

# David X 方法

- 原著：David X
- 翻译：天下下天

之前一个网友问我有没有《David X 方法》的中文版，我后来上网搜索了一下，发现已经被制成 PDF 格式的几个版本，从翻译上来说，有很多并不准确的地方。后来翻来翻去，不经意中在泡学网上搜到了这一篇帖子，发觉原来有一位热心网友已经从新翻译了一篇，而且质量特好！（原文：<http://paoxue.com/thread-91221-1-1.html>）遗憾这个帖子没有受到重视并制作成为 PDF。所以花了点时间去整理了一下这个翻译，并制成 PDF 分享。在这里必须要谢谢网友“天下下天”，有你这样的同好我们才得以发展。

阅读建议：我觉得天下下天把英文原文和中文间插在一起是一个很好的做法，因为 David X 的原话有大量不和谐的用词。但也是这些不和谐的用词，才能最好地反映 David X 的方法。所以如果能够看懂英文的朋友，建议哪怕花点时间，也要把英文原文看一遍。真的，我少有这样强烈推荐一篇文章。

排版：Tango

## 大卫 X 方法

### 目录

ABOUT ME (关于我) .....	3
CHAPTER 1: BAD BOYS (坏男孩) .....	4
“I LOVE YOU!”我爱你 .....	5
DEALING WITH PARENTS 对付父母 .....	7
CHAPTER 2: CONTROL 控制 .....	8
YOU’VE BEEN CONDITIONED TO BE A PUSSY 你被培养成一个娘儿们 .....	9
“LET’S JUST BE FRIENDS” 我们只做朋友吧 .....	10
CHAPTER 3: MY WAY OR THE HIGHWAY 要么听我的，要么滚蛋 .....	13
BITCHES 婊子 .....	15
KEEPING THEM 留住她们 .....	16
CHAPTER 4: HONESTY, TRUST AND RESPECT 诚实，信任和尊重 .....	28
CHAPTER 5: TWO RULES, NOT TWO HUNDRED 两条规则，不是两百条 .....	33
CHAPTER 6: THINKING OUT LOUD 大声说出想法 .....	56

## ABOUT ME (关于我)

I fucked a Mexican, I fucked an Indian, I fucked a native Canadian-Indian, I fucked black, I fucked Chinese, I fucked German, Russian, I fucked every race. That was one of my goals that I had to accomplish before I would settle down. I even fucked an Eskimo that had no teeth. What a blowjob!

我和每个种族的女人都有过性经历，包括墨西哥人、印度人、土著的加拿大印第安人、黑人、中国人、德国人、俄国人等等等等。那是我在安定下来之前一个必须完成的目标。我甚至和一个没有牙齿的爱斯基摩人睡过觉。那是怎样的一个口活！

I used to go to the bar, pick up a girl, bring her home, fuck her, and then I would go back to the bar and pick up another one. I did that constantly. At that time, I was only satisfied if I had two women every night. After fucking the first one, I would go to the bar and tell the next girl what I had done. I'd say something like, "You know, tonight I met a really nice girl, her name was Nancy. And the reason I'm still here is because she didn't satisfy me."

我以前经常去酒吧，泡一个女孩，带她回家，亲密，然后再回酒吧泡下一个。我不断地重复。那时候，我一晚上要有两个女人才能满足。在和第一个睡完之后，我会回到酒吧告诉下一个我要干的女孩。我会这样说：“你知道吗，今天晚上我遇到一个非常好的女孩，她的名字叫南希。而我还在这里的原因是她没有满足我。”

I lived on sex. And after I got tired of fucking any particular woman, I'd say, "My friend Bruno is coming over, and I want you to give him some head today." Why do you think women are with pimps? Think about it! A pimp makes her fuck tons of guys and she is willing to do almost anything for him. Now, I don't consider pimps to be model citizens, but they do understand something about women. And not only is she fucking for him, she is bringing him the money! Guys wouldn't do that for a woman. As horny as we are, most of us wouldn't do that, and if we did, we sure as hell wouldn't give her the money! But they do it for security.

我靠性活着。当我和某一个女人做 I 感到厌倦的时候，我会说：“我的朋友布鲁诺要过来，我想要你今天给她 KJ。”你觉得为什么女人会和皮条客在一起？想一想！一个皮条客让她睡数不清的男人，而她愿意为他做几乎任何事情。现在，我并不把皮条客当作是模范公民，但他们确实了解女人的一些事情。而且她不只为他上船，她还给他钱。男人不会为女人那么做。即使饥渴到不行，我们中的大部分都不会那么做，而即使我们做了，我们也肯定不会给她一分钱。但她们会为了安全而这么做。

Decide what you want and go get it. Somebody recently asked me what I want for my children. I want my kids to have enough confidence to do what they want with their

lives, and to be happy. Isn't that what you want? I'm on the road of life, and I know where I'm going. If she wants to come with me, then she is welcome. I'm not going down her road, I'm going down my road. When I'm talking to a woman, she is in my restaurant, looking at my menu. And the menu isn't going to change, unless I want it to change.

决定你想要的并去追求它。最近有人问我对我的孩子们有什么期待。我希望我的孩子们有足够的自信去做他们想做的，并且快乐。这不是你想要的吗？我走在生活的大路上，我知道我要去哪里。如果她想要和我一起走，我会欢迎她。但我不会走她的路，我走我的路。当我和女人说话时，她是在我的饭店，看我的菜单。而菜单不会改变，除非我要它改变。

## CHAPTER 1: BAD BOYS （坏男孩）

I lived in Texas for two years and when I came back to Montreal I called up this woman that I used to go out with. And she was extremely pissed off at me for just getting up and leaving without telling her goodbye. I said, "You were the first one I called. I'm looking at my list and you came in with the highest rating. Now is there a chance for me to come over or not? I'm too horny to argue." She said, "Come over." So I went over and fucked her. After I finished, she squawked for another two hours. I let her complain (who cares what they say) while I went to sleep. In the morning she made me breakfast and squawked for another two hours. Finally I asked, "How long do I have to take your complaining for? How much squawking is two years in Texas worth?" And she said, "I'm almost done." How much is two years in Texas worth? Yes I didn't call. Yeah, I fucked tons of other women. No, I wasn't thinking about you. Yeah, yeah, yeah. You're so right honey!

