PIMPIN’ FOR DUMMIES
1ST EDITION

A Reference for All Non-Pimps!
by SuperFly & Mac Daddy Slim

Compiled by Killa Pete HOG
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Introduction: Choosing your path

This book is a compilation of the BEST IDEAS and best ADVICE from guys who are successful with women. It is filled with many different opinions and different views. This may confuse you.

That’s perfectly fine. I made it that way! I wanted it that way! I want YOU to choose what YOU think is the right way. That’s how I figured things out.

Most of your questions about women will be answered here. Different advice works on different people and on different women. So you will have to “choose” and “pick out” what applies to you!

There is no “one” way.

This book is huge and extensive. I don’t want you to sit here and read the whole thing all at once! It’s meant to be read and digested, a little bit at a time. Each of these answers will move you in a different path. They are all different but they all have ONE thing in common. It will take you there! You choose your own path. I’m just throwing down the compilation for you.

(In accordance with Title 17 U.S.C Section 107 this material is distributed without profit to those who have expressed a prior interest in receiving the included information for research and educational purposes. KillaPetehog is not endorsed or sponsored by the originators)
This book is dedicated to all the people who told me to make a book of all the hilarious crap that happened in my dating life. This is a drawing from Mark.
You should enjoy the things that you have now and don’t wish for tomorrow, because tomorrow comes so soon that you don’t even see what hit you, and then you are upset you spent all of yesterday wishing for today when it would have came no matter what. Don’t wish you were 21, Don’t wish you were older, trust me when I say there’ll be plenty of time for drinking, sex, and being on your own in the future. What you don’t see is that right now is the time of your life, that right now you have no responsibilities, and that now you have the world. Tomorrow will come no matter what you want, so all you can do is savor today with the most mature taste possible, and avoid falling into the trap of wishing for tomorrow. –Viva Las Vegas

Respect is to women what looks are to men. A woman dating a man without respect is like a man dating a borderline ugly woman. --Brian Caniglia

Never try to keep someone who does not want to keep you. –Doc Love

Live each day as if it were your last, because one of these days, it will be. --Jeremy Schwartz

As a rule when men talk to someone about a problem, they are looking for answers; women in general are different. They will talk to you about a problem to express how they feel. They usually aren’t looking for answers; they just want to talk about it to straighten things out in their own minds. Unless she asks for advice, don’t offer it. Just listen, and keep the conversation going. If she wants advice she will ask for it. --Gary Caine

It dawned on me as it has, that the androgyny is key. Women fall for bastards because they don’t turn off the sexuality. “Nice” guys think women will be terrified of their sexuality, so they turn it off and all they get is the friends treatment. --Peta

When someone smiles at you, very rarely do you not smile back. Also a smile makes you feel a little better about your day. It’s as if someone saw something in you and it made them happy. If a woman is attracted to you, and you give her a warm smile, the ice is already broken and you haven’t even said a word. --Rico

When you let a woman dominate your state of mind, you are giving up your manhood. --Senor Fingers

Improve on what you can (health, fitness, style) and embrace the things you cannot change (height, race, etc) Insecurity is an ugly thing, so confront the roots of your warped self image and banish this negativity from your mind. No excuses, dude! Only you can make yourself worthy of the best things in life! --Senor Fingers
**FRIEND:** A member of the opposite sex in your acquaintance who has some flaw, which makes sleeping with him/her totally unappealing.

When a man goes on a date, he wonders if he is going to get lucky. A woman already knows. --*Frederick Ryder*

There’s a term that single, attractive, in-demand women use to describe men who use weak, approval-seeking postures, gestures, comments, and mannerisms... The term is "NICE". --*David Deangelo*

I think one of the best ways to get a girl to like you and to get your best game on....is to just ACT LIKE YOU KNOW HER. When you memorize and use tactics and pickup lines, it doesn’t sound sincere. It makes it sound like you’ve been thinking too much about it. --*KillaPetehog*

Nobody is teaching boys how to be men, nobody is teaching them how to be in tune with their masculine nature. Mothers, try as they might, cannot do so adequately, because they don’t know HOW to teach masculine nature, because their nature is feminine. With more boys being taught how to love by their mothers, they pick up the feminine nature. --*Metal Fortress*

If you don’t have anything smooth to say, don’t say anything at all. --*John Fate*

Never ask a female friend to hook you up with one of her friends. To a woman that’s pathetic. It implies that you are desperate, insecure and dependent. The key is not to ask for it, let her do it. --*John Fate*

"People do not remember what you said, but how you made them feel" --*Maya Angelou*

"My boyfriend used to ask his mother, 'How can I find the right woman for me?' and she would answer, 'Don't worry about finding the right woman- concentrate on becoming the right man.'"

The saying is true. “Tell me who you walk with and I will tell you who you are.” Hang out with guys who are successful with women and you will learn from them.

Attraction is an emotional and physical RESPONSE... and you can’t "convince" a woman to feel it with logic, gifts, and NICENESS. --*David Deangelo*

Never do something that you know is the wrong thing to do or change your mind just to please a woman. Don’t be a pushover to her whims. --*Derek Vilatio*
Watch your thoughts, they become your words;  
Watch your words, they become your actions;  
Watch your actions, for they become your deeds;  
Watch your deeds, they become your character;  
Watch your character, it becomes your destiny!

---Frank Outlaw

Men that feel the need to prove themselves to women through words are generally the type of guys that always have a ton of detailed stories to tell about how they bang tons of babes... but you never seem to actually SEE them with one. This is because they never really do get any girls, but because of the fact that they know that you have never seen them with any girls... they feel the need to prove themselves to you as well by making up tall tales. --Becomeaplayer

A woman will assume you want to have sex. You must confuse them into thinking that you actually don’t care about that. That is in fact a difficult thing to do.  
--Mystery Method

Does she always say she’s “too busy”? A woman who truly likes you will do her best to try to be with you. So be wary of a woman who always seems “too busy” for you.  
--KillaPetehog

Behave like you find all women attractive and that all women find you attractive. Because a woman will only find you of value if she thinks other women find you to be of value.  
--The Misogynist Manual

Compliments lose their power each and every time you give one. --Craig Reeves

One of the reasons that “exercising” and becoming stronger is emphasized is because it is a “visible” and “tangible” form of improvement. Unlike other sources of self-improvement, exercise is something that you can visibly see. And what you can visibly see, others can see as well --KillaPetehog

If you give a woman a compliment that another woman might give her, you might as well be another woman, striking up a casual friendship. --Ron Luis

No one who has ever done his best has ever regretted it. --George Halas

Realize that if you have the time to whine and complain about something then you have the time to do something about it.

It’s better to go for it and get rejected than to never know at all. Wishing, wondering and guessing hurts more. --KillaPetehog
Courage is the most important of all the virtues, because without courage you can’t practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage. – Maya Angelou

If a girl ever tells you “Let’s just be friends”. Fuck it. Leave her ass. It’s not going to work. Why torment yourself? You already have friends who won’t use you and who will still help you when this bitch is gone. There are a billion women out there and you will find one who likes you too. --Angstrom

The best learning doesn’t necessarily come from books. If you wish to learn quickly, watch those who excel in the game. Books are maps. They lead you in the right direction, but they can never replace exploration. When you were in school, you didn’t just read a book. You did other things to learn that skill. Think of how that relates to all facets in life. --KillaPetehog

The player who puts his happiness in one woman while playing the game is like a blind fool sitting by a stream complaining about being thirsty. --Player Supreme

"A man is what he thinks about all day long." --Ralph Waldo Emerson

Analyze if she only wants do things that make her happy. For example, if she is calling you only if she wants to have someone to repair her car or something like that, but never calls you for a normal date, then think about it... --Chris

When a woman treats you with indifference, you challenge her. When a woman treats you with disrespect, you punish her by withdrawing your affection and time. When a woman treats you well with respect and the affection you want, you reward her. --Pook

Jealousy is unhealthy for your soul. It accomplishes nothing for you. What good does it do for you to be jealous? What happens will happen. What happened will happen. Your jealousy won’t change the situation. --KillaPetehog

If she flakes on you, don’t confront her about it next time you see her. Are you the guy who sat around and got upset? Or are you the guy who called over another girl and then forgot all about it? --Sosuave

Nice Guys don’t get laid. Ever notice how all the hot girls keep complaining about guys they hooked up with who turned out to be an asshole? You could be that guy! --Tom Lyekis

“What did you ever get in return for being overly helpful to a girl? A smile? A hug? And how *excited* were you to get it? Pretty damn happy, right? Don’t ever fall for this shit again. Stand up for yourself and don’t let women use you.” --Soetefl
It’s not what we say out loud that really determines our lives. It’s what we whisper to ourselves that has the most power.

More money spent during a date will not necessarily lead to a better chance of sex, contrary to the belief of most ‘uninformed’ men. –Tom Lyekis

A secure person calls a girl when he wants and doesn’t play stupid waiting games. An insecure person waits 3 days to call a chick because he thinks calling earlier will make him look desperate. –Raikojo17

“Money attracts people who like money. Status attracts women who want this money; the shallow kind of woman that still has trouble searching for a deeper meaning in life besides collecting overpriced purses.” --DCB

Do looks matter? It’s not how “good you look”, it’s how “attractive” you are. There is one thing that is very true though...You MUST do the absolute best with what you got. --Nikbush

You cannot be yourself without truthfully seeing yourself. You cannot control the situation, but you can control yourself, your emotions, and your life. You cannot have women love you until you love yourself. You cannot grasp the female nature until you grasp your male nature. You cannot win her until you focus on her winning you. You cannot obtain love by giving yours away for free. You cannot be yourself by denying your dreams and what it takes to achieve them. --Pook

Be the man with scars. Learn from your mistakes and become stronger. Don’t be so afraid of failure that you forget to live your life. --KillaPetehog

Any time a woman says that she doesn’t want a relationship "right now" it means that she doesn’t want a relationship "with you." –Dr. Neder

A woman who is interested in a man wants to see that other women are interested in him, too. Not only does that give him instant value, it makes it all the more satisfying to snatch him from their clutches. –The 48 Laws of Power by Robert Greene

Girls aren’t looking for nice guys. They say they are but they’re not. They are looking for the perfect asshole, but there is NO SUCH THING as the perfect asshole. –Garret Hols
Chapter 1: Nice Guys Finish Last

Never try to become a "friend" when you first meet a girl. You must show her that you are attracted to her and would like to pursue a romantic relationship right away, because once you're dropped into the "friends" category, it's next to impossible to get out.
Chapter 1: Nice Guys Finish Last

The following articles will go in thorough detail on the reasons why being a “nice guy” gets you nowhere with a woman. Remember, there are “nice” guys and then there are real, genuine guys.

Why do nice guys fail and jerks score? by Peta

The debate of “nice guys vs. jerks” has been raging for quite a long time. It is believed that being polite, considerate, friendly, tender, romantic, etc. is what being a “nice guy” is all about and thus those qualities should be avoided, as it is the “jerk”, the rude, the inconsiderate, the impolite, the rough guy who always gets the girl while the “nice guy” is waiting outside in the pouring rain with flowers in his hands.

It doesn’t mean that women prefer rude over polite, inconsiderate, etc. It all becomes clear when we look at a very important issue often overlooked when trying to define what makes the “jerks” beat the “nice guys” when it comes to getting the girls.

Sexuality

It is sexuality – the “jerks” are not afraid to show that they are sexual beings, while the “nice guys” hide their sexuality as a part of their agenda of being friendly, polite, and courteous towards women.

“It dawned on me as it has, that the androgyny is key. Women fall for bastards because they don’t turn off the sexuality.

“Nice” guys think women will be terrified of their sexuality, so they turn it off and all they get is the “friends” treatment.
Why don’t women like nice guys? Why do they like bad boys? by Nathan Hill

Contrary to popular belief, women do like nice guys. What they don’t like are guys who let women walk all over them. They don’t want a doormat and they don’t want a supplicating fool. Women walk over nice guys because nice guys let them do it. It means you DON’T supplicate yourself with a woman.

Think of it like a reward system. In order for you to do something nice for her, she MUST do something nice for you. Not the other way around. An average chump will usually awkwardly hang around the bar and wait to find women who he can offer to buy drinks for. Losers, supplicators, “Nice guys.” They’re the first to get stepped on, used, then ignored, and the last to get laid. These guys will call getting laid “getting lucky” because that’s what it takes for them to successfully seduce a woman - luck.

The flaw of the nice guy
The “nice guy” doesn’t have the courage to approach women nor does he have a clue about what women are attracted and not attracted to. In order to attract women, you must have the courage to approach women. You give her good eye contact, pay attention and show interest in what she says, show her your smile and initiate flirting and humor. Never act like a pussy. Be friendly but be masculine. Never show neediness. Keep in mind that you don’t have to prove anything to a woman on first contact. Just let her know that you are interested in her.
Chapter 1: Nice Guys Finish Last

Quotes from women about nice guys

I don’t like the nice guy. To me he’s a definite turn off. He seems too timid to pursue intimacy.

The "NICE GUY" is often a man who doesn't have a life. And neither sex is attracted to this type of person. A truly nice guy is hard to find. A true jerk most women don’t want. I think we try to make people fit into a category instead of getting to know them. You can’t always know what a woman wants based on other woman's choices.

“If a guy pulls out a chair, that’s nice, but it’s not going to do it. I don’t think you’re so great just because you have manners. I don’t like feeling as if a guy is just trying to impress me. Just be you.”

I’ve dated guys who are nice - JUST nice, and I get bored after about three dates. "Bad boys" are much more interesting, of course, although it’s not a wish of women that these guys are REALLY bad. Misunderstood would be a better word.

The thing is that the nice guys who are with a woman are not out there complaining that women don’t like nice guys. The nice guys who are not with a woman will express their loneliness, in a nice way, from time to time. The jerks who are not with a woman never complain about it.

I don’t think that women are attracted to jerks, but they are attracted to men that illuminate power. Those type of men (powerful, strong and masculine) are sometimes jerks, which accounts for the confusion.

The nice guy sometimes is not strong or powerful and that’s what turns women off. So in essence, it's not the fact that they are nice, it's that they may be lacking other attractive qualities that outweigh the niceness.

Ultimately, I love nice guys that illuminate strength and masculinity. There is no better combination.

I’m totally for nice guys in a relationship, but when it comes to lusting or dreaming about a guy, it’s usually the jerks, because most jerks have the nice bodies and have that something that’s sexy about them.
Quotes from women about nice guys Pt. 2

NICE GUY: A male who is scared of his testosterone and seeks to sterilize himself with his niceness.

JERK: A male who merely acts male. He is controlled by his testosterone. This is why he gets into trouble.

GREAT GUY: A guy who can CONTROL his sexuality and acts male WITHOUT getting into trouble.

By the time you realize it, you may have been dating this jerk for a while. When you ditch him, it’s "on with the search." For the same damned thing. This is where guys will get the idea that jerks get all the women. They see us in the process of the search. What they need to understand is that we’re not looking for some nasty idiot; behind it is the wish to find that guy who can be trouble to everyone else but nice to us.

Nice guys vs. jerks isn’t the real issue here, it is all about confidence. The major difference between nice guys and jerks is this: if a nice guy has the guts to approach a woman who has caught his attention, he is so worried about saying the perfect “nice” thing that he will totally flub it. The "nice" one ends up stumbling away from the object of his desires with his tail caught between his legs ... this is NOT the impression you want to make!

A jerk, on the other hand, appears to have been blessed with ability to approach anyone and say just what’s on his mind completely disregarding any of the repercussions. He just does it. I have no clue how he does it. But DAMN, the man who has the confidence to accomplish that has caught my eye for the night whether he wants it or not!

Don’t think women don’t like nice guys. There is an initial appeal to a jerk, but it doesn’t last long. As long as you don’t act desperate and have a little something going for you, believe me, a nice guy CAN finish first - and with the girl of his dreams.
Chapter 1: Nice Guys Finish Last

Nice Guys Vs. Good Men

It’s true that we know that nice guys lose. So, the average man starts thinking that it is the jerk who wins with the ladies. Not necessarily true. There are “nice guys” and there are “genuinely good men”. I will lay out the differences for you.

1) A “nice guy” capitulates to women’s whims.

"Yes Dear." "Whatever you want, honey." Men only say this to avoid conflict (at best) or (at worst) because they pathetically think that their efforts will somehow impress a woman. Women smell insincerity a mile away. Sorry.

2) A “nice guy” is afraid to lose the woman he is with.

Therefore, he literally bends over backwards not to "upset" her or say the wrong thing. Despite the obvious desperation involved here, arguably the most unattractive aspect of all this to a woman is how BORING it is.

3) A “nice guy” has no leadership

A woman can’t respect a man that has no decisiveness and assertiveness. The nice guy never goes for what he wants.

4) A “nice guy” lacks confidence.

If you are worried she won’t like you, then she probably won’t. And similarly, if you act "nice" because you don’t have the courage to stand up for yourself, she’ll likely walk all over you, disgusted by every second of it.

5) A “nice guy” has thinly-veiled ulterior motives.

Nobody likes to be "brown nosed" or "buttered up". There is no more blatant display of viewing a woman as a purely sexual object than to go overboard being "nice". She knows, you know and the rest of the world knows you wouldn’t be so "nice" if she wasn’t so sexy. Consider how weak this appears to a woman. End of story.

And now, let’s see how a “man” acts.
The list before showed what a “nice guy” does. Now let’s look at what a “man” does.

1) **A man treats all women well, regardless of sexual attractiveness.**

Guys, take this test. Do you open doors for ALL women, or only for the ones who look good? If you are selective, your “nice” behavior is all about manipulating women into giving you what you need. Start appreciating women more genuinely and you will begin to be more genuinely appreciated.

2) **A man is not focused on getting some.**

Sex-starved men stay hungry. Men without pressing sexual needs cause women to feel more comfortable in their presence. Ironically, women who are comfortable around a man are more attracted...and ultimately more sexual. So the pattern operates.

3) **A man takes charge.**

A man is decisive, strong, assertive, brave and courageous. He doesn’t run away from danger. A man has paid attention and learned what makes the woman tick. When the date comes, he has the plan completely handled. At the end of the evening, the woman is often flabbergasted at how “perfect” her evening was. The Man with leadership knows it was all no accident.

4) **A man has options.**

Therefore, he succeeds in causing the woman to feel valuable and special. She views herself as the “winner”, and rightly so. Other women want this guy, but she is with him. That feeling is a good one to have. If a man can inspire a woman to feel valuable OR special he’s on the right track, but getting both right is an unbeatable combination. By the way, contrast this scenario with the weak man's cavalcade of compliments and/or gifts designed to help him somehow manipulate a woman's attraction.

5) **A man has high standards**

This means the man is EVALUATING the woman he is with rather than attempting to impress her. He has complete control over his dating life. He is confident enough in his character to realize that women worth his time and effort will recognize that and be impressed without his having to press the issue.
THE JERK WHO LEFT THE WOMAN by Tom Lyekis

That's right. If you follow these rules, you probably will be called a jerk or an asshole. Wear it with pride. "Nice Guys" don't get laid.

Ever notice how all the hot girls keep complaining about guys they hooked up with who turned out to be an asshole? You could be that guy! The guy who has his way with her one night, then leaves the next day and is never heard from again. Or maybe hooks up with her for a few weeks, then she finds out he has another girl on the side.

The truth of the matter is that women are not attracted to a man who tells them how great they are all the time, talks about his feelings for them and agrees with everything they say. In fact they are usually repelled by this behavior because it is SUBMISSIVE! They are attracted to a man who is the center of his reality and has the balls to speak his mind. A man who doesn’t feed into her desires or emotional states.

As mentioned before, nice guys finish last.

A second opinion on this chapter:

It is definitely true that a "nice guy" will finish last. But these "nice guys" aren’t really "nice". They are trying to "act nice" to get something. A guy doesn’t go out of his way to buy a girl presents and such just for good "decency". Most guys are going for the same thing. The only difference is that the “nice guy” is fooled into thinking that he can buy her affection. The irony is that although the “jerk” is successful with women, he attracts the wrong type of women. “Jerks” attract head-cases. So the best way to approach the game is to just be genuine. Just be yourself. But most important of all, be sexual. Be proud of it. That’s all you need to do. Approach and let the rest follow.
BE A MAN by Pook

(A five star article. Don’t miss this one.)

What is a man?

When asked what they want in a guy, women simply say, "A MAN!" But for some reason, real men are becoming more and more rare these days. Women are tired of the sensitive wimps who have no backbones.

So what is a Man? How should he act?

I asked some women what their definition of a man was.

"Ladies! Do tell me, what do you define as a Man?"

With devilish tongues, the women answer:

"A Man is someone who is sensitive to me."
"A Man is the guy who will take care of my needs."
"A Man is the one that is in tune with my feelings."
"A Man is one who doesn’t have an ego."
"A Man is the guy who will sit and watch chick flicks all day with me."
"A Man is the guy who will go shopping with me."
"A Man is the guy who will share all his feelings with me."

Such are the common answers! The guys listen and do what the women say. They are constantly declared ‘sweet’ and ‘wonderful’ and ‘nice’, oh ‘so nice’. Mothers and older women are proud of them and tell them, "If I were younger, I would go for you!"

Poor Nice Guy! The women his own age avoid him like the plague and jump for the jerks. The Nice Guy becomes an emotional tampon to be used and discarded. The Nice Guy, being so nice and sweet, listens to the woman vomit her feelings about men and bleed her problems of her boyfriend on him. He listens with baited hope when he hears, "Oh, why can’t guys be more like you! You listen and understand." Then she turns around and gets abused by another jerk! The vicious cycle repeats again and again.

Why are women acting in this way?

They are simply acting as women do. It’s their nature. The problem is not with them, it is with us! We are afraid to embrace OUR nature, that of being a Man. Being in a culture that sees Manhood as predatory and oppressive and uncouth, we cover it up within ourselves. By doing so, we hide our sexuality.
Sexuality!

Do I mean rock hard abs and rippling muscles? That is not what women find sexy [it's a contributing factor, but not the core].

A type of PERSONALITY is what women are looking for. Someone they can depend on (has backbone), someone who will be successful (has ambition), and someone who is decisive (has charge). Nice guys have no backbone because they think women are frail things that will break in confrontation; nice guys reveal no ambition because they fear being seen as arrogant to women; nice guys are afraid to be decisive for fear of being seen as ‘oppressive’.

So what should you do?

Just be a Man!

There is no need to reprogram yourself. You will have the interests you have, the hobbies you have, the body you have, but you can easily become a MAN. It is all simply in the way how you think and as you think you shall become. But what is a Man?

A Man is a guy who is not scared of his testosterone!

A Man follows the passion in his life. Passion of women? Of course not. A Man has goals and desires that goes above that of chasing women. After childhood, there are TRUE winners and losers in life. A Man desires to be the winner. A Man WANTS to win in what he does. Because of his passion, a Man can sometimes come off as arrogant and egotistical. He does not apologize for his desires.

Women are to enhance your life, not to be your life. So to the Nice Guy, stop placing your happiness on getting a girlfriend. To the Jerk, quit wasting your life on seduction. Don’t SPEND your time chasing women, INVEST it by putting it into your own interests and desires, thus the whole of your life.

When you do this, all of a sudden you have what every woman wants: Ambition, charge, decisiveness, backbone, kindness, stableness, and confidence.

A Man has character and deep convictions. He has PASSION in life about something. It is this passion that transforms his life, gives him confidence, and gives him joy. It is this PASSION that will give you that right mindset for you to have the goals and dreams that goes beyond women.

Remember, if you cannot command respect, you cannot attract love. If you cannot be respected, women will ignore you and/or abuse you.
A Man takes action!

Nice Guys think, “Does she like me? How do I get her to like me?” A MAN thinks, “Should I like her? Should I go for her?” The Man doesn’t think about the girl’s interest until they’re dating. The Man looks at all the girls and TAKES what he wants.

A Man focuses on his dreams!

You must have passion for something in your life, something you even want to do for the rest of your life.

A Man does not apologize for his testosterone, for his desires.

Would a WOMAN apologize for her feminine acts? So why should YOU apologize for your masculinity?

A man tries to always win in what he does.

(After childhood, there are real winners and losers in life.)

Men build towers; women build webs. If you aren’t constructing your tower or aren’t even planning it, why should she cast her web at you? If you want worthy women, you, yourself, must strive to become worthy.

A man has deep convictions that allows him to be a possible leader.

This is crucial because one day you will become the leader of your own household. Yes, we talk of 50/50, of everything being equal, but Nature’s laws surpass that of Humans.

If you were a woman, would YOU want a Nice Guy to be in charge of your household? Or would you want A MAN?

A man seeks to solve problems rather than to place blame.

If there is a problem, you solve it. You do not blame anyone or anything. You take full responsibility for your actions and you learn from them. A woman naturally wants a guy who deals with problems, not pass them along.
A man never loses his passion, for that would be the death of his soul.

Women always try to change the Jerk but never the Nice Guy. Why? Because a Man is STRENGTH and a Jerk displays strength on some level. Nice Guys never do.

A man never feels that he has to prove himself to anyone.

Flowers, candy, poetry all can be good additions to a relationship, but so many nice guys use them to BUY the relationship as if they must prove themselves. They flood the poor woman with gifts to show that they mean it.

So away with those flowers, those dead plants as tokens of affection.

Away with the chocolate, the candy, and sweets, those sugary pursuits to purchase love. Away with the poetry, those rotten verses of declarations of love.

Away with the quest to prove YOURSELF and let her prove HERSELF to you for YOU are the Don Juan.

Be a Man! And with it, you will advance in your career, your social life, and even your dealings with women. Men are very rare these days so if you become one, you will be in HIGH demand. Your career will become better as people look to you as a leader. Life will re-develop before your eyes for you will obtain the most single quality that men, not trophy husbands, not nice guys, not players, but men have a monopoly on:

RESPECT.

YOU are the MAN! For if you don't STAND for something, you shall FALL for everything!
Chapter 1: Nice Guys Finish Last

"Sigh... girls never want the nice guy"

"I once spent like three months trying to get her attention. I listened to her problems, helped her out when she needed it and all that shit, and she started seeing him. Know why?"

"Because he actually asked her out?"

"No! Because girls like jerks!"

"I'm serious! You befriended her, you listen, you give her your time and show all that kindness, and they never appreciate it. They never realize how good you'd be for them. They just see a nice guy"

"But they flock to assholes! And the worse, the better! They love guys who'll mistreat them. Talk down to them. Cheat on them and completely neglect their feelings"

"Something Positive
By R*K Milkolland"

"Don't forget the guys who totally insinuated their intentions toward girls and try to use emotional manipulation and a façade of friendship as an excuse to get closer to and score with them"

"Exactly! See? I knew you'd see where I'm coming from on this!"
A Rant from a Former Nice Guy
by Garrett Hols (A former nice guy)

It’s amazing that assholes can get girls. Actually, now that I think of it, it’s not that amazing. The girl tries to change the asshole into a nice guy, but assholes will always be assholes. She gets upset and goes to the nice guy to complain about the asshole.

Girls are idiots. They don’t realize that the nice guy has been there all along. He never had to pretend to be a good guy to get girls because he is naturally like that. However, girls don’t see it for some reason or another. They look at the nice guy as a friend, a trusted companion to whom they can tell their sad story to about their asshole boyfriend.

But the nice guy isn’t that naïve. He was trying to score with the girl he listens to all along. The problem is that since he is a nice guy he keeps listening. Since girls get attached to things that pay attention to them, they think of the nice guy as a friend.

A FRIEND.

They don’t say, “Oh he’s hot” or “I want to have his children” about the nice guy, they just want the emotional support. When they get the emotional support from the nice guy, they don’t need it from the asshole. The nice guy gets the shit end of the stick while the asshole gets all the action.

Perhaps another reason why girls fall for the asshole is because assholes ignore the girl they are with. The women wonder, “Why isn’t he paying attention to me?” so they explore why. They poke and prod and get closer to the asshole. The asshole finally says, “I’ve let this beauty dangle long enough, time to boat this bass”.

Once you have gone down the path as a nice guy or a “listener” you can’t turn back. The girl will always go after the assholes because there are always nice guys there to listen. Once you realize that you are a “listener” you can’t do anything about it. Just pack up and close shop. There is no way you will get into her pants... ever.

There is and never will be a situation where the nice guy will get the girl he has a crush on. It just doesn’t work like that.

The girl won’t “come to her senses” and realize what an asshole her boyfriend is like in the movies.
Instead she will just go after another asshole, and unless you stop being a nice guy, she will never go after you.

Women complain that there are no nice guys in the world.

Right.

They are obviously not looking hard enough because there are nice guys EVERYWHERE!

Girls aren’t looking for nice guys. They say they are but they’re not. They are looking for the perfect asshole, but there is NO SUCH THING as the perfect asshole.

All in all, the nice guy gets the shaft.

To all the girls out there with boyfriends that don’t treat you with respect, that don’t listen to you, and that don’t care about you I say this; look next to you. The guy that has been standing next to you the whole time is the guy you have been looking for.

He knows more about you than you know about yourself... because he has listened to it all.
Chapter 2: The Mindset of a Player

Confidence is not about expecting success, or about being successful. It's about not fearing failure. --Anonymous
Chapter 2: The Mindset of a Player

The articles listed below will go in thorough detail on what the mindset of a player should be.

YOU SEEK A LADY FOR YOURSELF.
YOU DO NOT SEEK TO PLEASE A LADY FOR HER.

If a female has initially a low interest in you - you move on.
If a female has initially a good level of interest – you keep her
If a female has initially a good level of interest but it is falling – you move on.
If a female has a high level of Interest - keep her

Have realistic expectations
How realistic are your expectations? Take a good, long, honest look at yourself. "I've got a great personality and a heart of gold", you say. That’s great, except that you live in a world in which people judge you initially by superficial things like your looks, body, the clothes you wear, the car you drive, and the job you hold. So if people find your exterior to be unattractive, you’ve got a tough road ahead of you. For example, if you’re a 3 on a scale of 10 in terms of initial attractiveness to the opposite sex, you had better improve on your game.

The high standards you apply to your desires must be applied to yourself.

Do you want a woman who is not overweight? Then you shouldn’t be overweight. Do you want a woman who is intellectually brilliant? Then you must hit the books, read the classics, think, and expand your mind. Do you want a woman who is athletic? Then you too must become athletic. Try, if you want, to get a woman who is better than you in these traits. You may or may not succeed. But only demand that which you can reflect as well. This forces you on the path of self-improvement.

A second opinion on the tips above

You should never settle. Always aim high. Who is to decide what is beautiful and what is not? It’s all subjective. Different women want different things. Who cares what you think! What matters is what she thinks about you! Let her decide! The issue is that you should always aim high! Never settle. Don’t stop approaching women just because you think she’s out of your league. Always aim high. What’s the worst that can happen? The key is to go for as many beautiful women as you can because you can’t fail forever. The player with the most numbers has the most rejections. Aim high.
Ask yourself truthfully, do you ever...

- Crave attention and feel anxious when you don’t get it?
- Worry about a woman’s interest level?
- Strategize to keep a woman interested?
- Hope for or expect sex from a woman?
- Feel the need to compete with or prove yourself to others?
- Say or do things to try and impress a woman or increase interest?
- Hold conversations with an outcome in mind?

The harsh truth is if you do any of these things you are not ready to handle women and you are setting yourself up to be hurt. Forget everything you know about seduction and maintaining interest levels. If a woman is interested in you, you will find your relationship with her to be easy, natural and enjoyable. If it’s not, back off and find something else to occupy your mind.

Get out of the house

Staying home is natural. It’s comfortable. It’s safe. It’s inexpensive. There’s only one problem. You’ll never meet anybody by staying at home. Most singles spend almost all of their free time at home. Then they wonder why they never meet anybody! How often should you get out of the house to meet people? That depends on how soon you want to meet someone special. If you’re willing to wait 20 years, then don’t sweat about it. Once a month is fine. On the other hand, if you want to meet someone soon, remember that every night you go out looking hastens the day when you succeed.

Make simple decisions easily and quickly.

Never stutter, ponder over, or invest a good deal of mental energy in overanalyzing most of the relatively mundane decisions which must be made in romantic situations.
CONFIDENCE IS KEY

(A five star article. Don’t miss this one!)

Women like confidence far, far more than men do. Think about it - shy "nice guys" legendarily get passed over. If you ask 10 women for what they're looking for in a man you'll likely get ten quite different lists, but probably at least 9 in 10 of them will mention "confidence" or something equivalent.

Confidence is *not* about expecting success, or about being successful. It’s about *not fearing failure*.

You can be completely confident about doing something and still fail, if you know it’s not a big deal and you can move on. Dealing with rejection is a skill that takes practice. You have to go in with the attitude that even a total stud would get rejected by the majority of women if he just asks a whole bunch of them out, so you *will* get turned down. Even when there’s absolutely nothing wrong with you. It’s still going to sting the first few times anyway, but if you keep in mind that rejection is natural and dating is always a gamble, you can learn to deal with her "no" as an, “Oh well, that’s the way it goes sometimes, everyday event.”

In contrast, guys who have the attitude that "no" means there's something wrong with them are usually the ones that fail with women. As a result, they become bitter.

The best way to display confidence with women is not to put them up on a pedestal. A lot of "nice guys" go to a lot of effort specifically to win a woman over, treating her much better than they’d treat anyone they were just friends with. Being extra-nice to her, trying not to offend her, trying to be the kind of person she’d like them to be, giving her flowers, paying for absolutely everything, and so on. Basically they throw all this effort at her, to "win" her, and they try to get the "reward" of her going out with them. This gives all the power to the woman - the guy makes it clear that he’l go far to get her, and all she has to do is decide whether to say yes or no.

If you think about it for a minute, you’ll realize this isn’t a confident thing to do. A really desirable guy doesn’t have to go that far - he can be himself, he can even be a demanding jerk, if he asks women out they’ll say "yes" without being showered with flowers and inoffensiveness. Now, you’re not Brad Pitt, but that doesn’t actually matter. The most important way to become desirable is to act as if you are already desirable. In other words, be casual. Just ask women out as if it were a completely everyday thing (even if you are really scared inside).

