idea we were going to have sex. I thought we would just watch a movie!" It's also so she can reserve the right to back out if you change your behavior or make her uncomfortable. Don't begrudge her this; just realize that for a smaller, physically weaker

human being, preserving her exits "just in case" is often a prerequisite to going home with strangers. Help her make sure she feels like she has an escape hatch if needed, and she'll be happy to go home with you.

H. A FEW THOUGHTS ON CLOSING

Once she's back at your place, it's down to making a move, and having sex.

A few tips: try to have a clean bathroom, and follow the 10-minute kiss rule. That is to say, make sure you kiss her within 10 minutes of her being alone in your home with you.

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A full-page photograph of a woman with long, wavy brown hair styled in a bun, posing on a wooden staircase. She is wearing a bright pink, strapless, textured bikini top and matching bottoms. She is leaning against a dark wooden railing with her right hand on her head and her left hand on the railing. The background is a warm, golden light, possibly from a window or a bright outdoor setting. The name 'Maritza Contreras' is written in a large, white, cursive script across the center of the image.

Maritza Contreras

All photos by: @davudsusg















**MARITZA
CONTRERAS**

Instagram - @MaritzaPCR

DATING



EYE CONTACT SEDUCTION: BASICS AND ADVANCED

BY ALEK ROLSTAD



Lately I have been making posts on non-verbal seduction. Non-verbal seduction is a lot of fun and has a lot of benefits – such as being possible in loud clubs. If you'd like my lesson on pulling off verbal seduction in a loud club, here it is: you can't. This is why those of us (myself included) who enjoy using fancy verbals tend to avoid loud clubs or stick to smoking and lounge areas.

But this will no longer be a problem, for today we will go further down the rabbit hole of non-verbal seduction. One common misconception is that non-verbal seduction is easier than verbal seduction. This is wrong. However, it is important to keep in mind that it is easier to occasionally "get lucky" and enjoy freebies with

non-verbal seduction. Becoming consistent and enjoying repeated success, on the other hand, is hard. This requires more than just "gazing her down" and touching her like a caveman.

This forces us to become more calibrated and develop more than a simple "trained eye" and that "smooth vibe" that usually results from field experience. To achieve success and avoid failure, it is still a prerequisite to gain knowledge. And in order to get good at non-verbal seduction, one has to get deeper in the analysis of those concepts, which at first glance to a "clueless" eye, may seem banal. For good non-verbal seduction, the devil is indeed in the details.

In last week's article, we discussed the oftentimes overlooked yet crucial subject of positioning. Today's topic, eye contact, is no different. Now, keep in mind that this post, the previous post, and the upcoming posts related to non-verbal seduction will cover techniques that can also be used when delivering verbals; for example, eye contact is obviously key in any form of seduction but is absolutely vital in non-verbal seduction – for obvious reasons, these are the only tools you have at your disposal when verbals are rendered useless. When given fewer "tools" to operate with, perfection is required.

Without further ado let's get to it.

EYE CONTACT POWER

Eye contact is one of the most used yet rarely discussed seduction techniques out there. Learning to give good eye contact is both powerful and easy, but perfection requires field experience – and it is worth it in the long run.

Some say the eyes are the gateway into the soul, and we know that eye contact communicates and builds:

- Rapport
- Trust
- Sexual connection and tension
- Intrigue
- A sense of mystery
- Increased desire and compliance

Eye contact flirting is therefore a powerful technique that you can use in most settings – including clubs, bars, the street, coffee shops, and even the classroom.

Of course the level of intensity and sexual intent should be calibrated according to the venue and situation. Hence, clubs and bars allow more for “sexual gazes” right away than, say, street or classroom settings, where you might want to tone it down at first, then escalate the vibe (and the sexual intent of the eye contact) according to her response and level of sexual interest to you.

But before we discuss how to give good eye contact, we need to make sure we have certain rules in check.

3 BASIC RULES TO GOOD EYE CONTACT

There are 3 basic rules one has to follow when giving eye contact. Fail to follow these rules and your chances of failing the whole seduction grows exceptionally. Make sure you have these in check before attempting any more fancy techniques.

Some guys – usually drunk guys (in club/bar settings), but occasionally some “confident” uncalibrated trolls – like to stare down girls who haven’t even given them any signs of interest

or any invitation prior to the “forced eye contact.” Although this can work sometimes – if you are lucky – in most cases this is just creepy and needy, and is prone to failure. Don’t do it. Don’t gaze down chicks and force eye contact before you have even met them or received any clear “green lights” in the form of non-verbal signs of interest.

