

# The Love Game

Theory, Tactics & Practice

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Get girls - from "Hello" to "I love you".

by Denis Lisunov



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The Love Game: Theory, Tactics and Practice

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The author of this book is not responsible for what kind of goals the information in this book is used for. The author emphasizes that any form of intimacy always requires consent between multiple parties.

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I dedicate this book to men, who helped me along the way. This is me returning the favor.

God bless you!





To deny our own impulses is to deny the  
very thing that makes us human.

# 1. Introduction

The information you will find in me will open your eyes, show the world through a unique lens, but I cannot tell you whether this is good or bad.

Reading me will make you angry. First, your anger will be directed at me, then at the world, then at your parents, then at yourself. When you come to terms with it, a learning process of several years will begin, starting with suffering and ending with peace.

I can assure you that you will know the answers to everything that is generally important for men. The words "I don't know" will become a curse word. You will ask less "why" and "how". Love will become predictable, life will become seamless, and women will become simple.

If you choose not to read me, it may be that between ages 45 and 65, you will discover the game all on your own and realize that you could have lived your life differently. If this happens, you will either fall into depression and despair, or you will accept the time you've lost and start living differently. We call this the midlife crisis.

Both lives have their pros and cons, so, before it's too late, I leave it to you to choose whether to read on or

put me back on the shelf. Unfortunately, the author of this book did not have this choice.

To make the whole process easier and faster, I will ask for only one thing: read me with an open mind. Even when it feels like it's completely against what you already know, finish reading the chapter and try to disprove it in your environment. Observe people, observe their speech, observe their actions, compare them to what you learned, and draw conclusions.

For those who accidentally stumbled upon this book, I apologize in advance for the discomfort, anger, and hatred you will experience.

And for those who are here with a goal, good luck.

## 2. Theory

I will have to destroy the dream you are living. If you want to imagine, it will be similar to the YouTube video "Tupac's Transformation".

After that, I will introduce you to the "love game", in which the whole world is participating.

I'm going to show you what the popular strategies for men are, and why they are ineffective for sleeping with many women or creating a happy relationship. I will also provide you with an alternative.

You will learn what women want, why infidelity occurs, and the differences between a woman and a man.

At the end of this chapter, I'll reveal to you how men are exploited by women, how governments protect women from men, and why "good" men don't get laid.

For men, these are important topics, and in our early teens, we start wasting a lot of time, trying to figure these things out. But soon we learn that such topics are taboo in mainstream society. Men are afraid to ask their friends for advice; we don't want to appear

weak, and usually our friends don't know what to advise. "Be yourself", they parrot.

The purpose of the Theory section is to deconstruct your current world view of love and women and form a realistic view of the world step by step.

There are 5 steps:

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

Denial will begin after reading the first subsections. This is your defense mechanism, trying to protect the beliefs you formed before. What you read will seem sexist, cynical, etc.

The second stage, anger, is short (up to several months), but intense. You will get angry: first at me, then at women, then at the world.

The negotiation stage is your last attachment to your dream. You will accept the vast majority of reality, but there will still be some ideas that you will try to justify.

The depression stage usually lasts the longest when you realize that the world you knew was lying to you. This stage marks a lack of understanding of the

nuances of the world. Only by letting go of your emotions toward the past will you be able to move on to the next level.

Recognition is the last step. You will accept that the world is the way it is, and no amount of rethinking or emotion will change that.

## **2.1. The world believes in Disney fairytales**

*- It's all about love, son.*

When the first representative of Homo Sapiens, Yuri Gagarin, took to the sky, humanity expected to meet its creator. However, he returned with the news, that nothing is up there. From that time, the importance of religion in the life of the Western man began to decline, much more than in any other period. The consequence of this was the 1960s sexual revolution in the United States.

The invention of contraceptives made it possible to have sex with minimal risk, divorce laws were eased, and the second wave of feminism established the equality of women and men. Up until this point, women could secure financial comfort only through marriage, and now they had the choice to go to work on their own.

Encouraged by the ideological success of feminism, relaxed divorce rules, and medical advances, women could afford to divorce and seek a better life. Over the next 10 years, the nuclear family model collapsed, the clear line between male and female roles in the family started fading, dads started abandoning their offsprings, and, due to these factors, the first generation of lost boys was born in the United States.

These children grew up without a positive male role model. The role of the father was substituted with television or older children.

For lost boys, adolescence was often troubled and associated with drugs, rap music, and the Bloods or Crips gangs. Among them are known artists such as Tupac Shakur, Eminem, Biggie Smalls, and Snoop Dogg.

As already mentioned, not only mothers are to blame. Disappearing fathers also contributed to the boys' problems during this period. The fault of this phenomenon arose because of love, or, rather, its modernized description.

"Snow White and the Seven Dwarves," "Cinderella," "Beauty and the Beast," "The Little Mermaid," "Aladdin," "Tarzan," "Sleeping Beauty"...

These are just a few cartoons from Disney's collection since 1940. Interestingly, they all share the same story pattern: a princess gets into trouble, a prince rescues her, and they live happily ever after. Love.

Before Disney, love was only for adults. Kids didn't listen to Frank Sinatra, watch Marilyn Monroe or Sophia Loren, or read Playboy magazines (except out of curiosity). In other words, the example of love for boys came from their father and mother.



The generation of disappearing fathers was the first to experience love in childhood.

Disney movies show the prince's love for the princess as boundless and unconditional. The prince fought against dangerous monsters and risked his life for the princess, who was waiting for him.

The problem was that the princess's love for the prince was portrayed as the love a boy would receive from his mother. Unconditional.

In the years 1990–2010, raised by a single mother or a new stepfather, boys did not have a good example of masculinity. Usually, these boys were distinguished by being minimally or not at all athletically active and spending a lot of time on the computer.

The internet became the surrogate dad, and boys from all over the world could interact with other boys of similar age and interests through games like Counter Strike 1.6 or RuneScape in chat groups and internet forums.

Today, boys continue to learn from the most powerful father, the Internet, about how they should live and adapt to the modern world.

And the Walt Disney Animation Company continues to be the largest and most powerful tool in shaping children's worldviews about love and the world.

This is how the Disney fairy tale was born, which was believed first by the USA and then, thanks to globalization, by the whole world: a woman's unconditional love for a man, like a mother's love for her son.

It is the unattainable form of love that men dream of. Because of this love, music, movies, novels, and poems are created; accessories, flowers, sweets, and all kinds of trinkets are bought daily.

But the reality is very different from what is portrayed on the screen.

56% of marriages end in divorce.

70% of divorces are initiated by women.

And a third of all US men under 30 have not had sex in the past year.

## **2.2. She is not your mother**

*- You see, son, a woman should never love you the way your mother loved you.*

A woman's love is opportunistic; it depends on the man's value in the current environment.

No woman sees how you go to the gym every day, how hard it is for you, how you work year after year for your future, or that you had other partners before her.

In a woman's eyes, you were born with big muscles, you have no problems, you are rich, and you are good in bed.

The female gender overlooks the man's journey and only meets him at the finish line.

If you are new to self-improvement, you will not receive additional attention or signs from women for a while. Only after some time and discipline, when a certain tipping point is reached, will the world turn itself upside down. You will catch smiles on the street, see women staring at you, and conversations will become more pleasant.

If a woman becomes intimate with a high-quality man, she will do anything to keep him in her life.

If a man continues to maintain, or even improve, his value while in a relationship, there is only a small chance that the woman will be unfaithful to him. But if

a man stops looking after himself, a woman with nothing to lose will take the bull by the horns and find a higher-quality man when the opportunity arises.

Stick to this saying: She is never yours; it's just your turn.

## **2.3. Pareto principle**

*- 20% of men compete for 80% of women. At the same time, 80% of men compete for 20% of women.*

So, the natural question is: what is the tipping point after which women will start showing attention to a man, and how long will it take to achieve that point?

It is impossible to determine when the tipping point will be reached. But the tipping point is straightforward to define.

According to the data of a 2015 study with the Tinder app, it was found that the distribution of attractiveness and competition between men and women works according to the Pareto principle.

The bottom 80% of men are competing with each other for the bottom 20% of women. At the same time, the top 20% of men compete for the top 80% of women.

So the tipping point is this: it is when a man is among the top 20% of men in any environment.