我在德克萨斯住了两年，当我回到蒙特利尔的时候，我打电话给这个以前经常一起出去的女人。而她对我大发雷霆，因为我起床后就离开了，都没跟她道别。我说：“我第一个就打电话给你。在我的名单里，你级别最高。现在我没有机会过去？我下边硬了，不想和你吵架。”她说：“过来吧。”这样我就过去上了她。完事后，她又发了两个小时牢骚。我让他抱怨（谁在乎她说什么），而我就去睡觉了。早上她给我做了早餐后又发了两个小时牢骚。我终于问道：“我要听你抱怨多久？在德克萨斯的两年值得你发多少牢骚？”她说：“我马上就完了。”德克萨斯的两年值多少呢？是的，我没有打电话。不错，我上了无数别的女人。不，我没有想你。是是是。你是对的，宝贝！

Ok, fine, she's right. I'm a terrible man. But they like bad boys. Remember that Seinfeld episode when George was the bad boy? He decided to do the complete opposite of what he had always done, and all of a sudden he had more women than ever! It's a fact that women like bad boys. A lot of them even admit it.

是的，不错，她是对的。我是个糟糕的男人。但他们喜欢坏男孩。记得宋飞正传里乔治要做坏男孩的事吗？他决定做跟他以前完全相反的事情，然后突然他有了比过去任何时候都多的女人。女人喜欢坏男孩，这是事实。她们中很多人甚至愿意承认它。

## “I LOVE YOU!”我爱你

Now, every once in a while, and especially as you learn to develop this attitude, a woman will tell you that she loves you. If you say, “I love you too”, then you’re fucked! You might as well chop off your dick and hand it to her. He who loves least controls the relationship. If you want to control the relationship, don’t fall in love with her so quickly! Don’t toss the ball in their court, control the ball at all times. And you’ve got to be relentless — you can’t afford to be lazy. Remember, the person who loves the least controls the relationship. I have only said, “I love you” to two women in my life. I married them both. I tell them, “When I tell a woman that I love her, it’s because I’m also putting a ring on her finger.”

现在，时不时，特别是当你学着培养这种态度时，女人就会告诉你她爱你。如果你说：“我也爱你。”那你就完了。你还不如割下你的弟弟交给她。爱的最少的那个人控制着这段关系。如果你想要控制这段关系，就不要这么快爱上她。不要把球扔到她们的场地，永远控制着球。我一生我只跟两个女人说过“我爱你”，我跟她们都结婚了。我告诉她们：“当我告诉一个女人我爱她时，也就意味着我会给她戴上结婚戒指。”

When you set a precedent you have to stick to your guns. If you tell her no, then later on for whatever reason you allow her, she will view you as weak. Give them an inch and they will take a mile. Stop making excuses and stop making exceptions. When you set a precedent you can’t go back. One of the big diseases that happens to men that are in a relationship is laziness. You have to do what YOU want relentlessly. You cannot give in ever. They want the strength and they will love you for it. You always have to be on top of the situation. What happens to most guys is that once they fuck her, they doze off. They get lazy. It’s the same thing with meeting them. The follow through is important. Now, when she steers the conversation toward sex for example, I’ll say something like, “You seem to have sex on your mind more than I do.” Or I’ll say, “I don’t want to talk about sex right now.” When she asks why, I’ll say, “Because I only like talking about sex when I know I’m going to be getting some.” Now when she brings up sex again I know I’ve got her! You always want to lead the conversation right from the beginning.

如果你制定了原则，你就要坚定的执行下去。如果你告诉她不要，那之后不管出于什么原因你容许了她，她都会小看你。她们会得寸进尺。不要找借口，不要允许例外。当你制定了原则你

就不能回头。在一段关系中，男人身上一个很大的弊病就是懒惰。你必须毫不妥协的做你想做的。你决不能让步。她们想要你强势，她们会因为这个而爱你。你必须始终处于制高点。大部分男人的情况是，一旦他们上了她，他们就打盹儿了。他们变懒了。这和刚认识是一样的。坚持到底很重要。现在，比如说，当她将对话引导到性的时候，我会这样说：“好像你脑子里性方面的东西比我还要多。”或者我会说：“我现在不想谈论性。”如果她问为什么，我说：

“因为我只会在知道我们要上船的时候才会愿意谈论性。”而当她再次提到性的时候，我知道我已经得到她了。你要从一开始就一直主导谈话。

I like to tell them that maybe we won't get that far (sex). Because after I get to know her, I may not want sex from her. I tell women that I'm not sure if I want to sleep with them yet, I tell them, "We'll see--let me get to know you first." Don't they do that to us? I'm just doing what they do. When you tell a woman that you don't know if you want to sleep with her, she will love your confidence. Women want a confident guy who knows what he wants.

我喜欢告诉她们也许我们不会发展到那种程度（性）。因为当我了解了她后，我可能不想和她上船。我告诉女人我不确定是否想和她们亲密。我告诉她们：“顺其自然——让我先了解你。”她们不也对我们这么做吗？我只是在做她们做的事。当你告诉一个女人你不知道你是不是想和她上船，她会爱上你的自信。女人想要一个自信的、知道自己想要什么的男人。

When you have stables, when you have 4 or 5 girlfriends at once, Valentine's Day can be a real bitch because they all want to be with you on Valentines Day. I used to give them all the same card. I went out and bought a box of Valentine's Day cards and they were all exactly alike. And if I was still with a woman the next year, I gave her the exact same card again. Sometimes they would complain and I'd say, "Can you imagine how hard I looked to find the exact same card, because it's the only card that can adequately express how I feel about you." Hey, I'm a romantic guy! I'm not lying. I said, "Can you imagine?" I don't lie, but I don't reveal everything either.

当你有一群性伴侣，当你同时有四五个女朋友时，情人节会很难对付，因为她们都想要在情人节和你在一起。我以前常常给她们相同的卡片。我出去买一盒情人节卡片，它们完全一样。而我如果在第二年还和某个女人在一起，我会再次给她完全相同的卡片。有时候她们会抱怨，我就说：“你能想象我找到完全相同的卡片有多难吗，因为这是唯一可以准确表达我对你的感觉的卡片。”嘿，我是个浪漫的男人！我没有说谎。我说“你能想象吗？”我不说谎，但我也不会把我所有的事情都说出来。

I give them the menu, and they can choose from the menu. I'm not going to change my menu for anyone. It's my menu. If I'm offering you meat, don't ask me for a pastry. Go to the pastry chef if that's what you want. He's cute! He can't give you what I can give you, but he's cute. I think there's a lot more women out

there who want what's on my menu. There's a lot of dishes on my menu that a lot of guys don't have.

我给她们菜单，而她们可以从菜单上选择。我不会为任何人改变我的菜单。这是我的菜单。如果我给你肉，就不要问我要糕点。去找糕点师傅，如果那是你想要的。他很可爱！他不能给我能给你的东西，但他很可爱。但我想有更多的女人想要我菜单上的东西。我的菜单上有很多别的男人没有的菜。

## DEALING WITH PARENTS 对付父母

When a woman is still controlled by her parents, I tell her right away that her parents won't like me and that I don't want to give her a hard time. Not only am I being honest by telling her this, but it turns them on. If I say, "Your parents won't like me", right away they think I'm a bad boy, and they all want the bad boy. I don't like to lie to the parents either. I tell them that I'm as bad as they think I am. "I'm as bad as you think I am."