(continued on next page)
And *don’t give them things unless they’re willing to give in return*. And I don’t mean some disgusting bullshit like if you pay for dinner she should sleep with you.

If you do something nice for a woman then you should expect her to be nice in return. If not you can move on, you can legitimately get annoyed, you can call her on it. But whatever you do, *do not* keep doing more nice things in the hope that she will go out with you or like you better. Doing that makes you look like the sort of person who isn’t confident in their own attractiveness, and tries to be extra-nice and extra-giving to compensate.

"Don’t go out of your way to be nice to a woman in order to win her over" is contrary to received wisdom in North American culture.

Tradition and movies tell a guy how to be "romantic" and how to date, and what they say is basically to be giving and try to win her over. That’s crap. With most women, it actually *decreases* your chances. Instead of starting the relationship off on an equal footing you’re giving her all the power - and it’s hard for a powerless guy to seem confident.

Don’t worry about offending her, within reason. And that really is key - *Don’t worry about offending her*. Within reason, of course. Don’t insult her or tell the most extreme gross-out jokes you know. But think of how you probably act with guy friends. If one of your jokes goes over the wrong way you just say oops, didn’t mean it that way and that’s it.

If you talk about a controversial subject and don’t agree, no big deal. But most guys worry a lot about offending women they date, and so they try to play it "safe" and uncontroversial. Instead, treat her like a normal person whose opinion isn’t a matter of life and death to you. If you express an opinion that she doesn’t like or tease her in a way she doesn’t like, generally her negative reaction will be *far* outweighed by the fact that you were more self-confident than other guys. And you’ve showed that since you’re willing to kid around and be open about what you think, she can do the same things in return. This will create bonds of trust and lead to deeper conversations earlier in the future.

Women don’t want jerks. Jerks just have what women want.

Why is it commonly said that women like jerks rather than nice guys? Well, keep in mind what I said above. A jerk doesn’t care about what a woman thinks of him, so he doesn’t fear failure with her. That’s the most important element of confidence. And he’s not going to put her on a pedestal, worry about offending her, or any of those other things
that make women see typical "nice guys" as under-confident and unattractive. 

**Basically, that confidence is enough to make lots of women overlook the fact that the guy happens to also be a jerk. Just like how many men will overlook huge personality flaws in a really pretty woman.**

Once you learn to treat women like your bratty pal and not fear failure with them, you can have the same skills that "jerks" do. Except instead of being a jerk, you're someone who actually cares about her.

### Should you take advice from women about women?

Do you ask the fish how the fisherman traps him?

Or do you ask the fisherman how he catches the fish?

A woman can’t teach you to become a man...as well as other men.

She cannot teach you to **think** like a man.

She cannot teach you to **walk** like a man.

She cannot teach you to **talk** like a man.

She cannot teach you to **act** like a man.

She cannot teach you to **look** like a man.

She cannot teach you to **be** a man.

And you must **be a man** to attract a woman.

Ask women for advice and they'll tell you the same things. Listen, give flowers, be sensitive, blah blah blah blah.

Ask the player how he gets the woman and you will see a stark contrast to what every woman tells you.

Whose advice is right?

Do you take the advice of that lady friend of yours?

Or do you take the advice of that player with all the women?
Don’t be a woman’s puppet! by Soetefl

(A five star article. Don’t miss this one.)

Remember when you were a chump, and women would manipulate you, make you their slaves, have you bend over backwards for them, and then as a reward might give you a platonic hug (which you would take as the greatest gift you could ever receive), and then run off with some jerk? And then she’d continue to use you......

Well, women have their shit together. They know how to work it, they’re just natural players. They have tricks to make guys fall at their feet. The difference between females and male players is that women are natural at it, but because of this, they don’t notice when other guys are using their very own tricks on THEM! Guys, however, because they have had to learn the tricks manually, are much better at seeing and stopping the tricks.

You too, can learn how to manipulate women, and make THEM your puppets!

But, what are these tricks that women are so good at using?

Let’s see...

_I think she likes me!_

Remember thinking that? When a girl, in whom you had NO interest in whatsoever, started to show interest, suddenly your mind burst with wonder. Just because you thought she liked you, you started to like her.

I’ve had this happen to me countless times. About 95% of the girls that I had crushes on, I only had crushes on them because I thought they had crushes on me in the first place! However, the most important thing is that I thought they had crushes on me. I wasn’t SURE. And this drove me crazy. I was suddenly incredibly interested in her, and tried my hardest to make her like me. Already I was her puppet.

Use this! Turn it back around.

Make her think, “He’s interested in me!” and then make her think twice.

"Or is he?"
By the time they’re wondering “Or is he?” they’ve already started to be interested in you. However, this interest will fade the moment that they are certain you are interested in them unless you play your cards right. Timing is everything, mystery is even more.

*Is that my imagination, or is she touching me?*

Women are masters at Kino, and they’re even better at using it to get what they want. Ever had a girl touch you, and make you go crazy just with that?

USE THIS! You all know how important Kino is, but it’s important to use it strategically. Remember, you want to create the mystery! Make her think that you like her. Tease her.

*Ooooh, she asked me to do something! This is my chance to get brownie points!!*

Women just love to get guys to do what they want. And we are suckers because we love to do it for them! It makes us feel like we’re being useful, like we’re helping; and they’ll love us for it! Of course, the only thing they love about it is the control. What did you ever get in return for being overly helpful to a girl? A smile? A hug? And how *excited* were you to get it? Pretty damn happy, right?

*Do the same thing to her!* Make women do things for YOU! Ask THEM to go pick something up from McDonald’s for you. Make THEM carry your shit. Just remember not to do this unless you’ve already created at least SOME interest beforehand, otherwise they’ll just get irritated with you and think you’re a lazy jerk. So, the “secret” to taking your game to the next level, and to get the most desirable women around, is to start allowing them to demonstrate their value to you, and to reward them (whether it be with compliments, time spent with you, etc.) for proving their worth.
Have the girl drive to pick you up (especially if you live a bit far away)... just structure some opportunity where **she** can prove her value to **you**. And then reward her. Compliments are wonderful here.

*Wait a minute..... now she's doing the same thing to other guys? What does that mean about me?*

Women don’t ever have *one* puppet, they have armies of them. Any guy that they can get their hands on, they will try to manipulate. When other chumps see this, they start to get jealous and curious.... "Does she just do that to me? Or does she do it for ALL guys?" "Is it more special the way she asked me to do it", "Did she touch me in the same way or was it better?" Again, the mystery is building up! And so is the jealousy! Two very lethal adjectives.

**Do the same thing to her!**

Let her see that she’s not the only one you ask to get your morning coffee. Show her that you touch other girls’ arms, not just hers. It will create more mystery. “Does he REALLY like me or not?” and it will make her work harder for you! These are just a few examples of the tricks women use to manipulate men, make them burn with desire for them, use them, and use them again.

**It’s important to know these tricks for two reasons...**

1) Women rarely see their OWN tricks being used against them, so their defenses will be lower.

2) You’ll be less of a chump for it. By knowing women’s tricks, you can try to detect them, stop them, and never become her puppet ever again.
If you give a dog a treat every single time he comes when you call, he'll start to get lazy. He'll figure, "Eh, why should I hurry? I can get over there in my own good time, and take the treat." If you constantly shower a woman with gifts and attention, you run the risk of the same thing happening. --Ron Louis

Attraction is an emotional and physical RESPONSE... and you can't "convince" a woman to feel it with logic, gifts, and NICENESS. --David Deangelo
**Don’t try to buy the relationship with gifts**
If you get them a gift once, they will try to get more expensive gifts later. If you have to buy a gift for a girl, getting jewelry is probably the worst idea. Girls take jewelry as a sign of commitment. Getting her jewelry will either scare her off because of commitment, or drive her more into commitment, which you don’t want unless you plan on marrying her.

**Do not give gifts early in the relationship.**
Doing so makes it appear as though you are attempting to purchase her affection.

Flowers aren’t needed at this point. Don’t be a chump and buy a whole dozen flowers for a girl you don’t even know.

If you feel that want to give her a gift, give her something that isn’t too expensive, but still shows your thoughtfulness, without seeming to expect something in return.

Flowers and gifts should be used as a REWARD, not as an item to BUY her affections. When a woman treats you with indifference, you challenge her. When a woman treats you with disrespect, you punish her by withdrawing your affection and time. When a woman treats you well with respect and the affection you want, you reward her.
“Have you ever seen 8 guys drooling over the same woman, fighting for her attention? Which one of them do you think has got the girl? The 9th, who was watching from a distance while showing no interest towards her. The girl thought: “Why doesn't he come here like all the other guys? Doesn't he like me? I must find out why...” In the end, it was the girl who approached the guy and wanted something from him. Now that's the POWER OF CHALLENGE and CURIOSITY. Never underestimate it.” Giuseppe Notte
Don’t treat beautiful women like they are above you
By David Deangelo

Men are often behaving like ass kissers because they are afraid that a woman might get upset and leave, and the fact is that by acting this way, a woman is MORE likely to leave.

It’s one of those paradoxes that’s a self-fulfilling prophecy. A woman whines, and the man says, “Oh, no. I need to kiss her ass or she might leave. Even though she’s being ridiculous, I have to go along with it...”

This is bad for her, for you, and for the relationship between you. Learn to never let a woman act like a brat without you calling her on it

(AND IN A COOL, ALMOST INDIFFERENT WAY!)

The solution is to NOT kiss ass or do things for them like everyone else. Be different. Expect them to pull their own weight, call them on all of their issues and messed up behaviors just like you would a guy friend or family member (use the same "You’re my friend and I’m saying this for your benefit" tone that you’d use with a friend) tease.

An average looking man that takes good care of himself and makes enough money to live comfortably who is cocky, direct, challenging, confident, funny, and in control and challenges her constantly and never kisses her ass EVER - will be FAR more fulfilling to a beautiful woman than the other types. This difference is not only interesting to her; it’s more challenging as well.
Chapter 3: Beautiful women

DON’T BE FAZED BY HER BEAUTY by Disciple

Women can tell right away if a man has chosen her by reading his eyes or eye contact and his body language, not to mention the fact that most guys make their interest obvious through their behavior and also by the drool hanging from their mouths.

Girls who are exceptionally attractive automatically put 99% of the guys they meet or see into this huge category of male worshippers.

But when a man comes along that isn’t fazed by her beauty and DOES NOT CHOOSE her immediately because she looks good in some tight jeans, guess what happens?

She starts to wonder, “Why doesn’t this guy just automatically choose me because I look good like all the rest”?

Now she is curious. She doesn’t know anything about you (assuming you play it cool and remain mysterious). You become a puzzle that she has to solve.

She now becomes extremely insecure because her self-esteem is based on her looks and you don’t seem to be fazed by that at all.

In her mind, she now has to “win you over” and gain your approval that she is indeed “gorgeous”. Then her little world will be okay again.

So what happens next? She starts to CHASE YOU. You have now become a prize she “has” to win and a puzzle she has to “solve”.

The great thing about this technique is that the better looking the chick, the better it works. Isn’t that great?

Remember, the higher you are, the harder you fall. When you knock her off of that pedestal, she WILL fall hard. Fall hard for YOU, that is. If you’re getting great eye contact and any other choosing signs at this point, let the game begin.

A second opinion on the tip above

Playing hard to get works on most women, but remember that if a woman never liked you in the first place, acting more or less “distant” doesn’t really make a difference. She won’t chase you just because you play “hard to get”. Remember, attraction is not a choice.
Don’t worship her good looks
Beautiful women are nothing special, just lucky. The truth is that a lot of pretty women let their looks do all the work for them in life and beneath those great genes they are actually spoiled, under-developed children. Don’t let good genetics impress you, instead make her WORK for your stamp of approval! You must rewire your mental circuitry so that instead of trying to impress her, your approach is to see whether she meets YOUR expectations.

Women WANT to be appreciated for what they are, not desired as a way for you to get your rocks off and be happy. When they see you appreciating them as WOMEN, as ends in themselves and not means to an end, they will become more attracted to you.

When dealing with beautiful women, be playful and tease them a lot
Punching them on the shoulder lightly or kidding them about small stuff. That’s how interaction and conversation should be. Challenge women, tease them and show them a good time and you won’t be disappointed! Never be a doormat around them and you’ll be fine! Treat a beautiful woman like she’s that bratty fifth grader that you remember in grade school. It sounds crazy, but it actually works. Be cocky, confident and funny at the same time.

Be Cocky and Funny
Being cocky and funny does several great things for you. It shows that:

- You are not a pushover.
- You place a high value on yourself and your time.
- You are comfortable around beautiful women.
- You have a great sense of humor and like to have fun.
- You are not needy.
- Most importantly, it screens out the psycho-bitches who can’t laugh at themselves.

Women are still the little girls they used to be.
Between the ages of 5 and 20, women did not suddenly become ‘mysterious’ or ‘bizarre’. She just got more estrogen. How you deal with 5 year old girls is how you deal with 25 year old beautiful women.
Chapter 3: Beautiful women

A single guy's guide on...

How to not fuck up with girls

Rule #1
DO NOT SHOW INTEREST.
(it scares them)

I desperately want to treat you nice.

Man, I'll fuck this!

NOTE: Remember telling a girl you like her too fast is totally lame.

Rule #2
ACKNOWLEDGE THE FACT GIRLS AUTOMATICALLY DON'T TRUST YOU

I like you.

Why?

Why do you like me? Is it only for sex? Prove yourself. Walk across these shards of broken glass you fucking asshole.

NOTE: You have to prove yourself, but not show interest.

Rule #3
DON'T BE TOO NICE.

Wow, you're so nice.

To me, that means you're weak and not sexually appealing.

BEING COCKY AND FUNNY by Senor Fingers

When dealing with fine women who are accustomed to constant male attention, you have to realize that their screening process is different from yours. These chicks get hit on everyday by tons of dudes. She has the power to be selective and she does not hesitate to use it. Beautiful women like to use guys to make them do favors for her. Don’t fall for these tricks.

HER: Can you put this in the trash for me?
CHUMP: Oh, of course! Do you need anything else?
YOU: No! Ha ha! Just kidding. Sure I can, but what's in it for me?
HER: Could you do me a big favor?
CHUMP: Your wish is my command!
YOU: I don’t know (pause and look her up and down) Ain’t nothing for free in this world, honey. You gots to earn favors!
HER: Are you a player or something?
CHUMP: (nervous and sweating) Uhh... uhh..no?
YOU: Oh totally, all the ladies want a piece of me. Usually my pimp status is more obvious, but I left my fur coat and gold chains at home. You should come over to my place later on and I'll show them to you. (wink) So anyways like I was sayin’.. (Keep talking as if she never interrupted you)

Notice how the chump fails her tests and lets her control his mind state. See how the woman makes little tests to separate the chumps from the champs? She wants to see if you can throw off your game.

Think of it this way. If you do women favors, ask them lots of questions and kiss their asses, then they don’t have to earn the pleasure of your interaction. You are giving your attention away free of charge, and your attention becomes CHEAP! You are subliminally telling her that you don’t value yourself enough to let your true personality shine. Instead you have to manipulate her with your favors and ass-kissing to win her good graces. This is repulsive behavior!

Remember, as long as you tease her in a way that she has no choice but to laugh. It makes her anticipate what you are going to say next. She’ll think, "Why hasn’t he told me that I am beautiful yet? And where is my drink?" It’s so much fun to make them wonder!

So many people get this technique wrong. They end up insulting women and come off like assholes. The key to being cocky and funny is to understand that it is meant to tease and entice, not insult! You must master the fine art of flirting! The key is to actually be funny!
How do you compliment a woman? Is there a right way to do so?

For especially beautiful women in particular, avoid complimenting their beauty.

They may very well appreciate it, but that’s what EVERY guy tells them, and they probably have the compliment associated with a lot of losers. So you’re not setting yourself apart from the losers and you risk getting associated with a bunch of needy desperate guys.

Compliments lose their power each and every time you give one.

So use them very sparingly (like once every 2 or 3 dates) and don’t always compliment her on obvious things that she hears compliments on all the time (i.e. her beauty).

Compliment women above the neck.

Generally, it’s safe to compliment physical features of the female that are above her neck.

Compliment women on things that are within her control

What does this mean? A woman can’t change how her eyes look or how her face looks, etc. So if you compliment her on that, you are complimenting her on something that’s beyond her control. But if you compliment her on something that she can “directly” control. Her style, her hair, her clothes, etc...the compliment works better. Why? It’s because she actually feels that she can do something about it.
The right way to compliment her by Ron Luis
You want to compliment her like a potential lover, not a tepid friend. Let’s talk briefly about the difference: A man who is destined to be a woman’s friend compliments her by saying something like, “You have a very nice briefcase.” The compliment doesn’t show that he is interested in her romantically, or that he notices anything romantic about her.

Put another way, it’s a compliment another woman might give to her.

If you give a woman a compliment that another woman might give her, you might as well be another woman, striking up a casual friendship.

The Muffled Compliment
Sometime during the course of the evening, offer a single simple compliment about something unique to her style and presentation about herself.

Make them seem casual and unplanned (a sudden pleasant thought that just popped into your head and slipped out before you could stop it...), then IMMEDIATELY move on to another topic.

Trust me, she heard it.

How do you treat a beautiful woman like she’s not a beautiful woman?

Imagine in your mind that this woman you are about to talk to is a close old friend that you haven’t seen for years. You’ve tried to contact them but couldn’t track them down. Seeing them again would delight you, wouldn’t it?

You wouldn’t be nervous. You wouldn’t treat them like they are above you. You wouldn’t be tongue-tied. In fact, your eyes would sparkle, you would smile, you would be energetic and outgoing. Next time you are about to meet a woman think of her as this “old friend.” Believe me, this produces astounding results!
Don’t be a chump by Mystery Method

A gorgeous woman is there, surrounded by her friends. She has put on this BITCH act.

Is she REALLY a bitch? Unlikely. Beautiful people have it easier because they are beautiful and often times have better upbringings because of it.

BUT - she needs to have a standard when all these losers approach her. When a man walks up to her and says, "Can I buy you a beer" this WILL annoy her. While the guy thinks he's doing something nice for her, she gets this ALL the time. She is desensitized to this. You are the 8th guy TODAY!

So she is very good at brushing these guys off. She HAS to be... she isn't going to sleep with ALL of them! So she may say NO, or act annoyed, and then the guy thinks she's a bitch and he walks off pissed and feels like a failure. And that seems to work. Sometimes she will accept the beer and then flake the guy off. Hey, the guys are stupid enough to buy her one; she might as well take one.

When she accepts a beer from you, the girl is saying to you, "I don't know you and I don't care about you. You are just another one of those losers and since I don't respect you, I'll just take a free drink."

At this time in her life, she is used to some insults. That is why you CANNOT INSULT them, because beautiful women are used to hurt guys INSULTING them ("Ahh you are nothing but a bitch!") so this rolls off her back like water off a muskrat's ass.

So how do you deal with beautiful women without INSULTING them? Women LOVE the feeling of control. They are in a club with friends and they want to be the leader of the group and she wants all the attention. The guys come along and buy drinks for them and she gets off on knocking the guys down. It's all in a days play.

Most guys will say, "Wow you are so beautiful!" BORING, typical and in her mind by now, TRUE. Imagine now, a guy comes along and says "Nice nails. Are they real?" She will have to concede, "No, acrylic." And he says (like he didn’t notice it was a put down), "Oh. (Pause) well I guess they still LOOK good." Then he turns his back on her.
What does this do to her?

Well, he didn't treat her like shit and INSULT her. He complimented her, but the result was to target her insecurity. She thinks, "I'M HOT I'M BEAUTIFUL......but I didn't win this guy over.

During this time, her intention is to get you to become like all the other guys so she can feel in control and snuff you.

What if the same guy comes over and says another funny, cocky and confident comment to her? The key is to smile and look at her to show her that you are sincerely being funny and not insulting. You are pleasant but disinterested in her beauty.

This will intrigue her because she KNOWS guys. And this isn't normal. You must have really high taste, or be used to girls, or be married or something. These questions make her CURIOUS. So this keeps happening and is known as FLIRTING. You aren't like the others showing interest. But...why?

To get control again, she says, "Will you buy me a drink?" Notice how she is trying to get you now! That is all she is about - this strategy is all she knows and it's not working for you so she is trying to do damage control on the situation.

You: *Faces the bartender*
You: Yeah a vodka for me and a water for the lady.

You: No, but I will let you buy me one.

Try smiling, tilting your head and saying "I don't know. Last time I did that a woman tried to take advantage of me later."

Me: Sure I will buy you a drink... bartender get over here! What do you want honey?
Her: A dry martini.
Me: Ok, a dry martini, it's 5.99, pay the man!

Her: Will you buy me a drink?
Me: Is there anything on written on my forehead?
Her: (somewhat confused) No. Why?
Me: Whew! You scared me for a moment I thought someone may have stamped “Sucker” on it.

Now she is self-conscious and having her in this state is where you want her. You have created INTEREST (curiosity) and removed her from her pedestal (removed her bitch shield.) You were humorous, you had a smile, you dress well, you are confident and everything she would want in a man.
Chapter 3: Beautiful women

You didn’t take her shit. OH…and when she asked you for a beer, you said, "No. I don’t buy girls drinks. But you can buy ME one." You are qualifying HER now.

You are teasing her. That is the first step to flirting. This is all textbook psychology.

The girl is FAILING to meet your high expectations. It’s not an insult, just a judgment call on your part. The better looking the girl, the more aggressive you must be with being cocky, flirty, confident and funny. You can drop the self-esteem right from under them (just like most beautiful women do to guys) and this isn’t good. You have to get as close to the breaking point as you can without crossing the line.

There is a mutual RESPECT now. Something most guys never get from the girl. This is how you remove a bitch shield. The point is to make sure that she doesn’t treat you like all the losers. When you flirt with her and are funny and cocky, then she’ll realize you’re more fun and interesting than other guys. Once this is done, she’ll be interested in more. The point is to be actually funny and cocky, and not to come out like an asshole. When you start making her laugh, the game begins.

A second opinion

Being cocky, funny and confident is actually a tricky process. Anyone can be cocky. But not anyone can be genuinely funny. When you become too cocky, you come off as a jerk. When you come off as too funny, you come off as a clown. The key is to mix humor with confidence and sexuality. That is key to executing this tactic.

Play with her attention

This is a necessary and classic move. When you are doing all those things, don’t focus too much on one girl at the whole party. When it comes to running game, less is more. You have to do the drive by. Go up to a girl, flirt, make it obvious you’re semi interested, and then quickly leave. Simple as that. Dedicate maybe 10 minutes to her. And then don’t come back for at least another 30 more minutes. Do that all night. Don’t make it look like you’re checking in on her but never just hang out with her alone for an extended period of time. She’ll get bored, or she’ll know you’re too into her, or whatever.

What’s going to end up happening is that the other guys are going to drool all over her and she’s going see you. Then she’ll think to herself, “Hey all these guys want me so hardcore, but he was interested in me too. Yet he left me alone. Isn’t he desperate to talk to me? I got to go talk to him.”
Chapter 4: Self-Improvement

I hated every minute of training, but I said, "Don’t quit. Suffer now and live the rest of your life as a champion."

Champions aren’t made in gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill.

A man who views the world the same at fifty as he did at twenty has wasted thirty years of his life.
Chapter 4: Self-Improvement

The following articles will go in thorough detail on the ways to attain self-improvement.

The power of the mind
If you can keep your mind clearly focused on what you want, and refrain from thinking about what you don’t want, you will attract everything you need to achieve your goals, exactly when you are ready. Change your thinking and you change your life.

Never go to sleep at night without knowing something new.
Apply this to your own life and it will naturally extend to your romantic approach.

Shine!
The average Joe goes through life just to get by. Don’t just get by. Get going. Be outgoing, extroverted, gregarious, social, affable, and friendly; be the person that everyone talks about, that everyone is jealous of, because you are everything they wish they could be. That’s the honest truth. People despise those that are better off than they are. They think those that get ahead are just “lucky.” When you routinely put yourself in positions to prosper, you are bound to strike it big. Be that person.

Interact and socialize with all types of people
Hang out and talk to all types of people. When you open yourself up to all kinds of people you won’t believe how many people will be attracted to you. And we all know that attraction works with a snowball effect.

Improve other aspects of your life by RKtek
You must have something going for you. You must have at least one of the following: a solid hobby that challenges you physically and mentally, a musical talent that you enjoy, a good job, a good major in school that reflects your true life ambition, charisma, etc. Something. If you are nothing, you will attract nothing.

Become who you want to be
Don’t get me wrong — it’s not bad to use certain “techniques” to improve your success with women. You’ll even see some results! But if you want to have REAL SUCCESS, don’t pretend to be someone else, but rather BECOME WHO YOU WANT TO BE. No one can stop you! The guys who have succeeded CHANGED THEMSELVES.
YOU CAN BE WHAT YOU WANT TO BE

There is inside you all of the potential to be whatever you want to be... all of the energy to do whatever you want to do.

Imagine yourself as you would like to be, doing what you want to do, and each day, take one step towards your dream.

And though at times it may seem too difficult to continue, hold on to your dream.

One morning you will awake to find that you are the person you dreamed of...

doing what you wanted to do...

simply because you had the courage to believe in your potential and to hold on to your dream.

DONNA LEVINE
I have a rule of thumb in life that I use... it takes about 2-4 years just to get ‘good’ at something. And I mean JUST TO GET GOOD. Then, I think it takes another 2-4 years to become a ‘master’ of whatever you’re doing. At the 10+ year level is usually where the Genius level really kicks in...

David Deangelo

Improve on what you can (health, fitness, style) and embrace the things you cannot change (height, race, etc) Insecurity is an ugly thing, so confront the roots of your warped self image and banish this negativity from your mind. No excuses, dude! Only you can make yourself worthy of the best things in life

Senor Fingers

When a woman looks at a man, these are the things that she sees with her eyes.

The man’s power.
The man’s wealth.
The man’s attractiveness.
The man’s body.
The man’s house.
The man’s car.
The man’s style.
The man’s friends.

Then there is how a man makes her FEEL through:

Confidence.
Charisma.
No fear of rejection.
Conversation skills.
Playing hard to get.
Understanding Women.
Flirting Skills.
Personality.
Needlessness.
Ambition.

Work at improving yourself to attain all of these attributes. There is no “one” factor that will attract a woman. Rather, seek to excel in all aspects of life and you will succeed.
BECOMING A KING by Disciple

(A Five star article. Don't miss this one.)

How do you become a king? What is that you need to do to succeed with women? How do you let a woman choose you over all the other guys that come to her? What makes you stand out?

Do you have to be rich or tall or really good looking or something to be a king?

No.

Being a king has nothing to do with any of that. Being a king is about power.

Women are attracted to men who exude power and dominance. It is a natural biological and psychological thing. So what are the steps to becoming that king?

The first step toward becoming a king is to recognize that as a king, NO ONE is above you.

Everyone whom you do not see when you stand alone in the mirror is beneath you.

Secondly, to be a king, you must have a kingdom. So what is your kingdom? Your kingdom is your life and all aspects of it.

That includes your personal relationships, career, finances, interests like sports, or anything that has to do with you directly.

What this means is that as a king, your first job is to build a great kingdom which means building a great life.

In other words, your FIRST focus should be on improving every aspect of your life and always looking to find things or people that will help to enrich it and make it better and more enjoyable.

Also, stop caring about anything that doesn’t deal with you and your kingdom (life).

So stop worrying about the guy you see that drives a flashy car and is a jerk and seems to "get all the girls".

Why cares about what he's doing or what he has? He doesn't give two shits about you or your life and what he does can't limit you from getting what you want.
The only person who can limit you is **YOU**.

All great athletes from Michael Jordan on down have this attitude.

This is the attitude that separates winners from losers in life.

So fuck him and his chicks. That is **HIS** kingdom. Focus on **YOUR** own kingdom so that it can grow.

Third, a king puts his own interests and that of his kingdom first and elevates no one or nothing above that.

Fourth, if a woman wishes to become a princess or a queen or a servant within his kingdom he will treat her as a subject (that doesn’t mean disrespectfully) who will recognize his authority as the master of his domain.

He will NEVER tolerate disrespect or rebellion within his kingdom and if a subject proves to be too much trouble he will IMMEDIATELY exile them from his kingdom and elevate another subject in her place.

Fifth, a good king knows that he is worthy of the best: The best food, the best drinks, the best entertainment, the best clothes, the best homes, the best cars, and also the best women.

Now if you take just these five attributes or characteristics of a king and make them a part of your attitude and outlook concerning women and life, then you will see dramatic results.

If you stand strong and be a true man and a king in every aspect of your life, you will notice many changes.

You will automatically walk more confidently and with a sense of purpose and power so that when you enter a room you will begin to notice people taking notice of you (including women).

You will begin to treat your time like it is money and only invest it on things and people that benefit you and not waste your time because it is precious and irreplaceable.

You will begin to care much less about trivial things like worrying about what someone else is doing and focus on important things that directly affect you and your life.
You will begin to shape your life according to your own will and you will discover that you have much more power than you ever imagined.

You will also begin to take an active interest in your health and well-being and maybe change your diet or workout in order to improve this area of your kingdom.

You will begin to ask less questions and figure out more shit out on your own because now you have limited your dependence on other people.

In regards to women, if you are a king, that means that you are HIGHER UP THAN ANY WOMAN no matter how much of a queen or princess she thinks she is or how many guys treat her as such.

I think this is the real secret and advantage of the jerk over the nice guy in that the jerk acts much more like the kingly traits I’ve mentioned and the nice guys and chumps place themselves mentally below this drop dead gorgeous princess and accept a lower status.

A second opinion regarding the article above

A woman who has respect for herself won’t let you treat her like dirt. Rather than acting like a pompous king, be a prince. Treat a woman like a princess, but with the authority of a PRINCE and NOT that of a peasant! They both acknowledge the princess, but in different ways.
Self-improvement is the focal point of any man’s existence. It shouldn’t be women, or wealth, or pleasure – these things should come as a result of your life accomplishments. The best thing about life is that we can transform ourselves into what we want to be, through sheer force of will. Here is my system for goal-oriented self-improvement, based on what I’ve read and experienced firsthand.

It’s very important to write down what you want to accomplish.

1. **General Goals**

I like to start out by writing several very general, non-specific goals. “I want to be stronger” “I want to be more knowledgeable” “I want to be financially stable”, etc.

2. **SMART GOALS**

Then, I re-write these goals using the **SMART** principle. **SMART** equaling:

- **Specific** (instead of simply “I want to get stronger”, try “I want to add strength to my arms, chest, back, and legs”)

- **Measurable** – your goal should be quantitative. (“I want to add 20 lbs to my incline bench press”, or “I want to gain 15 lbs without raising my body fat”)

- **Attainable** – know your limitations. A goal is worthless if there is no chance of actually reaching it. Remember, though, it is better err on the side of difficulty, rather than giving yourself an effortless goal. Push yourself.

- **Realistic** – pretty much the same as attainable.

- **Time-Oriented** – all goals must be set in a specific time period. This should be tied in with attainability and realism.
MOTIVATION
It’s rather simple to write down what you want to accomplish; it’s a much greater chore to actually do it. Most people fail.

Perhaps the very best question that you can memorize and repeat, over and over, is,

“What is the most valuable use of my time right now?”

Ask yourself that question all day, over and over again. If you find yourself sitting on your couch wasting time, ask yourself:

“What is the most valuable use of my time right now?”

Whatever your answer is, make sure that you are doing it. It’s important to realize that, as human beings, we have inherently conflicting desires. Why can’t people lose weight when they really, really, really want to? There’s no question about their desire to lose weight, but they still can’t do it.

It is because they have other, stronger desires – “the desire to eat sweets” “the desire to be comfortable and sedentary” and most of all “the desire to feel pleasure/avoid pain” that override their desire for self-improvement.

Having knowledge of our conflicting desires can help us accomplish what is best for us.

It’s important to look past the present. Learn to deny yourself easy comforts and temporary pleasures in favor of things that will make you a better person in the future.

My point is not to worry so much about confidence, mystery, being a challenge, ambition etc. Rather, focus on the things that produce those. Try to improve your sense of humor. Try to be more friendly. Try to improve your SOCIAL SKILLS. Get involved with people, learn how to be a leader. Become comfortable with interacting with other people.

Be social
Chapter 4: Self-Improvement

Self Improvement in action
You will write a list of everything you don’t like about yourself. And you will write beside each, how you can improve it. Its all down to baby steps, it will not happen overnight, it may take weeks, months, even years, but if you never give up and have the determination to follow it, you will improve and gradually turn into this guy.

You will write down all you want to achieve in your life, bringing it from years down to what you want to achieve in the next few months, to what you want to achieve in the next week. And you will figure out how you can achieve each. You will set time aside for rest and relaxation. You will watch TV less, surf the internet less, waste time less and see every moment as vital for your growth, etc. Search for constant improvement.

Another method of self-improvement is through studying

- you become more intelligent
- you become quick witted
- you gain a dominance of words
- you can control other people with your mind.
- you become more valuable to your employer
- you have the ability to make more money.
- you have the ability to understand things about life that others cannot comprehend.
- you gain so much more confidence in your abilities because you have worked hard to create your life.
- you will have more success with women since your skills in conversation, creating rapport will all improve because your power with words will improve immensely.
QUOTES OF INSPIRATION

Television is the greatest servant but a poor master. Do not let it subdue your life. Focus on physical aspects, such as exercise, nutrition, and stress management.

The more you begin to think of time as precious and that it has a price, the richer you will become.

No man ought to be satisfied with a little if he is capable of using and enjoying more.

The person who doesn’t read is no better off than the person who can’t read. Keep a journal. Keep a journal of your thoughts, experiences, insights and learning. These provide mental clarity, exactness and context.

You become what you study. In other words, be careful what you study and learn, because your mind is so powerful that you become what you put in your head.

The person who stops studying merely because he has finished school is forever hopelessly doomed to mediocrity, no matter what may be his calling. The way of success is the way of continuous pursuit of knowledge.