To be in the top 20%, the man needs to stand out from the majority of other men with his status, physical features, and/or finances in a defined environment.

The environment could be a specific place or a social construct.

For example, a social construction environment is a birthday party of 20 people (10 men and 10 women). In this environment, two males will receive the attention of almost all women.

Another example, where the environment is specific, is the bar. In this environment, the top 20% of the men could find a one-night stand that evening.

The effect of the environment could be measured on a micro (ex., social setting) or macro (ex., country) scale.

For example, the average European man is physically bigger, and he earns significantly more than the average Thai man. Being among the bottom 80% of men in Europe, a man can be among the top 20% of men in Thailand at the same time.

Thus, any man can quickly increase the quality and quantity of intimate partners in his lifetime by simply moving to a country or region where the average man is less attractive and has a lower income compared to that man.

Thailand, along with the rest of Southeast Asia, is the top destination for finding marriage and intimacy among older single men from the US and Europe. Therefore, for future men who will go to these countries to look for women, the competition in urban areas will only become more difficult since the average image of a man in Southeast Asia will include more Europeans and Americans.

## **2.4. Sex and relationship economics**

*- Love is about economics, son.*

Men can be of low or high quality depending on their physical condition, self-confidence, salary, location, age, etc., so we can conclude that love abides by the laws of supply and demand.

High-quality services are few (20% of men), so they are quickly ordered by buyers who have money (80% of women). Often, a contract is concluded to use that service exclusively (marriage).

In that same market, there are many low-quality services (80% men). Buyers who do not have money (20% of women) order one service, and therefore most of the low-quality services remain unpurchased. This is the reason why 60% of men, throughout eras, whether medieval or modern, do not reproduce.

## 2.5. Hypergamy

*- Instinct, my son, is stronger than any promise or attitude.*

On average, a woman has about 15 years, from 15 to 30, before her beauty fades. This is the so-called "wall" that, in time, all women will face.

After hitting this figurative "wall," a woman loses the advantage of reproducing with partners with high-quality genes and becomes invisible in their eyes because beauty is instinctively associated with fertility.

So while a woman is young, she has the best chance of finding high-quality genes for her offspring and giving them a better chance of extending the family tree.

And so, whenever a young woman meets a man who is of higher value than her current partner, she will get intimately involved with the higher-value man.

Otherwise, by staying with a lower-value man, a woman risks providing her offspring with lower-quality genes, which may cause her bloodline to go extinct.

To make sure that the offspring are strong, the young woman instinctively looks for a partner with better genes: height, muscularity, and beauty.

After the offspring are born, the woman needs to change. The value of a partner starts to be measured in status and stable wealth to make sure that the offspring survive until they can stand on their own.

But the problem is that only 2% of males have both traits for good genes and stability. Thus, in most cases, the woman has to turn to two different men to fulfill her instinctive needs.

Hypergamy is an ideal female reproductive strategy that constantly tries to ensure the best possible genes available to her and the best possible chance of survivability of offspring.

Therefore, in modern conditions, mothers often have a child from one man, and after he leaves the family,



they find another who provides financial stability, comfort, and security to her and her offspring.

In our world, this is known as the father and the stepfather, the good genes and the good provider, the alpha and the beta.

## **2.6. Why people cheat**

*- She's not yours, it's just your turn, son.*

Hypergamy instinctively requires a woman to seek out the best possible partners during her prime years. Therefore, if she finds a man of higher quality than you, she will first be unfaithful and then leave you, always in this exact order.

By keeping you in the dark, a woman protects herself from that better man running away and, at the same time, making her current situation worse.

So, if a woman wants to end the relationship or take a "break," then know that a new candidate was found long before that, and your turn is over. Nothing personal, son; it's just women's biological desire to improve the situation for their future offspring.

Meanwhile, in the case of men, their reproductive strategy is to distribute genetics as widely as

possible. After impregnating a woman, genetically gifted men leave, run away, or have long-lasting affairs because that is their nature.

If a man is unfaithful, it is because he has access to fertile women who want to reproduce with him. Nothing personal, daughter; it's just man's biological desire to create more offspring.

Therefore, men are more likely to be unfaithful in marriages or relationships after children, while women are more likely to be unfaithful in marriages or relationships before children.

## **2.7. The marriage trap**

*- Marriage, my son, is a commitment to the government, not to the woman.*

Marriage is of no benefit to men and a very great benefit to women. Let me explain.

Firstly, in every major religion, the purpose of marriage is to protect women and prevent the ideal reproductive strategy of men.

If male reproduction were not controlled, 80% of men would not have children of their own and would raise

the children of another man (just like in the animal world).

In some religions (Hinduism and Islam), a man can engage in polygamy (having several wives). The catch is that you have to be able to provide for each wife equally.

Secondly, during a divorce, the material wealth is divided between the parties. Because the woman pays with her time and beauty during the marriage, a man will have to pay for the time he spent with her with half of his accumulated wealth.

Third, a prenuptial agreement only protects the husband's assets that he accumulated before the marriage, not during the marriage. Therefore, during the marriage, the wealth accumulated by the husband and the businesses created will be divided in half between that husband and his ex-wife. Again, a fee for the given beauty and time.

Marriage is good for the government, so tax breaks are often promoted as an advantage of marriage. It is perfectly understandable that since the newlyweds need a home, they will need a home loan, which will have to be paid for about half of their lives.

However, the question arises: is it worth risking your future and then dividing the house and the additional accumulated wealth in half for the benefit of the woman?

Bill Gates and Melinda Gates: \$65 billion. There is no prenuptial agreement.

Jeff Bezos and MacKenzie Bezos: \$36 billion. There is no prenuptial agreement.

Elon Musk, Justine Musk, Talulah Riley, and Amber Heard—about \$150 million. Apart from his first wife, who cost him the most, he made prenuptial agreements.

Elon Musk finally learned his lesson and did not marry his last ex-girlfriend, Grimes, who bore him a child.

The only way to protect yourself from divorce rape is to avoid marriage. After all, it is possible to live together, buy a house, and have children without the additional risk of cutting your wealth in half.

## 2.8. The game

*- Everybody plays the game, son.*

The game takes place everywhere and always, according to certain rules, where there is at least one man and at least one woman.

Looks, appearance, proximity, body language, touch, words, tone of voice, and signs. These pieces form a strategy.

In most men's lives, there are three game strategies, based on what they believe a woman wants:

> The beauty strategy states that women want a tall, muscular, stylish, and handsome guy. Men use this strategy to achieve maximum beauty through sports, style, and food. In extreme cases, they follow a very strict diet, undergo plastic surgery, and use steroids. Men playing this strategy often complain that women only want them for sex.

> The money strategy states that women want money, gifts, and expensive things. Men playing this strategy seek to maximize their accumulated wealth by dedicating their lives to corporate careers or businesses and trying to bribe women. In extreme cases, they take out loans and regularly use escort

and Thai massage (with a happy ending) services. Men playing this strategy often complain that women only want them for money.

> The Disney strategy states that there is only one woman in this world for me. These “players” leave everything to fate when they play the game in this way because fate has created The One for everyone. These men are not after money or improving their beauty; they just want to be themselves. In extreme cases, they become single 40-year-old men who live with their mother, have no job, spend all day at the computer, and keep on waiting for the one and only. Ironically, this is the most common strategy.

The problem with these three strategies is that they are passive; the goal is to attract women by looking good, having material wealth, or simply being nice. However, only 5 out of every 100 women you will meet in your life will be brave enough to step up to the plate and seduce you. So, what's the alternative?

> The realist strategy states that women want everything and more. It is impossible to have everything, which means that love becomes a game of numbers. The player aims to increase his physical beauty and finances at the same time, not paying special attention to only one area. In this way, he

increases his chances of finding women for whom his level of quality (looks, money, and status) is sufficient.

But here is where things become different. The player in this strategy does not leave intimacy to fate. He actively engages women, wherever they happen to be.

He talks to women in a specific way, guides the conversation in the direction of intimacy, recognizes the signs, and figures out the logistics of knowing whether to back off (if she has a boyfriend) or to continue further. Then he passes a woman's tests and brings her home, because the first time making love is usually not in a public space.

I aim to teach you exactly this strategy.