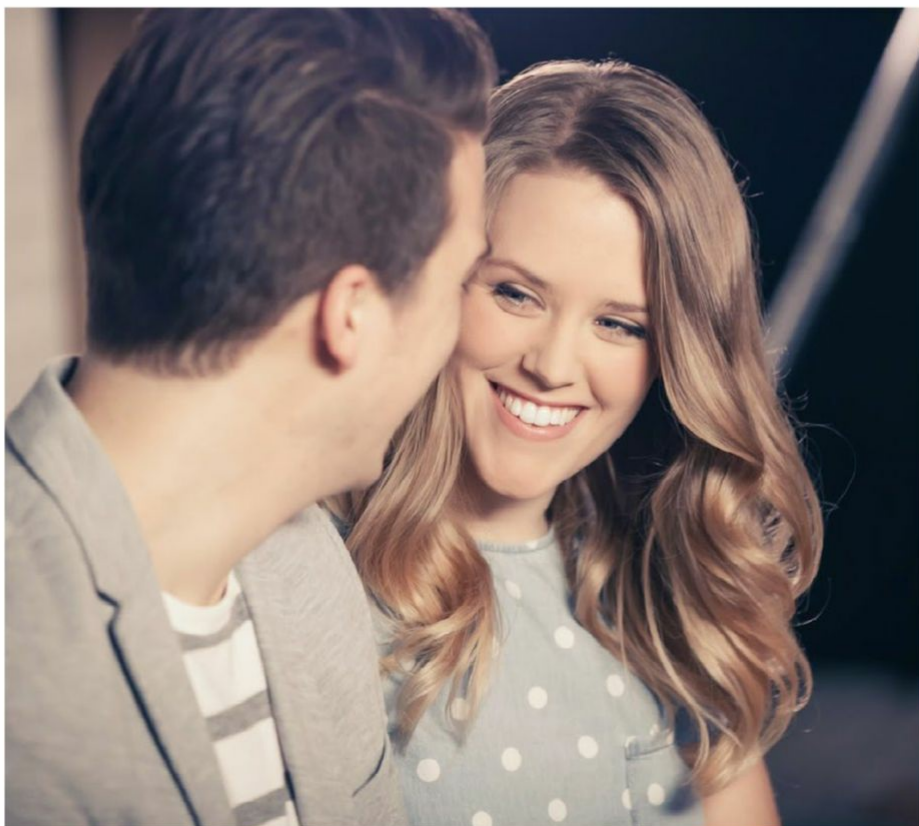
It is ok, and even recommended to look at a girl for a few seconds (maybe 3 seconds max) and see if she responds, but pull back if she doesn’t. Now, it is, in some cases okay to force eye contact once she is hooked in and you have some strong rapport and things have escalated sexually. However, this is more advanced and requires more calibration – this, when pulled off successfully, can display confidence and a strong, dominant frame.

The second golden rule is: do NOT avoid eye contact. If a girl looks at you, you must return eye contact. Don’t “act” like you haven’t seen her. Avoiding eye contact shows that you are uncomfortable and that you

suffer from low confidence. Be a dominant man and show her that you are confident, that you do not fear looking at her deep in the eyes.

And at last, once you have managed to get a girl to look at you, whether it is eye contact generated before or after the approach (the rules here are the same), never even consider looking away first... and never EVER look down once you look away. First of all, you want to HOLD the eye contact. This creates tension, attraction, and shows dominance (attractive). Look away first and she becomes the dominant one (rarely attractive). Yes, at some point, you do have to look away – failing to do so can be a bit “too much” and creep her out.

However, you only look away after she looks away first – she needs to look away first, then maybe a second later, you look away... but not down. Never ever look down. Looking down is a strong sign of submissiveness – which again is not attractive – and the strength of this non-verbal sign might be enough to throw away the





whole interaction. Instead of looking down, just look away to the side.

If she looks down, however... consider this a major sign of attraction. It signals that she is submissive to you. If she looks up, then you are most likely fucked and should move on. If she looks to the side, you are free to consider it neutral. If she looks away to the side after prolonged eye contact, I would still consider it a rather strong sign of attraction.

HOW TO GIVE EYE CONTACT

Let us now cover how to give eye contact the proper way. What I am about to share is not rocket science, yet it has tremendous impact. And like many non-verbal techniques, these things are often disregarded subjects.