If you want to be a leader of people, then you will need to be a master of words. Listen carefully to the words a person says, and use your mastery of words to respond to them in the most effective way.

IT’S NOT WHAT WE SAY OUT LOUD THAT REALLY DETERMINES OUR LIVES.

IT’S WHAT WE WHISPER TO OURSELVES THAT HAS THE MOST POWER.

A man’s way of doing things is the direct result of the way he thinks about things.

There is one weakness in people for which there is no remedy. It is the universal weakness of LACK OF AMBITION! Every man is what he is, because of the DOMINATING THOUGHTS, which he permits to occupy his mind.
Winning means being unafraid to lose. Failure inspires winners. And failure defeats losers. It is the biggest secret of winners. It's the secret that losers do not know. The greatest secret of winners is that failure inspires winning; thus, they are not afraid of losing.

One of the main weaknesses of mankind is the average man’s familiarity with the word "IMPOSSIBLE" He knows all the rules which cannot work. He knows all the things which CANNOT be done.

WHEN SOMEONE SAYS, “YOU CAN’T DO IT!!” It doesn’t mean that YOU CAN’T do it. It usually means THEY CAN’T DO IT!!!!!

NO ONE IS EVER DEFEATED UNTIL DEFEAT HAS BEEN ACCEPTED AS REALITY! People of power look at a loss as a lesson, learn from it and get back into the game to learn more, knowing that failure is part of the process of success. While hating to lose, they are not afraid of losing. Losing inspires them to move forward and to learn.

Some of the biggest failures I know are people who have never failed, people who are too afraid to fail.

A quitter never wins and a winner never quits.

We see people who have accumulated great fortunes, but we often recognize only their triumphs, overlooking the temporary defeats, which they had to surmount before “arriving”.

The biggest killers of inner dreams are not your enemies. Rather, it’s your friends and family members who say, “Oh, don’t be silly” or “You can’t do that.”

Failure exists only in the grave. As long as you are alive, you have not failed. You only fail when you tell yourself that you’ve failed.
Chapter 4: Self-Improvement

REMEMBER THERE IS NO SUCH THING AS SOMETHING FOR NOTHING!

You must be willing to sacrifice something to obtain this power. Ability to reach, and influence your mind has its price, and you MUST PAY THAT PRICE. The price of ability to turn your dreams into reality is PERSISTENCE. You cannot develop the desired ability for a lower price. You, and YOU ALONE must decide whether or not the reward for which you are striving for is worth the price you must pay for it in effort. You MUST CONCENTRATE upon a given DESIRE until that desire becomes a BURNING OBSESSION.

If you realize you’re the problem, then you can change yourself, learn something and grow wiser. Most people want everyone else in the world to change. Let me tell you, it’s easier to change yourself than everyone else.

The starting point of all achievement is DESIRE. Keep this constantly in mind. Weak desires bring weak results, just as a small amount of fire makes a small amount of heat. If you find yourself lacking in persistence, this weakness may be remedied by building a stronger fire under your desires.

It’s not what you have to DO that needs to change.
It’s first how you need to THINK that needs to change.
In other words, it’s who you have to BE in order to DO what needs to be done.

TELL THE WORLD WHAT YOU INTEND TO DO, BUT FIRST SHOW IT.
Chapter 5: Lose the Obsession

"Why do you suppose we only feel compelled to chase the ones who run away?"
Vicomte De Valmont
Chapter 5: Lose the Obsession

These articles will teach you the reasoning why you should always play “Hard to get.” Everybody knows this rule, but few people know the true reasoning behind it.

Never become obsessed with a particular woman you’ve just met, no matter how hot she is or how much she seems to like you. Always make it obvious that you are attracted to her, but never let her know how much you really like her.

**Don’t always be available to do something with her.**
You have called a girl and asked her to go to a movie on Tuesday and she declines. Don’t say, “Well, how about on Wednesday?” or “What day can you make it?” Simply say, “That’s too bad you can’t make it. Maybe some other time. Talk to you later.” You have to avoid making it sound as if you are free any time she wants you.

**Become a man of worth** by Tom Lyekis

You have to make the girl believe that she has competition.

That your time is valuable.

That you have better things to do on weekends than to spend time with her.

You are a person in demand.

She may be thinking: Are you with another girl? Are you in the bars? Attending an important meeting? Keep her guessing. It will intrigue her.

Humans generally want what they can’t have. If you make her believe she can’t have you, she’ll be that much intrigued with you. Even if you have nothing to do, let her leave a voice mail. You’re busy.

If you do call never leave a voicemail; she’ll be wondering what you wanted and if you made other plans.

Remember, you’re a person that is always in demand!

Scarcity increases value. Don’t answer every phone call, don’t see her every day, and don’t be available every day. Be busy and unavailable; let her wonder what you are doing!
Cat Theory inspired by Mystery Method

“Why do you suppose we only feel compelled to chase the ones who run away?”

Vicomte De Valmont

Cats don’t take orders, but they can be tempted to chase. If you tie a feather to the end of a string, and use it properly, you can get a cat to perform acrobatics. But isn’t it interesting that if you put the feather down in front of the cat, she will turn up her nose?

Cats are always curious, especially about shiny new things such as the ball on a rubber cord, the catnip, the treats, the feather on a string, etc. She can be easily distracted but once she is invested in trying to catch something, it can be her single-minded focus.

There is a lot to learn from cats. If you push a cat off of you, she jumps back into your lap. If you want to hold her, then she wants you to put her down. If she is feeling nasty, she might bite or scratch. She craves attention and she gets jealous of other cats. Sometimes she’ll just rub against you and purr with contentment—you can really tell when a cat likes someone.

As the player proceeds with talking to a girl, he keeps validation and attention just slightly out of her reach. If he is too easily acquired, then she will quickly grow bored and lose interest. But likewise, if he is completely unattainable, then she will also lose interest and give up. Therefore, keep the bait just barely out of her reach and then continually entice her in small increments.
Chapter 5: Lose the Obsession

Be a diamond by Giovanni Casanova

Take just a quick minute and think about something.

What makes gold so great? Or diamonds? What makes a diamond so much more special than a cubic zirconium? Both are shiny. Both are "pretty." So why is a diamond so much more expensive? Why is it so valuable?

Because it’s rare.

People want things that they see as rare. Diamonds are rare. If amethyst was more difficult to find than diamonds, I guarantee people would be getting on one knee with an amethyst engagement ring. Diamonds are rare and therefore, valuable. It’s the law of supply and demand.

What does this mean to you?

Be rare. Be a diamond. Be different than the others. Amongst all the other lumps of coal (other guys) you are the diamond. You stand out, above and beyond all the others. Learn to play an instrument, learn comedy, learn a foreign language. Do something that will make her say, "Here’s something different."

Once she sees how interesting you are, pull back. If she wants you, she’s going to have to work for you.

If she has to work to get to you, she’ll appreciate you much more once you *LET* her have you.

Remember, to be valuable, you have to be rare. People take for granted the things that are always there. Don’t always be there.

Be rare. Be a diamond.
Lose the Obsession

Proclaiming ridiculously inappropriate nonsense like

"...I love you" or “You’re the girl I’ve been searching for my whole life...” on a first or second date is the frightening talk of the potential stalker. You become RADIOACTIVE to women when you do this. So end the subservient groveling and act like you’ve been down the dating and mating road a few times already.

Don’t center your life around her
Women are attracted to men who are going somewhere in life and are repulsed by men who have no worthy ambition or drive to succeed. When a man becomes dependent on a woman, psychologically, emotionally, or financially he places himself below her (on a psycho-social level) which makes it hard for her to respect him.

A second opinion on the tips listed above:

<table>
<thead>
<tr>
<th>All successful relationships should have equilibrium. It should be equal on both sides.</th>
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<tbody>
<tr>
<td>Is she putting as much effort into the relationship as you are?</td>
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<tr>
<td>Do you find that it’s usually “you” who is working harder?</td>
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<tr>
<td>It shouldn’t be that way.</td>
</tr>
<tr>
<td>She should put as much effort as you do for her.</td>
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<tr>
<td>It needs to be equal on both sides.</td>
</tr>
<tr>
<td>She should like you as much as you like her.</td>
</tr>
<tr>
<td>If a girl is “flaky” with you, don’t start playing “hard to get”. Rather, just drop her.</td>
</tr>
<tr>
<td>And if a girl likes you, don’t play “hard to get” with her. She’s yours.</td>
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KILL THAT DESPERATION

by Pook
(A five star article. Don’t miss this one)

Anyone can memorize ‘techniques’, but few can change the way how they think. Women will be able to sniff out the former. But with the latter, women will be clawing at each other for you. A Don Juan is a state of mind, not a list of methods and tricks.

This must be stated because it brings us to the subject of ‘desperation’. In the end, we are all desperate with desire.

Where I work, I asked the women why they found a certain co-worker to be so desperate.

-Always giving the women attention.

-Calling all the time (and calling immediately once getting the number, immediately returning a call, etc.)

-Taking every opportunity to talk to them (and telling everything about yourself)

-Always available.

-Never willing to walk away (NEVER willing to disagree, ALWAYS supplicating).

Women are not attracted to desperate men.

So if anyone has told you that you’re desperate, consider that it’s true. There is a KEY to removing desperation forever. There is no simple ‘trick’ that will kill the desperation. It will not be in how you dress, how you talk, or where you go for dates. No, the KEY is in how you think.

The KEY to killing desperation is to THINK and BELIEVE that you are The Great Catch. Desperate guys do not do this. They see the woman as the prize rather than themselves. They see that the woman must be ‘wooed’ rather than them. Thus they supplicate and become a 'nice guy’. (And nice guys finish last!) If you start treating a woman like precious gold, she will believe
she is gold. And once she believes it, she will DUMP YOU because YOU have given her the sense that she is BETTER than you! Once she thinks that, she will want to REPLACE you with someone better, because you have given her reasons to believe that YOU ARE UNWORTHY OF HER GREATNESS!

The lesson: DON’T GIVE HER A REASON TO THINK SHE IS BETTER! Rather, you should have the mindset that she should be thrilled just to have A CHANCE with you.

The first step in becoming the Prince Charming every woman dreams of is to THINK OF YOURSELF AS A PRINCE.

When you BELIEVE you are that prince, that you are The Great Catch, all the ‘desperation’ signs you were emitting will vanish and an aura of attraction will surround you.

Let us look at the desperation signs again:

Now that you’re The Prince, you don’t have time to give women attention. A Prince is kind, ENTHUSIASTIC, smiling, yet YOU have things to do. A Prince’s time is precious. A woman must win your attention; you shall not give it to them.

-Calling all the time (and calling immediately once getting the number, immediately returning a call, etc.)

A Prince simply CANNOT call all the time because he has tons of other numbers. The Prince is not competing for a particular girl. The girls, rather, are competing for him.

-Taking every opportunity to talk to them (and telling everything about yourself)

Why would a Prince tell everything about himself to a woman? No. The Prince would reveal things about himself only as a reward. The woman loves the mystery in this.

-Always available.

A Prince is busy with many women! She must fight for your time, NOT the other way around.

-NEVER willing to walk away (NEVER willing to disagree, ALWAYS supplicating).

A Prince wouldn’t accept ANY disrespect from any woman. If a woman gave him such disrespect, he WALKS AWAY. The Prince KNOWS all these women want to be with him so he can leave at any time.
Now, I know what you’re thinking, “I can’t act like a Prince Charming or The Great Catch. I DON’T have tons of women after me.” This is reversing CAUSE and EFFECT. ASSUME you are the Great Catch, THINK that you are, and as you think you shall become. It becomes a self-fulfilling prophecy. Treat your hobbies as if they have more value than the women do (or treat your hobbies as if they WERE other women). When you think you are the Great Catch, you will act like it and the women will KNOW that you are.

Women love certain traits in guys. By THINKING you are The Great Catch, it allows you to emit these traits NATURALLY and without any effort.

- **Good looks**

You cannot change your genes. But you can change the way how you treat those genes. Does a Prince wear raggedy T-shirts? Does the Prince walk with his head down? NO! You will wear nice clothes and walk with pride BECAUSE you are proud of yourself. After all, you ARE one of the best. So treat yourself accordingly.

Anyone can wear a suit. But few can wear a suit proudly. Few can wear a suit that seems to fit them naturally and creates an aura of importance. Good carriage, excellent threads, are the CONSEQUENCE by how you think of yourself. Women know this and is the reason why you are judged by this criteria.

- **Humor**

Girls LOVE humor. Prince Charming and the Great Catch are funny because they know that they, themselves, are fun. They don’t say, ”My goodness, she is really cute! How can I attract her!?“ They ASSUME she will be attracted and they have fun in the meantime.

Don’t be shy. Let your personality SHINE. When you think you are the Great Catch, this should come more naturally because you have nothing to fear.

- **Dominance**

You are THE MAN. You must be IN CHARGE. Desperate guys will try to be ‘nice’ in every which way to win the girl (and fail, of course). But a Prince will SWEEP WOMEN OFF THEIR FEET. When you THINK you are worthy, you realize that it is ridiculous to treat a relationship and flirting as walking on eggshells. YOU set the rules, NOT the other way around. After all, YOU are the prize to be sought. Look at the soap operas and romance novels for grounds of this. Women like to be in the presence of a MAN, not a boy, not a chump, and certainly not a ‘nice guy’.
Dominance is also being sure of yourself. Do not speak in a soft tone. Speak STRONGLY and behave STRONGLY. After all, do you think a Prince worries about making mistakes? No, so neither should you.

I know, I know. I can hear you saying, "But I must worry about mistakes or else I'll have another 'learning experience' on my hands."

This is a GOOD THING. Let us say that, in a normal conversation, you came across a word that you did not know how to pronounce. Most people will utter the word softly for fear of criticism. This is stupid. Say the word LOUD! Let me repeat, say the word LOUD! If you are wrong, you will be corrected. Clearing up mistakes is ALWAYS a good thing and should NEVER be feared.

The same rule applies with dating. Do not date with hesitation and shyness; date with all conviction. Remember, the biggest risk you can take in life is not to take any risks at all.

-Ambition

When you think yourself as the Prince, you KNOW women are not the priority of your life. After all, the Prince knows that he can get any woman whenever he wants. When you feel good about life, you cease to fear success and demand Life show all that it has.

Aim for the moon. If you miss, at least you’ll be among the stars.

So in the end, too often men think they need a girlfriend to have their life 'complete'. The consequence is that these men will emit signs of desperation. Success is achieved first through the mind, then through the world, never the other way around.
Chapter 6: Your Appearance

Do looks matter? It's not how "good you look” that matters, it's how "attractive" you are.

There is one thing that is very true though…

You MUST do the absolute best with what you got.

Nikbush
Chapter 6: Your Appearance

The following articles will go in detail about how your appearance should be portrayed when dealing with women.

Look Confident
Hold your shoulders back, straighten your back up, when you’re walking, standing, sitting, approaching, and laughing. Holding your shoulders back amplifies your chest and shoulders, which makes you look more confident.

Different looks for different women by becomeaplayer
Usually, women are looking for a long term relationship from men. Your image must reflect this. Think about it like this. You are presented with two girls that are identical twins, in which the only difference is that one of them is wearing a super short skirt and a tiny top, while the other one is wearing a regular, slightly sexy dress. If you were asked which one you wanted to have sex with, you would opt for the one with her ass cheeks hanging out. However, if you were asked which one you want to start a relationship with, you would choose the other.

Women have that state of mind ALL THE TIME. Unlike men, they are looking for a man to start a relationship with, not a man to simply have sex with. Granted, looks are important to a woman, but a woman is looking for a man with maturity and stability.

Always look your best
You should always take your time to look your best. You never know when you may have the opportunity to meet a stunning, beautiful woman. Be sure to pay attention to the whole outfit. It’s worth the extra money to buy yourself some nice clothes. And don’t forget about the shoes or boots, a new belt and a nice watch. Accessories do make a huge difference. If you wear a well put-together outfit you will look sharp and portray more confidence. The way you dress actually will change how you behave. Think about it- if you wore a clown costume all day, you would feel silly and goofy. So if you want to have more sex appeal, wear something that makes you feel sexy.

Keep your body powerful.
Women want to be with men who are engaged in their lives. Exercise! Exercise! Exercise! Keep yourself fit and strong and women will notice. Make an effort to exercise at least 3 times a week. However, keep in mind that there is a fine balance between having a powerful body that is attractive to women and having a powerful body that shows you are only dedicated to yourself.
Refine Your Looks.

Women notice every little thing about a man’s grooming.

Every time they see a man, they go through a mental checklist.

Is his hair washed and styled?

Are his fingernails clean or manicured?

Are his shoes polished?

Clothes clean?

Is he bathed?

Does he smell good?

These little things matter to women! Clean and neat counts! Find a grooming regime that works for you and stay polished! Show women that you care about your appearance. Take pride in how you look, and you instantly improve your chances of success!

Your shoes do matter by Askmen.com

Wearing exclusive shoes will definitely help polish a man's image. This image can make a big difference between a normal man and a man with expensive shoes in the first stages of dating. In addition, note that poor quality shoes are especially noticeable when a man is well dressed because of the contrast it creates. Women will notice small details such as cheap shoes, and it is therefore worth spending the extra dollars to buy higher quality shoes.

Let me explain. Lower-priced shoes are usually associated with cheap mannerisms and women usually don’t like cheap men. So when a woman looks at a man’s shoes, she will analyze them. If he is wearing cheap shoes, then she may come to the conclusion that he is a cheap person; not frugal, but cheap. This may seem pretty farfetched, but in fact, it isn’t. Ask a female friend and you will be surprised about her opinion on the matter.

Simply take this advice and don’t lose out on a hot member of the opposite sex because you didn’t want to spend a few extra dollars on quality shoes. Although style is not a substitute for great personality, wearing stylish shoes can definitely give someone an edge when it comes to attracting women on a first date, but it is not the perfect solution.
On the use of cologne
Women actually like it when men wear good cologne. But the key is to get the right cologne and to put the right amount of it.

Looks and height by Mystery Method
Women are attracted to taller and better-looking men. However, you don’t necessarily have to have these attributes to succeed with women. Looks and height are important but they are not deal breakers.

Being comfortable.
The best way to attract women is to just be comfortable with yourself. When you are comfortable, people feel comfortable around you. Relax and chill out. Lean back and take it one step at a time. Women approach guys who are having a good time, not the ones that are out LOOKING for a woman.

Don’t fidget with your tie/drink/change/pen etc.
These are obvious signs of nervousness and lack of confidence, which are very unattractive to her.

Ask women to help you shop for clothes?
As a guy, you’d be surprised at how much women know about how a man should dress. Think about it. How would you want your woman to dress? You have a pretty good mental picture. And chances are, most men like that “look” that you have in mind. Women are the same way. They know makes a man more attractive and appealing to women. That’s why when a girl picks out clothes for her guy; it usually makes him look more appealing to other women. I’ve had overwhelming responses from women, simply by getting some fashion help from a girl. It feels great to hear when a lot of women say to me, “Wow, that looks really great you!” You’d be surprised at how well women know about how a man should dress.

Always have breath mints or gum on you at all times.
If you are talking to a woman and she smells bad breath, this will pretty much ruin your chances.

Keep your pockets from being bulky.
I know this may sound crazy, but I like to balance out my pockets so they are filled equally. Having a huge wallet is actually negative game. It’s better to use a money clip or a small wallet.

Talk to stylish men you know, and ask them for advice.
Ask them where they shop for clothes, and where they get their haircut. Then go to those places and ask the sales clerks to help you with a “new look.” Try it out. It might work for you.
Chapter 6: Your Appearance

A tip from a woman about clothing:

1. Stay away from wearing very large baggy pants. Large baggy pants actually make a person appear shorter than they really are.

2. Bright shirts and white shirts accentuate a man’s muscular features. When a guy wears something bright, he appears larger than he really is. However, when a guy wears dark clothing, he appears skinnier.

3. Striped (vertical) dress shirts and skinnier pants make a man appear taller than he really is.

4. Make sure NOT to have imbalance. If you are going to wear skinny clothing, make sure it’s on the top AND bottom. If you are going to wear large clothing, make sure it’s on the top AND bottom. Don’t mix the two. Large clothing on the top and skinny on the bottom gives that odd “football player” look, whereas skinny on the top and large on the bottom give the “clown” look.

5. In a survey, EIGHT out of TEN girls said they find JEANS the sexiest thing a man can wear.

Body Language by Badboy

A girl once said, “I can see if a guy is good in bed, just by the way he walks.” A woman can tell a lot about you, just by the way you look, speak and act. It comes from all those years of experience of guys hitting on them.

If you go out dressed like you do not care about your image at all, you probably don’t care, and women will notice this. On the other hand, if you go out dressed as a socially cool guy, you’ll notice different results. As for the woman, she really doesn’t want to hook up with some low self-esteem loser, or some boring guy who doesn’t know how to give her some fun in her life. So they screen you and try to find out as many things about you as possible in a very short period of time.

Now let me ask you who the really confident men in our society are, the ones with an attitude larger than life. Who are they? Rock stars, company directors, successful managers, doctors, politicians etc.

Take a look at how they walk, how they sit, how they speak, and you’ll notice something really interesting. They are totally calm, like they control TIME. They are not in a hurry. The way they move and how they speak completely radiates with confidence.
Take a look at what are the most common mistakes when approaching women

Talking too fast, indicating nervousness.

Talking too much, trying to impress her.
Not knowing what to say next.

Drinking, to become comfortable.

Asking too many questions

Buying her drinks (trying to buy her over, or even worse, trying to get her drunk)

Not being comfortable talking with strangers (social anxiety)

Does any of this radiate with any confidence? No.

Take a look and see that every action here projects insecurity!

Ok, let’s correct this poor body language together.

Here is list of things that you must FIX...

Keep your hands out of your pockets.

Stand with your feet wider apart.

Never look down when you walk, look above the horizon.

Stand with your chest pushed outwards

Keep your shoulders relaxed and back

Walk confidently and slowly with bigger steps

Pay attention to how you dress

Touch people when you talk with them (non-sexual), because you must create conversation on all levels, not just verbally.
Who are you trying to impress?
by the Fonz

A second opinion on all the articles listed above.

Why are you wearing those clothes when you go outside?

Why don’t you just wear what you wore when you were inside?

Who are you trying to impress?

And more importantly...why are you trying to impress them?

Why are you wearing those shoes?

They cost so much money but they don’t do anything differently than the other pair.

And what's more distressing is the fact that they were probably made in the same factory using the same methods! They’re not more comfortable, they’re not more durable, and you won’t be walking on water with them so why are you buying the more expensive pair?

These things that we do are not logical. That is, they go against what a SANE and rational person would do. So why do we do them?

INSECURITY.

The majority of people in this world believe they are not good enough as they are. This belief has been pounded into our minds by advertisements and TV and shitty movies. To then hope to achieve this ridiculous image that we perceive as being good, we waste our money and our time buying products that don’t do anything for us!

We have all been victims of the evil corporations that try to "CREATE NEEDS" among consumers. That is to say, because they are so greedy for profit, they actually try to make you NEED to have something so that you can be a certain way.

It has worked. We have all been duped at one time or another into buying something we don’t need and wasting that money we could have used for much more constructive purposes.
This is The Truth. YOU DO NOT NEED TO BE ANYTHING MORE THAN YOU ARE.

YOU DO NOT NEED TO LOOK LIKE ANYONE ELSE OR BE LIKE ANYONE ELSE.

STOP DOING ILLOGICAL THINGS IN ORDER TO TRY AND BE PERCEIVED A WAY YOU THINK WILL MAKE YOU “LIKED”.

Be your own man.

Don’t be someone else’s bitch.

**Strengthen your body**

Need confidence? One of the best ways to get confidence is something that men have been doing forever.

What am I talking about?

Lifting weights!

Training your body on a regular basis can be very beneficial to your overall health as well as give you a huge boost in confidence because you will FEEL more attractive as well as BE more attractive... and feeling attractive is one of the most important things you need to be a real player.

You have to know that you are the man and that the ladies want you, because this confidence is the type that sticks out like a sore thumb and everyone notices.

One of the reasons that “exercising” and becoming stronger is emphasized is because it is a “visible” and “tangible” form of improvement. Unlike other sources of self-improvement, exercise is something that you can visibly see. And what you can visibly see, others can see as well. --KillaPetehog
Beginner’s guide to gaining mass and muscle

The following articles will help out the average newbie (a man who has never touched weights) to be a little knowledgeable on eating right and getting some muscle and mass. This guide is a proven beginner course and it is intended to help the person gain mass and muscle, and not to lose weight.

These articles are quoted from www.bodybuilding.com and from Antony Ellis’s successful mass building ebook, which is on www.skinnyguy.net.

Abs are not made in the gym, they are made in the kitchen.
Contrary to popular belief, losing weight and getting ripped abs doesn’t come from the gym. Nope. It comes from the way you eat. The best way to get the abs you want is to eat right. You have to diet correctly. It’s a lot easier to eat right and work on your abs, than it is to drink a lot of beer, eat junk food and constantly fight against the treadmill.

Eating right for muscle gain
To gain muscle, you should eat about 15 to 18 times your bodyweight in calories. You should have about 40% protein, 30% carbohydrates and 30% fat. Focus on eating a lot of protein. Don’t focus too much on carbohydrates. Carbohydrates quickly turn to fat if you don’t burn it.

Protein
If you are serious about getting stronger and bigger, you should eat at least 1.5 to 2 grams of protein per pound of bodyweight. Minimum is 1 gram of protein per pound of bodyweight. So if you are 150 pounds, you should look to eat 300 grams of protein each day. Sounds like a lot, right? Don’t worry about it. There’s a lot of sources of protein that will do the job for you. Eat a lot of chicken, fish, meat, cheese and eggs.

Fiber
Eat about 20 to 35 grams of fiber per day. The best sources are vegetables, whole grains and whole oats.

3 meals per day is not enough anymore.
If you’re serious about getting some mass, you have to reduce your meal size and increase your meal frequency. Eat a lot of healthy snacks here and there. Don’t try to eat 3 huge meals on one day. That won’t cut it. Rather, eat a lot of little healthy snacks throughout the day. Eat six meals per day.

Never go longer than three hours between meals.
Do not avoid dietary fats. They are your friend.
**The best times to eat**
Eat a high protein meal right before you go to sleep.
Eat a high protein meal the moment you wake up.
Eat a high protein meal one hour right before your workout.
Eat a high protein meal one hour right after your workout.
(Your most important time to eat is one hour right after you workout.)

**Water**
Drink about .66 times your bodyweight in ounces per day. Not soda or juice, but water. The importance of water cannot be overstated. If you get dehydrated, your ability to function properly drops like a rock. The negative effects range from sluggishness and fatigue to headache and mental meltdown. Make sure to drink water, not coffee or soda, through the day, even on non-workout days. Many bodybuilders make a gallon of water a day a good goal, but you probably want to adjust that number to your body size, climate and level of activity.

**Carbs**
Avoid carbohydrates late at night. Carbs are your primary source of fuel for workouts, much like gasoline works for your car. However, unlike a car you can’t fill up the tank and have it stay nicely filled until morning. Instead, a big load of carbs before bedtime is more likely to be processed and stored away as body fat since there is no immediate need for the surplus energy.

**Your diet calculator:**
As mentioned before, you need to eat 18 times your weight in calories. So if you weigh 150 pounds, you need to eat:

150 X 18= 2700 calories per day

Now divide that number by the amount of meals that you eat per day.

So, that’s 2700 divided by 6. And you get 450 calories. You have to eat about 450 calories per meal.

**Good sources of food for mass and muscle:**
Beef, fish, poultry, whole eggs, pasta, bread, cheese, nuts, whey protein, potatoes, rice, canned tuna

**Bad sources of food for mass and muscle:**
Deli meat, potato chips, alcohol, cakes, tofu, soy protein, bean curd, ham, spam, candy, sweets.
How to read food labels:
1. Total grams of fat X 9 = Total fat calories per serving
2. Total fat calories per serving/ (calories per serving) = percentage of fat calories per serving.

The importance of diet
It's important that you watch what types of food you eat, avoid all bad fats (saturated and trans fatty acid) and simple carbohydrates (excluding post workout, where simple sugars are good to have), eat foods rich in protein, complex carbohydrates and good sources of fat (e.g. monounsaturated fats, fish/flax seed oils, olive oil).

And make sure you count your calories.
If you are trying to get rid of body fat (cutting) make sure you are consuming 500 calories less than what you burn during the day, and when you are trying to put on muscle (bulking) make sure you are consuming 500 calories more than you burn during the day.

Whey Protein
In my opinion, the best supplement available. Whey protein if used correctly, renders other forms of protein (food and supplement) obsolete. Whey protein has been shown to contain the perfect combination of amino acids (building blocks of protein).

Creatine
Creatine assists energy production and, as a result, leads to more intense workouts. It also super-hydrates muscle cells with water and causes muscle fibers to grow bigger and stronger. Creatine is a compound naturally manufactured in our bodies (in the kidneys, liver and pancreas), which is converted into creatine phosphate upon entering the muscles.

Exercise basic information

What is a rep?
A rep or repletion is one complete motion of a particular exercise. For example, if you did one pushup (from the up position to down and back up), that would be one rep.

What is a set?
A set is the specific number of reps you will perform before you rest. So in the above push-up example, if I wanted you do 4 sets of 10 reps, you would do 10 reps, then rest, then repeat three more times.

What is failure?
A failure (in exercise) is when you can no longer do another rep in good form. You try to complete the next rep, but you cannot. Your muscles have been exhausted. Most bodybuilders and personal trainers advocate training to failure for muscle growth.
Barbell Curl

Exercise Data
Main Muscle Worked: Biceps
Other Muscles Worked: None

Tips: Possibly the best biceps exercise! With your hands shoulder-width apart, grip a barbell with an underhand grip. Stand straight up with your shoulders squared and with your feet shoulder-width apart. Let the bar hang down at arm's length in front of you, with your arms, shoulders and hands in a straight line. WITHOUT leaning back or swinging the weight, curl the bar up toward your chest in an arc. Keep your elbows in the same place and close to your sides. Bring the weight up as high as you can and squeeze the biceps at the top. Lower the weight slowly, resisting all the way down until your arms are nearly straight.

Seated Cable Rows
Exercise Data
Main Muscle Worked: Lats
Other Muscles Worked: Middle Back
Equipment: Cable
Mechanics Type: Compound

1. Sit down at a seated cable row machine with both feet flat on the foot board and your knees slightly bent.

2. Grab the handle with both hands and pull it into your stomach while keeping your back straight and your chest out.

3. Return to the starting position (arms extended).
**Hack Squat**

The Hack Squat is a lot easier to do than the regular squat. If you are a beginner, this is the one that I recommend.

**Exercise Data**
- **Main Muscle Worked:** Quadriceps
- **Other Muscles Worked:** Hamstrings, Calves
- **Equipment:** Machine

**Tips:** Lie face up on a hack squat machine with shoulders against pad. Place feet on platform. Your feet should be together, toes pointed slightly out. Extend hips and knees. Release dock levers. Flex hips and knees to descend until knees are just short of complete flexion. Raise sled by extending knees and hips. Repeat. Great for developing the lower area of the thigh.

Position yourself in a hack squat machine with your back pressed firmly against the pad. Your feet should be just beyond shoulder width apart. Begin this exercise by squatting as though you are going to sit down in a chair. Squat to a point to where your thighs become parallel to the floor and then return to the start position. It is very important that you keep your back as straight as possible throughout this movement (one way to help do this is to focus your eyes on a spot high on the wall in front of you throughout the entire exercise)

**Position for the hack squat clarification II**

1. Firmly plant your feet on the hack apparatus. Keep your back straight and flat against the hack rest with your trapezius muscles under the shoulder pads.

2. Place your hands on the hack handles. Keep your head level.

3. Slightly angle your toes outward.

**Execution of the hack squat**

1. Slowly bend your knees bringing your upper body downward.

2. When your knees are at 90 degrees, slowly push your body upwards back to the start position. Repeat the movement.

3. Keep the movement fluent, slow, and controlled.
**Dips - Triceps Version**

**Exercise Data**
- **Main Muscle Worked:** Triceps
- **Other Muscles Worked:** Chest, Shoulders
- **Equipment:** Body Only
- **Mechanics Type:** Compound

Tips: Using the parallel bars, grip the handles and push yourself up to your starting position. With elbows close to body and hips straight, lower body until shoulders are slightly stretched. Push body up in same posture and repeat. You can bend and cross your legs or keep them straight. To work the triceps, keep your body STRAIGHT up and down and do not lean over. Leaning over would work more of the lower chest.

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**Seated Dumbbell Press**

**Exercise Data**
- **Main Muscle Worked:** Shoulders
- **Other Muscles Worked:** Triceps
- **Equipment:** Dumbbell

**Tips:** Pick up a pair of dumbbells and sit on a shoulder press bench (with a short, straight back) or a regular incline bench adjusted so the back is as straight up as possible. Press your back firmly against the back of the bench with your feet flat on the floor. Hold a dumbbell in each hand, just above shoulder level, with your elbows out and palms facing forward. Press the dumbbells up and in until they nearly touch above your head. Don’t let the weights stray back and forth. Press the weights up until your arms are almost straight (your elbows should be just short of locked). Then slowly lower the dumbbells to the starting position.
Barbell Bench Press - Medium Grip

**Exercise Data**

**Main Muscle Worked:** Chest  
**Other Muscles Worked:** Triceps, Shoulders  
**Equipment:** Barbell

**Tips:** Lie on a flat bench and firmly position your feet flat on the floor a little more than shoulder width apart. Keep your back flat on the bench! Using a grip broader than shoulder width, hold the barbell above your body, then lower slowly to the middle of your chest. Without bouncing the weight off your chest, drive the barbell up over the middle of your chest until your arms are straight and your elbows are locked. Lower the bar down slowly.

Flat barbell bench presses are arguably the best chest exercise of all. It is an excellent compound movement that involves virtually your whole upper body to some degree.

Flat barbell bench presses are very effective for chest development because you can easily achieve maximum overload.

