

Robert Glover, PhD No More Mr. Nice Guy

Nice Guys tend to have a hard time making their needs a priority and have difficulty asking for what they want in clear and direct ways. This creates a sense of powerlessness. Therefore, they frequently resort to manipulation when trying to get their needs met.

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Nice Guys have difficulty setting boundaries. Many Nice Guys have a hard time saying "no," "stop," or "I'm going to."

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All Nice Guys believe they are not OK just as they are, and therefore must hide their flaws and become what they believe other people want them to be.

Robert Glover, "No More Mr. Nice Guy"

2) Boys were left to be raised by women. The

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The job of turning boys into men was left to mothers and a school system dominated by women. As a result, men became comfortable being defined by women and became dependent on the approval of women.

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Just about everything a Nice Guy does is consciously or unconsciously calculated to gain someone's approval or to avoid disapproval.

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Nice Guys interpret a woman's approval as the ultimate validation of their worth.

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Seeking women's approval gives women the power to set the tone of the relationship.

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Seeking women's approval gives women the power to define men and determine their worth.

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Humans connect with humans. Hiding one's humanity and trying to project an image of perfection makes a person vague, slippery, lifeless, and uninteresting.

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The Nice Guy gives to others hoping to get something in return.

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Helpless, whiny, wimpy, and needy are not attractive on a man. Confidence and self-assurance are.

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who try to please them as weak and hold these men in contempt. Most

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Most women do not want a man who tries to please them " they want a man who knows how to please himself.

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Nice Guys are afraid of making a mistake, afraid of doing it wrong, afraid of failure, afraid of losing it all.

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You are the only person on this planet responsible for your needs, wants, and happiness.

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Give yourself room to fail. There are no mistakes, only learning experiences.

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Flowers and gifts should be used as a REWARD, not as an item to BUY her affections.

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â€œRejection is better than Regretâ€•

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Rejection is always better than Regret. Always.â€•

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“So avoid the friendship route. When you see a woman you are interested in, go for her romantically. For a friend she sees, a friend you shall always be.”

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“Judge by actions, not by words.”

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Judge by her actions and not by her words. Judge by what she does than by what your mind wants to see.

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A servant youâ€™ll be, a friend sheâ€™ll see.

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For true passion with women can only come when the man can easily walk away; the
Great Catch walking away is womanâ€™s Great Fear.â€•

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Women would rather share a successful man than be attached to a faithful loser.

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Failure is being in an unhappy marriage or a relationship where she has no true interest in you.â€•

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Stop trying to be â€~perfectâ€™™ in womanâ€™™s eyes for youâ€™™ll wrong the truest commandment with sexuality: Do not bore women.

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â€œThe greatest risk you can take in life is not to risk it all!â€•

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“You can be the smartest person in the world, the most talented, the most persistent, but you will never win in the world or with women unless you embrace the glory of RISK.”

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Place where all Pooks come from. “Just remember...” • “Opportunities

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Place where all Pooks come from. “Just remember...” • “Opportunities are brilliantly disguised as impossible situations!” •

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Why does “perfection”™ fail with the ladies? Because when you strive to be “perfect”™, you enter an Anti-Life mode. You end up not really living but fulfilling some imaginary barometer of virtue, of thought, or other Human measuring stick.

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She is along for the ride. It

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The Nice Guy gets dumped because he hardly made any moves.

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Women would take a less attractive man that can make her feel good, make her laugh, make her FEEL romantic and all those other goodly good feelings women are addicted to then a handsome bloke who doesn't know what he's doing and doesn't know how to make her feel good.

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The KEY to killing desperation (and attracting crowds of women) is to THINK and BELIEVE that you are The Great Catch.

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'nice guy'. (And nice guys finish LAST.) If

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'nice guy'. (And nice guys finish LAST.) If you start treating a woman

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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.

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DON'T GIVE HER A REASON TO THINK SHE IS BETTER. You are the gold; she should be thrilled just to have A CHANCE with you.

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Why would Prince Charming tell everything about himself to a woman? No, the woman must JUSTIFY HERSELF to him because YOU ARE THE GOODS.

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

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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.

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Remember, the biggest risk you can take in life is not to take any risks at all.