当一个女人还没脱离她父母的时候，我会马上告诉她她的父母不会喜欢我，而我不想让她难堪。不只是通过告诉她这个表现出我的诚实，这还会激起她们的兴趣。如果我说：“你的父母不会喜欢我。”她们马上就觉得我是个坏男孩，而她们全都想要坏男孩。我也不喜欢跟父母们说谎。我告诉她们我跟他们想象的一样坏：“我跟你们想象的一样坏。”

When I want women to do things for me, whether it be sexual or anything at all, I don't ask them, I tell them. But I do it in a very charming way. I don't say, "May I please buy you a drink?" I say, "What are you drinking?" I don't ask her out on a date. I say something like, "I want you to have dinner with me tonight." Get it? I'm not asking and I'm not demanding. I'm telling them what I want in a confident and respectful manner. I'm showing them what's on the menu.

当我想要女人为我做什么的时候，不管是性方面还是其他，我不会问她们，我告诉她们。但我是一种很有魅力的方式。我不会说：“我能请你喝一杯吗。”我说：“你要喝什么。”我不会问她去不去约会。我会这样说：“我想要你今晚和我一起吃饭。”明白吗？我不是问，也不是要求。我是告诉她们我想要的，用一种自信和礼貌的方式。我在展现给她们我的菜单上的东西。

## "BUT SHE'S SO... 但是她是如此的..."

You can't treat a hot one like she's a hot one, and you can't treat her like you're not trying to treat her like she's a hot one and maybe she knows that you know. Read that again, just to make sure it sinks in. Because if you do that you're ignoring her because she's hot. Treat them all the same, no matter what

they look like. And remember that while you think she's hot, I may think she's ugly.

你不能像对待美女一样去对待一个美女，你也不能故意不把她们她们当做美女来对待，很可能她知道你知道她是美女。再读一遍，确定你完全弄懂。因为如果那么做，就是你因为她是美女而无视她。对她们要一视同仁，不管她们长的怎么样。记住，当你觉得她很正的时候，我可能会觉得她很丑。

What's the difference in how you treat a ten versus a one? Depends on how horny you are. Next question. How do you treat an 8 versus a five? Depends. Am I horny? What about young versus old? Treat them all the same. Young to me is probably old to you. I'm 53 years old. You have to stop thinking about them and instead think of you. After all, you are the most important person in the relationship. "But she is just so..." Forget it. The whole orientation of seduction psychology is wrong, by the way. It just trains you to be over-analytical and causes you to forget the most important person in the relationship, you. You can't be thinking for her. Let her do that. Think for you. Instead of thinking, "What does she want?" think about what you want and only you. Do it honestly and completely. What will happen is it will teach you something more valuable than money and more valuable than technique. It will teach you honesty.

你对待一个 10 分和一个 1 分的区别是什么？在于你有多饥渴。下一个问题。你怎样对待一个 8 分和 5 分？在于：我饥渴吗？那么对年轻的和年老的又怎样呢？对她们完全一样。对我来说年轻的，对你可能就算老了。我 53 了。你必须停止去考虑她们，而去考虑你自己。毕竟，你才是这段关系里的主角。“但是她是如此的...”忘掉它。顺便说一下，诱惑心理学的整个导向都是错误的。它只是把你训练得过于注重分析，导致你忘了在一段关系中最重要的人——你。你不能替她着想。让她自己去做。要为你着想。而不是去想“她想要什么？”想你想要什么，只有你。老老实实、完完全全的这么做。接下来发生的事会告诉你什么东西比金钱和技巧更有价值。它会教给你诚实。

## CHAPTER 2: CONTROL 控制

Women are constantly testing us. I really believe that. Children test you to see how far they can go, and women are the same. Being with children can teach you a lot about how you should be with a woman. As soon as you give in, you lose. You've failed the test. Any psychiatrist will tell you that. Because if you're willing to give in now, then you've just demonstrated that you'll also give in later. Once you've set an example of something, it's too late. If you give in



now you' re making your life more difficult later on. I' m tough with kids, but they love me. My sons friends love me, I' m like the Pied Piper. Why? Because the rules aren' t hard to follow when I live by them also.

女人不断地测试我们。我真的这么认为。小孩测试你来看他们能玩多疯，而女人也一样。和小孩在一起会教给你很多如何与女人相处的事情。你一旦让步，你就输了。你没有通过测试。任何精神病专家都会告诉你这个。因为如果你现在愿意让步，那也就证明了你以后还会让步。一旦你有了这种例子，就太晚了。如果你现在让步，那你以后的生活会更加难过。我对孩子很严厉，但是他们爱我。我的儿子的朋友也爱我，我就像仙笛神童。为什么？因为规则并不难遵守，如果我能以身作则。

When I wanted my son to learn how to skate, I learned skating too. That' s why I can' t understand it when I see other parents yelling at their kids and forcing them to learn how to skate when they' re not even willing to learn it themselves. I see that all the time now that I have kids. Ignorant parents that push their children to succeed at things and aren' t even willing to get on that ice and fall on their own asses. Those bruises keep me from being a hypocrite.

当我想要我儿子学滑冰的时候，我也去学了。这就是为什么我不能理解我所看到的其他父母对着他们的孩子大喊大叫强迫他们去学滑冰而他们自己却不愿意去学。从我有了孩子后我总是看到这样的事情。逼着他们的孩子在一些事情上一定要成功的无知的父母甚至不愿意踏上冰去准备摔跤。身上的淤青让我避免成为一个伪君子。

You need to be in control but not controlling. When I was still dating, sometimes women would start to have a hissy fit, saying things like, "It' s always your way!" and I would say, "I' m glad you remember the rules." It' s my direction in life and I don' t care what they say. I know what I want in my life, and I know myself better than they do. My life is not a democracy.

你需要控制而不是被控制。当我还在约会的时候，有时候女人会开始发脾气，并说：“都是你说了算！”我会说：“我很高兴你记得这些规矩。”这是我生活的方向，而我不在乎她们说什么。我知道我的一生想得到什么，我比她们更了解我自己。我的生活不是民主制。

## YOU'VE BEEN CONDITIONED TO BE A PUSSY 你被培养成一个娘儿们

My mother told me that I have to ask for everything politely. "Can I please fuck you tonight?" Your mommy meant well, but try to forget her advice, because she left out the important stuff. Your mommy didn' t tell you, "Treat a lady like a whore and treat a whore like a lady." Your mommy forgot to mention, "Who cares what they think." She never told you that the most important person in the

relationship is you. And that's because it's your life. Women don't know what's good for you, your mom doesn't know what's good for you, and I don't know what's good for you.