In this section, I'll give you a few basic tips and tricks you can use right away.

However, after this section, I will get deeper and share some more complex yet still relatively simple

techniques to make everything more powerful. So here are my tips for better eye contact:

1. Be relaxed – yes, relax your damn eyes! Relax the musculature around eyes, including your eyebrows. Everybody discusses how to give a good eye contact – some claim you have to pull off “puppy” eyes, others talk about “sexual predator” eyes, others are big fans of those “slutty eyes.” I personally think that these terms do more harm than good, as they are very confusing.

And according to my experience, they are all words for the same thing. The results of such advice is that most guys try to imitate what they have read, resulting in some weird “try-hard” eye contact that just looks weird. What we do want is a relaxed yet dominant eye contact with a hint of sexual presence and mystic. Sounds fancy, right? Well, it is not. The secret trick here is to simply relax your eyebrows and hold your eye contact. This communicates all these traits. Don't force anything weird, just relax your eyebrows. You can do it!

2. Now, we touched upon this already, but to create additional intrigue besides holding the eye contact, avoid any facial expression: we are here talking about a blank poker face! Do not try to do any forced “weird” faces. Just do nothing. It's super hot; super confident while being mysterious and intriguing. And guess what? Most guys are unable to pull this off because it feels weird to them. But remember, building tension with a girl requires one to push the comfort zone; it is one of the main prerequisites. There can't be tension if things are too comfortable.

Now, this might be too much for many girls in the early phase of the interaction, so you might save it for later (when you have reached a hook point, or after receiving a green light in the form of a sign of interest – or better yet, when you are isolated with her away from the main crowd). If this is too much for the early phase of the interaction, just add in the facial expressions: happy, shocked, curious... those are looks you most likely do naturally on a regular basis, anyway. However, as the interaction

progresses, you want to escalate the vibe, and one of the many ways to do it is by holding eye contact free of any facial expressions (the poker face), with relaxed eyebrows. It is actually simpler than it sounds.

3. This is a big one that confuses many: which eye to look at? You obviously can't look into both eyes at the same time – maybe you can, I surely cannot. Focus on one eye and deliver all your “eye contact” laser superpower into one of her eyes. You want it to be intense. She needs to feel it, so focus on looking at one eye at a time. But which one? I honestly don't know – but I do know this: people have one eye that is more dominant than other, and one eye that is more susceptible to eye contact than the other. Now, this differs from person to person, so it is impossible for you to tell right there and then.

4. However, what I have found is that you can always occasionally swap eyes. For example, at first you might gaze into her right eye before switching over to her left eye. You can do so regularly at short intervals, but don't take this too far and make her dizzy.

Let us now discuss a few other techniques you can add to your arsenal. Make sure you have the basics in check first, but do not hesitate to try the following out – they are not difficult techniques to pull off.

TRIANGLE GAZE

This is a rather simple but really cool “old-school” technique where you basically look into one of her eyes before sliding to the next eye, followed by moving your eyes down to her lips, before moving back to the starting position – the eye you looked at first. This should make a triangular move, hence its name.

I do not really know why this technique is so powerful, but it has been a classic for years. Looking down at



someone's lips might communicate sexual intent and might trigger horniness. You see a lot of "femme fatales" pull this trick off in movies. This technique is a classic – because it works! Also, it allows you to look into both her eyes.

Now, if you recall earlier when I said that one should not look down when giving eye contact? Well, the rule applies most of the time, but not here. In this case, you're not looking down, you're looking at her lips. This is, in fact, the exact opposite of a submissive move. It's suggestive, which is actually a dominant move.

FRACTIONATION

Ah, how often haven't discussed this technique – the good old "enhancer."

Fractionation is a concept I will not cover in depth here; however, the baseline is this: switching between two (oftentimes opposite) states in order to generate contrast and enhance your intent. For example, switching between sexual and social states is a form of fractionation.

In this case, you can add fractionation to your eye contact playing. I have two suggestions for you:

Talk with your girl for a bit while looking at the crowd, then turn in and give her some MAJOR eye contact... just for a bit, and look away again. If you do this, it is key that you don't show any signs you are afraid of looking her in the eyes – it needs to be obvious and controlled that you are looking somewhere else. Now,

after giving her a strong gaze, you fractionate out – back and forth.