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Just because you get a date does not mean you stop being attractive. You must make
your attractiveness consistent by continually thinking yourself as the Great Catch

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

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Kino is a GREAT way to test their interest. Girls that don't like you, or find you neutral, will not like you touching them.

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Guys should never count on women to ask them out.

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the best dates are action dates. Doing stuff rather than just talking or going to a movie or eating is more fun. The more fun she has, the more attractive you become.

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Women, on initial dates, just simply want to have fun and have a good time. Men can throw too much affection too soon, too fast, and scare the woman off. Women find this as 'desperation'. It is the ultimate turn-off to them.

Mark Manson, i»¿Models: Attract Women Through Honesty

Non-neediness is when a man places a higher priority on his own perception of himself than the perceptions of others.

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thoughts and feelings rather than the thoughts and feelings of others. A

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A needy man will be more invested in the woman he is with than in himself

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A man who feels like he needs to buy or steal a woman's attention or affection through entertainment, money or superficiality is a man who is not confident in his identity and who is not genuinely attractive.

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said, it's about the intention and sub-communication behind it. When

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When you're willing to cut a woman off and tell her when you feel that she's out of line, when you're willing to tell a woman what you will and will not tolerate in your life, this

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When you're willing to cut a woman off and tell her when you feel that she's out of line, when you're willing to tell a woman what you will and will not tolerate in your life, this sub-communicates the most powerful elements of attraction to her.

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Neutral woman on her back while you speak to her, sheâ€™™ll just

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the more polarizing a man is, the more they are flooded with opportunities with women. This is true for every man I know

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the more polarizing a man is, the more they are flooded with opportunities with women. This is true for every man I know who is incredibly successful with meeting and dating women.

Mark Manson, [10 Models: Attract Women Through Honesty](#)

As with any type of failure, itâ€™s not until youâ€™ve been rejected a certain amount that you realize how insignificant it actually is, how you spent so much time worrying about nothing, and how youâ€™re free to act however you choose.

Mark Manson, [10 Models: Attract Women Through Honesty](#)

Instead of thinking, â€œI hope she doesnâ€™t reject me,â€• think, â€œI hope I'll find out if sheâ€™s right for me.â€•

Mark Manson, [10 Models: Attract Women Through Honesty](#)

like attracts like. You attract what you are.

Mark Manson, [Models: Attract Women Through Honesty](#)

your role as a man is to take action. It's all on you. It's always on you. You move things forward.

Mark Manson, [Models: Attract Women Through Honesty](#)

no matter how much you read, how much you study, how much you watch about dating and attracting women, if you're unable to take action, you will get nowhere.

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good writer can actually help you become a good communicator. If

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If youâ€™re saying something in four sentences that could be said in one, say it in one. If you are saying something in ten words that can be said in four, say it in four.

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In my experience, 99% of the so-called flake prevention strategies guys implement â€” calling at certain times, baiting with open-ended texts, pretending to send a text to the â€œwrong personâ€• â€” these will rarely convince a girl who was never attracted to you to suddenly become attracted to you.

Mark Manson, i»¿Models: Attract Women Through Honesty

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Being physical with women is by far the most integral piece of seduction and dating women. If you have it, you will constantly have options. If you donâ€™t, you will spend a lot of time alone.

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Humans are programmed to look at and focus on whatever theyâ€™re either curious about or what they find attractive. If sheâ€™s looking at you even 10% more than the average stranger, then sheâ€™s at least somewhat curious/interested in you.

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- Flipping or Playing with Her Hair: Classic signal of flirtation and often done unconsciously.

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Most women, if they donâ€™t like you, will drop you like a hot potato when their friends come around. But if she ignores her friends or stays with you, thatâ€™s a clear indication that she likes you.

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Pay attention to where she positions herself while talking to you. If itâ€™s slightly within your bubble of personal space that probably indicates sheâ€™s interested in getting physical with you.

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it takes a lot for a woman to leave her friends behind for a guy, especially one sheâ€™s only known for a few hours or one night. If she does this, take it as a bright green light.

Mark Manson, [Models: Attract Women Through Honesty](#)

It's much better to try and kiss her and get rejected than to go the whole night without making a move and never knowing what would have been.

Mark Manson, [Models: Attract Women Through Honesty](#)

Sexual gratification for women is far more psychological than it is physical, whereas for men it's mostly physical. A large component of this psychological satisfaction comes from being dominated and surrendering control.