我的母亲告诉我请求别人每一件事都必须礼貌。“今晚我可以上你吗？”你的妈妈是好意的，但是要尽量忘记她的建议，因为她忽略了一件重要的事情。你妈妈没有告诉你：“对待淑女要像对待妓女一样，对待妓女要像对待淑女一样。”你的妈妈忘了提到：“谁在乎她们怎么想。”她从来没有告诉你在一段关系里最重要的人是你。而那是因为这是你的生活。女人不知道什么对你是好的，你的妈妈不知道什么对你是好的，我不知道什么对你是好的。

I'm not saying that your mother did anything wrong. You're probably a very nice person. But you're not nice to yourself, you're nice to other people. You've been conditioned to be a pussy. “Say please.” “Be nice.” “Share your toys.” “Say thank you for that cookie.” But in this world today, we're finding out that being nice to certain people is dangerous. When you go out to meet women, you're on dangerous grounds. Who knows what these women are like. Some of them have AIDS, some of them are prostitutes, coke whores, manipulative cunts, thieves, murderers, liars, the list of fucked up women goes on and on. I've had women rip me off while I was taking a piss. They went into my wallet and took my money. And they'll cheat on you given half the chance. Do you honestly believe that your girlfriend wouldn't fuck George Clooney behind your back? What if Brad Pitt showed up in her life? Would she stick around for you? You've got to be nice to you first.

我不是说你的母亲做错了什么。你可能是个很好的人。但是你对你自己不好，你只对别人好。你被培养成一个娘儿们。“说请”“要友善”“分享你的玩具”“说谢谢你的饼干”。但是在今天这个世界，我们发现对一些人好是危险的。当你出去见女人，你就处于危险之中。谁知道这些女人是什么样的人。她们中一些得了艾滋，一些是妓女，可卡因西施，骗子，小偷，杀人犯，说谎者，这份麻烦女人的名单没有尽头。我就遇到过女人趁我小便的时候偷我的东西。她们打开我的钱包拿走了我的钱。而她们一有机会就会给你戴绿帽。你真的相信你的女朋友不会背着你和乔治克鲁尼上船吗？如果布莱德比特出现在她生活中呢？她还会留在你身边吗？你必须首先对自己好。

## “LET'S JUST BE FRIENDS” 我们只做朋友吧

What if she just wants to be friends? What if she's not 'over' her ex? You either fuck her or you don't. It's black or white. There can't be any brown, gray, or blue. You're not immortal. If she's not 'ready', it usually means, “Stick around for now until I find something better.” If her favorite rock star asked her out, do you think she would say, “I'm washing my hair tonight”? She would probably make time for him! If she's not making time for you, that's ok.

Somebody else will. There's 6 billion people on the planet, and half of them are lonely women. And a funny thing happens when you just say 'ok' and walk away effortlessly. Suddenly she may change her mind. If she does, great. Let her chase after you for a while. You have to realize that their cunts aren't more valuable than our cocks. We're both after the same thing — each other.

如果她只想做朋友怎么办？如果她还忘不了她的前男友怎么办？你或者上她或者不上。黑白分明。没有棕色、灰色或蓝色。你不会长生不老。如果她还没有“准备好”，一般意味着：“暂时先留在你身边，直到我找到更好的。”如果她最喜欢的摇滚明星邀请她出去，你认为她还会说“我今晚要洗头发”吗？她很可能为他挤出时间来！如果她不能为你抽出时间，没关系。别人会。这个星球上有 60 亿人，其中一半是孤独的女人。而且当你只要说“好吧”然后轻松地走开，就会有很有意思的事情发生。她可能突然改变她的主意。如果她这么做，很棒。让她追你一段时间。你必须明白她们的阴道并不比我们的阴茎更有价值。我们在找寻相同的东西——互相彼此。

The easiest thing you can do is walk away from a woman. You won't get to fuck her, but at least you won't have to put up with her indecisiveness. You won't have to bring her a flower, or any of that shit. Just walk away, enjoy your freedom while it lasts. “What is it? Your sex is worth so much? Go give it to somebody else, I don't want it.” Usually what happens when you finally do get to taste the one's that give you such a hard time is you discover they're no good anyway.

你能做的最容易的事情就是离开一个女人。你上不了她了，但至少你不必为她的犹豫付出更多。你不必送她花，或者任何那类东西。只管走开，享受你的自由。“什么？和你上船值那么多吗？跟别人去吧，我不稀罕。”经常发生的事情是当你经过千辛万苦最终睡了那个女人，才发现她们并不怎么样。

They give us such a hard time in the beginning. But what they're doing is they're testing you to see if you've got what it takes to take good care of her. They don't want a pussy. If you're reading this, I think that you need an awakening, you need a good kick in the ass. I'm not telling you to use patterns and formulas and hypnosis and subliminal messages and pheromones and fancy sports cars. I'm not asking you to divide 765 multiplied by the square root of 17 minus 0.8 plus 68 to the power of seven! I'm telling you, “Know what you want, and tell her.” I don't want you to follow my 'system'. I want you to follow yours. You don't have the confidence to tell her what you want? Then maybe you're not horny enough, maybe you don't want it badly enough. Try being a faggot. I don't know what to tell you. Make up your mind.

她们刚开始会让我们如此难堪。但她们所做的只是要测试你，看你是否能有照顾好她的一些特质。她们不想要娘儿们。如果你正在读这个，我想你需要觉醒，你需要屁股上被踢上一脚。我

不是告诉你用模式和公式和催眠和潜意识和信息素和新奇的跑车。我不是让你用 765 除 17 的平方根减去 0.8 乘以 68 的 7 次方。我是告诉你：“知道你想要的，然后告诉她。”我不想让你遵循我的“体系”。我想让你遵循你自己的。你没有自信告诉她你想要什么吗？那你可能还不够饥渴，可能你还不是特别的想要。试着做个同性恋吧。我不知道怎么说。自己拿主意。

You don' t 'almost' fuck them. Either you do them or you don' t. I had a rule, if I didn' t fuck them by the third date, they were gone. There was no fourth, fifth, or seventeenth date with me. There' s only three strikes in baseball. And I tell them. I give every woman just enough rope to hang herself with. She' s the one worrying about me. You guys are always worried about them. But what if they had to worry about losing you? You need to realize that you are a commodity. You guys are sitting around jerking off when there' s millions of women out there putting on their makeup every morning hoping to attract you.