## **2.9. Sense of morality**

*- Blame the game, not the player.*

You might think that it is not moral for men to use strategy when it comes to love. However, you must understand that women do this all the time and don't think twice.

They apply make-up, do breast augmentation, inject hyaluronic acid into the face (which reduces wrinkles

and enlarges lips), undergo facelift operations, and undergo labiaplasty (which corrects the aesthetics of the vagina). They do all this in order to look more beautiful, to appear of higher quality in the eyes of others, and to hide their flaws from men.

You'll be surprised, but 1 in 4 women between the ages of 20 and 50 has undergone at least one cosmetic surgery.

Also, women dye their hair darker or lighter to hide their true dull hair color and wear high heels—the most uncomfortable shoes—to attract tall men and repel shorter ones. They also have clothes that are specially designed to seduce (high necklines) by highlighting their shapes (push-up bras, butt-lifting jeans, bra pads) or hide excess weight.

If sexual strategies were moral, then women wouldn't be doing all this. But it's not their fault. Blame the game.

They are only trying to fill the demand created by the most famous women in the last decade.



## 2.10. The myth of The One

*- Unicorns are special because they don't exist.*

Oneitis is an obsession over one woman.

Be warned. This oneitis forms when you have no women in your life and is a sign that something needs to change. If left untreated, it will wreak havoc on your life.

Firstly, oneitis allows a woman to freely manipulate and exploit a man for whatever she wants. A man suffering from oneitis would even forgive cheating and, in his mind, would justify any and all inappropriate behavior.

Secondly, it reduces a man's ability to develop social skills with other women, stunting his growth. Because of this, a man further convinces himself that there is only one woman for him in this world. He becomes afraid to lose his oneitis.

Thirdly, there is a very high potential for psychological trauma. Men who have experienced rejection or humiliation from their oneitis, in some cases, have problems with other women and lack intimacy and motivation for the rest of their lives.

The best way to cure oneitis is to communicate with multiple women at the same time. You do not have to engage them romantically, but you do need to talk to them, even when you are in an exclusive relationship.

There are billions of people in the world, and half of them are women. Approximately 40% of all women are of legal age and can have children. That means that (when this book was published) there were 1.6 billion, or 1,600,000,000, women worldwide.

Realize that there is not one person made for you.

Therefore, there are many women in this world who are suitable for you (and whom you are suitable for) and who are not suitable for you (and who are not suitable for you). And that means you have options.

## **2.11. Why nice guys don't get laid**

Men who play the game with the Disney strategy use humility and kindness as a tactic to get women to sleep with them.

Here's how it works:

First of all, a man tries to become a woman's friend by being submissive, agreeing to everything, and trying to satisfy all her wishes. So he thinks that a

woman who receives all his attention, support, time, favors, and gifts will see how amazing he is and want to have sex with him.

The funny thing is, the woman always knows when a "nice" guy has feelings for her but never reciprocates.

Then, when, in a few days or a few months, the frustration reaches the highest level and the man can no longer continue the illusion of "niceness," he admits his feelings to the girl. But the woman sees him as a sexless "friend." She doesn't want to lose what she gets from that man, so she tells him that she wants to stay friends.

Upon receiving such news, the man gets very angry and, in his mind or via text messages, calls that woman a bitch, a whore, and other ugly words.

In the end, the man feels betrayed. He gave all his "niceness," and the girl only took advantage of him.

This destructive cycle repeats itself until the guy completely loses hope that he will ever be able to find a girlfriend and gives up (the most common option) or decides to take revenge on the world (Elliot Rodger, Alek Minassian, Scott Paul Beierle).

So why doesn't the "niceness" tactic work?

First of all, the exaggerated kindness and humility we show to strangers breeds distrust and caution. It's a trained response that protects us humans from naivety.

Second, if a woman is worthy of all men's gifts—attention, time, and humility—just because she exists, why should she give anything back in return? This is the same as winning the game without participating.

By pretending to be nice, the man makes the situation worse for himself because he puts the woman on a pedestal. Therefore, for women, "nice" men are of low quality, and women never want to make love to low-quality men, especially when they get everything from the man without giving anything back.

So, the only way to avoid falling into such a trap is to put your own needs before the woman's.

For a woman with whom you have no intimacy, your attention must be limited because it is valuable.

High-quality men are busy, don't respond as soon as they get a message from her, even if they like the woman, and don't give her more attention than necessary. They are valuable in the eyes of women, so a woman who wants to get attention from such a

man has to give something back (sex). In other words, she has to play the game. This doesn't mean that you don't need to show any attention at all; it's just that that attention, always (even after making love), should be limited.

The important thing to remember is that the man should always initiate and be the one to show attention first by approaching the woman to get the game started. This is a fundamental law of the game.

## **2.12. Attraction and uncontrollable factors**

Humans determine attractiveness in less than three seconds when they see one another. That means that how attractive you are to someone is predetermined the instant you see them—by looks alone. And because attractiveness is subjective, it cannot be controlled. You cannot make someone attracted to you, no matter how hard you try. In other words, you will always be a 10 to someone and a 1 to someone else. But you can still skew the results so that your average rating is higher (or lower) compared to the rest of the men in your environment.

You cannot control your height or how your face looks.

The only attractiveness variables a man controls are his physical body and style.

However, even in a case where these aspects are well mastered, there will always be times when you will not succeed with a specific woman.

She might have a boyfriend, she might be in a bad mood that day, she might be on her period, you might remind her of an ex, and she might have kids. Or it could be that she is free, in a good mood, really wants to fuck that day, and she finds you hot. Sometimes it's enough to be in the right place at the right time. Or, as the saying goes, nobody is ugly after 2 a.m.

To prove to yourself that this is the case, approach several different women and give them the same compliment. You will get several different answers, which will be between "Thank you!" with a nice smile and an angry look.

Therefore, worrying about whether or not you will be able to create a relationship with a specific girl is illogical because it is an uncontrollable factor. In reality, this is just an excuse men use to avoid talking to women when they do not have the power of choice.

## **2.13. The power of choice**

The strategy and tactics of the realist aim to teach men to emulate the behavior of men with choices and ultimately create real choices that will exponentially increase their results with women.

If you take only one idea from this entire chapter, it would be this: communicating and dating multiple women at once will solve 90% of all your problems with women.

So, if a man is not in a relationship, he should always aim to talk to, date, and make love with as many women as possible at the same time. Why?

Choice allows a man to say no because he can compare and choose women who better meet his standards. When a man doesn't have a choice, he puts up with what fate throws at him.

Choice removes a man's fear of speaking his mind and breaking up with women who don't meet a man's standards. When men have no choice, they will forgive even a woman's betrayal (cuckolding).

When a man has choices, a woman shows him more respect and attention because he is of high quality, and a woman is afraid of losing such a man.

But the power of choice lies in the fact that it can be applied to many areas of life.

For example, when a man is looking for a job.

When a man has a job and is looking for a new one, he has all the power, not the employer, because the man, having the choice, can allow himself to be more daring, set certain standards, and if the employer does not agree, the man loses nothing because he is already employed. Thus, the employer will be inclined to agree to the terms and offer a higher salary to the man who has the power of choice.

Otherwise, if a man is looking for a job and is unemployed, he is more stressed during the job interview; he acts as if this is his only ticket to a stable life, and the employer can offer the man worse conditions. The employer knows that the unemployed will tend to accept worse conditions and lower wages.

To conclude this chapter, the power of choice must be the main pursuit of every man in all areas, because it ensures the best opportunities and conditions for the man and, at the same time, for the woman with whom he will have a long-term relationship.



### **3. Memoir of a modern man**

Purpose, discipline, experience, hard work, and time. This is the accumulated knowledge and compressed experience of the author.

The purpose of this chapter is to provide you with a long-term plan that will increase your independence and overall quality of life in society.

Don't limit yourself to this book. If you are interested in the topic, look it up and pick up a book because quality information is hard to come by online.

## **3.1. Little habits**

A habit is an effortless action that your brain has learned to do automatically.

In order to achieve something in this life, you need to create a chain of habits that will improve your situation little by little every day. So, the secret to being productive lies not in motivation but in habits.

Creating a habit requires three components: trigger, action, and discipline.

A trigger is an environmental factor that psychologically sets you up to perform an action. The most common trigger is time (like getting up at 7 a.m. for work). The purpose of the trigger is to create an association between yourself and the action.