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Lat Pulldown

**Exercise Data**

**Main Muscle Worked:** Lats (Back)  
**Other Muscles Worked:** Biceps, Middle Back  
**Equipment:** Cable

1. Grab the lat pull down bar with hands slightly wider than shoulder width with an overhand grip.

2. Sit down with arms fully extended overhead.

3. Pull the bar straight down either in front of or behind your head. (If in front, pull the bar to the top of your chest. If behind, pull the bar to the back of your neck.)

4. Return to starting position.
Lat Pulldown continued

Just like pull ups, this exercise can be done using a variety of different grips. Overhand or underhand, narrow or wide. Each way is effective.

**Tips:** Start with your legs positioned snugly under the kneepads of a pulldown machine. Your feet should be flat on the floor. Grasp the wide bar firmly with an overhand grip. Your hands should be almost twice your shoulder width apart. Pull the bar down on top of your chest, arching your back slightly. Focus on keeping your elbows directly below the bar. Pause briefly with the bar in position right on top of your collarbone. Slowly raise the bar back to the starting position. Do NOT lean back too far and pull the weight down using your body weight!

**Barbell Full Squat (Advanced Workout)**

*Exercise Data*

- **Main Muscle Worked:** Quadriceps
- **Other Muscles Worked:** Hamstrings, Calves, Glutes
- **Equipment:** Barbell

Squats are the best exercise for overall leg development. If there were only one exercise you were allowed to do, squats would be the one you should choose.

Squats are very important in your strength and muscularity development. This exercise can take a lot out of you, but the results are tremendous.

Usually, people don’t do squats because they feel they do not need it. But without squats, you are stunting your muscular growth.

Squats, not only help in your lower body development but in the development of your entire body. This is one of the best exercises you can do to develop lower back strength.

(Doing squats is one of those things that you can’t learn from pictures or from reading text. It’s very stressful on the knees, so you have to watch out! What I did was watch other people do it and talk to them and ask them to teach me. Some things just can’t be explained with pictures and with words. You have to just do it. If you don’t want to risk injuring your knee or are just starting out, stick with the hack squat. But if you are serious about getting stronger, you must do the squat. There is no substitute for this exercise. I personally prefer the squat over the deadlift. It is the exercise that exhibits the most (GH) growth hormone, which makes you quickly build mass.)
**Directions for the squat:**

When you begin a squat, make sure you position the bar parallel with your collar bone. Do not put the bar on the back of your neck. Just under the traps and on the rear delts is a good place.

Position your hand outside the rings on the bar. Lift the bar from the rack and take a few steps back.

Make sure your feet are slightly wider than shoulder width apart and toes are pointing out about 40 to 45 degrees.

Your head should be tilted back slightly and your eye is positioned upward.

Concentrate on dropping your hips, as if you were going to sit in a chair. Go down far enough so that your butt is even with your knees.

Control the weight as you go down, stay tight from the time you lift the weight from the rack until you return it.

Keep your knees directly over your feet. Concentrate on exploding upward, this is where the muscles and power development come from, each rep should be one smooth and fluid motion.

Looking at an object above eye level and keeping your back straight, bend at your knees as if you were going to sit back in a chair. Keep your heels on the floor. Make sure that you get your quads parallel to the ground, for full range of motion. Inhale as you descend.

Stand up by extending your hips and knees until your legs are straight, and exhale on your way up. Replace barbell on rack when finished.
Chapter 6: Your Appearance

Go for heavy weights and low reps
A lot of people who don’t know any better usually do a workout that they do for 11 to 14 reps. That’s too light. If you want to gain mass and strength, it’s best to do something heavy where you can only 4-7 reps. That’s all you need.

If you are serious about gaining mass, go for free weights, and not for machines.

The best free-weight exercises are the following:
Bench Press (chest, shoulders, triceps)
Overhead presses (shoulders, triceps)
Pull-ups/Rows (back, bicep)
Squats (legs, lower back)
Dead lifts (legs, back, shoulders)
Bar dips (shoulders, chest, arms)

Look to increase your workload a little bit at a time.
You need to increase your workout load a little bit at a time. Don’t overwhelm yourself by trying to overload all at once. That’s a myth. It’s better to lift a slightly heavier weight each week. These small increases should be easy to manage, give or take about 5 pounds or less at a time.

Don’t overtrain!
Give your body some time to recover. Contrary to popular belief, you do not grow while working out, your growth occurs from your rest after a workout.

Group the muscle groups that you work out.
Work out each body part at least once a week. So do biceps and back one day, and then focus on another group of muscles.

Something like this:
Group 1: Chest, shoulders, triceps
Group 2: Back, biceps
Group 3: Legs

Keep your exercises 75 minutes or less. Get in. Work out hard. And get out.

Rest 3 minutes between sets.

Don’t focus too much on one muscle.
I’ve seen guys doing six and seven exercises for chest alone. That’s insane! Then they wonder why they don’t get bigger. You should only do a maximum of 3 exercises per body part.
Don’t work out a muscle part if it’s sore.
When the muscle is sore, it means that it’s in the process of growth. You want to give it
time to heal. That’s how you get stronger. Each time a muscle gets sore, it is stretching
and growing. Give it time to heal.

Work out the legs
Beginners don’t think that working out the legs are important. They think to themselves,
“But I only want to work on my upper body.” It doesn’t work that way. You have to work
out your lower body as well. When you work out your legs, it allows you to get stronger
all over. People who only work on their upper body end up looking very strange and
imbalanced.

No cardio, if you want mass and muscle (debatable)
Stay away from cardio. It ends up being very difficult to gain weight if you are constantly
on that treadmill. Focus on just gaining muscle.

Don’t use weights you can’t manage properly.
While getting stronger is very important, poundage at all costs is a progress killer. Most
people use weights they can’t manage correctly. Cut back all your working weights by
10%, tighten up your exercise technique to make it impeccable, and then over a month
or few, gradually build your weights back while maintaining perfect technique. Your
reward should be some new growth. Then work into new poundage territory and garner
further growth.

Don’t focus on the wrong exercises
Give priority to the building exercises, not the detail ones. While select isolation exercises
have a valuable role, the major muscle builders are the big compound exercises such as:

- Squats
- Leg presses
- Bench presses
- Dips
- Rows
- Pullups and chinups

The importance of squats
Do your utmost to squat well and intensively. The benefits are not limited to the thighs,
glutes, and lower back. The squat has a knock-on effect throughout the body. While
some people truly can’t squat intensively in a safe way, most can. Revere the squat,
 improve your squatting technique, pay your dues, and you’ll help your overall gains. But
squat correctly and safely, or don’t squat at all!
Pick Exercises:
Depending on which muscle groups you are training, pick 2-3 exercises for each muscle. Pick only 2 or 3 from the ones in the box. Below is a sample week with sample exercises.

Day: Monday
Muscle Objectives: Back and Chest

**Recommended Back Exercises:**
- Bent Over Barbell Row
- Seated Cable Row
- Stiff Legged Barbell Deadlift

**Recommended Chest Exercises:**
- Barbell Bench Press
- Incline Dumbbell Press
- Dumbbell Flyes

Day: Tuesday
Rest

Day: Wednesday
Muscle Objectives: Legs and Shoulders

**Recommended Leg Exercises:**
- Seated Leg Curl
- Barbell Squat
- Leg Press
- Seated Calf Raise

**Recommended Shoulder Exercises:**
- Front Dumbbell Raise
- Side Lateral Raise
- Upright Barbell Row

Day: Thursday
Rest

Day: Friday
Muscle Objectives: Biceps and Triceps
**Recommended Bicep Exercises:**

- Barbell Curl
- EZ-Bar Curl
- Alternate Incline Dumbbell Curl

**Recommended Triceps Exercises:**

- Lying Triceps Press
- Close-Grip Bench Press
- Bench Dips

**Step 3 - Put Workout Together With Sets And Reps:**

Each workout day would look like this:

1st muscle group in workout ________

1st exercise ________ x 4 sets of 7-9 reps
2nd exercise ________ x 4 sets of 7-9 reps
3rd exercise (if applicable) ________ x 4 sets of 7-9 reps
2nd muscle group in workout ________

1st exercise ________ x 4 sets of 8-10 reps
2nd exercise ________ x 4 sets of 8-10 reps
3rd exercise (if applicable) ________ x 4 sets of 8-10 reps

Do only 2-3 heavy sets per exercise. You can do as many "warm-ups" as you feel necessary. For example:

1st set-10 reps (warm-up)

2nd set-8 reps (heavier warm-up)

3rd set and 4th sets (heavier sets) Hit Failure between 8 to 10 reps on last heavy sets. Just fill in the blanks and you have a workout that will give you great gains!

**Don’t focus on strengths, favorite exercises and body parts, and neglect weaknesses**

The type of people who make this mistake are those who you see training chest and biceps everyday. They’ll start the show with countless sets of flat bench, and then finally hit every variation of the bicep curl you can imagine: barbell, dumbbell, hammer curls, standing, sitting, incline... Then they’ll repeat the whole process the following day.
The Debate of the Century:

Do Looks really matter?

Opinion 1
If a woman is initially physically attracted to a man, there is very little he can do wrong on a first date.

If a woman is not initially physically attracted to a man, there is very little he can do right on a first date.

Opinion 2
It's not how "good you look", it's how "attractive" you are.
There is one thing that is very true though...
You MUST do the absolute best with what you got.

Opinion 3
Looks only matter to girls who'd leave you when the next, prettier guy comes along.
Do you really want to go for that sort of girl?

Opinion 4
Girls are attracted by looks, status, social skills, confidence, wealth and success. Meaning that if you take an ugly bum off the street and make him an international rock star, chicks will want to bang him, not because he's cute but because he has STATUS!

Opinion 5
I agree that looks do matter- but only to an extent. I think they matter when forming the initial attraction but after that they become secondary. Once you start to really care about someone their physical flaws become more and more transparent.

Opinion 6
Looks matter more in cold approaches.
Personality matters more in warm pick-ups. Simple as that.

Opinion 7
Why focus on something you can't change? Do you just want an excuse not to try?
Work with what you got and stop making excuses.

Opinion 8
Looks do matter. But to an extent. You've got to be at least average looking.
Women like to show off their guys to other women. And if you are the type of guy that she can't show off, you won't go far.
Opinion 9
Looks are the only thing that matters when dealing with women who are shallow and base their existence on what’s superficial.

Opinion 10
Attraction isn’t a choice, but being attractive or getting there is a choice. Basically, the man I am trying to become is the one who is very fit, has a career, driven to succeed, and has game and is an overall good guy. Confidence is key and when life is good and you are chasing goals and achieving them, confidence will naturally follow. It is very easy for a woman to sense a man who is not confident and comfortable with who he is. Women are attracted to a man who knows who he is and what he wants in life. There is no question about it.

Opinion 11
Personality won’t help you if you’re ugly, nor will any other method. If you don’t have good looks, the **ONLY** thing that can save you is value...

Opinion 12
Looks do matter. However, the **MAIN** reason they matter is because they affect the guy’s ability to convey the belief of his attractiveness.

I have friends who used to be out of shape and got in very good shape. They got more girls. Did girls think they were more attractive just based on the change in their looks? Yes. But another thing that happened that made a **BIGGER** difference is that by **BECOMING** more attractive they were more able to convey their **BELIEF** that they were attractive.

Opinion 13
Anyone who keeps drilling the fact that looks matter probably relies too much on their looks and does not have much real game.

Opinion 14
Power is sexy.

A deep voice is considered powerful. Money is powerful. **Good looks are construed as power**. Relevant success is power. Confidence is power. Congruency is power. Intelligence and knowledge is power. Power is sexy. It isn’t rocket science.

Opinion 15
If one guy believes his **looks** are most important to obtaining his goal, use your **looks**.

If another guy believes his **personality** is the most important, use that.
Opinion 16
You have to realize that if you want a woman to be sexually attracted to you, she has to be physically attracted to you to some extent. Attitude alone won’t do it; attitude is for maintaining the attraction.

Opinion 17
Good looking people say looks matter.
Average looking people say looks don’t matter.
Ugly people say looks matter.

Opinion 18
Women are into looks, but each woman favors a certain look. You might think you’re ugly, but that girl you’ve been staring at all night might feel differently. You won’t know until you talk to her. You have to realize that dating is a numbers game and you can’t take rejection personally. Just keep talking to every beautiful girl you see, and eventually, you’ll find one who thinks that you’re the hottest guy who ever lived.

Opinion 19
It’s not so much looks as it is body language. 90% of human communication is non-verbal. So the way you hold yourself says way more then the best line could ever do.

Opinion 20
Looks get her to open the door, game is what gets you in the door, and personality is what keeps you inside.

Opinion 21
The mistake ugly guys make is that THEY approach girls the same way a hot guy would.

Opinion 22
When a woman is asked, "What do you like in a guy?" she doesn’t usually say “Looks and good sex” or else be branded a slut. So, she grumbles "a guy with a sense of humor". She LIKES those funny men, she doesn’t HAVE SEX WITH those funny men unless they happen to be attractive as well as funny. Don’t listen to what women say, but rather observe what they do, and your eyes will not deceive or confuse you like your mind’s interpretations of the words will. A sense of humor isn’t a bad thing, but it’s not sexually motivating or progressive.

Opinion 23
Are you ugly? Are you beautiful? It doesn’t matter.
Women do not see beauty; they see only sexuality.
Opinion 24
You can think of yourself as the most fun, exciting, intellectual, sensitive guy, but if you cannot convey it, if you are some wallflower that sticks to the shadows, then you cannot deploy your verbal game and create the attraction in her. Then you are depending on luck and hoping that she somehow magically sees those amazing aspects of you based on no observational, supporting data.

Opinion 25
While women are interested in looks to some degree, they are MORE interested in how you make them feel.

Even if you don’t understand this, you have to believe it and start acting as though it’s true. You must behave as if you confidently believe that you are the best thing for a woman, and that you are going to make her feel wonderful inside.

Women can pick up this particular belief, and they respond to it. Ask yourself:

"How would I walk if I believed that I could make any woman feel great inside?"

"How would I talk if I believed that I could make any woman feel great inside?"

"What would the expression be on my face if I believed that I could make any woman feel great inside?"

"How would I act differently if I were the kind of man that women dreamed about?"

Then start doing these things.
Chapter 7: Signs of Attraction

In my experience, it’s far better to ATTRACT a woman than to CHASE a woman. If a woman is ATTRACTED to you, half the game is over. –David Deangelo
Chapter 7: The Signs of Attraction

Interpreting a woman’s body language is integral to knowing when to initiate a conversation. Body language consists of two basic types of gestures: open gestures and closed gestures. Open gestures are displayed when the woman is interested in or attracted to the person presented to her, while closed gestures are displayed when she is not.

Becoming a master of body language is the ability to read these signs and use them to your advantage. You must understand that many things can affect a person’s body language. For example, if a woman is having a bad day, she may display closed gestures while she is actually attracted to you. Also keep in mind that many shy people automatically put up a barrier between you and them by displaying closed gestures, and our ability to break down these barriers by changing these closed gestures into open gestures is what separates us from the rest.

Now that you know what body language is, and that everyone has the ability to affect and change someone else’s body language from negative to positive by simply warming up to them. It’s time to learn what these gestures are so you can identify and use them to your advantage. These signs are proven. Try asking any woman about these gestures in this chapter, and I guarantee you they will agree with you.

**Judge her distance**
When you are talking to a woman, the space between both of you is where the two of you are comfortable. If you move in a little closer to her, she will either be fine with it and allow it or she will get uncomfortable and move back to reestablish a more comfortable distance.

I’ll make it simple for you... if she leans forward, she’s interested. If she moves back, you still have some work to do because she’s NOT interested yet.

Now, when you do this, only move in an inch or two. I’m not talking about a huge step closer to her. ANY woman, no matter how interested she is, would move back if you suddenly move much closer to her. Just take a small, smooth step closer to her and watch her reaction.
**HOW TO TELL IF A GIRL LIKES YOU**

1) She gives you her undivided attention.

2) She blows off her friends for you.

3) She returns your phone calls as soon as she receives your message or she calls you back the instant you beep her.

4) She talks about things the two of you will do in the future.

5) She is willing to change her plans for you.

6) She goes out of her way to do something nice for you, like bake you cookies or buy you a present.

7) When you go out on dates, she insists on paying for stuff on an equal basis. (ie: you pay this time, she pays next time). However if she pays for her own stuff every time, that means she probably isn’t interested in you sexually, doesn’t want to lead you on, and doesn’t want to feel indebted to you in any way.

8) She shows a strong interest in your life, asking a lot of questions about your hobbies, family, job, etc.

9) She changes something about her appearance just because she knows it will make you happy (for instance, she gets a new haircut, starts wearing shorter skirts).

10) She offers you a sip of her drink, or takes a sip out of yours (Essentially she’s telling you she’s willing to swap saliva with you!).

11) In a crowd she speaks only to you and focuses all of her undivided attention on you.

12) You tease her and she makes witty comebacks of her own

13) You keep teasing her and she hits you playfully.

14) You touch her and she touches you back.
**She compliments you on virtually anything.**
Women are used to receiving compliments, not giving them. So if she points out a positive characteristic, you’ve impressed her.

**She’s disagreeing but laughing.**
Flirtatious sarcasm, as in “Yeah, right, like I believe that!” means she’s into you. If she weren’t, she’d simply “Uh-huh” you into oblivion.

**She keeps asking you to repeat yourself.**
She’s not allowing the blasting music to come between the two of you. A suggestion of a quieter corner to talk in will be well received.

**She stays put.**
If you excuse yourself to go the restroom and she’s still where you left her when you return, you’re doing something right. Likewise if she comes back to you after she powders her nose.

**She doesn’t flinch.**
If you reach across her to grab a drink or an ashtray and she doesn’t pull back, she’s feeling physically comfortable with you.

**An easy way to tell if a girl has some interest**
When you’re with the girl that you think likes you, purposely make a dumb and stupid joke, something you know isn’t that funny. If she laughs, she REALLY likes you.

**She leans toward you**
Leaning forward is also an easy sign to pick up. If her shoulders point at you and she is leaning towards you, then you can put your mind at ease, it’s yours for the taking.

**Observations**
Does she introduce you to her friends? If you are talking to her around a group of her friends, (say in a bar) does she interrupt their conversation to introduce you to her girls? If she does, it means she wants to show you off. It’s like saying, “Hey girls, look at what I have.” If she doesn’t introduce you, it means you’re not worth interrupting their conversation.

**She smiles at you**
This is a no-brainer. If she smiles at you when you make eye contact, get over there and talk to her.

**She laughs at almost everything you say**
One of the best signs you can hope for is when she will laugh at just about every slick thing you try to say. You may begin to think that you might actually be pretty funny, but you’re wrong, she just likes you a lot, and that’s even better!
She touches you
If she touches you multiple times while she is talking, for instance, tapping you on the forearm when trying to make a point, she is flirting with you.

You give me butterflies!
Once you make eye contact with a woman, watch her for a few seconds after she looks away. If she does something that implies that she has become nervous due to you making eye contact, this means that she is interested in or attracted to you. For instance, she will play with her hair, adjust her clothing or jewelry, or fiddle with something in her hands.

Lean on Me by Allen Thompson

When talking to a beautiful lady that you’d like to get to know better, subtly lean toward her. If you’re sitting, lean your upper body slightly toward her.

If you’re standing slightly tilt your head in her direction. Leaning has the subliminal effect of closing (or widening) the distance between the two of you. By leaning toward her you’re indirectly indicating that you like her, are interested in what she has to say, and want to get closer to her.

On the other hand leaning back away from someone can send the message that you don’t particularly like them, and would prefer to put a little more distance between yourselves. Use "the lean" to gauge how well you are doing with a particular woman. If she’s leaning toward you, then you’re probably doing something right. If she’s leaning away, then you probably need to try something different.
Chapter 7: The Signs of Attraction

SIGNs That Show She Is NOT INTERESTED IN You

Look for these tell-tell signs that your date is not going well:

1. She does not smile at you and doesn’t find anything you say to be funny.

2. She does not make any eye contact with you. She's always looking away or down when she talks to you. Also, she may be constantly looking at other guys.

3. Her entire conversation focuses on herself and she asks nothing about you. She shows no interest in getting to know you.

4. She is very silent and says very little to you. Her responses to your questions are mostly, "yes," "no," and "I don't know."

5. You feel no chemistry towards her and you can sense that she feels the same way.

Negative Body Languages Signs that Single Women Give to Indicate That She is Not Interested in You

1. You lean towards her and she leans back away from you.

2. She starts turning away from you.

3. She doesn't make eye contact with you.

4. She folds her arms across her chest.

5. A limp or hanging hand can indicate boredom with you.

6. When talking to you, she keeps glancing at other guys around her. She makes no effort to talk to you. She doesn't reply to any of your comments, doesn’t answer your questions, and doesn’t ask any questions about yourself. Unless she just doesn't feel good or is moody this could indicate that she’s not interested in you and you will be wasting your time.
The Closed Gestures

She rolls her eyes
Whenever a woman that you are speaking to rolls her eyes it means that she is embarrassed by your presence and is attempting to display to everyone else that she is not interested in you. If this happens to you, turn around and walk away. You have little (if any) chance of getting with her.

She crosses her arms
Crossing her arms is a tell-tale sign that she is either agitated, nervous, uncomfortable, or just does not like you. It's time to change your strategy, and quick.

She crosses her legs
Crossing her legs is just as bad as crossing her arms, but can be worse because once her legs are crossed, she will most likely cross her arms also. However, if her legs are crossed and pointing towards you (knee points toward you), this means that she is nervous, but has interest in you.

On the other hand, if her knee points away, you're in trouble.

She leans away from you
The "lean back" is the most dreaded sign in all of body language. If she is leaning away from you, and it is very noticeable, my advice is to forget her and move on to your next prospect. Only a very experienced player can warm up to a woman after noticing this type of behavior, but if you think you've got the skills, give it a try, you've got nothing to lose.

Does she know anything about you?
If after 5 minutes of conversation, she still can't recall anything you have said other than your name, (and even that's a stretch) she's not listening.
Just Do It by Deezy
A second opinion on all the tips listed above.
(A five star article)

You just do it because you want to! It’s as simple as that! It doesn’t matter if she is interested or if she hates you. You do it BECAUSE you want her. It is only YOUR interest that matters.

Forget reading females - you’ll never be able to do it!

Stop wondering, "Does she like me? She did this and she did that, that must mean this - that must mean that'.

Shut up!

Do you like her?

No?

Then look at somebody else that you are interested in.

Yes?

Then say “Hi” and ask for her name.

If you don’t do this, everything here is pointless. This is the first step to take. Focus on your interests, your desires, WHAT YOU WANT.

Forget about anything else!

YOU are here for yourself right?

If someone will get hurt, YOU will be the one in pain, not your friend, your girl or that stranger on the corner! So do yourself a favor, literally and help yourself.

If you want her, go for her! Go at her like you’ve never done before!
DOES SHE LIKE ME? by KillaPetehog

A lot of chumps ask this question. They hypothesize and analyze and question themselves. I used to think this question as well.

They think to themselves, "Does she like me?"

"Was that a sign that she liked me?"

The truth is, you won’t ever know for sure unless you grab some balls and ask her out! No one could ever tell me whether she liked me or not.

But the best way I found out was to grab some balls and ask her out.

And I realized something.

You WILL FIND out!

Asking her out will delete all doubts in your mind. You will NEVER EVER ASK THAT QUESTION AGAIN, because YOU WILL KNOW! How do you expect us to know psychically what the girl is thinking? You think someone is just going to hear your story and MAGICALLY be able to tell you if a girl is interested in you or not?

Fuck that! Just go up to her and ask her out. She isn’t going to stand there forever. And if you get rejected, YOU’LL KNOW. And if you don’t get rejected, YOU’LL KNOW.

Stop overanalyzing. Stop hypothesizing. Stop wondering.

Just be a man and ask her out.
Chapter 8: The Approach

The best thing to happen is to go for it and to win. The second best thing is to go for it and fail. The worst thing to do is to do nothing.
Chapter 8: The Approach

The articles below will go in thorough detail on the mindset that you should have before and when you approach a woman.

How do you approach 2000 women? by Mystery Method
Go out and try to approach women for four nights per week for four hours each night. Make three approaches per hour. This schedule allows for twenty minutes per approach. This adds up to twelve approaches per night, which is forty-eight per week and two hundred per month. Within a year you will have approached over two thousand women.

How many women have you approached in the last year?

He who gets rejected the most is the one who will leave with the most numbers!
Quit being scared of rejection and just get out there and do it! The trick is to not think about it. If you start thinking “Should I talk to her or not?” then you will talk yourself out of it. Think about it this way, if you talk to her, you might have a 50% chance of being rejected and a 50% chance of success, but if you don’t talk to her at all you have a 0% chance of success. If you don’t initiate the conversation it will most likely never take place!

Rejection is better than regret
You really have to ask yourself, if you died right now, would you be happy with your life? What would you regret? What would you wish you had done? Live your life to the fullest and take opportunity when it arrives. Don’t let your mind get the better of you. Making a mistake is better than regretting something you never did. When you get older, a regret will make you wonder about the past and make you wonder. It’s better to make a mistake, than to not take action. That’s because if you regret something, you can only wonder. At least if you make a mistake, you have no regrets, because you DID IT and you knew the outcome. Don’t ever wish! Don’t ever wonder! Just do it!

Conquer your fears
When you get right down to it, it’s the fear of rejection that causes millions of singles to remain single. We’re all just plain chicken. There’s only one way to fix this problem. You go out there and get rejected. Each time you get rejected you build up scar tissue. You’ll find it a little easier to approach someone the next time. Pretty soon you’ll be desensitized to the pain of rejection to the point where your fear is manageable. But don’t expect to ever get rid of the pain of rejection for good. That will always remain. It’s just that the pain has subsided to the point where you won’t have a nervous breakdown each time you get turned down. So go out there and make contact!
Why should you smile? by Rico

I'm sure all of you guys know that when approaching anyone (esp. women) nothing is more cordial and inviting than a bright eyed smile. It is also a great way to gauge initial interest.

Smiling puts everyone at ease. It reassures them that you mean well and “come in peace.” It’s fun and jovial and shows a caring, confident attitude. When someone smiles at you, very rarely do you not smile back. Also a smile makes you feel a little better about your day. It’s as if someone saw something in you and it made them happy. They recognized you, and that is the most flattering thing a total stranger can do for you.

Now women behave rather interestingly when they are “interested” in us. A smile and a gaze into their eyes will always get a positive response and you will be seen as attractive (not to mention you are more attractive when you smile).

If a woman is attracted to you, and you give her a warm smile (it has to be sincere and the eyes have to smile too), she will smile back and look at the ground or blush. It’s an involuntary reaction so she won’t be able to help it. The ice is already broken and you haven’t even said a word. It has to be authentic. Like one that you have when your friend tells a good joke.

The reason the smile is so effective is because you reflect goodness to someone. When someone smiles at you, you feel good about yourself, and in turn about that person. It gives you an emotional boost. When you start letting this happiness flow through you (even if you aren’t particularly in a good mood), you will see how other people positively respond to it and you will be affected by their response just as much as they were affected by your smile.

SMILE
Remember to smile constantly, while you’re talking, while you’re observing, while you’re doing just about anything. I cannot stress this rule enough; smiling is the most powerful weapon in any player’s arsenal. It lets the women know that you’re probably a fun guy to be around and someone they would like to know or be involved with. This single rule alone can improve your success with women by over 100%.
The Importance of Eye Contact

While you are talking with her, you need to have good eye-contact with her. At least once, hold the eye contact a little “too long”--just a fraction too long, so there's a brief, more intimate moment between you. If she holds your eye, she's interested in more. If she looks away or seems upset by it, she's not worth your time.

Never look at the ground or at your shoes while talking to a woman.
This is a sign of insecurity (which women are turned off by) and they will pick up on this, even if only subconsciously.

Go out and make eye contact with strangers and then smile at them.
Watch them smile back and realize that you have the potential to make anyone on earth smile.

If you make contact with some woman across the way from you and she turns away, don't give up on her. Try to make eye contact again and smile at her. If she smiles back, approach her immediately! This is an opportunity that must not be passed up because it's an open invitation for you to come over and introduce yourself or ask her to dance. Whatever you do, don't stare at a woman. This is impolite and nobody likes to be stared at. Just look at her long enough to make it quite clear that you see her and then immediately look away. Just keep looking at her off and on until you establish some meaningful eye contact and exchange smiles.
A simple and practical guide to an approach by Adonis

1) **It's you and all you**
Obviously you need a lot of confidence to approach women and how you gain this confidence is up to you. The easy way to gather confidence is to really put more effort into yourself. What do I mean by this? Well, spend time building up the things that make you a unique person. What makes you stand out from the rest of the world? Why would she choose you over millions of other losers out there? Focus on your strengths and support it at all times.

2) **Appearance**
Dress up like a decent character and spend some time grooming yourself. Your body is your shrine. Go to the gym and start putting some effort into staying fit and looking good. Women really do put more emphasis on looks more than they'd care to admit. First impressions come first when she looks at you, so it should be obvious that she is judging you by the way you look.

3) **No fear of rejection**
This is the biggest problem for most guys - caused by lack of #1 above. Just don't take this personally. We face rejection throughout our lives. When you’re approaching a woman, you’re approaching a stranger and she doesn’t know you. If she rejects you, don’t take it personally. There could be variable reasons why she would reject you and you’ll never know why. Don’t try to guess why, because you’ll never know. Move on with the game.

4) **Things to know before you go**
The true experts of the approach are women. Why? Because they’ve seen it all. Women get approached by the sleaziest guys out there and are therefore on the defensive. Knowing this, when you do approach women just know that you are invading their personal space, so show some respect and make it light. Besides, regardless of how you mask or hide your intentions she already knows what you’re after. Some girls are just out there to have fun. Even if they elicit the attention of men, women are just out with their friends to have fun. They’re out to have a good time and to forget about men in some cases, so more than likely they don’t want to be approached – so you just have to know when to approach and when not to.
It’s all about timing
If a girl finds out that you are attracted to her, before she is attracted to you, then she’ll think you are creepy and sleazy. The key is to show interest in her when she shows you signs of interest. Therefore, during the attraction stage, you should only make a passing interest in her. You are playing with her for your own amusement, and she is holding your attention only for the time being.

How can I tell if she likes me?
The only way to tell how interested she is in you is to make a move (number close, date request, kiss, etc.) Watch her reaction. If the move is unsuccessful the first time, you can try again later one more time. If it’s unsuccessful the second time, move on.

What is the best pickup line?
According to a study done at the University of Chicago, "Hi" was the best opening line there was, followed by a question. “Hi” actually gathered the most responses, attention and a higher probability of further conversation than virtually every pickup line. Why? It’s because it’s harmless and it shows that you might be a friendly guy.

Don’t come on too strong
People (both men and women) have a tendency to get caught up in the emotions of a new relationship and show too much interest way too soon. Don’t jump into relationships... ease into them. With relationships it is better to error on the side of caution – take things slow.
Take Action by Wyldfire

Women are reactive and they will only react (be it positively or negatively) to you if you act. Yes, you might be a bit nervous or afraid that if you do take action that she could react negatively.

However, if you don’t take any action at all, she won’t react positively either. She is waiting for you to do something...anything...to give her something to react to.

Don’t worry about if she likes you. It’s her job to worry whether or not she is worthy of you.
Take Opportunity by H20

(A five star article. Don’t miss out on this one!)

Go through one complete day and note all the times that you could have made conversation with someone and did not. I bet there were tons of opportunities.

Everything is a game. You have the choice of entering the game and playing or sitting on the sidelines.

**How many of you when you get on an elevator:**

A. Look at your feet  
B. Look straight ahead  
C. Look at the numbers  
D. Start talking to people around you

If you chose D, then you are the type of person who enters the game. Everything you encounter is a transaction. You can enter it or not.

If you’re in the line at the grocery store you can enter the transaction of (being in line) and make it to your benefit or you can do A through C. Thereby missing opportunities to grow. The key to a successful approach is timing.

It’s all about timing. So take your time when you want to approach a woman. Take time to make eye contact, to smile then converse. It’s not rocket science, if you do it enough, you won’t even think about it. Start observing your surroundings. Look for an opening or think of something you’ll open with.

Don’t take yourself so seriously and talk to all women. Who cares if it’s a hot girl or an ugly hag? Talk to everyone! Some guys only try to talk to beautiful women and get shot down. Talk to everyone. When you talk to everyone, you will see yourself getting more comfortable with speaking to strangers.

You also need to constantly expand your comfort zones. The more you go somewhere and interact socially, etc, the more comfortable that you will become. Some people say that you should “Walk around somewhere like you own the place” in order to project confidence. Well, that is complete bullshit. If you are not comfortable, then do not fake it until you make it. However, when you truly extend your comfort zone to somewhere you were not originally comfortable, you will feel like you naturally own that arena.
Also, you have to be interesting in order to interest other people. Let’s repeat that again. You have to be interesting in order to interest other people. For example, if you are in a library or a bookstore and you see a girl reading a book, be sure you have a good reason to disturb her. Do you think just because you want some pussy she’s going to stop reading and be all eyes and ears just because your boring ass said so. **Nope. You must offer something better than what she is currently engaged in. Your presence must be interesting, and you must offer her something that’s more interesting than what she is interested in at the moment.**

And remember, don’t live your life covering up a lie or hiding the secret that you are really a fake. In order to attract women, you **MUST** change. If you’re sitting there, playing video games, unshaven, half-eaten pizza on the floor, room messy as hell, you are no longer the prize. The girl will lose a significant amount of interest. You **MUST** change your life.

**Stop being mediocre.** Get some hobbies. Start having fun. If you’re in school, join some clubs/activities. If you’re not in school get involved in community clubs or activities. Join a gym and remember to go. Fill your daily/weekly/monthly schedule with interesting, fun activities. Have something fun to do and make sure you choose things that will help you excel with respect to your goals. Will a certain opportunity help you excel socially, mentally or physically? Take it then.