你不是差点上了她们。要不你上了她们要不你没上。我有一个规矩，如果到第三次约会我都没上她，就让她们消失。和我约会没有第四次，第五次或第七次。在棒球里只有三击。而且我会告诉她们。我给每个女人足够的绳子去上吊。她是那个担心我的人。你们总是担心她们。但是如果她们不得不担心失去你不是更好吗？你需要认识到你是商品。你们坐着手淫的时候有几十万的女人每天早上梳妆打扮希望能吸引你们。

I' m overweight, I swear like a sailor, and I' m not good-looking. But I never cared because women don' t look at that. They wanted to please me. They brought me their friends and I would fuck them all. They would lick my asshole while I fucked their friends. They let me do whatever I wanted to do. I used to tell women to wait in the bedroom with their asses sticking out, and I' d send in my friends to go fuck them. They did it to please me. There was never a weekend that I sat around thinking, "Oh, how am I going to get laid tonight?"

我很胖，我穿得像个水手，我不好看。但我从不在意，因为女人不看那个。她们想要取悦我。她们给我带她们的朋友，而我会把她们全都上了。当我上她们的朋友的时候她们会舔我 P 眼。她们让我做我想做的任何事情。我以前常常让女人撅起屁股在卧室里等着，然后我让我的朋友们去上她们。她们这么做来取悦我。从来没有一个周末我会坐着苦想：“啊，今晚我要怎样才能搞到女人。”

## CHAPTER 3: MY WAY OR THE HIGHWAY 要么听我的，要么滚蛋

You have to be in control of every interaction. It's my way or the highway. For example, if a woman asks you a question that makes you uncomfortable, don't answer it. You are under no obligation to do anything that you don't want to do. Be a man, and she will respect you for it, even if she seems all upset. Just say, "I don't want to answer that question." When she asks why, just turn it around and say, "you don't have any secrets from me?"

你必须控制每一个互动。要么听我的，要么滚蛋。比如，如果一个女人的你问题让你感到不舒服，就不要回答。你没有义务做任何不想做的事情。做个男人，她会因此而尊重你，即使她看起来很生气。只要说：“我不想回答那个问题。”当她问为什么，你就以攻为守，说：“你能告诉我你所有的秘密吗？”

What if she says, "Oh I can't tell you"? Fine. That means it works both ways. If she doesn't want to tell me something, I'm not gonna beg her to tell me. See, we all have the right to keep secrets, and it works both ways. The way I see it, if she doesn't want to tell me something, that just makes it easier for me to hold secrets. She can have all the secrets she wants. You have to be in control but not controlling. That means being in control of yourself. If you freak out on her because she's withholding information, then you're essentially telling her that you own the rights to her thoughts.

如果她说：“啊，我不能告诉你。”？很好。那意思就是大家彼此彼此。如果她不想告诉我什么事情，我不会求她告诉我。看，我们都有权利保守秘密，而且是互相的。我看到的是，如果她不想告诉我什么，那会让我更容易保守秘密。她可以保守她所有想保守的秘密。你必须控制局面而不是被控制。也就是说要控制你自己。如果你因为她隐瞒一些事情而对她发火，那你就相当于告诉她你有权利知道她的想法。

I see all these dumb guys arguing with their women. I don't argue with them. She can do whatever she wants and so can I. You see, if you argue with them then you're a pussy. It's my way or the highway. When you argue, you are telling her that you need her to act in a certain way or see something from your point of view in order for you to be happy. If you love someone set them free. My women know what the rules are and they know that I'm perfectly willing to walk if they don't obey the rules.

我看到所有这些笨蛋家伙都在和他们的女人争吵。我不和她们争吵。她可以做任何她想做的事情，我也是。你明白，如果你和她们争吵你就是个娘儿们。要么听我的，要么滚蛋。如果你争吵，你就是告诉她你要她表现的怎样或者从你的视角看事情从而使你高兴。如果你爱她就让她自由。我的女人知道规矩是什么，她们也知道如果她们不遵守规矩，我会马上走开。

You need to learn to be strong and decisive. Rule number one: Who cares what they think. Because what they think is irrelevant. Guys are constantly asking me how to handle a woman who is a bitch. Who needs her? If you want her just for the sex, fine. But I find that you will be much better off sleeping with a prostitute that is just as good- looking anyway. Because the prostitute won't give you any hassle, she won't waste your time, and she will probably be a better fuck anyway! And she will only cost you about \$150, whereas the bitch will drain you emotionally and financially. Unless you're me, of course, and you learn how to get over your fears of rejection and think out loud. Why would you want a bitch? So she can twist you around in knots?

你需要学会强势和坚定。规则一：谁在乎她们怎么想。因为她们怎么想毫无关系。人们总是问我怎样对付一个婊子。谁需要她？如果你想要她只是为了性，好。但是我发现你和一个长的至少和她一样好看的妓女睡觉会更好。因为妓女不会让你困扰，她不会浪费你的时间，而且她很可能会让你干得更舒服！而她只会花掉你 150 块钱，但婊子会在精神和物质上耗尽你。除非你是我，当然，而且你学会了怎样克服你对拒绝的恐惧并把想法大声说出来。为什么你想要一个婊子？这样她就可以把你圈起来了？

If you still want her, then you first need to remember the golden rule: Treat a lady like a whore, and treat a whore like a lady. If a woman is so good looking, with her tits hanging out, she is acting like a whore. So treat her like the whore that she is. Remember, every woman is a whore except for two of them: Your mother and your sister.

如果你还想要她，那么你首先需要记住黄金法则：对待淑女要像对待妓女一样，对待妓女要像对待淑女一样。如果一个女人是那么好看，并露出她的乳房，那她就像个妓女。那么就像对待妓女一样对待她。记住，每个女人都是妓女，除了两个人：你的母亲和你的姐妹。

Just watch the amazing transformation that will occur in a woman when you treat her this way. She is gorgeous, wears red lipstick, tight pants so you can see her crotch, and let's her tits hang out for everyone to see. Now watch what happens when someone like me walks up and says, "You're so fuckin' good looking, what do you charge a man to sleep with you?" And she'll get upset and say, "I'm no prostitute!" To that I reply, "Well you sure fooled me! You sure act like one!" I am telling you guys, when you hit those bitches with a line like that, they are speechless. You're the only guy that came up and called her a whore. The rest of them all thought it, but were too afraid to say it.

当你这样对待一个女人，尽管看她会发生多么奇妙的变化。她很美丽，涂着口红，很紧的裤子让你看到她的阴部，并且露出她的乳房让每个人看。现在看看会发生什么，当一个人像我这样走上去说：“你他妈的太漂亮了。和你上船怎么收费？”而她会很生气的说：“我不是小姐。”



对于这个我回答：“被你打败了！但你真的太像了！”我告诉你们，当你用这样的话打击她，她们都会哑口无言。你是唯一一个走上去叫她小姐的男人。其他人都这么想，却都不敢说。

Now I know what you're thinking. You're afraid to say these kind of things to women. There you go, you're trying to think for HER again. "But what will she think?" Who cares. Stop worrying about getting rejected. Be ruthless. Have the balls to say and do whatever the fuck you want to say and do.