The action you want to turn into a habit is what will help you achieve results. For example, sports, cooking at home, learning a new language or playing a musical instrument, activities that make you money, talking to girls, etc. Monotonous actions are easier and faster to turn into habits, so if the action is too variable, you have to look for ways to make that action more monotonous.

Discipline is repeating an action day after day. A habit takes anywhere from 30 days to 250 days to form, so before the habit is formed, your brain needs to use extra energy to perform that action. The brain does not like to use a lot of energy, so you will have to force yourself to do an action (ideally every day), even when you don't want to or are lazy. The purpose of discipline is to make action a habit.

So, now you understand how all three components work, and you can start creating small habits that will improve your life.

For example, if you want to get fit.

First, you set the trigger—the time (I will go do a workout every day at 7 o'clock in the evening).

One trigger is enough, but additional triggers make it easier for your brain to psychologically prepare for that action. You could, for example, tell yourself that you will only workout in a certain type of outfit.

You can do sports in various ways (see 3.3 below), so you have to make your workouts as monotonous as possible so that it becomes your habit easier and faster. For example, when doing an upper-body workout, set a sequence of exercises that you repeat

day after day, exactly the same way, in the same order.

And then all that remains is to go workout every day, at the same time, with the same clothes and in the same place, until working out suddenly becomes your habit.

And what should you do if you want to learn to talk to girls?

Again, you need a trigger. For example, I will only talk to one girl a day on this specific street.

There are many ways to talk to girls, so you need to make it monotonous. For example, I will use this one sentence to approach and ask the same questions throughout our conversation (more on this later).

All that is left is to repeat the same action every day until you form a habit.

First, learn the rules, then break them.

Once habits are established, you can explore further options on how to get better at the thing you are trying to improve.

## 3.2. Genetics

Short stature, baldness, crooked teeth... These features do not help a man increase his attractiveness to more women, but these are not reasons to avoid talking to women. You can't change genetics, but you can effectively hide some traits (just like women do).

Height can be effectively hidden with the help of men's platform boots. These are special shoes that make you taller by 4 to 15 centimeters (1 to 6 inches). Up to 8 cm (3 inches), they look like normal shoes, so when you put them on, you will look naturally taller.

If you are bald, the cheapest option is to shave your entire head to hide the bald spot. Do not wear your hair half-shaved. If you have money, there are hair transplants. The best example of this is Elon Musk; go on and check his before and after pictures.

If your teeth are crooked or damaged, fix them. Yes, it costs money, but your smile will make you more attractive.

Bite problems: surgery.

Bad eyesight: lenses or laser procedures. Glasses look attractive only to a very small number of men.

Being overweight or obese is, in 99% of cases, not a genetic problem. It is impossible to hide excess weight, but looser clothes help to reduce the visual influence.

A small penis is probably the greatest fear of men, but in many cases, this fear is inflated and insignificant. It doesn't matter what size your penis is; 99% of the time, just poking with your pride stick won't make a girl orgasm. Therefore, you need to be able to use your fingers and tongue. Most women do not experience orgasms from their partners, so you have to become the one who gives them amazing orgasms. Since few men are able to do this, women will be very grateful to you and will want to repeat it more often.

Pornhub is a great resource for this. Search for "Robbie OZ 5 Step Guide to Perfect Pussy Licking" and "G Spot and Squirting 101 with Kenneth Play". Discovering these will potentially change your life.

In the end, it depends on how bad you want it. So, what you can change, change. And what you can't change or don't want to—put up with it.

### **3.3. Bodybuilding**

The body is like a YouTube video thumbnail; the more interesting the thumbnail, the more people will click out of curiosity to see what the video is about.

So, the more aesthetic the body, the more interested women are. All the more sex.

A good goal would be to reach and maintain 10–15% body fat.

An aesthetic body can be created with the help of two means: sports and nutrition.

If you have to follow a certain diet (e.g., in the case of diabetes) for your health, consult your doctor first before following what's written in the next paragraphs.

The easiest way to lose weight is to do intermittent fasting with an 8–16 cycle.

This means that during the day, you can eat for eight hours (e.g., from 9 a.m. to 5 p.m.) and give your body energy. Over the next 16 hours, your body will first burn the remaining sugar stores and then burn body fat. Also, this cycle optimally regulates your metabolism, cholesterol, and blood sugar.

What you eat during those 8 hours is also important. Persistent poor nutrition can not only increase weight but also decrease muscle mass, stamina, and libido.

As an example, below is a simple plan of what to eat during those 8 hours (from 9 a.m. to 5 p.m.) and at what time. If your breakfast starts earlier or later, just shift the time accordingly.

9 a.m.: tea or coffee + two eggs. Chug a fiber-filled shake or eat a bowl of porridge.

Here's my recipe for the shake: 100 g. of rolled oats, 2 spoons of flaxseeds, 2 apples, 1 banana, 1 orange, and 2 cups of water. Throw everything into a food blender and blend. This yields you two shakes (one for today and another for tomorrow).

11:30am: Chicken, beef, or pork + rice, or potatoes, or buckwheat + salad. Don't overthink it.

5 p.m.: protein shake.

You'll lose weight and, if you train, gain muscle pretty quickly.

Workouts are needed to maintain and build muscle. For short, men with big muscles eliminate, more or less, the lack of height in the eyes of women. In



addition, muscles for women are a symbol of security and good genetics.

Muscles are built by lifting heavy weights, not cardio. Therefore, there are two ways to build muscle: lifting weights or lifting your own body weight.

Lifting weights is called bodybuilding.

The advantages of bodybuilding are that the muscles grow faster, they look bigger, and the training time is shorter. The disadvantages of this method are that you need to buy equipment or go to the gym, and there's always a high load on the joints. This is a great way to build a mountain of muscle and look big.

Lifting your own body weight is called calisthenics.

The advantage of calisthenics is that it requires minimal equipment—a pull-up bar. The disadvantages of this method are longer training sessions since the weight changes minimally, so more repetitions are required. This is a great way to build an overall lean, athletic body with toned abs.

There are all kinds of exercises and ways to do both bodybuilding and calisthenics, but the most important thing is to follow a schedule and feel the load on the muscles.

Below is the author's current calisthenics schedule that has been in use for several years:

Monday-Thursday: Upper-body.

Friday: Abs.

Sunday: Legs.

**Before exercising, do a head-to-toe warmup.  
Warming up greatly reduces the risk of injury.**

### > Abs:

- |                     |                      |
|---------------------|----------------------|
| 1. Jumping jacks    | 6. Reverse crunches  |
| 2. Double crunches  | 7. Half crunches     |
| 3. Russian twists   | 8. Mountain climbers |
| 4. Oblique crunches | 9. Flutter kicks     |
| 5. Plank crunches   | 10. Plank            |

Do 50 repetitions of each exercise in this order, apart from the plank. The plank should be held for one minute. Rest as needed.

### > Upper-body

- |                 |             |
|-----------------|-------------|
| 1. Pull-ups     | 3. Push-ups |
| 2. Triceps dips | 4. Chin-ups |

In this order, do 5 times of each exercise with as many repetitions as you can. Take a 1-minute break between times, and a 2-minute break between exercises.

### > Legs:

- |                              |                |
|------------------------------|----------------|
| 1. Lunges                    | 4. Wall-sit    |
| 2. Leg raises                | 5. Calf raises |
| 3. Quadruped single leg lift | 6. Squats      |
|                              | 7. Plank       |

In this order, do each exercise for 50 repetitions. Hold the wall-sit and plank for one minute. Rest as needed.

## 3.4. Style

Your clothes show who you are and who you belong to, your financial situation, what people you hang out with, what music you listen to, what you do on weekends, or what your hobbies are.

The outfit is made up of three aspects: a top, pants, and shoes. Harmonious, or otherwise coordinated, clothing is called style.

Every girl has her own "type" of an ideal guy who corresponds to a certain stereotype. Therefore, there are two strategies for choosing a style: based on what reflects you or based on what kind of woman you want to attract. The latter is always better in terms of getting laid, while the former works more for relationships.

For example, if a man wants to attract athletic hotties or show his love for sports, he can find a lot of examples by searching for "athletic men style" or "bodybuilder men style" on Google images.

Another example is when a man wants to attract a career girl. He can find many examples by searching for "casual business men style".