**One final thought. Expect failure.**

If it’s not in you, you can’t be it, so just face reality. If everyone here was awesome with women, do you think the world would work? **Nope. For some to be successful, others will have to fail.** If you don’t see that on a daily basis, you need to learn to accept it soon enough. **For you to succeed, others will fail.**

I realized I would miss so many opportunities to approach girls. I would make some excuse to myself as to why I shouldn’t approach, that I’d wait until a ‘better’ opportunity came along. I guess I was hoping that the ‘perfect’ opportunity would arise and then I would be able to approach her. But the perfect opportunity **never** came. *(By ‘perfect’ I mean all the right signals from her, nobody else around watching, girl who isn’t in a group or with friends, etc...all lame excuses).*

**There is no such thing as a perfect opportunity, only lots of chances to meet girls that you must grab immediately and turn them into an opportunity for you.**
Imagine yourself on a warm summer day, strolling down the sidewalk of your favorite city, slow and serene. Just you and your thoughts.

Just you and the smells of the shops and restaurants that you pass. Just you and the sound of traffic. Just you and the strangers around you, behind you, beside you, toward you.

You feel calm, like a rock in the middle of a stream, as the people part and flow around you. You feel the warmth of the sun on your face and you are glad you have nowhere to be and nothing in particular that needs your attention. You are not doing anything. You are just... being.

The air is alive, electric. Possibilities are everywhere and you breathe deeply, absorbing the smells and the sights and the sounds.

And then... you see her.

She is casually walking toward you, stopping occasionally to look in shop windows, and she is beautiful to you. She wears a simple dress, unadorned and soft, floating about her as she moves, with the sunlight shining through it, tracing her shape, her form. It's that kind of dress.

Time slows down and you catch your breath. She is getting closer, unaware that you are watching her, absorbed in her own reverie, window shopping. It is obvious she is not in a hurry. And now she is even closer.

Here's the question: What will you do?

What will you do?

You know exactly what you want to do. You want to stop her as she is about to pass and say something charming and confident. You want to smile and ask her name. You want to ask her to join you for coffee around the corner. And if she joins you for coffee, you want her to sit with you, fully attentive, enthralled by your easy manner and compelling conversation, as you regale her with stories and fun and witty repartee.
You want her to be so intrigued by you that she offers you her phone number - without you even asking. And then you want to call her tonight! And the next night. And the next. You want to tell her she is beautiful to you, and that you can’t wait to see her again.

You want to do all those things.

But you can’t. You can’t... because you are afraid.

You are afraid that if you try to stop her and say hello, she will smile a weak smile at you and then keep going. Or she will ignore you. Or she will shake her head and avert her eyes and duck around you.

You are afraid that if she does stop and she does tell you her name, then you will draw a blank, and you will look foolish and awkward as you desperately try to think of something interesting to say.

You are afraid that even if you don’t draw a blank and you manage to engage her in some semblance of conversation and you ask her to join you for coffee, she will decline and say she has a boyfriend. Or she will laugh at you. Or she will look you dead in the eye and say, ”No, not interested.” And walk away.

You are afraid that even if she does agree to join you for coffee that, well, maybe she is just bored and has nothing better to do. Besides, you certainly are not her type anyway. After all, you are sure you are too short for her and you are sure she likes a different hair color than yours and you are sure you aren’t good looking enough for her.

And then even if she appears to like you, and she does ask you to call her and she gives you her number, then you are afraid you will have no idea what to do with it. Should you call her right away? Should you wait three days? A week? You have no idea.

And then even if you do manage to get up enough courage to call her, how should you act? How should you sound? Should your tone be upbeat, fun and carefree, or suave, assured and direct? Or should you just be yourself? And, for that matter, how do you be yourself anyway? Why would she ever be interested in you being yourself?

And finally, if you do compliment her and tell her she looks beautiful today in her simple dress that floats about her when she moves, then you are afraid she will view it as supplication. No, you can’t compliment her. Instead, you must act distant and cool and aloof and uninterested,
because if you don’t, she will think that you are needy and clingy and too available. You hate acting like that. Why can’t you just be natural and real and not play these games? Ah, but if you don’t, you are sure you will lose.

And there you have it. She is almost upon you now, but it doesn’t matter because in a fraction of a second, your mind has conjured up all of these negative scenarios.

And so as she passes by, all you manage to put together is a thin-lipped smile and a nod in her direction and, well… she may or may not have noticed; you can’t really tell. And it makes you very sad.

Well, you are not alone.

This is how most men live their lives. They spend their time watching her pass by. They fail to act, letting what could possibly be the most fulfilling romantic encounter they have ever experienced quietly pass them by.

It is all because of our deepest fear: the fear of rejection.

In today’s society, a man feels that if a woman rejects him in any way - however politely and kindly she does it - she has somehow invalidated his very masculinity. He can’t help but feel that she is indirectly rejecting him as a man. He simply isn’t good enough for her. And by extension, he is not good enough for anyone - including himself.

It doesn’t matter what her reasons are - she might be sad today, or not feeling pretty, or newly broken up with her boyfriend, or happily married, or frustrated with her career or her life… or whatever. He still takes it personally.

Even the most confident of men among us - those used to being constantly in the company of women - get rejected now and then; they still feel a twinge of hesitation when they encounter a woman that takes their breath away.

The fear of rejection is a man’s deepest fear, and it causes him to hesitate, to catch himself, to pause with that oh-so familiar sinking feeling in his stomach. In other words, without her even saying a single word to him or even noticing him at all, he has already rejected himself.

She doesn’t have to reject him because he has already done it for her.

The truth is, the fear of rejection is ingrained in all of us, including her. We have been conditioned by society to believe that we simply aren’t good enough. It feels natural to us that others will reject us because we have lived with the
fear of rejection our whole lives. We wear this fear around us like a blanket; we have grown accustomed to it.

Society has ingrained in our consciousness the notion that we might not be as good as someone else. Or, equally common, our parents conveyed to us through their words or their actions from an early age that we simply were not good enough.

Men spend their lives trying to compensate for this perceived lack of value. They try to wear the right clothes, get the right job, drive the right car; all in an attempt to distract her. We hope that maybe she won’t notice - and ultimately reject - the real us.

So here we are today: men fear women because they feel that she has the power... the power to validate them. To most men, if a woman agrees to see them or date them or marry them or love them, it gives him value. He feels like a man, like someone has accepted who he is. Unfortunately, he feels the reverse is also true: after all, if she rejects him by not agreeing to any of these things, then is she not invalidating him?

One of the saddest phrases for a man to hear from a woman is, "Don’t take this personally, but..." She may sincerely not want to hurt him, but in reality, a man can’t help but take it personally.

What happens is this: he feels the rejection, polite or not, as a direct invalidation of his very soul. It sends a man into paroxysms of self examination. "Why?" he asks, "What is it about me that she didn’t like? Am I not tall enough? Charming enough? What did I do? What didn’t I do? Why?"

And the cycle repeats.

I once saw a sign in a hotel lobby in Vienna (of all places) that said this:

"If you could see yourself the way others see you, you would be amazed."

I thought about that sign for a long time, and you should too. For if you do, you will discover that it truly is the answer to the fear of rejection.

Always remember that no matter what the outcome, no matter how she responds to you, you are still you! You never lose. Never forget this, for it is the key to overcoming your fear of rejection.

And then... do it anyway. Even successful, confident speakers and performers get butterflies just before they go onstage. It is natural. The difference is that they do it anyway. They don’t fail to act. They don’t necessarily have less fear of rejection than the rest of us; instead they take a deep breath, steel themselves, and do it anyway - in spite of their fear.
Success breeds confidence and confidence, as we know, breeds success.

So the next time you see her, don't hesitate. Instead, approach her with a smile, knowing in your heart that she too is afraid of rejection, that she too is nervous about how she appears.

Don't reject yourself on her behalf - before you have even met her! Acknowledge your fear, and then do it anyway.

Remember: No matter what happens, you are still you. You never lose!
Chapter 9: At the Club

Don’t just stand and watch the girls on the dance-floor! All that herd of chumps waiting and twiddling their thumbs is known as “death row”. They are also called “wall flowers”, because they just stand and do nothing. Don’t be one of those guys.
Chapter 9: At the Club

The following articles will briefly explain ways to approach and speak to women in clubs. This section is short, as most of what is required will be explained throughout this book.

Never approach a woman the minute she arrives at the bar, club, or party.
If you do, you are doomed for failure. Instead, give her time to get used to the new surroundings while you observe her and wait for the right time to make your approach.

Don't just stand and watch the girls on the dance-floor!
All that herd of chumps waiting and twiddling their thumbs is known as "death row". They are also called "wall flowers", because they just stand and do nothing. Don't be one of those guys.

Flirt with all the women.
What really amazes me is these guys at the nightclubs that don't even flirt with women. They just stare into space or look down at the floor. If they do accidentally catch the eye of a woman, they look away as quickly as possible and let it go at that.

They just don't know what they're missing. And what they are missing out on is meeting women the easy way. So my friend, if you're like this, make it a point to stop staring into space and start flirting with women. Flirt with every woman in sight. It's a lot of fun and you will be attracting more women than ever before.

Learn from your competition.
While at a bar or nightclub, observe what kind of clothes other successful men with the ladies are wearing. This will give you a general idea of what to wear. I can't tell you exactly what to wear, because fashions tend to be different in other areas/cities, but one simple rule to remember is:

Dress to impress, always try to over-dress for the occasion.
Women almost always assume that the best-dressed men in the building are the most successful/highest paid.
**Learn to dance**
There were a ton of articles about how to dance. Understandably, dancing is very crucial to enhancing your game in the club. The thing is, I didn’t put a single tip in here about dancing. You don’t learn “dancing” by reading text. Reading lines like, “Put your hand above your head and do this and that…..” doesn’t teach you anything. You don’t learn how to drive a car by reading a manual. You go out there and you take a class. Take a class in dancing. That’s the only way you’ll learn.

**Don’t buy her a drink.**
Don’t offer to buy her a drink neither agree to her demands (“I’m thirsty….”, “Will you buy me a drink?” etc). Here’s why - if you do, you supplicate. And women have nothing but scorn and disrespect for supplicating men. A lot of women like to take advantage of guys by trying to get free drinks from them. By refusing to get them free drinks, you are not submitting to her. Just don’t be rude about it.

If a girl never liked you in the first place, offering these things will not change her mind. She won’t suddenly like you just because you give her these things.

**Have fun and make it seem like you’re having a good time**
Women at clubs tend to be 100% more attracted to the men on the dance floor, even if they don’t dance well or are less attractive than the men sitting/standing around.

**Drinking dulls your edge and makes you appear stupid.**
Cultivate an outgoing, charming, and humorous personality while sober. If you’re consuming alcohol, keep it social and minimal. Fellow players swear that alcohol instills them with “liquid courage”. Choose whatever method you choose. But above all, only drink enough to get a good buzz.
**Women in groups** by Tom Lyekis
Girls travel in packs when they’re not looking to hook up. It lets the not-so-hot girls get as much attention as the real babes in the group. It’s almost impossible to get one alone, much less take one home. Most likely, if you approach a girl in a pack, one will act as a “blocker,” stalling you from your real girl. Just don’t pay them any attention. Don’t buy them drinks. Take a number, maybe, but don’t pursue them.

**A second opinion on the article above**

Some players who have a lot of game can pull it off. I’ve seen guys come up to groups of women and manage to pluck one out of the group. The trick is to separate her from the group in some way. One example is getting a camera and coming up to the girl that you like. You ask her to take a picture of you and your friends. She follows you and holds your camera and she is separated from her group. Then, you just start your game from there.

**A second opinion on club girls**

I find the most ironic thing is that most of these tips are tailored towards clubs and clubbing girls. But in my years of experience, I have found that “club” girls are usually the worst kind of girls to get. I’m realizing that men who get “club girls” are the ones who are always complaining that women are illogical, psycho, emotional, stupid, etc. It’s not necessarily the fact that ALL women are that way…but rather the men get these women from clubs. Clubs are not “quality” women. You won’t find a quality woman in a club or a bar. The “quality” women come out during the DAY.

If you’re looking for something meaningful and something that “matches the wrapper”, go for women that you meet through your social circles and through women you meet through friends. When you rely on pickup lines, “materialistic things”, and looks, you get a “club girl.”

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**Girls Night In**
Chapter 10: The Conversation

While speaking to a woman, constantly repeat her name. It’s like music to their ears. For example, “So where are you from, Heather?” instead of “Where are you from?”

As, alas, you might know, you can do all the affirmations in the world, but if you don’t have the social skills to attract women, you’re out of luck. –Swingcat
Chapter 10: The Conversation

The following articles will discuss the various ways to carry an effective conversation.

Show her that you like the way she is.
You want to her to feel comfortable. If you haven’t noticed by now, women aren’t happy with themselves. A woman can name 20 things she would like to change about herself. When you let her know that you like her way she is, she’ll be more comfortable around you.

Intrigue her and make her think. Ask “daring” and “silly” questions.
Ask her about her opinions on the: present situation, her clothes, her work, her hobbies, her likes and dislikes, kissing, sex, food, whatever! There are a million topics, the future, dreams, the past, family, relationships, sports etc.

Think of yourself as a talk show host, keep it going and also let there be moments of silence, goad her to start up a topic by clamming up for 20 or 30 seconds, see where she leads it to, this will tell you a lot about her. If she says nothing this also tells you a lot about her, you have to elicit more conversation. If she is totally devoid of initiating conversation she is either not interested in you or she may be a bit shy.

Let her respond and do most of the talking, you just prepare her and let her go, she’ll take care of most of the words.

Women often look for the “real meaning” behind what you say.
For example, if you tell a story about your “friend,” she will usually assume that you are actually talking about yourself. But if you name the person that you are talking about, then she’ll associate it with someone else.

Don’t ask too many questions
The single most common mistake many men make in conversation is asking too many questions. Asking too many questions makes it sound like an interview, while asking too few questions can make it seem as if you’re not very interested in what she has to say.

Never talk negatively about your life or your job.

Women are ultimately seeking for a companion, and why would she want to share her life with someone that is not satisfied with their own. Never talk negatively about an ex-girlfriend either, which is a very common mistake.
Focus the conversation on her
One of the best ways to get a woman to be interested in you is to focus the conversation on her. Let her talk about herself. Figure out questions that ask about her. Let her keep talking. The conversation should be 70% her and 30% you.

Letting her take control of the conversation ensures she won't get bored, let's you learn more about her, and keeps you from saying something stupid. You can't lose! Do NOT make the mistake of talking about yourself in an effort to increase her interest. It does NOT work that way. Girls will talk forever about themselves and it actually makes things easier for you. When everything is done, it subconsciously leaves a good impression on the woman. They think you are a cool person to talk to but the irony is that she was the one talking the whole time.

A second opinion
There is an exception to the rule. You don’t want to be a mute person! If she is persistent and wants your input, make sure you do it but try to revert the conversation back to her. By not talking about yourself, you let your image speak for itself. And don’t forget, the less women know about you, the more women want to know about you. Be a man of mystery.

Awkward pauses are your worst enemy.
As soon as I feel a conversation is about to fizzle out, especially with someone new, I either start up a new conversation or simply excuse myself to talk to someone else. First impressions are important, but last impressions even more so!

6 Words to a Less Awkward Conversation

Where?
Why?
When?
Who?
What?
How?

While she’s talking about whatever subject you both have chosen and you start to get that inking that the conversation is going to get stuck, think of these 6 beginnings to a question; you’re GUARANTEED to have something constructive and plausible.

You want to show rather than tell when you tell her a story or when you are speaking to her. So why do most men fail when talking with women? It is because they are using words, not feelings. Stop dividing yourself from your emotions. If you’re happy, let yourself be happy. The women will smell it and love you.
Bragging gets you nowhere by becomeaplayer

I've noticed that many men like to brag about themselves in an attempt to impress women. They think that if they tell a girl about what they own or what they have done it will increase their chances of picking her up.

This kind of strategy is probably the worst way to seduce girls in my opinion, and from my personal experiences in life I've found that the people that do the most talking about themselves are always the most insecure of us all.

Men that feel the need to prove themselves to women through words are generally the type of guys that always have a ton of detailed stories to tell about how they bang tons of babes... but you never seem to actually SEE them with one. This is because they never really do get any girls, but because of the fact that they know that you have never seen them with any girls... they feel the need to prove themselves to you as well by making up tall tales.

Men that like to brag don't get girls because girls are just not attracted to qualities in men that we TELL them that we have, they are attracted to the qualities in men that we SHOW them we have. We've all heard the old saying "Actions speak louder than words" and this is definitely one of the situations in which it applies.

The moral of this tip is obvious: Never brag or try to make yourself seem better by talking about yourself to girls, instead show them that you are an attractive guy by letting what you do and who you are speak for you.
In conversation, try to steer clear of these:

Religion
Politics
Conspiracy Theories
Sad Themes (World hunger, war, disease, etc)
Bitter Themes (she doesn’t want to hear about your ex)
Technobabble (girls are not impressed by your coding abilities)

Refrain from saying things that subtly exude incompetence, like saying:

I don’t know.
I’m not sure.
I think.
I guess.
I have no idea.
No clue.

Or incompetent body language such as:

Stuttering.
Taking a long time to respond to questions.
Lacking decisiveness.
Stalling when faced with a decision.
Looking in other places instead of where your focus should be.

By making just these small changes, you will strengthen the confidence that other people perceive of you.

Do not be a woman’s therapist
Don’t be that guy who just sits there and listens to a woman talk about her jerk boyfriend, and all the other drama in her life. Lots of uninformed fools think that listening to a woman all day, improves their chances to sleep with her. It doesn’t work that way. When you keep doing that, she puts you in the “friends” box. You become her friend. And once you become her “friend”, she won’t endanger her friendship for your sexual advances. Be genuinely helpful at first. But know when to have respect for yourself and for your own time.

Ask open-ended questions
Avoid asking her QUESTIONS which can be answered with ‘YES’ or ‘NO’. If she just answers ‘no’ and your nerve breaks then you’ve virtually blown it.
Be a good listener
I can’t stress this enough, but learn to be a good listener! The worst thing you can do is feign interest or simply “uh-huh” someone to death. This will lead to numerous topics to discuss. You pick up the topic thread, you lead, she follows.

Be a good listener II
When men have a problem, they want to find the cause and resolve it. Women don’t want to solve their problems. They are more emotional. They want to **vent** the problem out in the air. So when a girl tells you her problems, don’t try to offer her solutions.

Don’t discuss problems with her.
If you discuss problems, you become one of them.

Want her to feel relaxed in your presence?
Then try relaxing yourself. Lean back and chill out and she will follow suit.

The less emotions you show, the better.
Always keep something in reserve. Always have a bit of mystery. Always be slightly unpredictable. With experience you’ll learn how to be mysterious without being weird or unpredictable without being unstable or flighty.

Interesting topics to talk about

<table>
<thead>
<tr>
<th>Films</th>
<th>Music</th>
<th>TV</th>
<th>Holidays</th>
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<tr>
<td>Hobbies</td>
<td>Work</td>
<td>Well known people.</td>
<td>Pets</td>
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So what do you do for fun?
This is a great probing question for a woman that you’re chatting up, and you’re unsure if she has a boyfriend. You should ask this question before you commence with closing for the phone number. It’s a harmless question and one that women respond easily to. You’re interested in knowing what she does in her spare time, and it also makes her think you might be a “fun guy” to be around, while at the same time, gives you your answer as to whether she is taken or not. If she is in a serious relationship, most of the time she will mention the boyfriend when talking about what she likes to do. Try it. It’s smooth and it definitely works.
The Chill Factor

I know this may be common knowledge to most of you but it's something I wanted to throw out there.

It's called the "chill" factor.

Ever notice that all the players who get all the women act like they got all the time in the world? They're not as tense as the other guys. They're not so uppity. They are just always chillin.

When they talk, they're always relaxed. When they speak, it's smooth.

But the ones that aren't successful or getting none are the ones who don't have the "chill" factor. They always seem to be the desperate ones. They aren't relaxed. Even from the way they speak...

People who get laid on a regular basis have the "chill" factor.

And the ones that fail with women don't have it.

A lot of what attracts a woman is about putting her at ease and making her feel comfortable. Think back at all the times you were successful with women and how you acted then. Or look at the guys who are successful with women. Look at how calm they are. Look at how relaxed they are. Look at how they speak. Look at how they act. Most of these people didn’t have a care in the world. They're just calm and collected and are relaxed. They’re just chillin’...They’re getting laid.

You don't have to pull out a magic show for a girl every time. Just treat it like an everyday thing. Act and KNOW and believe that this is an everyday thing. Stop stressing. Stop trippin’. Stop over-thinking.

Because women smell desperation.

It's just all a matter of being at ease.

Just be chill.
Act like you know her

I think one of the best ways to get a girl to like you and to get your best game on is to just act like you know her. When you memorize and use tactics and pickup lines, it doesn’t sound sincere. It makes it sound like you’ve been thinking too much about it.

Women aren’t stupid. They can talk to a guy and see whether the guy is just trying to get her number. Don’t analyze women too much. The way I look at it, you just got to act like she knows you and you know her. Make her feel comfortable.

The other day I was shopping and I was standing in a line. I noticed a girl with a cute face. She looked really tired. She was messing up my order.

I just smiled at her and just said, “Kind of a stressful day, huh?”

I kept talking to her like I knew her!

The girl’s eyes just opened wide open and she smiled back. She started talking to me and she was smiling and laughing. The girl genuinely liked me. I was smiling and laughing and talking to her and she felt comfortable around me.

I acted like I knew her and she knew me.

The other day, I was hanging out at a club and I noticed this hot girl chillin’ with a drink in her hand. The club was loud as hell. I noticed a lot of men would come up to her and say something (I couldn’t hear anything). Then the girl would say something (I couldn’t hear anything) and each guy just walked away.

I grabbed some balls and talked to her.

The whole time I was talking to her, I acted like I knew her.

I treated her like a friend I hadn’t seen in a long time.

When you smile at someone and act like you know them, and you sound sincere, they feel comfortable around you! It disarms them.
Acting like you know a girl works better than trying to use some cheap pickup line. It’s because you sound like you are genuinely interested in her. I didn’t use a single pickup line on this girl. I just smiled at her, said “Hi”, and just acted like I knew her. The girl was talking to me and I was joking around. She felt comfortable around me because I acted like I knew her and she genuinely liked me.

Now, there’s one bit of advice I must add. And one crucial one at that. While you do act like you know her, you must act like a guy who has some sexual interest in her as well. Treat her like an ex-girlfriend that you used to like.

You wouldn’t use cheap pickup lines! You wouldn’t have to think about tactics! You wouldn’t think about whether she likes you or not! You wouldn’t CARE about whether what you’re saying is right! You wouldn’t give a damn.

Why?

Because you know her!

This is why it helps when you assume that a girl likes you! This is also why women like guys who already have girlfriends. These guys act and speak differently.

When you act like you know a girl, you don’t care about whether she likes you, because in your mind, she does like you!

The trick is to talk to them like you know them and to not care whether what you’re saying is right. If you believe that what you say is smooth, it will be! When you start second-guessing yourself, your words come out weak and fake.

After all that, you just check for the lean and the laugh. If I like a girl, I keep leaning in closer and closer. Girls who like you will smile and lean forward or stay still. But girls who don’t like you will lean back. Girls who like you will laugh a lot....Back to the story.

After we talked and chilled for a couple of hours, I gradually leaned forward while I was talking to her. I kept talking to her like I knew her. She leaned forward. I smiled and said, “Hey, I had a great time. We really should kick it (hang out) more often”

I checked her reactions. Open gestures.

She says she’s down........blah blah blah. I laugh and smile. “Hey, is there a number I can reach you at?” (My favorite line)

BAM.
Get to know her as a person with feelings by Vassago

You could talk about where she works, what are her hobbies, what classes she is taking, etc. But why would you want to? After you found out all that boring information about her, do you really know anything about what kind of person she is?

The person on the inside?

Let the other guys talk about the boring stuff... Try to get to know her as person with feelings and not a person with hobbies.

Ask her if she believes in reincarnation, ask her if she could change one part of her life what would it be, ask her if she thinks her friends are as important as her family, ask her if she’s ever been so scared that she couldn’t even move, or skip right to the point and ask her to tell you something that she’s never told anyone before, and that you will do the same. Then keep going back and forth.

I guarantee you’ll get a lot more out of the conversation and become a lot closer than if you were talking about something typical. Make the conversation meaningful.

Be calm

Don’t gesture too wildly when you speak. It is great to accent your speech with gestures but your arms should not be flailing unless you are telling a fascinating story and have reached a dramatic climax. For the most part, you should try to keep your hand movements around the waist/ribcage level. Also, unless you enjoy looking really insecure and nervous, don’t bite nails, fidget or play with things in your hands.

Charisma

Think of all the great leaders in history. Martin Luther King Jr., JFK, Adolf Hitler, etc. These people had charisma. Charisma isn’t about others liking you. Hell, many people hated Martin Luther King Jr., Hitler, and even some didn’t like JFK. But you know what? Even though they may not have ideas that everyone agrees with, everyone gives a damn what they say. Charismatic people have an aura around them, that makes people care, and makes people want to be close to them.
Conversing for Maximum Attraction

by Allen Thompson

By golly, you’ve actually met a woman.

Maybe you’re in bar. Maybe she’s someone you know from work. Or maybe, even, you’re actually out on a date.

In any event, now you’ve got to do something scary, something unpredictable, something with the power to launch a future romantic relationship, or end one before it even gets started. YOU’VE GOT TO TALK TO HER.

What do you talk about? Should you tell her about your childhood, your therapist, your plans for the future, the wart on your big toe? What if you can’t think of anything to say? What if you say the wrong thing? And, by the way, what would be the "right" thing to say? Do you have a clue?

Most guys don’t. The average man is basically just flailing blindly at the wind, hoping by chance that something he says will "connect" with the woman and make her fall for him.

You need to have a plan. You need to know DEFINITELY what works and what doesn’t. What to talk about and what not to talk about. You don’t want to leave her feelings to chance or to fate. You want to be charming and in control.

And that’s what we’re going to discuss right now.

Now there are many, many aspects of a conversation. This particular article focuses on the conversational TOPICS that you should focus on when wooing a beautiful lady. Those topics which will almost GUARANTEE increased interpersonal attraction. Topics which will leave you in complete charge of the conversation, and which will leave you the option, IF YOU SO DESIRE, of future conversations, dates, or an intense romantic relationship.

Are you getting excited?

Okay, so WHAT exactly do you talk about?
Well, the first thing to remember is that men frequently usually talk TOO MUCH. They often monopolize conversations, droning on and on about topics that bore women to tears. They think they're "impressing" the women when, in reality, they're "depressing" the women.

Just because a woman listens to you and acts interested in what you’re saying doesn’t necessarily mean she really is. She might just be acting polite while silently wishing that the date would hurry up and end, or that you would go away... and never come back.

So key number one is DON’T TALK SO MUCH! Try not to monopolize the conversation and try to LISTEN to what SHE has to say. Remember, everyone is incredibly interested in what they themselves have to say. People will talk to you about themselves for as long as you will listen.

So stop worrying about what you’re going to say next. Focus all your attention and energy on listening to what the woman is saying to you. Try to visualize or "feel" what she’s saying.

This does take a little effort. It's not very hard to do, but it’s not something that men "naturally" do. You simply have to concentrate.

Now when listening you want to pay particular attention to any "seeds" or free information she happens to throw your way. Seeds refer to subtle hints that women give that point to conversational topics that they would like to or be willing to discuss.

An example:

Bob: You come here often?
Kim: Actually this is my first time here. Just moved here from Florida.
Bob: Oh. I come here every week. I love this band. It's pretty crowded tonight.

Bob is clueless.

Kim gives him plenty of free information to follow up on. It's almost as if she's testing him to see if he has the intelligence or social skills to capitalize on what she says. Bob fails.

So what would be the "right" thing to say?
Well... she mentions that this is her first time in the club and she just moved here from Florida. Bob could have properly "watered the seeds" by asking

a) How does she like the club, band, etc? b) What brought her here from Florida? c) How long has she been in the area? d) Where in Florida is she from? e) How long was she there? f) What’s it like there?

Kim’s two short sentences gave Bob tons of information to follow up on. Tons of conversational topics that she has indirectly indicated that she’d like to talk about. But Bob was too worried about himself. Too worried about the impression he was making. Too worried about what to say next to LISTEN to what she said.

Do you see the importance of listening now?

You must concentrate on what she says and block everything else out of your mind. If you listen you never have to worry about what to say next because the other person is "telling" you exactly what to say.

Kim even subtly indicated that she was attracted to Bob (or at least not repulsed by him). How? She didn’t blow him off. She gave him some free information to talk to her about. This may have been a conscious decision on her part or it may have been a somewhat unconscious act. In any event, Bob didn’t pick up on it and blew his chances with her.

Keep in mind that if a woman likes you or would like to get to know you better, she will GIVE YOU free information to follow up on. She will throw out some seeds for you to water. If she’s not attracted to you, she won’t give you much of anything and it will be very difficult to maintain a decent conversation with her. No matter how charming you are, if she doesn’t "help you out some" you’ll eventually have to admit defeat and walk away.

So be sure to listen for the topics she’d like to discuss.

Now in order to converse for maximum attraction, you need to keep two other things in mind. You need to tell her about yourself. And you need to maintain a proper talk/listen ratio.

You may have heard or read somewhere that people like to talk about themselves and that you should spend most of your time listening and asking questions if you want others to like you. This is true... to a certain extent.

People DO like to talk about themselves and they DO like those who listen, ask questions, and seem interested in what they’re saying.

But...
If your goal is to charm this lady, you’ve got to do more than that. You’ve got to tell her something about yourself. Specifically, you’ve got to “tell her” that YOU TWO ARE VERY MUCH ALIKE.

You do this by making “me-too” statements.

That is, it is desirable to bring yourself into the conversation when you can relate yourself to something she’s talking about or make yourself seem similar to her.

For example:

Kim: I really miss Miami.
Jim: I can imagine. I spent two weeks in Miami last summer. I loved it. Even thought about moving there myself.

Jim is smooth.

Jim didn’t ask a question (this time). He told Kim something about himself that made him seem similar to her. Now if Jim has also been listening and asking questions, then he’s probably doing very well with Kim.

A good talk/listen ratio would be around 40/60 or 30/70. That is, you want to spend around 30 or 40 percent of the time talking, and about 60 to 70 percent of the time listening. And you should spend as much of that 30 to 40 percent as possible in the “me-too zone.”

Think about it this way...

Let’s assume you just went on a dinner date with a lady you like very much. If you monopolized the conversation and spent most of the time telling her how “wonderful” you are, you can pretty much expect there won’t be a second date. I hope you can understand this.

On the other hand, imagine you’d spent the entire two hours together sitting there, listening, and asking her questions. You probably did much better. She did seem happy. She did seem to enjoy the conversation. But still...

After the date she’s going to go home and think about the date. And she’s going to think about you. She’s going to think about whether she should spend more time with you or not.
The fact that you haven’t said much of anything all evening is going to be your downfall... BECAUSE SHE HAS NOTHING TO THINK ABOUT.

You haven’t told her anything about yourself. She still has no idea if she should be interested in you or not. She knows you don’t monopolize the conversation and you’re a good listener. And she likes that. But that’s not enough to spark any kind of emotion in her.

Now imagine you’d spent 60 to 70 percent of the date listening to her (really listening and asking questions), and about 30 to 40 percent of the time telling her about yourself. Specifically, telling her about yourself in a way that makes the two of you seem very similar.

This time when she goes home, sits down, grabs something to drink, and starts reminiscing about the date (and you), she’s going to have something substantial to think about. She’s going to think what a wonderful conversationalist you are. You didn’t monopolize the conversation. You didn’t bore her with details of your job, your childhood, or the health of your colon.

And because you spent a substantial amount of time pointing out how similar the two of you are, she’s going to think that you are very SPECIAL. (After all, you’re just like her. You must be.)

People always like others who are similar to themselves. By being similar to me, you essentially validate my perceptions of the world. I will see you as clever, intelligent, charming, and likeable... because you’re like me.

(It’s true that opposites do SOMETIMES attract. But only under certain situations. On the other hand, similars ALMOST ALWAYS attract. You should always go for the similarity angle during the first part of a relationship. You’ll reveal to her your "unique" qualities later.)

And don’t worry or feel cheated that you didn’t get to talk about the things you want to talk about. If you play your cards right during the first few conversations or dates, you’ll have plenty of time later on to bore her with all your "interesting" stories.

The first few conversations (dates) are critical and you have to "play" them right. That means listening for free info, asking interested questions, and making "me too" statements. It’s a simple 1, 2, 3.
Chapter 11: Asking her Out

The greatest regrets in our lives are the risks we did not take. If you think something will make you happy, go for it. Remember that you pass this way only once!
Chapter 11: Asking Her Out

The articles below will go in detail about the various ways to ask a girl out. It will also teach you the mindset and expectations that you should have before you ask a girl for her phone number.

**Asking Them Out** by Ian McNeice

If you are thinking of asking someone on a date consider the following quick dating tips:

1. Why are you asking them out, is it for the right reasons and what do you expect as a result of them saying yes or no?

2. Be prepared that the person you ask may say no and be prepared to not take the rejection personally.

3. When asking someone out, choose your moment carefully and practice what you might say in advance so that you don’t appear tongue-tied.

4. If the person you ask says “yes”, ensure you already have thought of a place, date and time for the date so that you display signs of thoughtfulness.

5. Be prepared for the person asking why you want to date them so that you are able to flatter and create a sense of trust immediately. People can be wary and they may want to know some reason behind your request. You must anticipate.

6. Make sure that your request for a date does not pressure the person in any way. If they want to think about it, let them. But don’t chase.

7. Make sure that when you ask someone on a date you smile and keep things fun and happy. Being confident and smiley will elicit a far more positive response.

8. Always have an alternative date and time or location in mind should something go wrong.

9. If the person says no, don’t chase for a reason, simply move on.

10. Don’t ask someone out when they are in a group of friends. Timing is everything.
YOU’VE GOT NOTHING TO LOSE!

You see a woman you want.