现在我知道你在想什么。你害怕对女人说这些。你又来这一套，你又在替她着想。“但是她会怎么想？”谁在乎。停止担心被拒绝。要冷酷无情。要有种去说和做任何你他妈德想说和做的事。

## **BITCHES 婊子**

If you want to go after the biggest bitches in the world, then I will show you how. But it won't be easy in the beginning. So start small and build. You have to learn to fly a small airplane before they will let you fly the big 747's.

如果你想追世界上最大的婊子，那么我会演示给你怎么做。但是刚开始并不容易。所以要从小事做起。你必须要学会驾驶小飞机之后他们才会让你飞 747 那样的大家伙。

You need to throw these bitches off balance a little bit, and the way to do it is to just be honest with them. Tell her the truth. Tell her that you don't care if she's good-looking. Tell her you'd rather be alone. Tell her she is lucky to have those looks because nobody would talk to her otherwise. And she's lucky that YOU are talking to her because she is acting like such a bitch. Tell her that if it weren't for that chest, people would just ignore her because she's got such a bad attitude. Think out loud. You're just being truthful. How hard could it be? Tell her that she needs a guy like you to make people think that she is a person of worth.

你需要让这些婊子失去一点点的平衡，而方法就是对她们诚实。告诉她真相。告诉她你不在乎她长的漂不漂亮。告诉她你宁愿单身。告诉她应该庆幸拥有这样的容貌，因为如果不是这样就没人愿意和她说话了。而她应该庆幸你能够和她说话因为她太贱了。告诉她如果不是因为大胸部，人们都会无视她，因为她的态度如此的恶劣。把想法大声说出来。你就会变得真诚。这有多难呢？告诉她她需要一个像你这样的男人来让人们觉得她是个有价值的人。

Once you finally get a woman like that, sexy and bitchy, fuck her and dump her. Then let her chase after you for a couple of years. Having her chase you and beg you to make love to her is going to satisfy you a lot more than any orgasm she can

possibly give you. When I see a woman like that who is groveling, it makes me smile.

一旦你最终得到一个那样性感并犯贱的女人，上她然后甩掉她。然后让她追你几年。让她追你并求你和她上船要比她能给你的高潮更让你舒服。当我看到一个那样的女人匍匐在我脚下时，我会不由得笑起来。

Why does a guy want a hot chick? Because she becomes his trophy, and he can show her off to his buddies. Let's face it, she might be nice to look at, but when the lights go out and night and you are fucking her, that pretty face doesn't mean shit. Her mouth might mean something, and how nice her lips are around your dick, but the way she looks is irrelevant at this point. The only thing that matters when you're in bed is how good she makes you feel, the way she moves, the way she sounds, and the way she tastes.

为什么男人想要辣妹？因为她成了他的战利品，他可以向他的朋友炫耀。让我们面对现实，她可能看起来不错，但是在晚上关灯上船的时候，漂亮脸蛋没有任何意义。她的嘴可能有些意义，而她的嘴唇环绕在你弟弟上是多么的美好，但在这时候她长得怎样是不相干的。唯一重要的是当你们做 I 的时候她让你感觉多好，她的举止，她的声音，和她的味道。

## KEEPING THEM 留住她们

Now, getting women is one thing. Getting them is easy. Keeping them is a whole different story. Now that is where the hard work comes in. It's my kind of attitude that keeps them begging for more. You guys can't afford to be lazy in a relationship. You have to keep this attitude going at all times. And it's going to take a lot of hard work to achieve my level of confidence, let's face it. Start small and build. You'll get there soon enough.

现在，得到女人是一件事。得到她们很容易。留住她们是个完全不同的事情。辛苦的工作都源于此。是我的态度让她们留下来并且乞求更多。你们在一段关系里承担不起懒惰的后果。你必须任何时候都保持这种态度。而这需要下很大的功夫才能达到我这种水平的自信，让我们直面它。从小事做起。你能够很快到达那里。

When I first started out, I loved big tits. I was a Tit Man. Then I became an Ass Man. Then, I began looking first at their crotches. Beauty is in the eye of the beholder. What you like about a woman I may not like. A lot of it has to do with the mood that you're in as well. When you're in a good, happy state, you may want a pretty face to love. When you're in a bad mood, you may be looking for a nice big ass to fuck. There was a period in my life when I was only doing threesomes and orgies. I couldn't just fuck one girl anymore. Too boring!



当我刚开始出去的时候，我喜欢大胸部。我是个大胸部男人。然后我成了大屁股男人。然后，我第一眼先看她们的阴部。美在欣赏者的眼睛里。你喜欢女人的某个地方我可能就不喜欢。这还在很大程度上决定于你的心情。当你心情愉快的时候，你可能想要一个漂亮脸蛋去爱。当你心情糟糕的时候，你可能会寻找一个可爱的大屁股来干。在我生命中有一段时期我只玩 3P 和群交。我无法只上一个女孩。太没劲！

I don't chase after women! I don't beg, I don't try to please them. Guys are always worried if they're good-looking enough. My attitude is hey, "My dick is better than his dick. Taste them both--you'll see!" Guys, just let the women worry about their own looks. They're good at it. Looks mean nothing. It's how you make a woman FEEL that is important. And they want a strong guy. They want a MAN, not a pussy that is worried about his looks.

我不追女人。我不乞求和取悦她们。男人们总是担心他们不够好看。我的态度是“嘿！我弟弟比他弟弟更好。你都试试，就明白了。”你们，只该让女人们去担心她们自己的长相。她们很擅长这个。相貌没有意义。你给女人的感觉才重要。而她们想要一个强势的男人。她们想要一个男人，而不是担心自己长相的娘儿们。

It's the lesbians that don't want men. They want pussies, they want male friends that are gay and won't touch them. Lesbians want a guy to say, "Yes dear. Anything you want dear." They can all be girls together. They don't want a man; they want someone that they can control.

女同性恋才不要男人。她们要娘儿们，她们想要同性恋的不会碰她们的男性朋友。女同性恋想要男人说：“是的亲爱的。随便你要什么亲爱的。”她们可以玩全是女孩儿的游戏。她们不要男人：她们想要可以控制的人。

Now, these broads that want to lead you around by the nose, as soon as they start to lead you, as soon as they decide when and what, you're going to be in trouble because it's not her role. If you give the woman in the relationship all your power, if you give her the steering wheel, you will crash.