The last example is for music lovers who want to attract that rave or metal girl or show off their love for the genre. You can find everything you need for this style by searching for "music genre" and "men style".

It is worth noting that not all things have a stereotype attached to them, especially those whose niche is not known worldwide.

If your interests are very niche, you can always choose the second strategy for developing your style.

When you're out and about, spend the day analyzing the styles of boyfriends of the girls you find attractive. Take note of what these men are wearing and create your own style based on that. This is much better than wearing a random selection of clothes that have no idea behind them.

Always pay attention to whether the clothes fit you. Clothes that fit show off your muscles and allow a woman to imagine what you would look like naked.

Never let your mother or any other woman choose your clothes. Period.

## **3.5. Personal finance**

Unless you inherit a small sum of a couple million dollars, you will need to work to make money. It is a fact.

But here is some good news: money is easy to make once you understand it.

It is a value voucher, meaning that you got it for solving a problem for someone else. If you can solve a problem for millions of people, you will make millions. That's it.

If you only rely on employment as your source of income, you are essentially solving problems for one single person. Can you make millions by doing that? Sure, if the problem is difficult enough and you are crazy good at a very niche thing. But it is unlikely that you're an engineer at Google making \$190k per year.

So there really is only one solution for you: business. It sounds scarier than you think. But in reality, it's just this:

You create or improve a solution to a problem that people currently have and sell that solution by using various forms of advertising. That's it. If you can sell one unit of your solution, you can sell a million.

If you get good reviews, more people will come. If you get bad reviews, improve your solution until you get good reviews. If you get no reviews, ask the people you are trying to help “why” they are not choosing your product. The answer will surprise you.

To make money passively, you need money. There is a lot of it.

After you grow your bank account to one million, you should start thinking about making money passively. And that is where the stock market comes in.

Put your money into an accumulating or distributing ETF; stick to one or two max. The difference is that an accumulating ETF will reinvest the dividends automatically into the ETF, and a distributed ETF will deposit the dividends into your broker account, which is literally what passive income means.

Do know that each time you get a dividend from a distributed ETF, you will have to pay taxes, while in an accumulating ETF, you will only pay taxes after you sell some of the stock.

## **3.6. Self-Confidence**

Self-confidence is knowing how to act or what to do in an environment or situation.

For example, in a familiar home environment, your self-confidence is high. You know where the eating utensils are, which light switch turns on which light, how to open the window, and what the wi-fi password is (well, at least where to find it). So when guests ask you how to turn on the lights or where the cutting board is, you can answer with confidence or do it yourself. You have the answers.

When you come to a new environment, for example, a new workplace, you don't know anything, so you ask or observe everything, and a person who knows the environment or situation shows you the ropes.

It's the same in every situation. For example, camping with friends requires cooking over a campfire. If you know how to do that, you will volunteer to cook. Otherwise, someone else will have to do it because you don't know how.

So, self-confidence can be described as follows: low self-confidence is when you ask questions, observe, and listen, and high self-confidence is when you answer questions, act, and do.



Lack of self-confidence in any field manifests itself in two ways: fear of action or answering a question with the words "I don't know." Therefore, there is no such thing as complete self-confidence; there is only accumulated experience.

On average, older men are more confident than younger men because they have had more time to experience different situations. But age is not as important as the amount of experience. Therefore, in the same situation, a 25-year-old guy knows what to do when his 65-year-old grandfather does not.

In order to gain general self-confidence, you have to educate yourself and constantly put yourself in unfamiliar situations in order to learn how to behave in those situations. Change car wheels and oil, learn to cook, swim, dance in singles and pairs, play soccer, play basketball, identify animals and plants, grow vegetables, learn to code, roll a cigar, use a map, gut a fish—in other words, to become confident, you have to become independent in every sense. This is where the Internet comes in handy.

Your goal is to act when you feel fear and to minimize the use of the word "I don't know" in your everyday speech. **If you don't know how to do it, try it. If you don't know what to do, ask, and you will get help. If you really don't know, look it up online.**

But self-confidence does not equal confidence in women. There are many men who are masters in their field, but they tremble when talking to women.

Therefore, in order to gain self-confidence with women, you will have to talk to them. Unfortunately, apart from alcohol or other drugs, there are no tricks to increase your confidence with women—only life experience.

## 4. Practice

Love for a woman is something that just happens, but for a man, it is part calculated, part art. Calculated because of its linear structure, and art because you will develop your own style.

In this section, you will learn the techniques and structure of the love game. You will learn how to seduce a woman in any environment, how to talk to women, the signs to look out for, how to pass tests, how to create comfort, how to hold hands, kiss, and make love.

Please be respectful to the women you meet. The following chapters are like dynamite. In the right hands, they can improve your life and the lives of the women you meet. And in the wrong hands, it causes very much pain.

Your goal is to become familiar with the structure and learn to emulate these strategies until they become part of your character.

## **4.1. Commands and statements**

Questions create problems, and commands solve them.

So, constantly asking women how to do something, where to go, what to do, and other similar questions that can determine the course of a date, a long-term relationship, or the course of everyday life over time will make you less attractive in the eyes of women, and you will lose their respect. This is because the world always expects men to have a plan. (Not fair, but it is what it is.)

Examples of how questions can be turned into commands:

Instead of "Where do you want to go?" you have to say "Let's go to X". That X is any specific location (park, bar, club, cafe, etc.).

Instead of "What do you want to do?" you have to say "Let's go do X". This X is any action (biking, walking, exercising, getting coffee, shopping, etc.).

Instead of "Where do you want to eat?" you must say "Let's go eat at X".

I think you get the point.

It is very easy to recognize men who do not know how to speak in statements and commands; they live under the boot. These men have to ask their girlfriends if they can go meet their guy friends and constantly report what they are doing and where they are. They are often bullied by the woman (e.g., "you loser", "you idiot", "you are lazy"). But not to worry. If you learn to speak commands and statements, you will avoid this situation (and even fix it if you are in one right now).

You have probably seen that when a man asks a woman where she wants to eat, she tells him, "I don't know," and then the man keeps suggesting different places, and she keeps finding a reason why those places are not suitable. So, even such simple questions are important and need to be handled properly.

Examples that relate to intimacy and relationships:

Instead of "Can you give me your number?" you have to learn to say "Give me your number".

Instead of "Can I kiss you?" you must say "Kiss me" or "I want to kiss you".

Instead of "Can you give me your hand?" you must learn to say "Give me your hand".

Instead of "Can you take off your clothes?" learn to say "Take off your clothes".

In the event that a woman does not want to listen to your command, she will say "no," and when your commands are related to love or intimacy, never try to persuade a woman to do something.

## **4.2. Types of women**

There are only three types of women: "yes", "no", and "maybe".

A "yes" girl responds to your communication kindly and helps you move the situation forward. Signs of a "yes" girl: she laughs when you talk, sometimes touches you, plays with her hair, looks into your eyes in a conversation, and invades your personal space. You will feel that there is tension between you—the feeling that she wants you to kiss her. She also follows your lead when you give commands.

With a "yes" girl, you can go from meeting to kissing in less than thirty seconds. That doesn't mean she is a whore and sleeps with everyone. It just means her subconscious has decided, within seconds, that you are attractive—nothing more.

A "no" girl is the reverse option. When talking to this type of woman, you feel that no matter what you say, she will continue to be uninterested. Because that's how it is: complicated women will remain complicated, and no matter what you do, she will not sleep with you. Her subconscious has decided that you are not attractive.

Part of the love game is managing time, even if it means walking out in the middle of the conversation. So the best thing about being a man is being able to direct your attention towards non-difficult women and cut out the rest.

A "maybe" woman is the most common type of woman out there that you will meet (unless you're unreasonably attractive). She is a double-edged sword because she finds you attractive, but the guy she's texting or another guy in this same social setting seems to tickle her fancy as well. Therefore, she will test you and the other guy hard, and depending on how you pass these tests, she will either be ready to sleep with you or use you for attention and money. In other words, "maybe" girls are the reason men need to learn how to play the love game.

Since the majority are "maybe" girls, a man needs to protect himself from money and attention fiends. This

can be done by limiting dates to one or two hours and not paying for the woman during the date until you have slept with her.