Then suddenly, some doubt enters your mind, “What if she rejects me? What if I don’t get the number?”

Next time that happens think about it this way....

1) You don't have her number.

2) Worst case situation, she doesn’t give you her number.

3) If you don’t do anything, you are basically just walking right into the worst-case situation. Screwing yourself over!

So why not give it a shot?

If you got the number, that’s great.

If you didn’t get her number, you didn’t lose anything.

Why?

Because you never had her number anyway. But if you don’t do anything at all, you are already down for the count. You rejected YOURSELF.
Visualize
There is a law in psychology that if you form a picture in your mind of what you would like to be, and you hold that picture long enough, you will soon become exactly as you have been thinking. Visualize your success and you will succeed.

A subtle way to ask for her phone number
When you’re talking with her, ask her what restaurants or what kind of food she likes. Talk back and forth about it and joke around. After some time, suggest the two of you go there together sometime. If she says she “doesn’t get out much” or the like, name a few that you like. If she picks up on it and expresses interest, ask her out. Watch her reactions! Check if it’s open or closed gestures. If she is making excuses or seems hesitant, don’t waste your time.

Getting her number by Marc
The right way to ask a girl out is, “Let’s get together and do something sometime.” Memorize these words! By saying this, you give her the impression of a casual meeting. No big deal. Friends getting to know each other. Not a formal date. If you say this, her response will let you know whether she wants to date you or not.

“I need to get going, let me give you a call...what’s your number?”
Say this line when you want her number and you want to leave or end the conversation. Every single word is placed perfectly for you to ask for her number comfortably and confidently.

Understand Your Risk Factor
You probably interact with many different women in many different ways each day. Each situation is unique, so evaluate your risk factor before deciding whether to ask for her phone number.

For example, there’s an interesting woman you see at the espresso stand nearly every day. Over the course of several days or even weeks you’ve started talking to each other and established a connection. Asking for her phone number is relatively easy and low risk because you have earned a level of her trust, and the probability of actually getting her number is very high.

However, if you try to use the same tactic on a complete stranger, you haven’t earned that trust yet, so your chances may be a bit slimmer. Know when it’s the right time to ask her. But then again, don’t wait too long either.
Chapter 11: Asking her out

Never Ask A Girl For Her Number
by Master of the Universe
(A five star article. Don’t miss this one!)

One of the first things they teach you in sales is that you should **never ask** a potential customer if he wants to buy the “widget”, but rather if he wants to buy a “blue widget” or a “red widget”, a 4” widget or a 6” widget, etc.

Basically, as long as you don’t ask him if he wants to buy a widget or not, he cannot decline to purchase. You never gave him that option.

So how do you apply that to your dating life?

Simple.

First you find a girl who is giving you the signals that she might be interested. You go to her and start talking about whatever you want. Now, the most important part of the whole process is the approach, since that allows you to “put your foot in the door.”

Most guys go to the perfect girl and **ask** the girl if she wants to have dinner. The problem is, you never want to **ask**.

**Asking** makes you lose control of the situation. You are giving her the option of dismissing you. Bad idea.

Do this instead. Let’s assume that you’ve spoken with her. You’ve picked up on some positive vibes, and you think she might be interested.

Don’t **ask** her if she wants to have dinner.

While being sincere, tell her “I enjoyed our conversation. Why don’t we continue it later on this week? Would you prefer to have lunch or dinner together?”

**AND DON’T SAY ANYTHING AT THIS POINT.**

This is important, as the first person to speak “loses.” Even if it takes a full minute, just look straight at her confidently and sincerely, and preferably in her eyes until she answers. In 70% to 80% of the time, if you’ve read the signs correctly, she will choose one or the other. Congratulations, you have a date.
Get her number and call her a couple of days later to make arrangements (and when you call her up on the phone, don’t tell her “So are we still on for lunch?” Instead say, “I look forward to our lunch. Would you like me to pick you up, or would you like to meet there.” You get the hint.

If you call a girl to ask her out, do it immediately after she answers; the longer you wait, the harder it will be. And never use the phrase, “Would you like to?” That’s begging. Instead use “Let’s.” “Let’s go to the lake next weekend” sounds better than “Would you like to go to the lake next weekend?”

**The first one is more a command than a question.**

If for some reason she starts making objections when you give her the option between lunch and dinner at the initial encounter, don’t lose faith. Objections are the human way of saying “I’m interested, but not yet sold.” That’s okay, don’t push it. Just keep up with your conversation, showing her how cool of a guy you are, and when you feel the time is right ask her, “Let’s go do something together in a few days. Do you enjoy bowling or miniature golf? Bowling, then it’s a date! Give me your phone number and I’ll call you to finalize the plans.”

**As you may have noticed above, I didn’t ask her for her phone number. I told her to give it to me. Respectfully yes, but I didn’t ask. By politely telling her to give you her number, and by having the confidence to fully expect that she will give it to you, she will have no choice but to do just that.**

As you can see, the principal of “Assuming the Sale” not only works when selling cars and stereos, but also with women. In six years of using it, it has only failed me twice.

The biggest tip I can offer in using it though is that you must have conviction in your eyes and in your tone of voice.

As the saying goes, “He who hesitates is lost.” Well, I hope you get as much benefit from this as I did.

And if at first it doesn’t work like expected... that’s okay, just keep practicing... believe me, it’s worth it.
THE HARD TRUTH by Deezy

If you ask for her number and she doesn’t give it to you, she is not interested. I know this is debatable but I will put everything in a black and white situation.

It’s either YES or NO.

When a woman is giving her home number, you are invading her privacy. Think of it like this. Would you want a stranger calling you at your house? If there is anywhere in this world you would feel safe, it is your home.

If she is willing to give you her phone number, she’s interested. If she doesn’t offer her phone number, she might still be interested, but not enough.

But you see, her interest level is not on HIGH.

So why chase an unsure thing? There are better women and better odds out there.

Don’t give out your phone number until you get hers, first!
In some situations, the girl will ask you for your phone number. Don’t get suckered in. Don’t offer your number until you get hers. If she asks why, joke and say that you think that she’ll just throw away your number. You want to make sure that you leave with her number first! Women usually won’t call men. It’s usually the other way around. They get a bit intimidated calling a complete stranger. It’s better that you do the job.

Checking for fake phone numbers
Since you were able to gauge her reactions, the probability of getting a real number is pretty high, but if you want to make sure you got the right phone number, do this. Let’s say she gives you her phone number. Smile and repeat the phone number back to her, but do it wrong! If it was a fake, she won’t correct the number. If it was a real number, she’ll correct you!
**Never say "How about giving me your number?"** by becomeaplayer

Instead say something like "I’d like to talk to you again, is there a number I can reach you at?"

This always produces much better results because she must avoid saying "No" or she will sound stupid because that will mean there is not a number she can be reached at. It also makes you sound more original than every other idiot that asks for her number.

**Set the date at the spot! Very important!**
As soon as you get her number, you set up the date on the spot! Make sure the activity is something that she likes to do. You should have figured out what things she likes to do, if you listened at all to her conversation. So if she told you she likes hiking or watching movies, you make that the activity that you do. Set the date right then and there. In this way, it will remove about 80% of the awkwardness in calling her on the phone. Not only that, you don’t run into the problem that some guys have where they have a phone number and no date. The main reason you do this, is to force the woman to deliberately choose you. You are setting up a date right there on the spot. She has to make up her mind quick and fast whether she will take this phone number seriously. Here is where you filter out a woman. If she likes you, she’ll agree. If she doesn’t, she’ll make an excuse, then you’ll know that she wasn’t worth calling in the first place.

**Make it a lunch, not a dinner.**
Most women will generally accept dates more frequently on lunches rather than dinner. Also, they tend to accept encounters on weekdays rather than weekends. Besides, it’s cheaper to make it a lunch.

**Don’t let her choose between her friends and you. Make it a weekday.**
If you set the date on a weekend or on a Friday, she may have to turn you down because those are her “active” days. In addition to this, you are giving her pressure by letting her choose between you and her friends. Make it easy on you and her. Set the date on a weekday.

**Don’t forget to make a timely exit**
Even the most interesting guy can run out of interesting shit. Stay with her until you have demonstrated personality and made her laugh and are at a high point... then CUT HER OFF. Tell her you have to do something or it was nice meeting them or whatever. Remember, you do not want to stick around after you get her phone number. You may mess something up. Leave on a high note.
When talking to a woman on the phone, the less you speak, the better.
Keep the conversation short and to the point. Make it no longer than 10 minutes. Also, make sure that it is you who ends the conversation.

Always appear to be busy, even when you aren’t.
Lie or fake it if you have to. If you pick up the phone when a woman calls you and asks the question “What are you doing?” And you say, “Nothing” then you’ve just made a huge (but very common) mistake. You want to make it sound like you are busy. When you always seem to be busy you are displaying to others that you are an interesting person with an exciting life, the type of life that a woman would like to be involved in. On the other hand, when you never seem to be doing much you will be viewed as a boring person. If you are trying to be attractive to women, boring will just not make the cut.

Unless you are engaged in a long-term relationship, never stay on the phone with a girl for more than five minutes.

Many men make this mistake thinking that it is a good thing because they are getting to know the woman, but what they are actually doing is showing the woman that they have nothing better to do than sit around chatting.

Know when to end the attempts
My general rule is if I call a girl more than 2 or 3 times and she doesn’t try to contact me once, it’s a wrap!

Why waste time on a flake? I got better things to do, finer girls to meet! The girls that do show interest go nuts when I finally do give them some attention because I make sure that:

1. I make them laugh and have a good time.

2. I end my interactions with them on a high note and leave them wanting more.

3. I am not readily available at all times so they actually get a chance to miss me.

A second opinion on the tips listed above:

There should be no such thing as a “time-limit” when you are on the phone. It sounds pretty pathetic when a guy tries to fake what he’s really doing to show a certain “image” to a woman. That’s just insecure. It doesn’t matter if it’s five minutes or ten minutes or an hour. What matters is that the conversation is going well. If it’s going well, keep going. If it’s not, end it. Keeping it to five minutes just insures that you won’t mess the conversation up and ruin your chances.
A MAN OF ACTION

This is what you must become.

A man that does not sit idly by while wrongs are being wrought.

A man that will not let himself be disrespected.

A man that will stand up for what he believes in.

A person who does more than talk of great success and future dreams.

You must be a Man of Action.

Stop planning for the future. Start succeeding now!

Stop saying you will work out and become fit a few months from now. Go and do one hundred pushups (no matter how long it may take you) and get some weights or a gym membership.

STOP PUTTING OFF YOUR LIFE.

One day you will realize you have wasted your youth and by then it will be too late. You have the opportunity to succeed. You have to take opportunity to be happy.

You must SEIZE the moment and take ACTION

Have a great business idea?

Think you could be rich if you only had the chance?

START NOW!

Gather your resources. Forget the doubts!

Without taking risks you will never gain anything.

You must ACT!

You know that girl you’ve been thinking about for weeks?

Get her number TODAY.

You must start the process! If you do not, you will never finish. Forget waiting for opportunities.

A Man of Action CREATES his own opportunities!

Your Fate has not been written. Take action today and forget tomorrow.
Chapter 12: Handling Rejection

I learn something every time. Every approach becomes a brick in my palace.
I make no excuses for my desires as a man.
I do not supplicate to women because they find it unattractive.
Rejection is a good thing. The more I get rejected, the more numbers I will get.

Be the man with scars. Learn from your mistakes and become stronger.
Don’t be so afraid of failure that you forget to live your life.
Chapter 12: Handling Rejection

The articles below will go in thorough detail about the mindset that you should have when you face rejection.

**When rejected, just smile and don’t let it bother you.**
Who cares what she thinks, you probably won’t see her again anyway. Besides, it’s her loss, she just missed out on a good time for free with a great guy. Go out looking to get rejected, because once you become comfortable with girls saying no, your fear of rejection will be gone.

**How many times should you ask a girl for a date before you give up?**
Our rule of thumb is once. If she legitimately has other plans and wants to do something with you, she will let you know. “Oh, I’d love to, but I can’t make it. Let’s meet on this day instead.” If she is uninterested, she will constantly make herself unavailable. In this case, drop it. You only make matters worse for yourself if you pursue it.

**If she flakes on you, don’t confront her about it next time you see her.**
Are you the guy who sat around and got upset? Or are you the guy who called over another girl and then forgot all about it?

**Make her decision final** by Jariel

People place higher value on what they can’t have or what they fear losing. When you are rejected or dumped, back off and you make their decision final.

Don’t be taken for granted, don’t try to seduce them. NEVER try to explain or repair mistakes, don’t try to be friends, don’t change who you are or put on any acts, just cut them off and get on with your life. If they try to get in contact, be polite, but indifferent and don’t give them your time. Your time is precious and you have other things to do. Finally, if and when you do decide to take them back, do so on your own terms and continue letting them know you won’t be taken for granted!

**Why doesn’t she want to go out with me?**
It doesn’t matter, and it will be far more trouble than it’s worth to find out. All you know is that she doesn’t. So... NEXT!
Fish in the sea
Always remember, you are a king, and a king doesn’t ever walk around with his head down. We take the loss, suck it up and move on to the next girl... because there’s more fish in the sea than any one man can catch, and with enough skill and practice you’re bound to catch a big one. So be patient my friends, your time will come if it hasn’t already. Remember... we all have our bad days.

The importance of taking action after getting her number
So what happens when you actually get a phone number and she STILL hasn’t called you?

There are many reasons why a woman might not respond to your telephone call:

She forgot who you were.
She lost interest once she sobered up.
She is genuinely very busy.
She’s afraid of dating.
She never intended to go out with you in the first place.

The last reason is the hardest for men to deal with.

"If she didn’t want to go out with me then why did she give me her damn number?"

The best way to answer that question is to pretend you’re a very attractive woman. All your life, men have come up to you and asked you out for your telephone number. It’s hard to say to someone, "I find you unattractive" or "I don’t want to go out with you" or "No, you can’t have my telephone number".

So what do you do? You give out your telephone number, hoping he’ll never call. If he does call, you lie. You say that you’re busy Saturday night or you have a boyfriend.

It would be great if we lived in a world where people were honest and didn’t play these games. Unfortunately, this isn’t the case. The price you pay for flirting with women and asking them out on dates is that a certain percentage will lie and pretend to want to go out with you. If you were a woman you’d probably do the same thing.

One piece of advice that is critical to prevent this is to always confirm a date ahead of time. Occasionally you will find that the phone number that was given to you is a phony or that the person never had an intention of meeting with you. What does this mean? It means the moment that you get her number; you set up an exact time, date, place that you will meet in the future. In this way, you’ll know right away if the girl actually really is interested in you.
Handling Rejection by Paradox

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. --Michael Jordan

It is common knowledge that pick-ups are a numbers game. The first girl says no, the second says yes. What is important in the game is bouncing back. A rejection can really hurt. The ego, depending on how fragile it is can become damaged.

The good news is that you can bounce back. It may take minutes, hours...even days or months.

Even the best player is not always on top of his game. Sometimes things just don’t work out. The difference between winners and losers is that winners bounce back.

When a basketball player goes to take a shot he feels that it will go in (or at least he tries to get it in). Sometimes they miss. The great players shut out the misses and concentrate on scoring. How can you score when you doubt yourself and your abilities?

Injury is common in the game. You are going to get hurt. All players know this. Risk, pain and injury are all part of the game. Can you imagine how many times Michael Jordan was knocked to the hardwood floor, or elbowed in the face? How many times has he come down hard in the paint? He and other great players just get up and limp down to the other end of the court, waiting to get a chance to try again. The greats know that when they go on court that they might get hurt but they still play hard. The greats play to win.

I went to a club recently and the first 2 girls who I asked to dance said "No". The third girl who I asked said, "Yes" and we danced together all night. What if I had stopped after the first 2 "no's" and gone home? I would have missed out on the "Yes".

Courage is an essential part of a player’s arsenal. Without courage there is no approach. It’s like seeing the hoop and being afraid to take the shot. In the pick up you either get a yes or a no. You have to have the courage to take the shot. If it is a “no” you have to have the courage to continue on with the game.

Always go for the goal. If you miss, don’t worry they’ll always be another shot.
Don't think every girl has to like you

by Mercury21

One of the biggest mistakes that aspiring players make is that they think they must spark up the interest of EVERY girl they come in contact with. Whether they actually have some interest in that girl or not, whether she is pretty or ugly...doesn't matter, they want her to like him at least in some way.

So he will try out his developing techniques on her, and if she doesn't respond, he feels like a loser!

What you must understand first and foremost is this: Your goal is not to make the world fall in love with you. This will not happen!

Second, you must not base your success and failures on whether or not a girl was interested in you. You will have more girls not like you than you will have like you. And that is just plain normal.

With women, you must always look at every situation as a win/win scenario. If you get with her, great! You can say that is a win. But if you don't get with her, that is a win too. What?

Yes, a win! Because you have, or should have, walked away with EXPERIENCE. A knowledge of what to do and what not to do next time. Plus, that is one step closer in your quest to not be afraid to talk to women anymore. And that, my friends, is a big win!

So, don't think to prove that you must make every girl who crosses your path fall head over heels for you. Sometimes you will have nothing but ugly girls interested in you while the pretty ones seem to want nothing to do with you. Other times you will have incredible babes all over you, while, for some reason you can't understand, that not so good-looking cashier keeps snubbing you. That is just how things work in life.

What you must do, as a player, is simply NOT CARE. Don't expect them all to like you. In fact, don't even try to make them all like you. Don't focus all your energy on just one girl, but at the same time, don't base your success ratio on how many of them actually went out with you.

As soon as you stop worrying about whether they are liking you or not, you will begin to spot, and react to, all those great opportunities that always seem to just pass you by!
THE BEST EXCUSES NICE GUYS HEAR

I DON'T WANT TO RUIN OUR FRIENDSHIP

I'M GOING TO A FUNERAL

I SAID NO THE FIRST TIME!

I HAVE TO TAKE A BATH (OR WASH MY HAIR)

I'M WAITING FOR A VERY IMPORTANT PHONECALL

I THOUGHT YOU WERE GAY?

YOU'RE JUST TOO DAMN NICE!
Chapter 12: Handling Rejection

“Let’s just be friends” by Angstrom

(A five star article. Don’t miss this one!)

You made a mistake. You became friends with a girl you knew you were attracted to. You’ve probably already surprised the hell out of her by telling her that you’re interested in her. She thought about it for a while, and then she ultimately turned you down. She probably gave you an excuse like, “We, we work so well as friends, I wouldn’t want to screw anything up” or some other bullshit excuse which all boils down to:

“I’m just not attracted to you"

Here’s what this means to you. If she’s single and she tells you that she just wants to be friends, she basically told you, “Boy, you came really close to being the right guy for me, but you sure are ugly.” Maybe it’s not physically ugly. Her reasons aren’t important. What is important is that you must realize that this relationship is OVER.

“That’s all great,” you say, “but what about me? I became friends with a girl, and then asked her out and she said no. I really don’t want to lose my friend!

Too late. It sucks, but you have to completely cut off the friendship.

You need to find a middle path between jerk-dom and being a nice guy. Nobody is going to stay with a complete jerk for long, just like nobody will be interested in someone who is a complete pushover for long. What you need to be is a Man. You need to be a Man for your own happiness, emotional well being, and self-esteem.

In this case, being a Man means biting the bullet, and telling her to hit the road. By asking her out, you’ve made it apparent that you’re interested in more than just being friends with her. When she said no, she told you that you and her wouldn’t work out.

You know this. Stop lying to yourself. You’re not going to change her mind; she’s not going to come around. (continued on next page)
Why would you want to be with someone who needed to be convinced of why she likes you? When you're serious about a woman, do you really want to spend the next few years, or the rest of your life with someone who had to be talked into it?

**Get rid of her.**

The instant you make your feelings clear to her, get turned down, and keep spending time with her, she begins **using** you. She may not intend to use you, but that's exactly what she's doing. You have just been crystallized in the role of "boyfriend lite". You've got all the taste of a boyfriend, but no calories (You're not getting any!).

What you are doing is giving her the license to go have sex with whomever she wants to at your expense.

How? You're fulfilling the emotional role of a boyfriend. Now she's got that taken care of. You know you're not having sex with her, so what does she do? She goes out and hooks up with random guys. It gets better though! After she's done doing whatever she does, guess who she's going to come to, to share her stories with? You!

There is absolutely no logical reason to continue a relationship with her. Every time she meets and hooks up with a random guy instead of you, she's saying to you that you're not good enough. You've been judged, and have been found wanting.

*(continued on next page)*
This girl is saying to you "You’re not good enough for me to want to have sex with, but this guy I met at a party and knew for half an hour was DEFINITELY good enough."

**If you’ve got any balls at all, you’re going to realize that this is not right, and you’re not going to put up with it.**

There is absolutely no reason to PUT YOURSELF THROUGH this kind of torture. That’s exactly what you’re doing. Torturing yourself, degrading yourself, and then coming back for more. A Man doesn’t do that. A doormat does that, a wimp does that, YOU do NOT do that. You are a Man. Think it, Know it, Believe it and you will become one, even if you aren’t right now.

So you’ve realized you need to get rid of this cancer in your life. This is the hard part, the painful part. You’re friends, she’s great. Of course she is, you wouldn’t have been interested in her otherwise!

Chances are, she’s going to try to talk you out of it. This is the Moment Of Truth. You don’t have to like this part; you just have to do it. You’re not going to let her use you.

Every time she meets another guy, she’s telling you that you just aren’t good enough.

Every time she has sex with another guy, she’s going to come back and tell you about it.

She is going to date other men. You and her are NOT going to date. Do you really want to hear about all the ways he’s perfect for her, and you aren’t?

If she really wanted to date you, when you asked her out initially she would have said yes.

It’s just not worth it. By not making the healthy choice and moving on with your life, you’re asking for a world of pain, stress, and depression. For what? You already have friends, ones who aren’t using you, and who will still be there for you after this woman is gone.

You can’t be friends. It’s not going to work. Make the right decision, be a Man and move on. There are billions of people on this planet, and you WILL find someone who is what also interested in you too.
A second opinion on the article listed above

It's true that it's unhealthy to be "just friends" with a woman that you have feelings for. In fact, many uninformed guys think to themselves, "If only she knew how much I liked her." Don't fool yourself. She knows. All women know. But the truth is, it's too late. She's already categorized you as a "friend". Not all women are users though. Some women are genuinely good friends. Some women may actually try to help you hook up with other women. When you completely cut off a woman, you are cutting off your connections. Just remember two things. Women are connections. And second of all, not all women or "woman friends" are users. There are actually some women that are genuine friends. Dump the women that use you. But stay true to genuine friends.
How to have the best revenge on the girl that dumped you
(A five star article)

What should you do after your heart was stomped on?

Maybe she cheated, found someone else, or just needed space. You’re pissed as many guys are when their heart gets ripped out. A lot of guys turn into women-hating bastards. You feel like punching the wall, or his face, or even hers. So what’s the best revenge?

Screw as many chicks as you can?

Mess up her car?

Beat up her new boyfriend?

Light her house on fire?

Throw acid in her face?

No.

Although these types of things might be fun and may make you feel better for a minute or two, this is not the right type of revenge.

The best revenge ever on the ex that dumped you is simply **LIVING WELL.**

Living your life to the best capability.

What a slap in the face it would be for your ex to run into you down the road and there you are, better than you’ve ever been! Kicking ass on the rest of the world. Kind of like “Thanks for dumping me, because look at me now!”

You’ve got a new and improved girlfriend, better job, new car, new clothes, you look great. You’ve got new friends, you’re doing new and exciting things that you never did before. You don’t even have the time to stop and talk to her. Your life is better, more complete, and you are happier than you’ve ever been.

The above are just examples but the point is to improve yourself and your life in every possible way.
Now you'll say "But, shouldn't we be doing all that stuff anyway?"

EXACTLY. That is the beauty of it.

We've all probably had our hearts broken in one time or another. We all know that feeling like you can't go on.

Life seems meaningless. You feel like you'll never find another one like her. You can't eat, can't sleep. Blah, blah, blah. You end up moping around all depressed.

Well it's going to take some TIME before you can get yourself together and get back on the right track. It might be a few months, it might even be years!

But when you head out looking for revenge in this way, you'll be WAY ahead of the game.

"Success is the best revenge"
WINNERS AND LOSERS by Becomeaplayer

The truth is... men get rejected all the time so it's no big deal! This happens to even the most successful players. The difference between a guy who is successful with women and one who perennially fails is this:

A guy, who constantly fails with women, berates himself for the failure. Takes the rejection very personally and keeps on reminding himself day in day out of the rejection and keeps replaying the whole rejection scene in his head over and over again.

He relives the emotional pain. He replays the constant rejection. He amplifies it and he makes it worse than it really was. He programs his own mind to believe that he is nobody; someone who is not worthy to be loved, a person who is destined to live his life all alone and unwanted. Guys like this usually have low self-esteem and let women walk all over them.

If it is not bad enough that he keeps on blaming himself for the rejection. He now has to lock himself up in his room because of the humiliation and continues to wallow in self-pity. He thinks of nothing else but the rejection.

On the other hand, winners take rejection in their stride. They understand that they won’t succeed every time and that their failures are not necessarily of their own doing either. They know that talking to women is all a numbers game.

What he will do in terms of handling the rejection is assume that she is probably having a bad day or she could already be in a relationship. Notice how he does NOT belittle himself by taking the blame for the rejection.

Just like the guy who constantly fails, successful men also come up with explanations for every rejection he encounters BUT the difference is that men who are successful come up with explanations, which do not implicate themselves in the rejection. This is extremely important since you will never know the real reason you were rejected so why blame yourself when chances are you were not the reason in the first place.

Don’t beat yourself up and put yourself in mental agony over things that you have no control over and for reasons that are unknown to you. Make up some positive explanation and SPARE yourself the emotional turmoil!

So, what do guys who are successful with women do once they’ve come up with reasoning for the cause of their rejection? They are up and about in no time. They move on with their life and think of something else to do or places to go. Guys like that refocus their energy to some other activity that is useful.
More money spent during a date will not necessarily lead to a better chance of sex, contrary to the belief of most ‘uninformed’ men.  –Tom Lyekis
Chapter 13: The Date

The following articles will go in thorough detail on the process of dating.

Be a gentleman and pick up the tab for the date.
If you split the tab with them, they will call you cheap - guaranteed. Think of it as the cost of doing business, just keep the first couple dates nice, but not too expensive.

A second opinion on the tip above

Do **not** spend more than $40 on a date.

More money spent during a date will not necessarily lead to a better chance of sex, contrary to the belief of most 'uninformed' men.

You're paying for the date then you choose where to have it. You can decide what to do, where to go, and how long to do it for. If the woman pays for everything, great, you can do what she wants. The person who's paying is the person who decides.

Having a firm plan shows that you're in control. You must never tell a girl exactly how much you make. It gets them thinking about what you can afford to woo them with. Worse, it can get them thinking about how to spend your money. Show them that you have lots of money, let them think they can get their hands on it, but never let them have it. Go as cheap as possible. The rich didn't get rich by spending money. Stick with the $40.00 dollar rule.

Be prepared.
When suggesting a date, always have something specific in mind. Never call and say "Would you like to do something sometime?" This is the kiss of death. Girls like specifics.

Keep it casual
Make the first dates with a girl casual. You may even do something during the day rather than in the evening. Save formal dates for later when you are more comfortable with her. Most men do the opposite. Formal dates at first, and then as the relationship develops, the dates become more and more casual. **This can imply to the girl that she is being taken for granted.**

Do not take her to a movie on the first date.
There at the restaurant you are trying to eat and think of something to talk about. Then you end up at a movie where you don’t talk at all. You need to be in an area where you can freely talk to her without any distractions.
Don’t do these on a date.

1. Never bring a woman to a really expensive restaurant for any of the first few dates.

2. Never ever borrow money from a woman.

3. Never ever complain.

4. When with a woman on a date, under no circumstances whatsoever, look at and flirt with other women. For this reason sit with your back to the door.

5. Don’t make women feel self-conscious by making comments on things that she is self-conscious about. Weight, ass, large nose, small eyes, hairy arms, pale skin, bony legs, etc.

Have a backup plan if something goes wrong.

a) Pick an activity that you enjoy
b) Pick an activity that you can easily afford
c) Do something that doesn’t require new clothes
d) Go where you can talk without getting thrown out.
e) Go to a place that’s easy to get to.
f) Do something that isn’t competitive.
g) Pick an activity that doesn’t involve a lot of alcohol.
h) Leave time to get to know each other.
i) Do something that doesn’t involve high-ticket offers. Ie. Family, friends, kids, exes, animals, Find an activity that doesn’t last more than a couple of hours.

Date all sorts of women.
Whether you are attracted to them or not, just date them. Over time, you will start seeing the many things different women enjoy doing, what they enjoy talking about, and all sorts of things. What you will gain by doing this is knowledge and experience.

Make it very clear to her that you just want it to be you and her.
Anytime a girl brings another friend or another person to your *first* date, she is not worth your time. Make it very, very clear to the woman that you just want it to be you and her. If she didn’t get the message the first time, lose her.
**Never wait more than 30 minutes for a date to show up.**
Call her the next day and see if she offers an explanation. When you first call, act like nothing happened and let her bring up the subject of your dinner date first. If she offers no explanation, then do not pursue this woman. She may have purposely not showed up because she has no interest in you.

**Some Dating Ideas**

Amusement Parks - This really makes for a fun date, especially if you both enjoy thrill-seeking rides such as roller coasters, etc. Also, don’t forget to try and win her a teddy bear or other keepsake.

Dinner at Your Place - One of my favorite things to do is to invite a date over for a candlelight steak dinner and champagne. So, if you really want to make someone feel special and have a romantic evening, do this for a very special date.

Beach
(You need to know her for at least three dates) Take her to the beach. If you live near the ocean, paradise is often but a pebble toss away, as an afternoon jaunt to the beach is an ideal way to log quality time without spending a dime. It’s a very sensual place, too, because of the rhythm of the water.” Added bonus: It’s a chance to see the object of your desire in a bathing suit.

Zoo - A popular and enjoyable way to spend the day on a date.

Picnics - This is tops on my list for first dates. Just bring a bottle of wine, cheese and crackers, or even better just pick up some fried chicken and potato salad.

Make the dates interesting. Avoid the usual dating scenes like cinemas, clubs and bars. Be unpredictable. Go for **ACTION dates.** These are dates with a lot of activity. The key word here is VENUE CHANGE. There are reasons for this. You see when we change scenes during a date; subconsciously we feel we have spent a lot more time with the other person, hence building familiarity and comfort. This also has the benefit of making it more interesting.
At the Dinner Table

1. If your date has some leftover food that you would like to eat, don’t reach over with your fork and start eating off her plate. The proper thing to do is to ask your waiter or waitress for an extra plate.

2. Don’t let your waiter or waitress remove your plate until your date is finished eating.

3. Got something hung between your teeth? Whatever you do, don’t cover your mouth with one hand and use the other hand to try and dislodge whatever is stuck in your teeth. It’s best to dismiss yourself from the table and go to the restroom and take care of your problem.

4. If your date is still eating and you’ve finished eating, don’t push your plate out of the way. Wait until your date is finished eating before you push your plate back.

5. While you are talking to her, don’t wave your eating utensils in the air. You are there to eat, not to conduct an orchestra!

6. When your mouth is full, don’t talk. Nothing is more gross than watching someone talk with their mouth full of food.

7. If you discover that your silverware is dirty, don’t use your napkin to try and clean it. Just ask your waiter or waitress for a replacement.

8. What do you do if you notice that your date has some food stuck between her teeth? Just tell her quietly. This is the proper thing to do.

Don’t worry about the money
At first, you’ll be paying for the dates, at least you should. But once you get really cool with the girl, you’ll start to realize that you guys start to “switch off.” At least, that is the way it should be. There should come a point in your relationship, where you pay for one day and the girl will pay for another.

If it doesn’t come, mention it with a smile and jokingly. If she is a decent person, she’ll offer to pay sometimes. Now, if she doesn’t, you know what to do.
Is she just after your money?
by Master of the Universe

When the check comes, you simply leave it on the table and keep talking. She should make a move to pay it if you just ignore the check. If she does not and says instead, "Oh honey, let's hurry up and go" or something along those lines, then you know that she is using you for money.

I have tried this and the check just stayed there for a very long time. The girl finally said, "Come on, pay the bill, we should get going." It was an eye opener. (She had actually told me the night before, "Next time we eat out, I'll treat you.")

So then I knew that this girl was using me and that I should watch out. I ended up telling her, "Didn't you say you were paying?" And she said, "Oh, do you want me to pay? I forgot that I said I was paying." I'm not kidding here, dude. She said that. So I said, "Forget it" and paid.

Like I said before, if she does it because you told her, then it means nothing. I want them to pay or contribute because they want to and not because I tell them they should.

So if you feel like you've got to take turns paying for dates then that is a problem in the long term. And if she simply does not want to contribute positively either with money or energy then she's not valuing the relationship as much as she should.

Watch how she orders the menu by John Stearns

First of all, if you were the one who asked her out, you should be the one who pays for the date. It's the right thing to do. Anyways, here's a test that I use to see whether a girl is materialistic or a great girl. I'll usually take her to a middle-of-the-road restaurant. Not too expensive but not too cheap. Something in the middle. Usually, you can tell a lot about the girl by the item that she buys in comparison to what you bought. So if you buy a hamburger and she gets something that's a lot more expensive than your dish, you better watch out of this girl.
**Show her the best time she’s ever had and then VANISH.**
Don’t sit there by the phone counting the days you should or should not call her back. Be busy and ambitious enough in your life that you don’t have time to call her the next day. Have other prospects in your life. Remember, she has to meet you halfway! Let her call YOU for a change!

**End the date before she does.**
The shorter the date, the more effective it is. The longer the date, the more probability that it may just drag on. Most men seem to think that if they prolong the date enough, they’ll get the girl in bed for a hot night. As the evening drags on, the mood of the date starts to drop and the girl ends up having to announce it’s time for her to go. By ending the date before she does, you surprise her and set yourself apart from the other guys she’s dated. You imply that you are hard-to-get and are not desperate.