现在，这些女人想要牵着你的鼻子走，一旦她们开始指挥你，一旦由她们决定什么时候做什么，你就麻烦了，因为这不是她的角色。如果你给了和你交往的女人所有的能量，如果你给了她方向盘，你就会撞车。

Guys are always asking me, "How do you get them back after a break-up?" Easy! Most of you guys are thinking that women are complicated, but they're not. Let me give you an example, to show you how easy it really is. One time I was doing a consultation with a guy, and he had this tendency to over-complicate everything.

While we were talking, this woman that I knew very well called me on the phone. So after a minute of listening to her, I put down the phone and continued on with the meeting. She was just blabbing away incessantly about something or other.

男人们总是问我：“你怎样在分手后让她们回来？”容易。你们中的大部分人都认为女人很复杂，其实不然。让我给你个例子，让你看看这有多么容易。一次我给一个男人做咨询，而他有一切让事情复杂化的倾向。当我们谈话的时候，这个和我关系很好的女人给我打电话。当我听了一分钟之后，我就放下电话继续交谈。她只是不断的说这说那。

And every couple of minutes, I would pick up the phone and go, "UMMMM, Uhhuh, Yeah." and put it down again. After 15 minutes of this, I picked up the phone and told her what I had done, I told her how I had put the phone down and ignored her for so long. She never believed it! Women never believe what you tell them. I don't know why, but it's true.

而每隔几分钟，我就会拿起电话说：“嗯，嗯，是。”然后再放下。这样过了 15 分钟，我拿起电话告诉她我刚才怎么做的，我告诉她我怎样放下电话，这么久的无视她。她一直都不相信！女人从不相信你告诉她们的事。我不知道为什么，但这是真的。

If you want to get a girl back, try saying, "No matter how many girls I've been with, no matter how many girls I meet, all I see is your face instead of theirs. I need to see you again." That's it! Just say that and she is yours. Of course, if you were a real ass to her, if you treated her like shit, beat her up, acted like a pussy, if she caught you in bed with a MAN, then you probably should be on the Jerry Springer show. Otherwise it's easy.

如果你想要一个女孩回来，试着说：“不管我和多少女孩在一起过，不管我和多少女孩见过面，我每次都是用你的脸代替她们。我需要再见到你。”就这样。只要这样说她就是你的了。当然，如果你对她来说是个十足的笨蛋，如果你曾经对待她像狗屎一样，把她痛打，表现得像个娘儿们，如果她抓到你和男人上船，那你可能应该上杰瑞脱口秀。否则很容易。

Being romantic doesn't mean that you're weak. After you've got them, romance will keep them. You have to be her fantasy, her knight in shining armor. That takes hard work. Another way to get her back is to send a single red rose to her house, no name, no card. Wait a week, send another one. This time with a card, with no name, that simply says, "Whenever I see these flowers, I think of you, and I have to send you one." Then you send her a third flower. Write on the card, "No matter how many girls I see, I only see your face. Call me. 555-9087" She will call you because women love to hear "I'm thinking about you".

浪漫并不意味着你处于弱势。当你得到她们后，浪漫会留住她们。你必须成为她的幻想，她的

穿着闪亮盔甲的骑士。这要下很大功夫。另一个让她回来的办法是寄一朵玫瑰到她家，没有名字，没有卡片。一周后，再寄一朵。这次带一个卡片，没有名字，上面简单的写着：“每当我看到这些花，我就会想起你，然后我就会寄给你一朵。”然后你再给她寄第三朵。在卡片上写：“不管我见过多少女孩，我只看到你的脸。打我电话。555-9087”她会给你打电话，因为女人很爱听到“我在想你”。

If you want a girl to trust you, it's easy. If you want her to love you, it's easy. Just tell her not to. Women never believe what you tell them. When I talk about honesty, trust, and respect, I might say something like, "But I don't want you to trust me yet. Trust has to be earned. When you feel you can trust me, you'll let me know." As soon as you tell her that you don't want her to trust you, she will.

如果你想要一个女孩信任你，这很简单。如果你想要她爱你，这很简单。只要告诉她别这么做。女人从不相信你告诉她们的。当我谈论诚实，信任和尊重，我可能会这么说：“但我并不想要你相信我。信任是争取来的。当你感觉到你能够信任我的时候，你会让我知道。”一旦你这么告诉她你不要她信任你，她就会。

Guys ask me all the time, "How do you get a girl to swallow?" Too easy. One thing you can try is to tell her that no woman can make you cum with her mouth. Tell her that lots of women have tried, but none have ever succeeded. Tell her something like that and she will rise to the challenge. Then, after she makes you cum, you say, "WOW! You're amazing! Nobody has EVER been able to do that!" Because if you tell a woman that you can't cum from a blowjob, something inside her will go, "OH YEAH?" They like the challenge.

人们总是问我：“你怎么让一个女孩 KJ？”太简单了。一个你可以尝试的方法是告诉她没有女人能够让你在 KJ 时射出来。告诉她很多女人都试过，但没有人成功。告诉她类似这样的事情她就会想去挑战。然后，在她让你射出来之后，你说：“啊，你太厉害了！没有人做到过这个！”因为如果你告诉一个女人你没办法在 KJ 中射出，她内心中会有些想法出来：“哦，是吗？”她们喜欢挑战。

NEED INPUT: One of my favorite jokes is a joke that can tell you a lot about the way you have to look at things. Two women meet in Florida. One has a married son, the other has a daughter that's married. So, the women bump into each other on the street, and one of them says to the other, "Helen, how are you? How's the family?" The other woman said, "My daughter just got married...she could have done better. He is nice to her and brings her groceries and stuff, but he still makes her do this and that and the other...he's not good enough for my daughter. And you...how is your son?" "He got married too! He married a real bitch...she makes him go to the grocery store, she makes him jump, she gives him shit.

输入需要：我最喜欢的一个笑话是一个关于看事情的角度给我们很多启示的笑话。两个女人在佛罗里达相遇。一个有个结了婚的儿子，另外一个有个结了婚的女儿。就这样，这两个女人在街上偶遇，其中一个跟另一个说：“海伦，你好吗？家里好吗？”另一个女人说：“我女儿刚刚结婚……她还可以更好的。他丈夫对她很好，帮她买杂货，但他还是会让她做这做那……他对我女儿来说还不够好。你呢……你的儿子怎样？”他也结婚了！他娶了一个十足的婊子……她让他去杂货店，她让他做不愿意做的事，她让他难堪。

There's plenty for us out there. Women are everywhere! Buses, bookstores, planes, trains, everywhere! But you need to be the one driving. You say, "JUMP!" and they go, "How high?"