### **4.3. How to approach women in daytime**

The purpose of the approach is to get her contacts so that you can later ask her out on a date.

From start to finish, one approach takes about two minutes.

Imagine your approach as a movie trailer. The more details about a movie are revealed, the less likely you are to watch that movie (especially if the ending of the movie is revealed). But a short presentation of the film that shows the minimum about the film is mysterious, enticing, and makes you want to see more of it, whether the film is actually good or not. Mention your name and a couple of minor details; that's all.

After the approach, you will be put in the same box as the rest—attractive or not. It doesn't matter how much you talk to her at that time; you won't get into the other box (friend, boyfriend, lover, or one-night stand), so it's not worth wasting more time. By communicating with a woman you just met for longer than necessary, you can only reduce the image of a mysterious stranger, created by her own imagination.



Approaching is acting out a simple structure: getting her attention, explaining the context, making an introduction, mentioning something about yourself, taking her number or socials, and leaving the conversation.

Getting attention means first of all approaching a woman, patting her on the shoulder, and straight up saying, "Excuse me".

Then you give her the context—a combination of a circumstance (examples: "I just saw you", "do we know each other?", and "I noticed you looking") and an explanation of context why you came up to her.

There are two types of contexts: direct and indirect.

The direct context is clear, and it immediately states your intentions for approaching a girl in the form of a compliment. Direct context is perfect for distinguishing the "yes" type of women from the others because a "yes" girl will thank you and continue to want to listen to what you have to say and ask questions about you. Other types of women either ignore you or react negatively. In that case, tell them to have a good day and move on.

An example of direct context: "I just saw you, and I wanted you to know that you look very cute".

Another example: "I know this is random, but I wanted to tell you that you have beautiful eyes."

The second type of context, indirect, initially does not state your true intentions to the woman, but it is perfect for approaching "maybe" type of girls. The only disadvantage is that indirect context can become a major waste of time if you do not know how to lead the conversation into getting her number.

Simple examples of indirect context: "What time is it?" or "Do you know any good places around here to get coffee?".

The best indirect context depends on the situation. For example, if there is a concert in the city and you don't know what band is playing, you can approach and ask the girl, and make a conversation out of it. Do not forget that the purpose of your conversation is to get her contacts.

To eliminate any fear of approaching, walk to the woman as soon as you see her, and the context (direct or indirect) will come out of your mouth naturally.

In an indirect context, the woman does not fully understand your intentions, so you have to give her a compliment at some point during the conversation. A

compliment explains to a woman the intent of your conversation.

After intent is stated, it is time for an introduction.

Tell her your name. She'll likely tell you hers.

Since we no longer live in tribes, your name means nothing these days, especially if it's common. Therefore, in order for a woman to remember you, you need to mention one thing about yourself. Just state something about yourself; it doesn't really matter, as long as it is something that can be perceived positively.

Example: "My name is Dave and I am a programmer".  
If your job isn't cool, mention a hobby: "My name is Dave and I like to bake cakes".

After exchanging a few sentences with each other about work, education, or interests (small talk), it is time to ask for her contacts. The simpler you make it, the better.

Example: "Well, it was nice to meet you, but I have to go. Give me your number, and we can later meet up for coffee or tea".

Then just pull out your phone and type in her number (or social media), say goodbye, and walk away without looking back.

That's it. Once you learn this structure by practicing, you'll gain confidence in approaching women, and the anxiety you feel will fade.

Remember that you will get negative reactions or outright be ignored by some women; this is normal. This is how results are achieved. Move on to the next one.

The more you talk to different women, the more contacts you get, and the more women you can text or call to arrange a date, the higher your chances of meeting women (and possibly sleeping with them).

#### **4.4. I got her number. What now?**

After an hour or two, text her so that she can also have your number. You can ask how her day is going. Three messages, no more.

On average, you have about one week to invite her on a date before that memory of you fades.

The worst time for a date is on Friday and Saturday nights, because women spend those days going out with their friends.

Monday, Tuesday, and Wednesday evenings, from 6–8 p.m., are the best times for dating. Women do not like to be bored, so, chances are, a girl is doing nothing at that time, and spending an evening with a guy she is attracted to would be great.

When you decide on a day and time for the date, just text her that day before lunch. Something like, "Hey, let's go out tonight at 6 p.m.". You'll exchange a few messages, then send the rest of the details, like the exact location you are going to go, exact spot where you will meet up, etc. After she confirms the date, don't text her (unless you want to cancel the date).

The simplest rule is that an interested girl will set aside time for the date, and in the case where she is actually busy, she will propose a different time that works for her. Any other case is wasting your time.

An hour before the meeting, text the girl and ask if her plans haven't changed.

The purpose of texting is to arrange a time and place for a date, and if your single texting session takes more than a few messages, you're wasting your time.

In that case, a tip: when a woman asks questions about you via text that are similar to small talk, it's best to leave them on read and put the phone away. This information is for the girls you date, not text.

## **4.5. How to talk to women**

Women love to talk, and most of all, they love to talk about themselves, so the conversation should be mostly directed at them. Be curious, ask questions, and try to guess the answers intuitively.

Good topics are emotional and intimate: her dreams, what she wants to do in life, her opinion on love, her relationship with her father, etc.

Bad topics are logical: politics, religion, economics, war, technology, etc. Even if she likes to talk about this stuff, avoid it like the plague because these topics will not bring you closer together.

Conversations should be playful and light, not like a job interview. One way to avoid seriousness is to follow this simple formula of asking two questions and following up with one statement, either to relate to her experience or to guess something about her.

An example of this type of statement is: "Your favorite movie is probably X". So, with guesses, you can

make the conversation less like an interview and still ask anything you want (in this case, it's the equivalent of asking "What's your favorite movie?").

Also, avoid talking about yourself for too long. Always try to keep it short and to the point. When you hear a series of "yeah", "sure", "uh-huh", and "okay" from her, it's probably time to make the conversation about her.

For example, she asks you what you do for work. You answer briefly and turn the question back, trying to guess what she does: "And you probably work as X."

This way, you'll never have a problem talking with women because they will do it for you!

## **4.6. AVOID THIS AT ALL COSTS**

***Never complain to a woman about your failures or current life problems, or talk about your past relationships!***

Women want to see you strong, physically, financially, and mentally. Therefore, from today on, your problems and worries when talking to women no longer exist.

Women say that it's okay to open up and they'll listen to you, but the moment you do it, you can say goodbye. Sharing your problems makes you a weak man in her eyes. It is not that you are weak, but the act of complaining and crying is seen as having no control over your circumstances.

Sharing problems and solving them happens in solitude or in the company of reliable men, not with women.

You are only allowed to cry in front of a woman in one case: when your mother or father dies.

“How are you? Is everything alright?”

Your answer, no matter the situation, is always the same: I'm good.

## **4.7. Flow of the date**

The point of a date is to take her home or go to her place. In order to do that, you will need to pass her tests, increase the comfort level between you, and figure out logistical obstacles.

Key parts of the date are the greeting, the activity, and going home (either with her or without). This



should take about 1 to 2 hours. Anything more is a waste of time.

It is important to hug when greeting. A belly-to-belly hug helps her imagine your firm body right from the start of the date. In addition, hugging shows that you are not afraid of physical contact. Therefore, when greeting, always hug a woman you are interested in.

The best activity to do on a first date is one that gets you moving. A walk in the park or in the city with a cup of tea or coffee is a classic option.

Avoid eating at a restaurant. A woman who has eaten will feel bloated and, because of that, may not want to undress.

Never plan a first date to the cinema because you won't be able to communicate with the woman there, and if the movie is bad, she will subconsciously associate that experience with you. In one word: horror.

During the date, when communicating, you need to figure out the logistical obstacles that can get in the way and prevent her from coming to your house. So, you need to ask questions and find out how far she lives from you (you may need to drive her or accompany her home) and what she will be doing

tomorrow (maybe she has to go to work early tomorrow). You need to be able to provide a solution for all her obstacles when the time comes to take her to your place.

When the date is in its second half, you have to find a reason why she should come to your house. A woman is not stupid and understands what is happening, but she needs a reason so that she can justify it as "sex just happened".

It can be any reason; it doesn't matter, but the best reason is situational.

For example, you need to feed the cat (obviously, if you have a cat). You can ask if she has animals, and then when she asks you, you tell her about your cat and give her a reason to come to your place: "I completely forgot to feed my cat; let's go to my place".