This technique is actually better: switch between "social" eye contact where you add in facial expressions such as your "oh wow this is cool," "really?" "hahahaha awesome," and "you must be joking" faces, and transition into the blank, poker face, relaxed eyebrow type of eye contact that I discussed earlier on... before transitioning back into a social eye contact. Do this back and forth and enjoy the beauties of fractionation.



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ALEK ROLSTAD

Get Girls Chasing YOU!

HEALTH

A smiling man with short brown hair and a light beard, wearing a teal tank top, is holding a glass of green juice. He is looking towards the camera with a friendly expression. The background is bright and out of focus, suggesting an outdoor setting.

5 DELICIOUS DETOX INGREDIENTS TO ADD TO YOUR WATER

BY KELLY TURNER
VIA [FITNESSREPUBLIC.COM](https://www.fitnessrepublic.com)



Our bodies are detoxifying machines. The liver, colon and kidneys filter and help remove impurities and waste, but some people seek out aids in helping the process along, especially when they're feeling sick, bloated or low energy.

Detox is a broad term for ridding the body of excess toxins, and can include drinking special teas, to only eating raw foods, and can last anywhere from hours to a few days or weeks. While extremely restrictive diets are not healthy nor recommended by any health professional, to some, a short-term detox programme can help them feel better, sooner.

For the more relaxed detoxer, "detoxing" can simply mean making an effort to consume clean-eating foods and ingredients that aid your body's digestive process.

Some swear by detoxes while others hate them; plus, there seems to be an even split of both warnings and recommendations, which can be downright confusing. Proponents of detoxing say it enhances the body's natural cleansing process, allowing it to better defend against illness and disease. Many cite increased energy, clearer thinking, improved skin and weight loss as just some of the benefits of doing a detox.

Detractors, on the other hand, believe detoxes are "unnecessary" or dangerous and restrictive disordered eating under the guise of health.

The Safest 'Detox' Around

No matter what "detox" means to you, the safest, most effective detox fluid everyone should be drinking is good old fashioned H₂O. Think about it: you're made up almost entirely of water. Staying hydrated is extremely important for your health, and water is necessary to flush the toxins that build up in your body away. Becoming dehydrated can dry you out and shrivel you up, and even mild dehydration can affect everything from brain function, to appetite, to hormone levels, to energy and can cause headaches, dizziness, nausea, muscle cramps, and more.

If you take cleansing and purifying water and add to it other naturally detoxifying ingredients, not only will your water taste better — making it easier to down your 64 recommended daily ounces — but it'll be even more effective at flushing your system.

The next time you're feeling in need of a health re-set, try adding these 5 naturally detoxifying ingredients to your water to take your detox game to the next level — the healthy way.

1. LIME, LEMON OR OTHER CITRUS

Citrus fruits, like limes, lemons and oranges, contain flavonoids that stimulate the immune system and help to protect against harmful bacteria while helping to reduce cholesterol levels. Citrus is thought to help flush out toxins from your digestive tract, as well as remove uric acid from your joints, one of the main causes of inflammation. Additionally, citrus helps to relieve symptoms of indigestion such as heartburn, gas and bloating, but a lot of these helpful nutrients are found in the peel, so keep the peel on to not miss out.



2. CINNAMON

Cinnamon adds a little spice to your beverage, but it also reduces triglycerides, which are the toxins that fat expels into your bloodstream when you lose weight. Not only that, but cinnamon reduces bad cholesterol while improving digestion, reduces inflammation, regulates blood sugar, and it even contains antibacterial and antiviral properties. To make your water even more tasty, try adding a few slices of apple into the mix for a more familiar, silky flavour. We recommend a hot-water concoction to help cinnamon go down easy.



3. CUCUMBER

Rich in antioxidants, cucumbers add a mild and refreshing flavour to your water, but they also have an anti-inflammatory flavonol called "fisetin," which studies have shown to help improve brain health. Cucumbers are a diuretic, meaning they prevent water retention by increasing urination to really flush your system, and they're also a great source of vitamin B, potassium and magnesium and have even been known to fight cancer. They also contain an anti-inflammatory flavonol called "fisetin" which studies have shown to help improve brain health.



4. GINGER

A popular digestion aid, ginger cleanses the colon, liver and other organs, and improves circulation to help prevent blood clots. Ginger has a high concentration of gingerol and shoga, which have anti-inflammatory and anti-spasmodic effects on the gastrointestinal system. This helps digestive enzymes flourish, neutralizing acids. So ginger has a soothing effect for those suffering from gas, bloating, diarrhea and constipation.