Mark Manson, [Models: Attract Women Through Honesty](#)

Don't ever ask, "Is this OK? Do you want to do X?" Just do it and stop later if she doesn't like it and apologize. Nothing turns a girl off faster than a guy who defers to her too much while having sex. Take control. Do what turns you on and that will then turn her on.

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decides what traits attract us sexually or who we are attracted to. Attraction is an emotion, not a conscious decision.

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What a female wants in a male has little to do with his body and more to do with his behavior.

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The reality is that all females enjoy doing so-called slutty things, but no female wants to be perceived as a slut.

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Today females are still worried about being seen as “easy,” as in easy to get into bed with, since society still looks down upon such females. In an attempt to hide their true nature and natural urges, they have come up with the strategy of “playing hard to get,” which is more amusing than brilliant since it implies that females really are easy, though they are just pretending not to be.

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responsibility for it so that they appear to be “good” and “innocent” girls. Females are crazy horny, but they do not want everyone to find that out and label them as sluts.

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The best approach to get girls is to understand that women actually are easy while at the same time never letting them feel so.

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maleâ€™s approach and how they actually do react can be completely

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females tend to give males advice that only works for females, such as telling them to take their time, let love come to them, that they will meet someone when they least expect it, and it will “just happen.” But the only reason those things work for females is that they rely on males taking action.

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women are not raised to take responsibility for sex.

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can be dominant, and one of them always is. Therefore, to be a dominant male automatically means to treat women as submissive and expect them to be submissive.

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A confident male does not express uncertainty, neither in general nor with women, and he is dominant around women since he acts like he knows what he is doing.

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no one else will. You have to be selfish, and the more selfish you are, the more successful you will be

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else will. You have to be selfish, and the more selfish you are, the more successful you will

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success if he is dominant, since treating yourself and your will as more important will always yield far better results than not. If you do not take care of your own self-interests, no one else

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Those who get furthest in life, including with women, are those who take matters into their own hands and protect their own interests because no one else will do it for them. They are selfish, so that is what you must be to succeed with women. However, it is also inevitable that selfishness leads to dominance and, thus, being selfish is necessary to be masculine.

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Dominance requires that you treat yourself as important, and thus you have to value yourself,

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Even if you regard yourself extremely well on the inside, you still have to demonstrate your self-esteem with confident behavior for women to notice it.

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The only way to increase your self-esteem to its maximum and to keep it high permanently is to adopt a different mental approach. Rather than seeking acceptance from other people, you should seek it from yourself.

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failures every now and then (it is how you learn and grow), and there is always someone who will be better than you are at something, which means that your self-esteem would fluctuate all too easily if you compared yourself to others.

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Once you get a girl without having relied on any external value for your attractiveness, you also know for sure that she really likes you and that she will be yours for as long as you want her to be, as long as you do not change.

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females are not less interested in sex than males are; they are just more cautious and more concerned about appearing cautious, even if that includes downplaying their sexual interest, rounding down the number of sexual partners they have had, or lying about how often they think about sex when asked in surveys.

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you will not be successful with women if you hide your sexual interest in them, if you are unable to make them feel sexy, and if you are unable to arouse them sexually â€” things you will have a hard time doing if you believe that sex is not something women want or if you are ashamed of your sexual desires.

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most males feel the need to change themselves for women, but you should never have to change your true self for women to get them. If you do, it is not really you that is getting girls, but some alternate persona.

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Men who are good with women do not change themselves for women; they never even consider it, and they certainly do not fear losing women,

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if you believe that women will be glad to meet you, they probably will be glad to meet you since being approached by a confident male is the biggest compliment a woman can receive, even if she is uninterested for other reasons.

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if a woman tells you that she wants to meet you again, you must not act surprised to hear it as if you were expecting her to turn you down. That will only make her suspicious and doubtful about whether she made the right choice.

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There is absolutely no room to explain yourself when you are flirting with women – neither before nor after you make an advance. If you explain yourself before you are about to make a move, you risk ruining your chances, and if you do it after you make a move, you risk ruining the success you might have already achieved.

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Women sometimes pretend to be upset or offended when you flirt ferociously with them, either to save face or to test if you really mean what you say. Hence, it is vital to stand your ground and never apologize, explain yourself, or take anything back because that would make you less attractive.