Another example is that you can guess her favorite movie. When the girl answers, you ask if she has seen a specific movie, and when she says no, you briefly tell her the reason to come to your place: "You absolutely need to watch this movie; let's go to my place".

Sometimes, a woman can indirectly offer to go to her place. It will be more like a hint that she has, for example, some cake or tea at home. Or, with older women especially, it is possible that she will directly invite you for tea or coffee to her place.

This is the reason why you always have to have a condom on you (not having a condom is a logistical obstacle).

## **4.8. Sex hints**

The worst thing for a woman is to be called a slut.

When a woman wants to ask you out for a date or have sex with you for the first time, she will never overtly say, "I want to go on a date with you" or "let's have sex" because she doesn't want to be seen as loose.

This does not mean that a woman who shows her feelings directly is a slut. Women do this to protect themselves from other women talking about them and themselves. This is called anti-slut defense, and it is a natural and healthy psychological response for women.

If a woman wants intimacy with you, she will give you sex hints. For women, these hints seem clear and

understandable, but most men are not even aware of these sex hints.

“Netflix and Chill”, before becoming an internet meme, was the clearest explanation of a sex hint.

“Netflix” definitely means a movie, that's for sure, but “Chill” could mean anything. “Chill” depends entirely on interpretation and does not commit a woman to friendship, sex, or love.

So a woman can never be considered a whore because the sex was “unplanned” while watching the movie.

Sex hints are just a means to create situations for sex to happen “unexpectedly” so that no other woman, including the thoughts in her head (anti-slut defense), could call her a whore.

For these reasons, when a man invites a woman to his home, he has to use sex hints. “Watch a movie”, “show cool photos”, “taste wine”, “drink tea or coffee”. Use these and thank me later.

Only rare men who grew up with an older sister know how to spot and use sex hints. And today, you have learned this superpower as well.

## 4.9. Comfort - from shoulder to kiss

Without the comfort of touch, trying to kiss a girl on a date (much less make love) is like climbing Everest without gear. Therefore, you should not be afraid to touch a girl during a date.

Comfort means getting used to physical contact.

Building comfort is linear. You start with simple touches on the shoulder and move on to more and more intimate ones.

If a woman feels uncomfortable, she will let you know with her body language by pulling away from you quickly or, in rare cases, even with her words.

The first "steps" towards building comfort are touches of the arm above the elbow. It is the safest place in the human body. Putting your hand on her shoulder when you say a command, touching her upper arm when you want to ask, or touching her when she laughs are great moments to increase comfort.

A good sign is when a woman touches you too, because **women don't touch men they don't like**.

Then you can try to increase comfort even more and touch her hand below the elbow. This part of the

hand is more sensitive, so the touches are more intimate.

While sitting, you can ask her to show you her hand. When she gives it to you, try comparing your palms with hers by putting them together and then interlacing your fingers between hers.

Whenever you need to sit down during a date, always try to sit next to the woman, not across from her. It seems like a small thing, but sitting next to each other creates psychological comfort, as if you are both on the same team.

If you can touch her lower arm, then it's pretty easy to switch to holding hands. When walking, you can simply say, "Give me your hand" and take her hand.

Since you can hold hands, you can probably kiss her. For the first kiss, you need to choose a place where there are fewer people, because discretion and social status are very important for women.

A good way to test if she would kiss you is to look into her eyes and lean in close to her face. If she leans in closer as well, instead of pulling away, you can try to kiss her.

A safer way to kiss is to look in the eyes and say, "Kiss me".

If a woman is not ready to kiss you, she will tell you why. Depending on the reason, you may try to kiss later or withdraw completely.

## **4.10. Indicators of interest**

There are four core indicators that show a woman's interest in you: she laughs, she touches you, she asks questions about you, and she initiates new topics of conversation when there is silence.

Signs that a girl wants you to pick her up: She plays with her hair (wraps it around her finger), she stares at you, or you keep catching her looking your way (you'll think there's something wrong with you), or she stops close in your vicinity for a minute or two.

A woman's look can also tell you when you can kiss her. The best example that shows this graphically is a YouTube video:

“Louis C.K. Talks 'Everything's Amazing and Nobody Is Happy' Clip, His Comedy Tour, and More | Time”  
from 2:00

## 4.11. Tests

Tests are an evolutionary protection mechanism for women. When a man fails to pass a woman's tests, he becomes a weak man in the eyes of that woman.

All women test men, but they don't even know they are doing it.

There are two types of tests: verbal and non-verbal.

Verbal tests are playful insults.

For example, the most common verbal test for short men and short women is "you are short".

This is painful for men to hear because they cannot change their height, so most of them start explaining to the girl why it is not so, thus becoming weak men in the eyes of that woman.

Passing any verbal test requires agreeing with the statement and exaggerating the answer.

For example, the answer "yes, I'm a gnome" is good because it agrees with the woman's statement and exaggerates it.

Examples of Verbal Tests and Exaggerated Answers:

Test: "You are too tall for me."



Answer: "Yes, I am a skyscraper."

Test: "You are too old for me."

Answer: "Yes, I am a dinosaur."

Test: "You're too young for me."

Answer: "Yes, mommy."

Test: "You can't kiss."

Answer: "Yes, I am a fish."

This will make her laugh. Any response to a verbal test is a good response, as long as it agrees with the woman's point and exaggerates it.

In addition to verbal tests, there are also non-verbal ones. It's sitting on the phone, with cold body language and one-word answers. The best way to pass such tests is to continue talking to the woman and ignore the fact that she is acting cold. If she does not want to communicate with you, she will walk away from you.

When a woman wants to sleep with you, she'll test you hard, so take it as a good sign.

## **4.12. Sex**

When it comes to your house, do not rush. Pour in some wine, have some coffee, talk to her, and sit next to her (if you can).

After a few touches, if the girl reacts well, you can put your hand on her face and start kissing her lips, then move on to her neck. Let your hands wander, but don't rush to the most intimate places. If she doesn't like something, she will say it or pull your hands away.

Your goal is to undress the girl and yourself.

First, take off her top. After a minute or two, take off her bra. Now you can kiss and feel her nipples. Don't forget to kiss the lips and neck.

Undress yourself proportionally. Let your bodies touch.

At this point, you can try to put your hand in her pants.

Again, if a girl doesn't like something, she'll pull your hand out. In that case, back off and take your time.

After some time (sometimes that time is very short, and sometimes it can take several minutes), take off her pants and underwear.

The worst thing you can do at that moment is to say, "Wait, I'm going to get a condom." This will break the sexual tension you have created, and women don't like that very much. In some cases, she won't want to continue to have sex because the moment is spoiled. So, always have a condom on you or close to bed.

Put on a condom, and, after a moment of caressing and touching each other's bodies, make the first thrust. Deep, but slow, then several slowly less deep.

Ask her, "Faster, slower?" She will say what she likes.

If you feel that you are approaching the end too quickly, take your time and stop. Use two fingers (middle and ring fingers, to be precise). Do not push your fingers all the way in, but stroke the top from the inside.

Be sure to cut your nails; otherwise, your fingers might hurt her.

### **4.13. When "No" actually means no**

I'll admit this is a slippery topic, and I always err on the side of caution.

When you offer to come back to your house, want to kiss, hold hands, invite someone on a date, or make love, you will get some form of "no".

However, sometimes a woman says "no", which really means "not yet". So how do you tell a real "no" from a "not yet"?

The real "no", after it is said, is not followed with excuses or reasons. "No." period. When you hear it, fully back off.

The "no", which means "not now", always has a reason attached to it. It is a logistical issue that you have to solve.

"No, because I have work tomorrow."

"No, because it's late."

"No, because I can't leave my friends."

In order to remove such a logistical obstacle, it is necessary to verbally minimize the cause and propose a solution.

"It's okay, we'll just stop by for 5 minutes."

"Don't worry, I'll drive you there after."

"No worries, we'll be back soon."

However, there are two exceptions that depend on the situation.

The first exception is "no, because I don't know you that well". This means that there is a lack of comfort between you and the girl, or she simply does not like you and is using you. Only experience will teach you the difference.

The second exception is "no, because I have a boyfriend".