5. APPLE CIDER VINEGAR

Apple cider vinegar is almost a detoxing cliché, but there's a reason so many people use it. Apple cider vinegar has been shown to help cleanse the digestive system, both due to its acidic nature, and the fact that it contains enzymes that encourage the growth of healthy gut bacteria, which is essential for proper digestion. Apple cider vinegar will even help replace some of the intestinal flora that can be lost by eating unhealthy, processed foods. Made from apples, apple cider vinegar provides the the same benefits of the fruit, including B vitamins, vitamin C and vitamin A.



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DATING



DON'T LET A BAD REJECTION RUIN YOUR NIGHT OUT

BY DENTON FISHER



One of the things you are not going to avoid while learning success with women is the occasional tough rejection.

Maybe she freaked out unnecessarily.

Maybe she said something that felt like a knife shoved in your sternum.

Either way, it sucks when a girl rejects you, especially when it comes out of the blue and is tactlessly delivered. But what if I were to tell you that the water runs deep on this issue and everything is not as it appears? What if you could completely turn around the way you see rejection?

WOMEN HAVE THE POWER TO REJECT

Firstly, when referring to “those who reject you unfairly,” I’m talking about women who hit you with negative energy or mean to hurt you or deal out emotional pain for the sake of hating. Girls who respond to an approach with a polite “no” are not in this category.

Women are always allowed to say “no” in any way they deem fit – the same way we are allowed to say “hi” in an attempt to spark something. If there’s no positive response or approach invitation, we move on as the men of abundance we are.

This article is in no way meant to demean women who reject advances from men. If high-quality women didn’t reject the vast majority of advances they get, they would be having sex with, well... an unhealthy amount of men.

Summing this up, you are allowed to approach, and a woman is allowed to reject. No ands, ifs, or buts about it. What this article is meant to teach you is how to handle those few women who lay rotten in a sea of ripe apples, those landmines you fall on when you go out approaching, girls hell bent on ruining your night.

Again, a girl can reject you in any way she deems fit.

However, know this: a girl who tries to deal you pain is one who is feeling it herself in one way or another.

SILENT SUFFERING

Now, most girls when they reject you are polite and mild about it. That is fine. However, every so often you get one of those bone jarring ones, like a quarterback taking a violent hit from a blind spot. But as painful as it is for you in the moment, what if I told you that, between the two of you, she is the one feeling the most pain?

As is well known, for every action there is an equal and opposite reaction. For the girl to reject you like that, either you did something to provoke it, or it was something out of your control.

Barring that it was your fault, what else could it be? There are two reasons a girl can be so hurtful to someone she does not know.

She is having something bad happening in her life. Whatever she fed you, she is currently feeling... but in a more concentrated dose.

She is stuck in her own dark reality and there is nothing for you to do but move on and let her deal with it.

She has some personality disorder.

This is the more unfortunate of the two because it may be something beyond her control, something at odds even with herself.

Both situations deserve a certain amount of empathy. It will not help to try and lash out at her after the fact. Why kick a dog when it’s down? Instead, let her be, and move on.



TEACHING A LESSON TO THE IGNORANT

This is the kind of thing annoys me about the culture of today... screaming at someone in a bout of road rage, twisting someone's arm when they are defiant, or trying to get in the last word as if you were five.

I get it. You do not want to lose face. Unless you are trying to teach yourself a lesson in standing your ground, whatever you say to someone in such a state will fall on deaf ears; all you will be doing is feeding your addiction for drama and adrenaline. You will be no different from the Kardashians drama addicts. What you are not realizing is that you are addicted to drama, and, like any addiction, drama has some nasty side effects.

DO NOT FEED THE WRONG WOLF

There's a story about an old Cherokee Indian who was trying to teach his grandson a lesson.

He told his grandson there is a battle between two wolves inside all of us. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.

The grandson thought about it for a minute and asked his grandfather, "Which wolf wins?"

The old Cherokee replied, "The one you feed."

This is an old Indian story, and it is true on many levels, including success with women. If you feed the negative energy you receive from women, then it will grow bigger and bigger until it consumes you. We have a choice: feed the Good Wolf and it will show up in our character, habits, and behavior in a positive way; or feed the Evil Wolf and our whole world will turn negative, like

a poison that will slowly eat away at your soul.