**Always see a girl to the door**
When the date is done and you have to take her home, make sure that the girl walks in her door safely. It’s just common etiquette. No matter how ugly or cute the girl is, no matter how lame the date was, make sure you see the girl to the door.

**Call her in at least 3 days after the date**
This is a good way to test if the girl is interested in seeing you again. Forget this nonsense about calling her the next day to thank her for the date. That is chump behavior as it comes off as desperate and needy.

I have found that women who were interested in me called me within three days after our date. And this way I knew where I stood with them and I knew the cards were in my hand. This adds to your mysterious flavor and you avoid coming across as a desperate chump.

For the ones that did not call me within three days, I realized that I either had more work to do with them, or that they were non-starters to begin with.

**A second opinion on the 3-day rule by Raikojo17**

| A secure person calls a girl when he wants and doesn’t play stupid waiting games. |
| An insecure person waits 3 days to call a chick because he thinks calling earlier will make him look desperate. |
Chapter 13: The Date

Advertisement

SPIDER-MAN'S DREAM GIRL!

Peter Parker has finally found enough courage to ask out his dream girl, beautiful Lisa Skye.

It's so romantic.

What a beautiful view!

Take a dive, Thwip! We'll show this doll what's romantic!

Oh, terrific! Peter Parker gets tossed over board and Spider-Man crawls up! Can't do that. Lisa Skye will know my true identity.

Help!

I know—I'll divert those clowns with Hostess® Cup Cakes! Wow! Hostess® Cup Cakes!

Devil's food cake!

And a nice silky place to eat them!

Minutes later... Oh, poor Peter! We'd better find some place warm and cozy.

Whatever you say, Lisa Skye!

You get a big delight in every bite of Hostess® Cup Cakes.
Chapter 14: KINO

THE WIND RISES, ELECTRIC.

SHE'S SOFT AND WARM AND ALMOST WEIGHTLESS. HER PERFUME IS A SWEET PROMISE THAT BRINGS TEARS TO MY EYES.

I TELL HER THAT EVERYTHING WILL BE ALL RIGHT. THAT I'LL SAVE HER FROM WHATEVER SHE'S SCARED OF AND TAKE HER FAR, FAR AWAY.
Most of you guys do this rule without even thinking about it. But for those of you who don’t, you should do this tactic when you are certain that a girl is interested or attracted to you. Kino means subtly touching a woman. For example, softly touching her shoulders or hugging her when she leaves, etc. It works! This article goes in very good detail about how to use kino effectively.

In a survey with over 100 women, most of the women have said that they would like the guy to touch them playfully sometime within their relationship. But many women said they felt NO ATTRACTION to a man who did not initiate touch.

Kino by T Dog

Kino is one of my favorite techniques, because it bypasses a lot of the verbal crap when talking to women. The best kino areas for me are the arm and the back for ‘first contact’ situations. The trick is in the timing and the duration.

As a tool it can be used to indicate your sexual interest in a girl and to gauge her interest in you. There is a single purpose for Kino.

It is to show that you are interested in being more than just friends.

Light touching on the arms, shoulders, upper back, forces her to think sexually about you and gives her permission to touch you similarly as well. But its main purpose is to determine whether a woman is interested in you as well.

If your kino was unwelcome and she was turned off, she never liked you and you never had a chance with her. You just did yourself a favor by finding out ASAP. However, giving a woman *way* too much kino or unwanted kino can turn her off and more importantly *inhibit* her touching you.

I read an article in Men’s Health written by a woman. She said guys need to touch women as early as the first date. It lets them know you’re into them. I often touch a girl first and with positive results. Just to see her reaction, I’ll try an innocent touch on the arm or back and lightly and quickly. If she seems repulsed, I move on.
If you do not initiate Kino and wait for her to do it, you are Mr. Nice Guy.
This is what Nice Guys do and why they lose. They are too 'nice' and think that touching a girl will 'scare' her or show that he is too interested.

To start with kino, go for light brushes or touches of the hand, arm, shoulder or back.

The arm and hand touches are the safest, are least likely to be offensive. Use these touches as you're talking, to emphasize a point or elicit a response from her. The touch should be in passing and not linger more than a second. In the hand touch, if she responds and holds your hand, don't pull away, go with it. Get bolder as time goes on. Try to stay non-sexual with your touches until she initiates a sexual touch.

After you touch her, judge her reaction.
If she touches you or smiles then you know your touch was acceptable and you can continue to use kino. Increase the frequency of your touches and move a little closer to share some personal space.
Play keep away, jokingly take something from her
(Only works if the girl likes you) and make her chase after you to get it back. Of course, you should block her so she has to jump on you to get it.

Act like you can’t hear her
If she says something, lean forward as if you can’t hear her very well, and touch her (arm or back). Then lean back again and answer. You can also perform your kino whenever you’re both laughing out loud.

The Hug Test
When saying hello or good-bye to her, you can often simply take her in your arms and hug her. If you keep it short, it won’t scare her, and you’ll be able to gauge her response. Does she press into you? Does she seem to want to really hang on? That’s a good sign, and you might want to move to kissing her right then. If she seems to want to get away, then you know you have more work to do in making her feel romantic feelings.

A second thought about kino
Kino isn’t something you can learn from books. It’s all about timing. And the only way you can master it is to DO it. Reading “brush her hair” doesn’t teach you anything. But DOING it, does. The exact timing involved is something that you have to learn yourself. You have to create your own timing. You’ll eventually get the timing down.

Are You Ticklish?
This technique requires no more effort than asking one simple question:

Are you ticklish?

All you need to do now is read her body language. If her body demonstrates open gestures, this is very good. Open gestures indicate playfulness, comfort, and trust.

If, on the other hand, her body language remains closed, it means she has yet to be open to you or is not interested. This is by no means failure but rather a test to see how you’re stacking up against her.

Remember three important rules in something as risky as Kino.

PAY ATTENTION TO HOW SHE RESPONDS TO YOU!!!
PAY ATTENTION TO HOW SHE RESPONDS TO YOU!!!
PAY ATTENTION TO HOW SHE RESPONDS TO YOU !!!!
A Great Kino Tactic

Here's how to get her laughing, liking you, and alleviate any tension with one simple move.

One thing you must know is that physical contact between the two of you is crucial. Touch her all the time and make it seem natural and she won't think anything about it. Touch is one of the most powerful tools you have.

Whenever the two of you are sitting down anywhere, just take your hand and put it on her leg or knee.

This is where it all starts to happen. Now what you want to do is make a face and expression like, "Oh man, I hope she doesn't notice" like you're acting goofy on purpose, because you are. But the key is to not look at her during this whole process.

Now what she's going to do is look at you. Trust me, she'll look. And that is when you want to keep your head straight forward and just move your eyes to look at her. When she sees you doing that, then turn your head toward her and when you make eye contact, act surprised like you've been caught, because in reality you have.

Now you want to say something like "Oh my god, I'm so sorry, I'm such an idiot" in a playful 'You caught me' tone. Then remove your hand and grab hers and put it in the same spot but on your leg, and just say "There we go... I apologize" and just look straight forward again like nothing ever happened.

Trust me you'll get a reaction. She might push your arm or hit your arm and laugh or even squeeze your leg when you put her hand there -- that means you're doing good. She's liking the teasing and playing.

What this does is it lets you get to touch her in a couple of different places on her body without her being uncomfortable because of the joking atmosphere, while at the same time you're getting her into you and liking your fun personality. It also gets her used to the two of you touching so that when you're touching and teasing later on, it won't seem hard or awkward -- wondering when to touch her because it won't be the first time. It'll seem normal to her and she'll feel comfortable touching you.
The Next Step

Ok, so things are going good so far. It’s time to crank it up a notch. The tactics listed here are advanced. There must be clear attraction between you and her to even think about trying the tactics listed below. And remember, you do not want to look sleazy while you are doing these moves! But you don’t want to be awkward, either. You got to be playful and she must reciprocate to you.

When you aren’t sure when to kiss her

Look in her eyes when the moment is right, smirk, and confidently say,

“You should kiss me now.”

Any answer she gives other than disgust, or flat-out rejection means she wants you to kiss her. If she jokingly says something like, “Oh? Why should I do that?” it means she is thinking about it positively, otherwise she wouldn’t be asking.

A funny and playful way to initiate contact

When it is the right time, ask her “Can I kiss you?” If she says no, you know where you stand. If she actually did have a good time with you she’ll smile coyly and say “Yes” softly, like only the ladies can. Now you say this:

“All right then. I’ll be sure to do that someday.”

Shake her hand or just smile and wink, but get on your way as soon as you can. She’ll be left standing there with her mouth hanging open wondering what the hell just happened. And over the next few days she’s really going to want that kiss from you.

When she does see you again, the sheer anticipation of when, where, and how that kiss is going to happen will literally drive her nuts... because she knows you want to kiss her and that it is going to come sooner or later. Pretend you forgot the incident even though it happened. When you finally do decide to give her that smooch, go for it.

UNDER NO CIRCUMSTANCES ARE YOU TO ASK AGAIN! You’ve already asked and she already said yes, remember?
The right way to kiss a girl by Wyldfire

(A tip by a woman. This is one of my favorite tips.)

Okay, let's face it. How you kiss a woman can either make or break your image in her eyes. You can use this simple technique to sweep a woman off her feet and double her interest level in you. Use this technique wisely and only on women you really want. Don't use it on someone you don't want to keep around or you'll never get rid of her.

When you go in for the kiss, put your hands on her neck and very gently caress her. Start the kiss off softly, still gently stroking her neck, and running your fingers through her hair at the nape of her neck. Very softly and slowly part her lips with your tongue. Don't put your tongue too far into her mouth...just a little bit in and work it very slowly and without much pressure. A kiss like this makes a woman weak in the knees. Save the hard passionate kisses for later on down the line. Use this more erotic kind of kiss to keep her thinking of you until you see her again.

Pretend Kiss Test

(If you've watched Hitch, you'll notice this rule as the 90% rule. You go in for a kiss at 90%, and let her do the other 10%)

This test primes the woman for your kiss. You begin by moving towards her, as if to kiss her. But then, at some point "change your mind," and back off. If, as you move toward her, she backs away, she probably doesn't want to kiss you. If she stays still, or moves slightly forward, she's probably interested. The pretend kiss can "seal the deal" for the kiss later. If she hasn't moved away, then you both have acknowledged that a kiss is inevitable, and it's only a matter of time.
The Trigger Zones of the Female

All women have spots on their bodies that will make them melt and drive them wild. This is a compiled list.

1) Kiss her neck. Under her chin and to the left or right (about where a pulse is checked). Lift up her hair from behind and kiss the back of her neck.

2) Stroke the back of her neck. Enough said.

3) Blow lightly on her neck. Hard enough for her to notice and actually feel, but light enough to tickle instead of bother.

4) Lightly trace your finger up her arm. Start at her wrist, with her palm facing up. Go up past the inside of her elbow, and up her bicep, to her shoulder, and back down to her wrist.

5) Trace your finger along her hand. This works on both sides. Lightly (as above) go up and down each finger and trace circles on the mounds of her palm and back of her hand (stay out of the little circle in the middle of her palm, it doesn’t do anything). Spirals from the outside in are good on the back of her hand.

6) Trace your fingers up and down her sides. Slowly. From the waist of her pants to her bra strap (or where they would normally be). Don't get touchy-feely and start feeling her breast every time you go up (she won't like it).

7) Her knees. Put your fingers on one hand as if it were a sock puppet with its mouth closed - now place the tips of them lightly on her knee. Let your fingers slide apart and down her knee as if it were an egg running down and bring them back up in a similar fashion. Move your hand above her knee and do it again. (Keep going up to about halfway up and then move to the side of her leg so that you don't make her uncomfortable.) Try at various speeds and forces at different occasions. If she is wearing denim, you will have to apply more pressure than with a thin synthetic fabric.

8) The back of her knees. (see #4.) Just in her knee area. Not the whole leg.

9) Stroke your fingers through her hair. Slowly.

(The chapter ends here. I wanted to keep the content “work-safe” and PG-13.)
Chapter 15: Understanding the Female

THE MALE BRAIN

THE FEMALE BRAIN
Chapter 15: Understanding the Female

The following articles will go in thorough detail about why women do the things they do.

Even when a man understands a woman, he can't believe it.

Judge by her actions and not by her words.
Judge by what she does than by what your mind wants to see. Our vanity will convert the image of every disinterested girl into secretly loving us (for women tell us what we want to hear).

Three important things
The three characteristics that woman universally respond to emotionally is challenge (not being psychologically needy or weak), control (able to not let passions overwhelm a person) and confidence (able to take charge of the situation and respond assertively).

Women fear being alone more than being harmed.

Keeping a woman around is an active process.
After you win her over, you can’t just put her in a box and pull her out like a toy when you feel like playing with her. She needs constant attention, stimulation, a firm hand, and several trillion other things. She will never be completely content, but it is possible to keep her coming back for more and get her “in love” with you.

When relationships go cold
If a woman in a relationship begins to lose interest, it is usually impossible to regain it. The feelings you are having of confusion and fear mean something...trust your gut and move on immediately.

Listen to conversations between women.
Next time you view a group of women, with no guys around, watch what happens. You will see the women feeling each other. They do this literally (putting lotion on each other, combing each other’s hair, pampering one another) and communication-wise “I LOVE chocolate cake!” “I KNOW! It is SOOOO yummy!” The FEELING is the feelings of dating. She has no interest in specifics. She is reveling in the feelings of dating because that is what she imagines you and her doing!

Maturity is a big turn on with most girls.
Usually women like to go out with older guys because women want a guy who’s mature. Subconsciously, maturity is associated with financial stability, ambition, status and power.
1. Women generally do the selecting in the earliest phases of a relationship. Once a woman has committed herself emotionally, the balance of power shifts to the man (assuming he has some degree of self-confidence).

2. Contrary to the myth that "looks don't matter" to women, physical attraction may be the primary and key deciding factor for a woman. However, it is difficult to determine just what will be physically attractive to any particular female. Even though men also value looks, they are far more willing to initially compromise on looks in the pursuit of sex.

3. If a woman is initially physically attracted to a man, there is very little he can do wrong on a first date. If a woman is not initially physically attracted to a man, there is very little he can do right on a first date.

4. Always pay attention to a woman's actions. If she says she likes you but will not respond to kissing or touching, then she doesn't like you. Move on immediately.

5. All women have the same body parts. Don't obsess over one particular female based on appearance. It's a waste of life.

6. Above all, women crave attention. Women want to date rock stars not because they find the man himself exciting, but because they find the thought of sharing the limelight exciting. Ask any young girl what she wants to be. Top answers: model, actress, singer.

7. There are far more available women out there than you think.

8. Never, never, never be afraid to approach a female. To reiterate: they all have the same body parts, and they are all composed of Carbon, Hydrogen, Oxygen, Nitrogen, and trace elements. There isn't a single woman on Earth who is "above" you, no matter what her affectations and social pretenses.

9. Avoid women with addictions, particularly the big three: nicotine, alcohol, and religion.

10. Avoid women with a large number of pets or women who pay unusual amounts of attention to their pets.

11. If a woman has not gained some form of emotional stability by the time she is her mid-twenties, then it is too late. Move on immediately.
When psychologists are asked to list the qualities of a healthy human mind they describe the qualities of the healthy male mind. Then, when asked to list the qualities of the healthy female mind, their list is not the same as that for the healthy human mind.
Women who are smarter than you
Intelligent women can be wonderful but unlike being too rich and too thin, there is such a thing as too smart. It’s generally bad news if a girl is a LOT smarter than you. You want to be the manipulator, not the manipulatee. A sharp girl can’t be prodded into doing things you want to do. Without knowing it, you will be her bitch. A brainy gal can see through your bullshit. Any lie, exaggeration, or false emotion will be exposed.

Most common female occupations.

• Sales workers, retail and personal services
• Secretaries
• Managers and administrators
• Cashiers
• Sales supervisors and proprietors
• Registered nurses
• Elementary school teachers
• Nursing aides, orderlies, and attendants
• Bookkeepers, accounting, & auditing clerks

Notice, save for a few, all the jobs are socially orientated. All jobs are either socially or money-orientated, or both. Most common (actually, all) majors I hear from women: education, sports training, psychology, and business. Women are more social and emotional as compared to men.

Men and women’s thoughts
When a woman talks to a man, she is thinking of his future (his earning potential, etc.), and when a man talks to a woman, he is thinking of her past (how old is she? her weight? her history?). It just shows that you guys are free to make mistakes, as women will look at your future, not your past.

Respect

It is in the very nature of women to seek a man that she respects.

If a woman is attracted to a man, she probably looks up to him in some way.

Most women are not attracted to men that they don’t respect (conversely, if they respect a man, that does not necessarily mean they will be attracted to him)
AMBITION

You must show her that you have ambition, motivation, or job/financial security. In other words, you must have a life and goals. You must demonstrate to her that you have stability and ambition. You don’t have to be successful; you just have to show the potential to be successful (unless you’re in your 30s, at which point you should have achieved something).

Women love ambition!
Spin beautiful dreams of the future for her, and weave her into them! Express your highest, most dramatic ambitions and goals to her. Express them vividly, as concretely and confidently as possible. Give her the feeling that she will go along with you and share the heights, the glory, the success, and your mutual happiness!

Women are extremely attracted to ambitious men, because when you explain your high goals and plans for yourself, she will be thinking, “Maybe this guy will be rich someday.”

On the topic of women and money by a cousin
If you are going out with a girl who has a rich family and she says to you that “the money doesn’t matter.” Understand and realize that she was brought up and used to a life of wealth and fortune. She is going to expect a life of wealth and when she does not get it, she will be disappointed. At this point in your relationship, it may seem like nothing. However, if the relationship should progress, know that this will be an issue you must deal with.

Beauty always finds the money and money always finds the beauty.
Underlining the attractive qualities in a man is a woman’s desire to find a good provider: a powerful individual who can get the job done. Women are extremely practical and they will go for the guy who can provide the most for them (as long as he is not a total genetic reject). Money is obviously a display of wealth and sometimes an indicator of personal success and high status.

Women rarely marry out of true love
It is women who look upon man as one looks upon a plow-horse; for what does true love have to do with career, financial status, protection, and ambition? Women do not merely marry the man but the man’s career, the man’s fame, and the man’s success.
Income and Women by Tom Leykis

Your income generally determines the type of woman you will get.

It’s not often that you see a really rich guy with a really ugly girl on his arm. But you quite often see really amazing girls on the arms of homely but rich guys. Look at rock stars -- some of the ugliest guys on earth, but they get laid more than you can ever hope to. Work hard on your career. Strive high. Don’t settle. Stay hungry. Girls upgrade all the time to a richer man and guys do it too with hotter and younger girls.

The more money a man makes, the more attractive he is to females.

A second opinion on the tips regarding money

The worst thing a guy can do is use his money to attract a girl. Using status does get your foot in the door but it has two large drawbacks: (1) it prevents you from building a proper foundation to consistently get and keep girls, and (2) it attracts the wrong type of girl.

When you get girls through money, you are using good fortune. You will land some easy bait, but you have used a lure that many other men have. Not only is your hold on the woman tenuous, but your ability to get other women depends on external factors such as your bank account. What happens when the status man goes through a rough spot? His real power is weak, and he is under constant pressure to maintain the image of success even when his financial house is in disorder.

Money attracts people who like money. Status attracts women who want this money; the shallow kind of woman that still has trouble searching for a deeper meaning in life besides collecting overpriced purses.

Using personality ("game") to get women allows you to weather any storm. It doesn’t matter if you live with your parents, work at Starbucks, or dress in Old Navy clothing because as long as you have the ability to engage women emotionally and push those attraction buttons, almost any woman can be yours. Broke or not, the only thing that would stop you from meeting that hot girl in the dairy section of the supermarket is yourself, not your wallet.
A woman will find you of value if she thinks other women find you to be of value.

Nothing makes a woman see you as desirable, more than another woman finding interest in you. It piques her curiosity as to why other women are interested in you.

For example, if you have never set foot in a specific restaurant but you witness a bunch of people lining up to get into that restaurant, you may assume that this restaurant could be of a certain quality.

Similarly, according to social proof, if a woman sees a man who is desired by other women, she automatically assumes he must be of some type of value. In other words, she relies on other women to judge for her.

If a woman considers a man to be sexually attractive to other women, she will instantly feel an attraction towards him.

Stand by yourself at the bar and you will not appear nearly as attractive as if you had two women hanging off your arms.

Woman are lazy and won’t take the time to get interested in EVERY guy and get to know them.

There just isn’t enough time.

They’ll let other women do the work for them.

If a woman sees a guy with a woman falling all over him they tend to want to get to know him too.
A second opinion about the article above

Some women told me that they probably wouldn’t go for a guy like that. In their mind, they are thinking, “This guy has all of these women going after him. He already has this mentality that he’s better than me. He’s already been told by so many women that “he’s this” and “he’s that”. I wouldn’t want to go for a guy like that, because he’s going to be full of himself. I don’t like the fact that all these women are going to chase him while I’m with him. He’s a player.

Observe her father

Most women who have an abusive father, absent father or have a bad relationship with their father are incapable of forming a deep emotional bond with a man. She has a bottomless pit of emotional need that can never be filled. They are always termed “damaged goods.”

A woman who has had a close and healthy relationship with her father is one who has had a father that was loving and caring. He believed in her and supported her. He taught her how to be self reliant, independent, and to believe in herself. A father teaches his daughter how to respect herself.
Women with “daddy issues” don’t have self-respect and high self-esteem. They are the ones that feel that they need to prove something or that they need to get attention. It’s easy to see women that are insecure. There is a difference in how men and women show their insecurity. Men show off their insecurity by showing off their clothes, cars, houses and watches when they don’t need to. Women show their insecurity by showing off their body, legs, chest, ass, etc. when they don’t need to. A woman who is secure with herself doesn’t need to do any of that.

**Observe the mother**
She may not inherit her mom’s ass, but you should be forewarned that there are other traits her mom can hand down. One of the easiest ways to tell is to take a look at the rest of her family. She will become like them when she gets older! Take a look at old photographs of the mom.

**Ideal Characteristics**
In a survey about the attributes that are most attractive and unattractive in a potential partner, several hundred single men and women compiled the following list.

**What Makes a Good First Impression:**
- warmth
- sense of humor
- imagination
- confidence
- success
- fitness
- individuality
- body language
- conversational ability
- aspiration
- power
- creativity
- kindness

**What Makes a Poor First Impression:**
- self-centered
- closed minded and judgmental
- lack of manners
- poor conversational ability
- negative life attitude
- lack of education
- immature
- indecisive
- no opinions
- lack of integrity
- war stories from past relationships
- complaining
- shallowness
- only interested in sex
- power games
- manipulation
- materialistic
Women derive their social value by how much male attention they get.

Women put so much emphasis on makeup and dressing up right – while it appears on the surface they are doing it for other men, beyond the surface, they are actually competing with other women for male attention and validation.

**Women don’t dress up for men; they do it for other women.**

Women dress up to compete with other women for male attention. In other words, one of the reasons women put time into primping and preening themselves is to compete for who gets hit on the most by men.

**Don’t feel nervous around her** by Senor Fingers

If you ever feel insecure or unworthy around a pretty gal, then it’s high time you kicked that negative shit to the curb, took a deep breath and realized that most of these chicks put so much effort in their appearances because they are only trying to mask their insecurities. The status you place on them is an illusion. Though they pretend to be annoyed by it, the truth is that they thrive off the daily validation offered to them by anonymous men.

**Why do women dress so seductively at a club when they have no intention of hooking up with a guy? Why do women who already have boyfriends dress to impress?**

It’s because women want attention. They enjoy it when guys come to offer them drinks, and flirt with them. Although a woman may “act” annoyed by guys in a club, she actually enjoys the attention. Otherwise, why in the hell would she keep coming to clubs?

**The difference between men and women** by Wyldfire

Remember, feeling loved is to women what sex is to men. You have a clear understanding of how bad it is for a woman to ignore a man’s sexual needs. It is equally as bad for a man to ignore a woman’s emotional need.
Secure and Insecure women

There is no black and white, and there are various degrees, but at the extremes, I have found the following to be true of high self esteem women and low self esteem women:

A woman with low self-esteem is insecure and seeks validation from men. A woman with high self-esteem is secure in herself and has nothing to prove.

Low self-esteem women have a bottomless pit of emotional need that can never be filled.

High self-esteem women are self fulfilled.

Low self-esteem women will manipulate a man to make him meet her needs. High self-esteem women know exactly what they want in a man, and when they find one enjoy who he is.

Low self-esteem women are quick to obtain their man’s tokens of devotion, such as expensive gifts or immediately requiring a monogamous relationship.

High self-esteem women are suspicious of expensive gifts early on, and do not decide that they want a relationship with the man until she gets to know him well.

Low self-esteem women would steal a man if it would give her validation.

High self-esteem women are not at all interested in another woman’s man.

Low self-esteem women trade sex for attention and for verification that they are attractive and worthy.

For high self-esteem women, sex is about sharing and celebrating sexuality.

Low self-esteem women respond to being treated poorly in an attempt to prove their worthiness.

High self-esteem women expect to be treated well and respond only to that.
For a low self-esteem woman, it’s not about the man, it’s about her own needs. For a high self-esteem woman, it’s about what her and what her man enjoy together.

Low self-esteem women blame their problems on other people. They have the victim or the “man-hater” mentality.

High self-esteem assume personal responsibility for their own lot in life.

Low self-esteem women are motivated by moving away from bad.

High self-esteem women are motivated by moving towards good.

Low self-esteem women must control others by manipulation.

High self-esteem see that as unhealthy.

Low self-esteem women are drama queens.

High self-esteem women seek harmony.

Low self-esteem women have a warped sense of deservedness.

High self-esteem women have a healthy sense of deservedness.
Chapter 16: Dealing with difficult women

*Do not become so invested in any one girl that you cannot simply walk away*
Chapter 16: Difficult women

Dealing with high maintenance women

1. If she is "too busy" all the time or something like that and it is impossible to get a date with her, then she is not interested.

2. If she is asking you to buy her a drink the first time you flirt with her, then alarms should go off in your head. Don't allow her to use you this way!

3. If you are on a date with her, do something that doesn't require too much money and don't bring present to her on the first date. You want her to like you as a person and not to like your presents or your money. Try to keep the temptation of "using you" as low as possible. If her interest drops because of this, she wasn't worth your time or your money and at least now you know what kind of girl she really is.

4. After the first (or maybe the second) date tell her something like "Well, I really enjoyed...." and so on and "Maybe we can do this again next time. You can call me..." It is important to tell HER to call YOU because she will only call you if she is interested. If she doesn't call you, the girl was not worth your time.

5. Analyze if she only wants do things that make her happy. For example, if she is calling you only if she wants to have someone to repair her car or something like that, but never calls you for a normal date, then think about it...

6. If a girl ever tells you that she has a boyfriend, you are better off just staying away from the situation. If a girl with a boyfriend does go for you, that's a girl with pretty low integrity. If she leaves him to be with you, what makes you think that she won't do the same to you? I personally don't think it's worth the hassle, energy, or effort. Plus, I don't like to be the guy that ruins relationships.

A second opinion on tip #6

Who cares about the boyfriend! As long as her finger is without a ring, it's still up for grabs. Women love to "upgrade". It's a common human need. We always go for the bigger, better thing. If you knew that you could get a better woman, wouldn't you take that chance? She'll go for me if she knows I'm better than what she's got.
The Cellphone Date by Tom Lyekis

If a girl answers a cell-phone or checks their text messages in the middle of dinner or date, get up and leave.

Your Response:

"Oh, you look busy. I'm going to get out of here."

"While you're so busy, I'm just going to move on dear. Got to get out of here."

Why? The person on the other end is the guy she's going to have sex with when she finally gets rid of you.

What if it's her work?

It's a date and it's late, if her work is more important than you, then it will always be more important.

If she says it's her friends, all her friends know she's out. That's just how women work. She can just turn the phone off and wait to gossip until the date is over.

You on the other hand, should carry a cell phone. Avoid answering it during dinner. Ignoring her for "work" makes you look important and in control. She will try to test you and get your attention on her.

If a female answers a cell-phone call in the middle of dinner, immediately get up and leave.

Leaving immediately would save you a good deal of money.

The issue is not about who's on the phone. The issue is respect. The right girl wouldn't do that to you.

A second opinion on the tip above

If she's not carrying a conversation, and she makes it brief, that's different.
Never act as if her behavior bothers you, even if it does.
For example, if she flirts with another guy or if you see her with someone else, act like you could really care less (only if she is not your girlfriend yet, obviously). Jealousy is a sign of insecurity, which is not a very attractive character trait.

Don’t be too aggressive with girls. It doesn’t work.
On the other end, don’t take shit from them either. Be assertive, that means expressing what you feel but respecting their opinion. Do it in the form of 'I' statements like, "I don’t like what you did". Don’t say, "You’re making me mad". You are responsible for your emotions, not her, and by expressing it this way you show you’re a strong individual. No girl (or anyone for that matter) can disrespect you unless you give them permission. Say it in a firm voice, don’t yell or scream, and don’t talk under your voice like you’ve seen a ghost. Stand upright, speak clearly, evenly, look her directly in the eye and make your feelings and intentions known. In short, be a man.

Don’t let them get to you
Be calm and don’t show anger when it comes to interacting with women. Don’t give them the pleasure of seeing how they can affect you so easily. Walk away if you need to. It is not the end of the world. Take arguments calmly and hear her side of the story first. That’s the easiest way to win any argument. Realize that most of the time, she’ll say that she’s pissed about something and it will be something totally different. It is your job to find out what she’s pissed about.

Be willing to walk away
It still amazes me how much girls hate to lose when they are trying to manipulate or get something from a guy. The real hot ones have probably never had a guy walk away, ever. So they have themselves on a pedestal. If you walk away because she isn’t “playing fair”, it destroys that pedestal, and her fantasy land is replaced by a big slap in the face, a dose of what men deal with daily from women: Pain, reality, rejection, and loss.

I think that the act of a guy walking away is our ultimate weapon. You must be willing to do this. Women can do it easily, because getting dates or sex for them is a given, unless they are ugly as hell. They know the power in it. Most guys won’t use this power, or don’t realize they have it. We do have it, and it does all come down to confidence. I think a lot of guys here aren’t sure what confidence is. My description of confidence is being fine without a woman. That is the ultimate weapon to combat a woman’s schemes.
Chapter 16: Difficult women

Superman's Girl Friend

Lois Lane

Superman, stop my wedding to Titanman! I just found out the terrible secret. His mask is hiding!

Serves you right for choosing him over me, Lois. Marry him!
SHOW A WILLINGNESS TO WALK AWAY
by Ross Jeffries

Understand that when you show this willingness to walk away, in any area of your life, it conveys the message that you are the prize to be pursued, that you are the person of value, and they had better take advantage of the opportunity. This is an attitude that will move you forward in any area that's challenging you. You see, if you show a non-stop devotion to her, and put up with her crap and ambivalence, then where is that tension of knowing that she could lose you?

Answer: Nowhere!

And that's why you get nowhere when you put up with this kind of stuff! If you've seen an initially hot relationship grow ice-cold, this is one big reason!!!

A woman must believe that you can walk away from the relationship and not look back. She must believe that you care for the relationship less than her. If you are in a relationship right now and your woman thinks she's got you by the short curlies, you need to dump her and get a new girl. It is imperative to start out correctly otherwise it will never be in your favor.

The one who cares less, has the most power. Always.
There are many girls out there who are naturally friendly and outgoing and some guys misconstrue the friendliness as being the gal is interested in them.

These "sunshine" girls may not realize that they’re inadvertently leading the guys on. If guys don’t observe carefully the subtle differences, they will be turned down with a thud.

So, how do you as a dude tell the difference between a girl who’s just being friendly (with no romantic or sexual intention) vs a gal who likes you perhaps as a boyfriend?

A girl who is just being friendly exhibits the following traits:

1. She smiles at all men including you.
2. When she speaks to you, she doesn’t ask you too many questions.
3. Whatever you say to her, she’s not overly concerned about what you said.
4. She doesn’t care if you appear nervous or not.
5. She doesn’t say goodbye to you first.
6. She doesn’t go out of her way to talk to you, but if you run into her, she’ll smile at you.
7. In a conversation with you, she’ll appear very relaxed, but you’ll have to carry much of the conversation.

A second opinion on the “Sunshine Girls” article

This article is definitely true. There are beautiful women out there that give out signs that make it seem like they are attracted to you. And the 7 points listed above do apply to sunshine girls. However, know the difference between a “sunshine girl” and a girl that just needs more time to get to like you. Don’t categorize women until you’ve approached them and expressed interest.
Taking the Red Pill

(A list of random quotes and articles that changed my life forever)

You take the blue pill and the story ends. You wake in your bed and believe whatever you want to believe.

You take the red pill and you stay in Wonderland and I show you how deep the rabbit-hole goes. Remember -- all I am offering is the truth, nothing more.
The Traps of Life
The Traps of Life

(Platinum Article. This is my favorite article.)

Trap #1: The Trap of Tomorrow

Tomorrow. Tomorrow can be feared, or desired. Tomorrow could be anything. Tomorrow could be nothing. This unpredictability of tomorrow is why we must live in the present. You could die today. You could die tomorrow. Wasting your time thinking about tomorrow is a terrible idea. Fearing tomorrow is just as bad as wanting tomorrow. Whatever tomorrow has in store for you will happen. Tomorrow will come soon enough. In fact, tomorrow will come too soon. Screw tomorrow. Live for today. Tomorrow will come whether you like it or not, so stop worrying about it. It’s pointless. Living for tomorrow is a veil that can blind anyone; be strong, don’t be blinded by it.

Trap #2: The Trap of Yesterday

Yesterday. Was yesterday good or bad? Why do you even care? Are you ever going to feel what you felt yesterday again? Probably. BUT are you going to be in that EXACT situation ever again? Hell no. Yesterday is over. Whatever happened yesterday is done and over with, and is a part of your life forever. Live for today, yesterday could have been the best day of your life, it could have been the worst day of your life, it could even have been an average day.