The boyfriend dilemma is a more common reason when you first talk to a girl on the street, in a circle of friends, or in a bar when the context of the meeting is not a date. In that case, the best thing to do is back off and stop playing the game with that girl.

However, there will be times when a girl tells you that she has a boyfriend during a date. In this case, it's a verbal test, so it's best to keep trying and passing the test ("it's okay, me too"). Do you think she dressed up, took her time, and came on a date just to tell you she has a boyfriend?

I once experienced the boyfriend test while we were hot and heavy, undressing, and under the bed sheets. At the time, I didn't have the experience to handle

such a surprise, and, thus, there was no coitus for me that night.

## **4.14. Friend-circles**

The special thing about playing the love game in friend circles is that this is the main way you'll meet the highest-quality girls. Because all men want them, high-quality girls are often approached on the street, and they treat strangers with extreme caution. But when you are introduced to her by acquaintances, you are a friend of a friend and are treated as "socially selected", so the caution disappears.

The biggest myth is that women, who are your friends, will introduce you to other women—her friends.

More often than not, you will be introduced to new women by other men who have girlfriends or gay men, since you are not their direct competition.

A woman in a circle of friends has to maintain a certain image, so the game is much more subtle. In a group of friends, any "no" is a real no, so stop immediately if you encounter resistance. After all, you don't want to lose the company of your men because of some girl!

All the other men in your circle of friends will try to get to know and please the newly invited woman, especially if that woman is beautiful. Therefore, in order to stand out, you have to do the opposite: ignore her and focus on the interests of the group and your friends.

By hanging out with other men in the group and not paying attention to her, you will appear to be the leader of the group (a high-quality male) whose attention she needs to win. So, the girl will start showing you signs: laughing when you speak, asking questions, and touching you. All you need to do then is build comfort.

Don't try to kiss or hold hands in front of other friends; it's better to go with the girl away from everyone because she can't kiss you in front of others even if she wants to (because of her image).

If the logistical obstacles are minimal (for example, you are all spending the night in nature with tents), you can try and have sex with her at that time (by offering to sleep with you in the tent).

But if the logistical obstacles are too difficult (for example, you have parents at home that evening), ask her for the number and suggest that you could meet her on another day.

## **4.15. Bars and clubs**

The game is competitive in these environments, so standing out can sometimes be difficult, especially in a club where people can dance.

Here, the game starts around midnight. Try to look for women who are looking at you, and when you catch them, respond with a smile. If she answers with a smile, then you can approach and talk.

Another way, if you are standing next to a girl, is to catch her eye, say, and tell her, "Cheers". Then you can try talking.

Another way to approach women is in the smoking area. Ask for a lighter, and when she gives it to you, tell her that you don't smoke. Let the conversation begin.

If the girl is with other men, first talk to the men, and if they think you're friendly, they will let you join their circle of friends for the night. After that, you know what to do.

When you see that a girl is showing interest, ask her to go outside or to the smoking area to chat (don't forget that the girl wants to protect her image).



The worst situation in a bar or club, logistically, is when a girl is with one friend. Her friend is more important than you. To handle this duo properly, you need a wingman.

In the club, the mating area is the dance floor. You can dance next to anyone there, so if you see a girl you like, dance in front of her. If she is also dancing and looking at you, you can try to take her hand, thus offering to dance with her. If the girl is not interested, she will immediately let go of your hand.

When she continues to dance with you holding hands, you can try putting your hands on her hips, and then she will understand perfectly what you want from her. After that, ask her to go somewhere with you where the music is quieter so that you can have a chat and figure out the logistics.

All that remains are two problems: how to get to your house and the logistical obstacles created by the girl herself.

Because of alcohol and drugs, the game is much more fast-paced in these environments, so from getting to know each other to kissing, it can literally take less than one minute.

If you see that a girl has had way too much to drink, don't try anything with her. This warning is for your own safety.

## **4.16. Relationships**

Men get into relationships for two reasons: sex or children. In the first case, to ensure constant access to sex, and in the second case - to create a legacy. In both cases, most often, men do it because of fear or peer pressure. And this is what creates most relationship problems.

***Relationships are not and should not be a goal. Relationships are the result of playing a good game, because relationships themselves are a constant game.***

Without learning the game, building and maintaining a good relationship (emphasis on the word good) for more than a year is almost impossible.

The mask slips off, you relax, and you start sharing your vulnerable side, asking questions (creating problems). You tell her the number of girls you've been with, and she tells you hers, and then the problems begin.

When you don't follow the rules of the love game, there will be conflicts. Therefore, a good indicator of the quality of your game is the frequency of conflicts between you and your partner. The only justifiable moment when a woman can get angry for no reason, which men learn to notice, is once a month, during premenstrual syndrome (PMS). At that time, a woman's hormones are boiling, and she, even if she understands that it is happening, cannot stop it.

So, in order not to constantly think about what to say and what to do, you have to learn to live by the game. In other words, you have to learn to play the game until it becomes a part of your subconscious, like breathing and blinking.

This is the real purpose of this book—to return this part of masculinity to you. And now you have all the tools to get it back.

Women will always try, out of biological instinct, to limit a man's freedom of action. This is a test unique to relationships that a man can never fail. Having surrendered at least once, he will be held under the boot.

A healthy, long-term relationship is characterized by a simple formula:

You get exclusive sex and freedom from her, while she exclusively gets commitment and a good future after her beauty fades. Lack of sex, breach of commitment, restriction of a man's freedom, or a bad future for a girl is why relationships never last.

It is very important that, during the relationship, your daily routine is unrestricted. In other words, if you divorce now, will your life change much? If the answer is yes, you depend too much on the woman. If you are currently in a situation like this, it's time to change something—either yourself or the girl.

Love itself, in the sense of the word, is secondary. In order to create love in a relationship, it is enough for a man to hug a girl several times a day, kiss her, say that some part of her body is sexy, and call her a diminutive (read small) form of an animal.

## **4.17. Criteria for long-term relationships**

All the criteria mentioned aim to assess whether the girl is of high quality—beautiful outside and inside.

The first and most important criterion is her mother. If her mother is not beautiful to you, then you need to end this relationship. When she inevitably looks like her mother, you will have two options: either live with a woman who is not beautiful to you (which is likely to

end in cheating) or break up with her. So, better a short and quick breakup now than a slow betrayal years from now that will turn another woman into a cat breeder and a feminist.

The second, most important criteria are her bad habits. Does she take antidepressants, drink alcohol often, smoke, or do drugs? In a few years, down the road, she will look terrible, and you will need to spend a fortune to cover it all up with hyaluronic acid and botox. In addition, she will be more prone to having emotional outbursts, engaging in manipulation tactics, and creating hysterical dramas (cheating, suicide attempts, etc.). With such women, the fun is only for a short time, but when the honeymoon is over, the nightmare begins.

The third criterion is trust. If she checks your phone messages and tries to limit you in any way while hiding hers and calling you a control freak, run! As far as possible, This woman wants to turn you into her slave—to pay for her and her new boyfriend's adventures. Also, controlling women tend to secretly have a child with another man while pretending that it's their child. Therefore, **always, regardless of the woman, take a paternity test to determine for sure whether the child is yours, and do not trust the words of women in this matter.**

The fourth criterion is life conformity. Over time, one partner is more likely to adapt to the other (for example, you get an offer to work abroad but refuse to travel there because of their girlfriend). It is okay to make sacrifices, but do note that couples in which the man conforms more to the woman are more likely to divorce and have a higher chance of infidelity.

And the fifth criterion is the girl's behavior with people. If she treats people badly, you will lose friends and the opportunity to make new ones. People won't want to hang out with you just so they can avoid your girlfriend.

## 5. What's next?

I don't want you to blindly believe what is written in this book. I want you to see it, to experience it for yourself in your circle of friends, in a bar, at work, on the street, and to listen to what people are talking about when they talk about relationships and love and compare it with their actions.

What's next depends on your goals. Find a woman, reach a certain number of intimate partners, have an open relationship, engage in polygamy, celibacy, or participate in sex clubs in France... From now on, you get to choose.

If you have questions about your specific situation, if you have any ambiguities, if you want to go deeper into a topic, or if you just want to express your opinion (good or bad), you can send them all via email at [rev.denisas@gmail.com](mailto:rev.denisas@gmail.com)

*The end.*