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unsuccessful males are quick to apologize to women, they usually do not demand an apology when women step out of line. Instead, they pamper them.

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while unsuccessful males are quick to apologize to women, they usually do not demand an apology when women step out of line. Instead, they pamper them.

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Males who are unsuccessful with women tend to tolerate a lot of bad behavior if it comes from a female, particularly the more attractive she is and the more interested in her they are.

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If a woman does behave badly and deserves to be put in her place, you have to do so and not treat her differently only because she is beautiful.

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Your goal is to make women feel really good about themselves without making them feel they are better than you are,

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All males who believe they need to earn women are inevitably inclined to qualify themselves by either consciously or nonconsciously bringing up how long they have studied, how much money they make, what car they drive, what a nice area they live in, what they have achieved, how much alcohol they can drink, or what gadgets they have etc

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Although women love to be admired and appreciated, they still want a man to look up to, not down upon, a man who deems himself important enough to deserve the best, including the best women.

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Fourth, it makes you look inadequate if you appear to try to impress a woman with your wealth. Finally, it is unnecessary, as most women are not attracted to wealthy males, but masculine males. Even if you are financially independent and never have to concern yourself with money, it is still best to wait to shower your woman with jewelry or pay her bills until after you have had sex with her so you have formed a sexual relationship already.

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To spend a lot of money on women that you have not had sex with is also a bad idea for a range of other reasons. First, you risk making a woman feel uncomfortable, either by making her feel like she owes you something or by making her feel like a whore because you expect sex in return.

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a much better way to increase your confidence is to learn to tolerate uncertainty â€” to build courage.

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Old males on their deathbeds with their reasoning still intact do not regret getting poor grades or wish they had spent more time cleaning the house; they regret not taking more chances, not seizing the day, and not enjoying themselves more, in particular with women.

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Regardless of whether you actually are happy, you have to appear happy whenever you are around women that you want.

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but it does not make any difference. You should never expect women to lead.

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Leading is something that you should never stop doing in your relationship, not even after you have started sleeping together. If you stop leading, it will only be a matter of time before the woman feels less and less attracted to you, and you will lose her.

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Normally, you are the one who has to begin the initial conversation; you are the one who starts touching her, who takes her number, who calls her up, who tells her where to meet you for a date, who initiates a hug the next time you see her, who takes her to a cafÃ©, who touches her hand across the table, who goes in for the first kiss, who leads her home, who undresses her, and so on through the many small steps all the way into bed. You are responsible for making things happen since you are the male,

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who are interested in you. That is vital to understand, because you

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you will actually lose women you could have gotten if you give up at the first sign of resistance.

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The best way to isolate a woman is very simple and straightforward. All you have to do is tell her to follow you, grab her hand, turn around, and start walking with the assumption that she will come along.

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the less social pressure a woman will feel to be a “good girl.”•

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the fewer people who can see and hear the two of you,

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When you isolate a woman from her friends, you should

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move her far enough away from them to ease her of their social pressure (so they cannot overhear your conversation for instance) while still staying close enough to them that she feels safe (so she can still see them for instance).

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few minutes, approach her again, and continue talking to her. Just do not give up at the first signs of resistance because you can break through many barriers with persistence.

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again. However, to persist does not mean to cling on forever, to stalk, or to come back despite a woman requesting otherwise â€” only desperate males do that â€”

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You do not need an excuse to talk to women and women do not want you to use one either, so why bother?

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itself. A male runs the risk of losing far more women because he does not say anything at all than he does because he is saying the wrong things.

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confident manner and flirts whenever the opportunity presents itself. A

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It is hard to come across as genuine if you always say the right things. No one is perfect, so do not pretend to be.

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illusion. In reality, it is the other way around. You lose a woman by hiding your intentions from her, not by showing them.

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All women, no matter how certain they appear, want to hear from someone else that they look sexy and beautiful,

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Women absolutely love compliments so you should give them generously. Do not be afraid to let a woman know how attractive she is, what you like about her, and what is special about her.

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Women fall for “bad boys” because they are only “bad” in the eyes of our traditional socialization, the same way men actually love “naughty girls.”

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Be charming, but never at the expense of yourself. Never allow anyone to walk over you, not even a woman that you like or are in love with.