What difference does it make? It’s over no matter what. Live in the present no matter how terrible the present is. Don’t forget about those great memories of yesterday, they are all you have. But don’t dwell on them. Look to the past only when you want to remember an old friend, or an old place, or an old feeling, or an old situation. Remembering a great feeling every now and then is completely different than living in that feeling, or trying to make that feeling last longer than it was meant. Again, live for today. It’s all that matters.
Trap #3: The Trap of the Closed Door

There are millions upon millions of chances, choices, and opportunities we as humans have. It is impossible to take advantage of every one. Most of the time we don’t even see a hundredth of them. When one door closes in your life, always remember there are a million more open ones. Always remember that there are still a million doors that are always open in your life. Focusing on that one closed door will waste your time on this planet. Every thought you spend on that closed door will bring you closer to the end of your life. Look at the possibilities, not the impossibilities. Why worry about something that never was meant to be? Something that never could be? Never forget that closed door, it will make a nice memory, but do not focus all of your attention to it. It’s pointless, don’t let this trap in life hold you back.

Trap #4: The Trap of Change

Think about how your day went. Now compare that to yesterday. How were the two days different. It is likely they aren’t different at all. This is because we as humans get into the classic routine thing. Well this is unavoidable. It is impossible to get a new job every day and it is impossible to do something new everyday. But what happens when we get into those routines, is we end up fearing change. We actually go out of our way to avoid change. Change is the spice of life. Change makes our life exciting. Do not fear change. You should seek change in your life, not avoid it. I believe we fear change because once we are “happy” and once we have a “purpose” we are afraid of losing it. Can anybody say
lack of risk? Live it up baby!!! Change is coming. You are changing everyday. Right now you’re changing as you read my words. I am changing you right now.

**Trap #5: The Trap of Giving up on Love**

Love makes the world go round. We have all had disastrous love experiences. By letting that pain you felt during that hard time will only make your life less of an adventure. If you keep trying, you will find a person who you love, and who you would die for, and a person who would die for you, and who loves you. Keep looking, keep loving, keep searching. You’ll find her. Do not let the pain of the yesterday hold you back today. NEVER give up on love. Love is why you are alive today. Your parents probably loved each other at some time, even if they do not love each other today. Think about it.

Someone has loved you, return that love to the world.
Hate will only drag you down and destroy your life.
To Love is to live. So keep on living.

**Trap #6: The Trap of not Fighting**

Ever want to give up? Of course. We all want to give up. We all want the easy way out. If you give up, you will fail to live your life to its fullest. Keep fighting through it. You’ll get out. I promise you’ll get out. Whether it is by death or with life, you will get out. You must keep trying to achieve what you want. If you give up now, all the time you spent yesterday will have been in vain, and tomorrow will be forever changed. Keep fighting through the toughest times of your life, they will pass. Keep going!!!
Trap #7: The Trap of Fighting

This is contradictory to the trap above. What you must understand is that you must achieve equilibrium between fighting and not fighting. You must know when you have been defeated. Fight for the possible, not for the impossible. You must know when to throw in the towel, and when you do, hold your chin high and have pride because you did one of the hardest things to do, admit defeat. We all lose in life. We also win every now and then too. The key is to treat every loss as a victory, because for every loss you encounter, you will leave the situation with more experience. Is that not a victory? It’s always win-win. You have to learn to stop fighting for the impossible and to spend that time doing something else, rather than wasting your time for something you will never achieve.

Trap #8: The Trap of Dreams

Dreams are wonderful. Everyone has dreams. Everyone has wished at some point in their life that they were someone else, or could do something they can’t do. The power of dreams is a strong one. Chasing your dreams is an act very few of us do, however. Most people live in their dreams. Most people are actually content with just dreaming something, and not living it. It you do not chase after your dreams, then your dreams are holding you back. The power of your dreams is pretty strong huh? They can guide you through your life, or hold you from achieving anything. Chase your dreams. Go after what you dream about. Unless your dream is to walk and you have no legs, then don’t tell about me about how it could never be.

If it never could be, then so be it, but how will you ever know for sure if you never try? At least try to follow your dreams, if you physically cannot achieve them, then at least you tried.

Trap #9: The Trap of False Hope

Some things were never meant to be. It’s a fact of life. Some things you will never have, and never have a chance to get. You must accept this. If you keep living in your wonderland and if you keep thinking that it will happen when you know in your heart it never will, then there goes more time of your life wasted. Believing something that isn’t true may make you feel better, but it will only hurt you in the long run. Accept the truth for what it is. Stop giving yourself false hope.
Trap #10: The Trap of the “Perfect” and “Normal” life

Think about what you want your life to be like. You probably want a house, a nice job, a beautiful wife, maybe a few kids. Who knows. Only you do. We all have these ideas of a perfect life. We all have ideas of how we want our lives to be. This “perfect” little “normal” life is an illusion. You can’t define normal. No one can. Normal is a word used to confuse people into believing something is right. You will never be normal. No one is “normal”. Every person is different and so how can you be normal in a world full of diversity? There is no perfect and normal life. Your life is what you make it. People also mistake the world “boring” for normal. Spice up your life. “Normal” people have no idea what in the hell they want. This is why they call themselves “normal”. They have been led to believe that what they are doing is the right thing, and that anything else would be “weird”. “ There is no perfect life, there is no such thing as a normal life, and there is no such thing as the right thing. You and only you can decide these things for yourself.

Trap #11: The Trap of that Perfect Girl

You have an idea of a perfect woman. We all do. There is no such thing as a perfect woman. You must understand that there are so many wonderful women out there that there will be a ton of “perfect” ones. You must keep an open mind when searching for the “one”, or you will blind yourself out of what you really want. That perfect woman is just another person, but a person you have literally forced yourself into loving because you believe you must love anyone who has long brown hair, a cute face, a nice body, etc. Keep an open mind while in the world of women. You’ll find the one, but quit forcing yourself to love.

Trap #12: The Trap of Depression

Don’t even lie. You have been depressed in your life. We all have. We have all had our days. In fact there are many in this world who are depressed right now. Try to remember back to when you were depressed. You actually didn’t want to feel happy huh?

You avoided having fun and you avoided smiling. You were trying not to be happy. If you do not make an
effort to get out of depression then you never will. You must find it within yourself to love happiness and try to end those miserable feelings. Always fight depression. NEVER let it win. Fight it until you either defeat it or die. Do not give in. If you trust me on this, then you have nothing to worry about and you will feel better in no time at all. This is one of the most common traps.

Trap #13: The Trap of Forgetting Nothing Lasts Forever

Nothing lasts forever. When you enter anything, you must remember that it won’t last forever. Accept this. Do not fear this either. Spend the time you are given well, because tomorrow will come and sometime in the future it will end. The only thing you can do is accept this. When it ends, give it up and move on. That’s all you can do. Good luck, this is a hard trap to avoid.

Trap #14: The Trap of Fear

I don’t care who you are. I don’t care what you have done in your life. You have been scared. There is not one person on this planet who can truthfully say he has never been scared in his life. There is a nice quote I know. Here it is.

“Courage is not a lack of fear, but is acting in spite of it”—Mark Twain.

If you let your fears run your life, then your life will have been in vain. Face up to your fears. Look them in the eye and tell them you aren’t a coward. Never back down. You run your life, not your damn fears. Put your chin up and walk straight to your fear, look at it,
and just do it. Do the thing that has scared you for your entire life. Just go for it. You are not a coward and you are in control of your own life. Fear is just another one of the many obstacles that stand in the way of living. Don’t let it defeat you.

**Trap #15: The Trap of Wishing You Were Something**

Remember when you were a kid? Everyone told you, “You can be anything you want to be.” Probably by now you have learned that this is a load of crap. Think about all the chumps in the world. They wish they could score with the women like we do. They would give anything for women to be hanging all over them. Do they magically turn into players? Hell no. This is because most of them can’t accept a change, even if it’s what they say they want. You can’t and won’t be everything you want to be. It is impossible. What is misinterpreted is that you have to WORK to achieve something, if you just sit around wishing things will change they never will. Life is about being in the right place in the right time. It is not about what cards you get, but instead how you play the cards you were given. We are all different, but we all have one thing in common. Our dreams of life and happiness will never be completely fulfilled. The only thing you can do is accept this dark and scary fact of life and approach it with a smile and a happy personality. That’s all you can do. If you want to get better at something, then you have to work for it, not “wish” you had it, or could do something. Get working, stop wishing!

**Trap #16: The Trap of Being “Mature” Instead of Having Fun**

I see people do this all the time. You’ll know exactly what I’m talking about too. You know that person who always avoids having fun? Why do you think he does this? In his mind, he thinks he is being mature by not having fun. There is a fine line between maturity and having fun. Listen to the Webster definition of maturity.

Mature: having completed natural growth and development.

Where in the hell does it say anything about having fun? Stop using the excuse, “I’m too mature for that”. You are only making your life miserable. Have fun. Being mature and having fun are two entirely separate issues, but for some reason in our society today, people link the two of them. Don’t be another one of society’s fuck ups.

**Trap #17: The Trap of Fearing to Get Close to a Person**

You have probably been afraid of opening up to another person. Don’t be afraid. Get close to people. Don’t worry about the pain you might feel if something happens between you two. Get close, enjoy that time you spend close to each other. Sure if you stay away from people, you might never feel pain, but you also will never feel this little sensation called love.
The Hidden Chapter: The Red Pill

Trap #18: The Trap of Not Looking for Personal Problems

Every person has flaws. They do not eliminate 100% of their flaws by the time they die either. It is impossible. The difference between successful men and everyone else is that we do not accept mediocrity. We look at ourselves and find everything we can possibly find wrong with ourselves and aim to fix it. We do this until we die. Other people do not even believe they have these problems. They believe they are fine the way they are, because they can accept a mediocre life. Thinking about living a mediocre life makes me sick. Accept your problems, but ALWAYS try to fix them. To become successful means to attempt to achieve perfection, even with the knowledge that it cannot and will not be achieved.

No man ought to be satisfied with a little if he is capable of using and enjoying more.

Trap #19: The Trap of Lack of Risk

You have to take risks to enjoy your life. Without risk there is no fun. Without fun there is no reason for living. All the life wasted because of depression, suicide, and stupidity makes me sick. It makes me sick that I used be depressed, didn’t see my flaws and didn’t try to fix them, and finally that I didn’t take any risks. Take risks, live your life, and just freaking do it. When it comes to women, you literally have NOTHING to lose. Do you HAVE that woman you want to approach? No. You don’t have her at the moment. So, you have nothing to lose.

If she rejects you then you walk away with exactly what you had before.

If she doesn’t reject you then great! You gained something. You see? You cannot lose something you never had. Take that risk and do something exciting, you won’t regret it.

Trap #20: The Trap of Why

Why? Why is one of the most complex words in our language. Without this question humans would have nothing to do. Looking for answers to the question why can keep us occupied, but I believe the question why is an illusion. It holds us back from our lives. Searching for answers is not the way to live your life. You should accept things the way they are. Live. Live your life!!! Stop looking for a purpose, stop looking for answers, and most importantly stop believing all those lies you have heard about what’s normal. Stop worrying, stop analyzing, stop all of your complicated thinking. Close your eyes for a minute and just stop thinking. Then I want you to take a deep breath and GO OUT AND LIVE YOUR LIFE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
THINK AND GROW RICH:
DESIRE: THE STARTING POINT OF ALL ACHIEVEMENT
Truly, "thoughts are things," and powerful things at that, when they are mixed with definiteness of purpose, persistence, and a BURNING DESIRE for their translation into riches, or other material objects.

Our story begins with the man of power. The man of power had a discovery. His discovery did not come about at one sitting. It came little by little, beginning with a BURNING DESIRE.

His Desire was **definite**.

Observe, carefully, the description of how he went about translating his DESIRE into reality.

When this DESIRE, or impulse of thought, first flashed into his mind he was in no position to act upon it.

The man of power knew that there were obstacles in the way of his desire. These obstacles were sufficient to have discouraged the majority of men from making any attempt to carry out the desire. But the man of power had no ordinary desire! He was so determined to find a way to carry out his desire that he would obtain it at whatever the cost.

When a man really DESIRES a thing so deeply that he is willing to stake his entire future on a single turn of the wheel in order to get it, he is sure to win.

But something important was happening with the man of power. He was constantly intensifying his DESIRE.

When one is truly ready for a thing, it puts in its appearance.

**THE MAN OF POWER WAS DETERMINED TO REMAIN READY UNTIL HE GOT THAT WHICH HE WAS SEEKING.**

He did not say to himself, "Ah well, what's the use? I guess I'll change my mind and try something else. Rather, he said, "I came here to achieve power and I'll accomplish this end if it takes the remainder of my life." He meant it! What a different story men would have to tell if only they would adopt a DEFINITE PURPOSE, and stand by that purpose until it had time to become an all-consuming obsession!
Maybe the man of power did not know it at the time, but his determination, his persistence in standing back of a single DESIRE, was destined to mow down all opposition, and bring him the opportunity he was seeking.

An intangible impulse of thought can be transmuted into its physical counterpart by the application of known principles.

The man of power literally thought himself into achieving his goals. He thought himself into a fortune.

He had nothing to start with, except the capacity to KNOW WHAT HE WANTED, AND THE DETERMINATION TO STAND BY THAT DESIRE UNTIL HE REALIZED IT.

He had no money to begin with. He had but little education. He had no influence. But he did have initiative, faith, and the will to win. With these intangible forces he made himself a man of power.

Before success comes in any man's life, he is sure to meet with much temporary defeat, and, perhaps, some failure. When defeat overtakes a man, the easiest and most logical thing to do is to QUIT. That is exactly what the majority of men do.

Failure is a trickster with a keen sense of irony and cunning. It takes great delight in tripping one when success is almost within reach.

Power makes no attempt to discriminate between destructive thoughts and constructive thoughts, that it will urge us to translate into physical reality thoughts of poverty, just as quickly as it will influence us to act upon thoughts of riches.

We are magnetized with the dominating thoughts which we hold in our minds, and, by means with which no man is familiar, these "magnets" attract to us the forces, the people, the circumstances of life which harmonize with the nature of our dominating thoughts.

Before we can accumulate riches in great abundance, we must magnetize our minds with intense DESIRE for riches, that we must become "money conscious" until the DESIRE for money drives us to create definite plans for acquiring it.
To others, the man of power may have looked like a fool, but his thoughts were those of a king!

The man of power sought for the opportunity to carry out the one CONSUMING OBSESSION OF HIS LIFE, a BURNING DESIRE.

HIS DESIRE WAS NOT A HOPE! IT WAS NOT A WISH! IT WAS A KEEN, PULSATING DESIRE, WHICH TRANSCENDED EVERYTHING ELSE. IT WAS DEFINITE.

In the beginning, when the desire first appeared in his mind, it may have been, probably was, only a wish, but it was no mere wish.

This time his DESIRE had been translated into reality. The dominating DREAM OF HIS LIFE had become a reality.

THE MEN AND WOMEN WHO SAW THE MAN OF POWER ENVIED HIM. THEY SAW HIM IN HIS DAYS OF TRIUMPH, WITHOUT TAKING THE TROUBLE TO INVESTIGATE WHAT WAS THE CAUSE OF HIS SUCCESS.

The man of power succeeded because he chose a definite goal, placed all his energy, all his willpower, all his effort, everything back of that goal. He was content to start in the most menial work, as long as it provided an opportunity to take even one step toward his cherished goal.

THE MAN OF POWER PERSEVERED. HE WAS RESILIENT. DURING ALL THOSE YEARS NOT ONE RAY OF HOPE, NOT ONE PROMISE OF ATTAINMENT OF HIS DESIRE HAD BEEN HELD OUT TO HIM. TO EVERYONE, EXCEPT HIMSELF, HE APPEARED ONLY ANOTHER DREAMER, BUT IN HIS OWN MIND, HE KNEW THAT HE WOULD OBTAIN THIS POWER!

It is a remarkable illustration of the power of a DEFINITE DESIRE. The man of power achieved his goal, because he wanted his desire more than he wanted anything else. He created a plan by which to attain that purpose.

He burned all bridges behind him. He stood by his DESIRE until it became the DOMINATING OBSESSION OF HIS LIFE--AND--FINALLY, A FACT.
The man of power did not say, "I will work there for a few months, and if I get no encouragement, I will quit and get a job somewhere else." Rather, he said "I will start anywhere. I will do EVERYTHING IN MY POWER TO obtain this!"

He did not say, "I will keep my eyes open for another opportunity, in case I fail to get what I want here. Rather, he said, "There is but ONE thing in this world that I am determined to have. I will burn all bridges behind me, and stake my ENTIRE FUTURE on my ability to get what I want."

He left himself no possible way of retreat. He had to win or perish!

A long while ago, a great warrior faced a situation which made it necessary for him to make a decision which insured his success on the battlefield. He was about to send his armies against a powerful foe, whose men outnumbered his own. He loaded his soldiers into boats, sailed to the enemy’s country, unloaded soldiers and equipment, then gave the order to burn the ships that had carried them. Addressing his men before the first battle, he said, "You see the boats going up in smoke. That means that we cannot leave these shores alive unless we win! We now have no choice--we win--or we perish! They won.

Every person who wins in any undertaking must be willing to burn his ships and cut all sources of retreat. Only by so doing can one be sure of maintaining that state of mind known as a BURNING DESIRE TO WIN, essential to success.

Look around you. Do you see the towers of the world? They stand there today, a towering monument to the power of that state of mind known as a BURNING DESIRE.

EVERY HUMAN BEING WHO REACHES THE AGE OF UNDERSTANDING OF THE PURPOSE OF MONEY, WISHES FOR IT. WISHING WILL NOT BRING RICHES, BUT DESIRING RICHES WITH A STATE OF MIND THAT BECOMES AN OBSESSION, THEN PLANNING DEFINITE WAYS AND MEANS TO ACQUIRE RICHES, AND BACKING THOSE PLANS WITH PERSISTENCE WHICH DOES NOT RECOGNIZE FAILURE, WILL BRING RICHES.
The method by which DESIRE for riches can be transmuted into its financial equivalent, consists of six definite, practical steps.

**First.** Fix in your mind the exact amount of money you desire. It is not sufficient merely to say "I want plenty of money." Be definite as to the amount.

**Second.** Determine exactly what you intend to give in return for the money you desire. (There is no such reality as "something for nothing.

**Third.** Establish a definite date when you intend to possess the money you desire.

**Fourth.** Create a definite plan for carrying out your desire, and begin at once, whether you are ready or not, to put this plan into action.

**Fifth.** Write out a clear, concise statement of the amount of money you intend to acquire, name the time limit for its acquisition, state what you intend to give in return for the money, and describe clearly the plan through which you intend to accumulate it.

**Sixth.** Read your written statement aloud, twice daily, once just before retiring at night, and once after arising in the morning.

AS YOU READ--SEE AND FEEL AND BELIEVE YOURSELF ALREADY IN POSSESSION OF THE MONEY.

It is important that you follow the instructions described in these six steps. You may complain that it is impossible for you to "see yourself in possession of money" before you actually have it. Here is where a BURNING DESIRE will come to your aid.

IF YOU TRULY DESIRE MONEY SO KEENLY THAT YOUR DESIRE IS AN OBSESSION, YOU WILL HAVE NO DIFFICULTY IN CONVINCING YOURSELF THAT YOU WILL ACQUIRE IT. THE OBJECT IS TO WANT MONEY, AND TO BECOME SO DETERMINED TO HAVE IT THAT YOU CONVINCE YOURSELF YOU WILL HAVE IT.

Only those who become "money conscious" ever accumulate great riches. "Money consciousness" means that the mind has become so thoroughly saturated with the DESIRE for money, that one can see one's self already in possession of it.

To the uninitiated, who has not been schooled in the working principles of the human mind, these instructions may appear impractical.
These steps are essential for the accumulation of money, but necessary for the attainment of any definite goal.

The steps call for no "hard labor." They call for no sacrifice. They do not require one to become ridiculous, or credulous. To apply them calls for no great amount of education. But the successful application of these six steps does call for sufficient imagination to enable one to see, and to understand, that accumulation of money cannot be left to chance, good fortune, and luck.

One must realize that all who have accumulated great fortunes, first did a certain amount of dreaming, hoping, wishing, DESIRING, and PLANNING before they acquired money.

You may as well know, right here, that you can never have riches in great quantities, UNLESS you can work yourself into a white heat of DESIRE for money, and actually BELIEVE you will possess it.

You may as well know, also that every great leader, from the dawn of civilization down to the present, was a dreamer. The greatest power in the world exists because its founder was an intense dreamer who had the vision and the imagination to see realities in their mental and spiritual form before they had been transmuted into physical form.

If you do not see great riches in your imagination, you will never see them in your bank balance.

We who are in this race for riches, should be encouraged to know that this changed world in which we live is demanding new ideas, new ways of doing things, new leaders, new inventions, new methods of teaching, new methods of marketing, new books, new literature, new ideas for moving pictures. Back of all this demand for new and better things, there is one quality which one must possess to win, and that is DEFINITENESS OF PURPOSE, the knowledge of what one wants, and a burning DESIRE to possess it.

This changed world requires practical dreamers who can, and will put their dreams into action. The practical dreamers have always been, and always will be the pattern-makers of civilization.
We who desire to accumulate riches, should remember the real leaders of the world always have been men who harnessed, and put into practical use, the intangible, unseen forces of unborn opportunity, and have converted those forces, (or impulses of thought), into sky-scrapers, cities, factories, airplanes, automobiles, and every form of convenience that makes life more pleasant.

The time is now! Tolerance, and an open mind are practical necessities of the dreamer of today. Those who are afraid of new ideas are doomed before they start. Never has there been a time more favorable than today.

In planning to acquire your share of the riches, let no one influence you to scorn the dreamer. To win the big stakes in this changed world, you must catch the spirit of men of ambition, whose dreams have given to civilization all that it has of value, the spirit which serves as the life-blood of our own country—your opportunity and mine, to develop and market our talents.

Copernicus, the great astronomer, dreamed of a multiplicity of worlds, and revealed them! No one denounced him as "impractical" after he had triumphed. Instead, the world worshipped at his shrine, thus proving once more that "SUCCESS REQUIRES NO APOLOGIES, FAILURE PERMITS NO ALIBIS."

If the thing you wish to do is right, and you believe in it, go ahead and do it! Put your dream across, and never mind what "they" say if you meet with temporary defeat, for "they," perhaps, do not know that EVERY FAILURE BRINGS WITH IT THE SEED OF AN EQUIVALENT SUCCESS.

Thomas Edison dreamed of a lamp that could be operated by electricity, began where he stood to put his dream into action, and despite more than ten thousand failures, he stood by that dream until he made it a physical reality.

Practical dreamers DO NOT QUIT!

The world has become accustomed to new discoveries. Nay, it has shown a willingness to reward the dreamer who gives the world a new idea.

The greatest achievement was, at first, and for a time, but a dream.

DREAMS ARE THE SEEDLINGS OF REALITY.
A wake, arise, and assert yourself, you dreamers of the world. Your star is now in the ascendancy. The world depression brought the opportunity you have been waiting for. It taught people humility, tolerance, and open-mindedness.

The world is filled with an abundance of OPPORTUNITY which the dreamers of the past never knew.

A BURNING DESIRE TO BE, AND TO DO IS THE STARTING POINT FROM WHICH THE DREAMER MUST TAKE OFF. DREAMS ARE NOT BORN OF INDIFFERENCE, LAZINESS, OR LACK OF AMBITION.

The world no longer scoffs at the dreamer, nor calls him impractical!

You have been disappointed, you have undergone defeat during failure, you have felt the great heart within you crushed until it bled. Take courage, for these experiences have tempered the spiritual metal of which you are made--they are assets of incomparable value.

Remember, too, that all who succeed in life get off to a bad start, and pass through many heartbreaking struggles before they "arrive." The turning point in the lives of those who succeed, usually comes at the moment of some crisis, through which they are introduced to their "other selves."

NO ONE EVER IS DEFEATED UNTIL DEFEAT HAS BEEN ACCEPTED AS A REALITY.

Kindle anew in your mind the fire of hope, faith, courage, and tolerance. If you have these states of mind, and a working knowledge of the principles described, all else that you need will come to you, when you are READY for it.

There is a difference between WISHING for a thing and being READY to receive it. No one is ready for a thing, until he believes he can acquire it. The state of mind must be BELIEF, not mere hope or wish. Open-mindedness is essential for belief. Closed minds do not inspire faith, courage, and belief.
Remember, no more effort is required to aim high in life, to demand abundance and prosperity, than is required to accept misery and poverty. A great poet has correctly stated this universal truth through these lines:

"I bargained with Life for a penny,
   And Life would pay no more,
   However I begged at evening
   When I counted my scanty store.

"For Life is a just employer,
   He gives you what you ask,
   But once you have set the wages,
   Why, you must bear the task.

"I worked for a menial’s hire,
   Only to learn, dismayed,
   That any wage I had asked of Life,
   Life would have willingly paid."

DESIRE BACKED BY FAITH KNOWS NO SUCH WORD AS IMPOSSIBLE.

DESIRE BACKED BY FAITH, PUSHED REASON ASIDE, AND INSPIRED ME TO CARRY ON.

It is my duty, and a privilege to say I believe, and not without reason, that nothing is impossible to the person who backs DESIRE with enduring FAITH.

Verily, a BURNING DESIRE has devious ways of transmuting itself into its physical equivalent.

There is nothing, right or wrong, which BELIEF, plus BURNING DESIRE, cannot make real.

I BELIEVE IN THE POWER OF DESIRE BACKED BY FAITH, BECAUSE I HAVE SEEN THIS POWER LIFT MEN FROM LOWLY BEGINNINGS TO PLACES OF POWER AND WEALTH; I HAVE SEEN IT ROB THE GRAVE OF ITS VICTIMS; I HAVE SEEN IT SERVE AS THE MEDIUM BY WHICH MEN STAGED A COMEBACK AFTER HAVING BEEN DEFEATED IN A HUNDRED DIFFERENT WAYS;

To all these I wish to convey the thought that all achievement, no matter what may be its nature, or its purpose, must begin with an intense, BURNING DESIRE for something definite.
Nature wraps up in the impulse of STRONG DESIRE "that something" which recognizes no such word as impossible, and accepts no such reality as failure.

REMEMBER, THERE IS NO SUCH THING AS SOMETHING FOR NOTHING. ABILITY TO REACH AND INFLUENCE YOUR SUBCONSCIOUS MIND HAS ITS PRICE, AND YOU MUST PAY THAT PRICE. YOU CANNOT CHEAT, EVEN IF YOU DESIRE TO DO SO. THE PRICE OF ABILITY TO INFLUENCE YOUR SUBCONSCIOUS MIND IS EVERLASTING PERSISTENCE IN APPLYING THE PRINCIPLES DESCRIBED HERE. YOU CANNOT DEVELOP THE DESIRED ABILITY FOR A LOWER PRICE. YOU, AND YOU ALONE, MUST DECIDE WHETHER OR NOT THE REWARD FOR WHICH YOU ARE STRIVING IS WORTH THE PRICE YOU MUST PAY FOR IT IN EFFORT.

Your ability to succeed will depend, very largely, upon your capacity to CONCENTRATE upon a given DESIRE until that desire becomes a BURNING OBSESSION.

The imagination is literally the workshop wherein are fashioned all plans created by man. The impulse, the DESIRE, is given shape, form, and ACTION through the aid of the imaginative faculty of the mind.

Man can create anything which he can imagine.

The man of power knew that DEFINITENESS OF PURPOSE was the starting point from which one must begin. He recognized, too, that definiteness of purpose takes on animation, life, and power when backed by a BURNING DESIRE to translate that purpose into its material equivalent.

Success requires no ordinary desire. No. It is a DESIRE that survived disappointment, discouragement, temporary defeat, criticism, and the constant reminding of "waste of time." It was a BURNING DESIRE! An OBSESSION!

You have learned that everything man creates or acquires begins in the form of DESIRE, that desire is taken on the first lap of its journey, from the abstract to the concrete, into
the workshop of the IMAGINATION, where PLANS for its transition are created and organized.

The majority of people who fail to accumulate money sufficient for their needs, are, generally, easily influenced by the "opinions" of others. If you are influenced by "opinions" when you reach DECISIONS, you will not succeed in any undertaking, much less in that of transmuting YOUR OWN DESIRE into power.

If you are influenced by the opinions of others, you will have no DESIRE of your own.

Will-power and desire, when properly combined, make an irresistible pair. Men who accumulate great fortunes are generally known as cold-blooded, and sometimes ruthless. Often they are misunderstood. What they have is will-power, which they mix with persistence, and place back of their desires to insure the attainment of their objectives.

THE STARTING POINT OF ALL ACHIEVEMENT IS DESIRE. KEEP THIS CONSTANTLY IN MIND. WEAK DESIRES BRING WEAK RESULTS, JUST AS A SMALL AMOUNT OF FIRE MAKES A SMALL AMOUNT OF HEAT. IF YOU FIND YOURSELF LACKING IN PERSISTENCE, THIS WEAKNESS MAY BE REMEDIED BY BUILDING A STRONGER FIRE UNDER YOUR DESIRES.

Those whose DESIRES are so PERSISTENTLY APPLIED that defeat is finally changed into victory.

Riches do not respond to wishes. They respond only to definite plans, backed by definite desires, through constant PERSISTENCE.
WHAT MAKES A MAN SECURE?
WHAT MAKES A MAN INSECURE?

They say that a picture can speak a thousand words. I remember the first time I saw this picture, and it shattered my whole perception of reality. I haven't been the same since.
Jealousy and the Abyss by William Penell Rock

Relationships -- and jealousy in particular -- provide an opportunity to come to a fundamental understanding of the self. Jealousy is the eruption of attachment. It can be transcended only through awareness. As we move with awareness into the core of this phenomenon, we pass through ungrounded expectations and beliefs, projections and delusions, envy, guilt, the loss of self-esteem, and the threat to security. The core is an existential problem; it has to do with illusion and the essentially fearful nature of the ego. In possessiveness, ego defends itself against nothingness. When we come to know and accept the nothingness at the core, jealousy and the pain of obsessive attachment cease.

Passage 1
Here is a simple test to see where you are in this matter of relating. Write down all the things you have not shared with your partner. Contemplate this list, and there you will see the limits you place on the relationship, the degree of your commitment to the way of the lover.

Passage 2
Now, on the path where relationship is a means for coming to self-understanding, it is necessary to clarify the difference between loving and being attached. This is a most basic distinction, because so much of what we experience as attachment, we call love. In fact, most of the institutions around love, such as marriage and family, are actually ways of protecting our investment in attached situations.

Loving someone is glorifying who they are in their uniqueness. Consider a flower. You see a flower that is really beautiful to you. You want to glorify that flower in its own natural setting, or else you want to pick it and possess it. Those are two entirely different ways of being. Love creates a thankful glorification of the flower. You love the other - you want to see the other thrive, enjoy, and grow. You want to see them become more of who they are, nor matter what that entails. That’s the truth of love. It is unconditional.

Attachment is quite different. You want to pick the flower, sever it from its roots, and make it yours. You want to appropriate the beloved, make him or her be what you want them to be, conform to what is convenient for you in the relationship. Attachment is not care for the other; it’s care for oneself. This distinction has to be understood: Are you loving, or are you attached?

If you are attached, you are going to experience the pain of jealousy. It follows that jealousy becomes the opportunity to see within yourself the truth of attachment. Only through this awareness can jealousy be really transcended.
Passage 3
The fact of the matter is, you are not actually in a loving relationship if you think that you possess the other, because the essence of the other is basically free. You may control your lover so that he or she appears to love you, but you cannot make a person love you. You are not responsible for the sexuality of the other. You can not take control of their sexuality. You do not own it. It is their own. And what they do about it is in a real sense their own affair.

Passage 4
Sometimes we suspect that our partner is being untrue to us. For instance, that night you called your lover, a thought immediately came to mind: "Oh, she’s got somebody with her." One reason that you may have these perceptions is because you yourself are harboring thoughts of being "unfaithful." In fact, if you are in a relationship where you have an agreement not to be sexual with anybody else, you will almost inevitably start having feeling of wanting to be with others. Sooner or later, if you don’t share those thoughts, or if you’re not up front about the fact that you have such feelings, you will imagine that your partner is having them. This is projecting. Your jealous feelings may come from the fact that you feel like you want to play around, and so you suspect that your partner is doing it because you refuse to be aware that you are entertaining such a temptation yourself. A projected perception and a real one feel differently. We can learn to discriminate between the two. Again, the challenge is to be aware, to examine oneself.

Passage 5
The first fear we come to is fear of loss. Jealousy sees many things that can be lost. The fear of loss of the lover is the greatest. The rest of the fear around jealousy is in fact anxiety; that is to say, it does not have a real object.

The first anxiety comes from the loss of self-esteem. All kinds of self-doubt come up. You don't have enough money. Something's wrong with your body. You start projecting your own inadequacies on the other's actions. If your self-esteem is low, a jealous episode is going to be used as an occasion for proving that you are unlovable.

Examine the ideas that you have. You’ll notice that they belong to all the old mechanisms by which you put yourself down. In other words, you were putting yourself down for these things long before the beloved came along to give you an excuse for doing so.

Deeper than fear that comes from a loss of self-esteem is fear for the nest. One of two lovers is usually more concerned about the security of the relationship. Often it is the woman. Usually the function of the female in nature has been to keep the nest. It's almost as though nature gave her that fear out of protection of its own. The woman fears for her home, fears that the source of biological or family security is threatened. A man can also be possessed by security obsession. As women have become freer and more assertive men experience jealous insecurity more often.
Passage 6
When you possess you become possessed.

Passage 7
Whatever is, is.

Whatever will be, will be.

Whatever was, was.

And there is nothing more to it. Your jealousy will not change that.

This is reality, and if it hurts this is because you are trying to fight it. You are trying to change what is.

As soon as you accept this truth and do not fight it, the pain will be gone.