TEACHING LESSONS TO STRANGERS

I see friends, students, and strangers wanting to get that awesome quip in after taking a hit to their ego. People want to teach strangers lessons, despite the fact they'll never see them again. It is the same thing when a girl cancels plans for a date and a non-abundant guy freaks out. Strangers are abundant. If they cross you, cut them out. No need for lessons. Why get butt hurt over it? Just move on. The act itself is pointless and childish. No one should have control over your emotions but yourself in such situations.

One of the biggest problems I find with men in regards to their dealings with women is the inability to let go of criticism. It is incredible how if men could just get this out of the way, their results with women would skyrocket. If some men could only stay centered in a sea of criticism made to keep them mediocre, they





would not just get instantaneous results with women, but long-term results as well.

The urge is strong in our culture to want to teach strangers lessons, to want to right wrongs. This is not productive in today's large, urban, anonymous societies. Why draw boundaries with a stranger you will never see again?

If you find that you are in a situation where you are treated poorly, and you cannot let it go immediately, and you feel negative emotions flooding your veins, take a second to just be in the moment and meditate where you are. If you are bad at this in general, it may help to make a habit of just taking time aside at home to practice.

NEGATIVE LOOPING

I have talked about this in a previous article, but I want to touch on it again. Let's go through a scenario you have probably experienced if you have been out much.

You approach a girl in a bar. You are being nothing but positive, jovial, and holding good eye contact. However, despite this, she rejects you way more harshly than was necessary, maybe tossing in a random insult that's just uncalled for. You feel it in your chest, then in your cheeks as your temper rises. You want to get in the last word – and you do, then you storm off.

However, the interaction doesn't leave you there. It comes with you, and it follows you when you try to talk to the next girl, who feels that angry, negative vibe and mirrors it back onto you again. You get even madder. And you take it to the next one, and she feeds it even more. By this point, you are either a boiler room of emotions or a beaten puppy. Either way, your night is over.

The problem when you hold on to emotions is that whatever you feel... you will receive back. Emotions are highly contagious, even more so with women, as they are more sensitive to vibes. If you take a bad reaction with you in your body, it will be expressed

with or without your knowing, and girls will sense it and feed it back to you over and over until the night is done. That is, unless you cleanse yourself of it. You are allowed to take a moment to relax and get back in a good mood.

Now let us play that scenario again, but differently. You approach a girl with nothing but positive vibes and laser eye contact. She replies with a stern f&ck off! Whereas most would be fuming, you shrug it off, almost bemused. Instead of taking it personally, you know it is not on you – it's on her. If you needed to, you would not mind taking a moment to shrug off the emotion before talking to another girl, but you are fine, and you go directly into the next interaction. The next girl loves your vibe and you hit it off.

Only you can decide how big a deal you want to make of something. If it is not a big deal in your head, then it will not be. But if you let it run loops in your head, you will forfeit the night like a ship blown around at sea without a rudder. Drop anchor

and reevaluate if you have to, but do not run aground having lost control of your oars.

THE KEY TO A GOOD NIGHT

This is all easier said than done, of course. It may take a hard knock or two to condition your mind to feed the good wolf. It is hard sometimes to let something like this just roll over. It personally took me years to realize this and internalize it, but once you do, your results with women will be unparalleled.

Next time you get rejected, take the pressure off of yourself and realize it is not you. She is having issues that you cannot see. Take a moment if you have to. Focus on your breath, let the emotion go. Then, with a revitalized zeal for life, approach the next one, putting out nothing but positive vibes (as hippy-ish as it may sound).

If you truly want amazing results with women, you will release the need to save face, to want to get in the last word, to stew over such an atrocity. A real man of abundance does not care about any one woman, because he has many. Take anything from a stranger with a grain of salt, and move on. With that being said, peace out.

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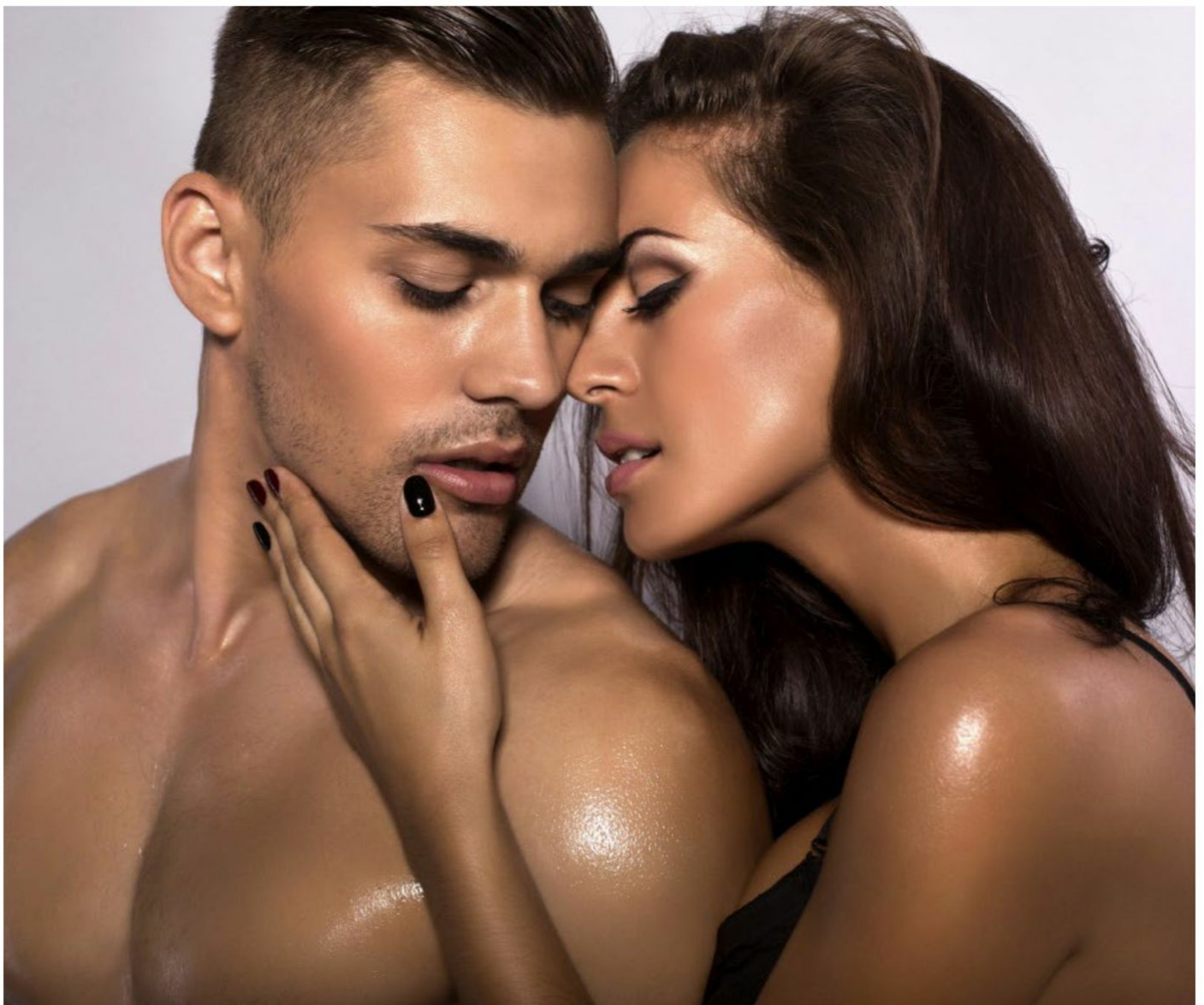
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SEX

11 INSANE WAYS TO TURN A GIRL ON

BY RICHARD LA RUINA



Do you find it hard turning a girl on sexually?

Want to know some proven ways to turn a girl on without getting her blind drunk?

I'm talking to the point where she'll be dry humping your leg, begging you to take her back to your place.

Yep these techniques are THAT good :) Unfortunately, a lot of guys find it incredibly difficult to turn a woman on and that's why they don't get laid.

So I'm going to put a stop to that today, by showing you the best ways to turn a girl on sexually with both verbal and non-verbal techniques.

Oh and these have all been proven to work... Adam Lyons approved in fact, so you know they've been tested in-field a ridiculous amount of times! They will blow her mind.

Without further ado... let's get grooving:

VERBALLY (NON-PHYSICAL SEXUAL ESCALATION)

The first key to sexual escalation is verbal, you need to seduce her with your words... then you move onto the physical which will push things over the edge with her.

TALK ABOUT SEX... DOH!

How can you expect a woman to think about having sex with you, if you don't plant those thoughts in her mind? Well the simple answer is, she won't.

Whilst you're building rapport with her, you need to throw in a few thought provokers that help her think about you in the sack.

Things like:

- Hey look at the way that girl is dancing over there, you can totally tell she'd be terrible in bed by the way she's moving.
- I was reading something in the paper on the tube the other day

which said that women who wear bright red lipstick or better at giving blowjobs than women who don't (WARNING ON THIS ONE, IT'S ADVANCED)

- I was talking to a girl "friend" the other day and she said that women relate dancing with a guy to sex... is that true?

ISOLATE THE GIRL

If you want to seriously ramp up the sexual tension you need to isolate the girl, it's the only way she won't be distracted by her friends and you can work your magic. Lead the situation by taking her somewhere quiet and continue to build rapport further.

If you don't know how to take her away from her friends, say something like:

- Hey listen, I need to get a drink... come with me.
- Man I'm starving, let's go and get some food then we can come back before it closes
- Come with me I need to show you something...



SLOW DOWN AND TALK SEXY

If you want to be more seductive you have to be smooth with your words. By slowing down with the way you speak, pausing in between words and looking into her eyes while you do this, she will be eating out of your hands.

Think James Bond and you'll be fine.

NON-VERBALLY (PHYSICAL SEXUAL ESCALATION)

So now we've covered the verbal side of sexual escalation, we're now going to go over the physical side of things... this is where it really heats up.

PULL HER INTO YOU

Women like a guy who is strong... so look into her eyes, put your hands around her waist and slowly pull her into you, so your pelvis is touching hers. This is very sexual and will setup a kiss perfectly.

I'd go as far to say that it's the best way to turn a girl on, because it shows you're a dominant male.

USE THE "TRIANGLE GAZE METHOD"

This is a proven technique that helps build sexual rapport and accelerates the chance of a kiss very quickly.

When you are looking at her, start from the left eye (hold for 3 seconds) then move to the right eye (hold for another 3 seconds) then look at her lips for a couple of seconds. Repeat this for a minute or two... you are basically planting the idea in her mind that you want to kiss her.

If she asks you why you keep looking at her lips, tell her the truth!

CHEEK KISS TEST

Some guys just don't know when they should be going in for a kiss, here's a great way to tell if she's ready.

Go in for a cheek kiss (with your hands holding each arm), but make sure

it's very close to her mouth, when you're close see what her reaction is... does she move her head away as if to reject you or does she go in for a real kiss? If she moves away, go in for a second kiss but keep your hands holding her arms. Why you ask?

Simple, if you remove your hands from her arms when she moves her head away from the kiss, it sub-communicates that you have acknowledged she is rejecting your kiss. However if you leave your hands there and go in for a third kiss, making it obvious that you're going for the cheek, it makes her look like the fool... clever huh?

GROOM HER

We're all highly sexual animals at the end of the day, so grooming her will communicate that you "care"

about the way she looks and her well being. Simply brushing her hair away from her face and placing it behind her ear is enough to escalate.

KISS HER FOREHEAD

Girls love it when guys kiss their forehead, it shows affection and no matter how hard a girl tries, she won't be able to resist liking you that little bit more.

It's what they see in the movies, so it's subconsciously embedded in their mind and just always works, so use it.

TOUCH HER WAIST/STOMACH

If a girl let's you touch her waist and leave your hand there without pulling away... then you can kiss her. It's a surefire sign my friend, go in for the kiss.



On the flip side, if she ever touches your stomach or chest, it means she wants to kiss you, guaranteed.

PLACE YOUR HAND ON HER FACE (OPTIONAL)

This is quite a manly dominant thing to do, if you place both hands or one hand on her face, then go in for the kiss... there's not much she will do to resist.

Seen as though women like to be lead sexually (well most do anyway) she will never pull away, she'll just go with it.

READ HER SIGNS AND ACT

If she's looking at you (lingering) with intent, her pupils are dilated and she's leaving her hand on your

stomach or arm, it means she wants to kiss... so go for it.

The more you do this, the easier it will become because you're going to be able to read the signs and instinctively act.

THESE ARE THE BEST WAYS TO TURN A GIRL ON

If you can nail the verbal and non-verbal, you'll be getting into her panties in no time. I can't think of any other ways that would work better then the tips above, so use them wisely.

There are more ways to turn a girl on obviously, but the above techniques are what I use to escalate quickly.



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RICHARD LA RUINA

PUA Training dating company that teaches men how to approach and seduce women.



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