天涯何处无芳草。哪里都有女人！公交车，书店，飞机上，火车上，每个地方！但你需要成为主导的一方。你说：“跳！”她们就跳，还问：“跳多高？”

I am a gentleman, but I'm still a macho prick who grew up in the 70's and 80's. I'm a man, and she does what I like. If she doesn't like it, then there are other women out there. In my house there's a dictatorship, not a democracy. The same is true for my employees. My employees don't get to vote for what is right in MY business. Why? Because that's the way I want to run my life. I know where I am going in my life; I know what I want for myself.

我是个绅士，但我还是个成长于七八十年代的猛男。我是男人，而她做让我高兴的事。如果她不喜欢做，女人多得是。在我的家里只有专制，没有民主。这一点对于我的雇员也一样。我的雇员没有投票权来决定我生意的对错。为什么？因为这是我想要的生活方式。我知道在我的生命中我将要去哪里；我知道自己想要什么。

It's easy to get back the old ones, but I don't like to do that. If you want to get her back, I can tell you exactly what you do, and if you follow my explicit advice you'll get her back.

让旧的回来很容易，但是我不喜欢那么做。如果你想要让她回来，我可以手把手教你怎么做，而如果你按照我明确的建议去做，你就能让她回来。

But most of you should just let her go and move forward, because when you get her back you'll suddenly remember why you broke up in the first place! I find that the main reason men want to move backwards has to do with pride. Men have always had too much pride anyway, so know more. Life is a series of mistakes, and the quicker you can learn those tough lessons and move on...

但是你们大部分人应该让她走，然后向前看，因为当你让她回来时你会突然想起之前你们为什么分手的！我发现男人想要回头的主要原因和自尊有关。男人总是有太多的自尊。生命就是一

连串的错误，你能越快获得教训并继续前进，（你就会越成功？）

I was the first guy out of all my friends to get his own apartment. In those days, life was a little too good. I'd come home from work and there would be 3 or 4 girls there. I'd walk in and say, "Who's horny?" I'd fuck them before I even took a shower. Then a friend or two of mine would come over and I would ask, "Which one of you girls wants to fuck him, and which one wants to fuck my other friend?" All of my friends used to get laid in my apartment. AHHH...the good old days!

我在朋友里面是第一个买房的。那些日子里，生活真的有点太舒服了。我下班回来就会有三个或四个女孩在那里等着。我走进去说：“谁下边最痒？”甚至我还没洗澡就会上她们。然后一两个朋友会过来，我会问：“你们女孩谁想和他上船，谁想和我另外一个朋友上船？”我的所有的朋友都在我的公寓里爽过。啊•••过去的美好时光！

As a commodity, men don't look at the statistics. Men are more in demand than women are. They make us think it's the other way around, but it's not! But we're stupid, we think with our peckers.

作为一个商品，男人不看统计数字。男人比女人更被需要。她们让我们觉得是相反的，但不是。我们只是很愚蠢，我们用 JB 思考。

You shouldn't be afraid to ask for what you want. I like women who know how to cook, so I ask them if they know how to cook. Have her cook you a meal or two to find out. I also need to know how they live. Who is her room mate? Does she keep her house clean? I also need to meet her friends, and that's very important if you're looking to have a relationship with her.

你不应该害怕要你想要的东西。我喜欢会做饭的女人，所以我问她们会不会做饭。让她给你做一两次饭你就会知道。我也需要知道他们怎么生活。她的室友是谁？她会保持房间整洁吗？我也需要见她的朋友，这很重要如果你想和她交往。

You are who your friends are. If she has a lot of single friends, you're in trouble. You're fucked, because her single friends will sabotage the relationship because they want her to remain single.

你就是你的朋友的样子。如果她有很多单身朋友，你就麻烦了。你完蛋了，因为她的单身朋友会破坏这段关系，因为她们想让她保持单身。

Now, I don't want you to be me, I want you to be YOU. Start by being honest with yourself. They don't want a guy who is easy. See, we want a woman that's easy, but

not them! If you go around saying, “Me too,” you will lose them. They want a strong guy that makes them feel secure. Physical strength is irrelevant. You need to be mentally strong and know what you want to do in life. You need to be decisive.

现在，我不想你成为我，我想你成为你。开始对你自己诚实。她们不想要容易相处的男人。明白吗，我们想要容易相处的女人，但她们不是！如果经常说：“我也是。”你就会失去她们。她们想要一个强势的男人，让她们有安全感。这与身体强壮毫不相干。你需要精神强壮并知道一生中想要什么。你需要意志坚定。

I am the dictator of my own life and my relationships. You can't rely on the woman to take good care of you. She wants YOU to be the strong one to take the lead. Not every woman is going to want to go where you want to go. But you should never have to compromise yourself for her. You should know what you want out of life and not be afraid to go get it. Women find this very attractive. Read Cosmopolitan and you'll see.

我是我的生活和我的人际关系的独裁者。你不能依靠女人来照顾你。她希望你当那个强大的领导者。不是每个女人都想要去你想去的地方。但是你绝不能为她妥协。你应该知道你想要从生活中得到什么并且不怕去追求它。女人会觉得这个很有吸引力。读读大都会你就会明白。

The first thing women will say about a failing relationship is, “We just aren't communicating anymore.” So make sure you say right from the beginning of the relationship that you need a woman that can communicate. Not only will this attract her initially, but this gives you great leverage later on.

当女人讲到一段失败的关系，第一句话就是：“我们没有交流了。”所以在关系刚开始，就说你需要一个能够交流的女人。这不只会在刚开始就吸引她，还会在之后给你一个很大的杠杆。

Guys ask me all the time how to deal with a girlfriend that flirts with other guys. Usually what they do is tell her to stop it. That rarely works, because she will think that you are too insecure. If your girlfriend is flirting with other men, then you should be picking up other women. If she's hunting then you should be hunting. And if she complains, tell her to fuck off. Tell her that if she wants to flirt, then you are going to flirt. I've even gone as far as to leave with another woman right in front of her. Why wouldn't I? It's the smart thing to do.

大家总是问我怎样应对女朋友和别的男人调情。通常他们告诉她别这样。那很少有效果，因为她觉得你太没有安全感了。如果你的女朋友和别的男人调情，那你应该去搭讪别的女人。如果她打猎那你也应该打猎。而她如果抱怨，就让她滚蛋。告诉她如果她想要调情，那你也会。最过火的一次我和另一个女人在她面前一起离开。为什么不呢？这样做才聪明。



Many years ago, I was driving in my convertible with a woman, and all the truckers were staring at her because she just happened to have no shirt on! She put her boobs on display for everyone to enjoy. So we stopped at a gas station, and as I came out, this gorgeous woman asked me if I had any booster cables. She said that she just wanted to give her car back to her ex-boyfriend so that she could leave for Houston. So I told her that I could bring her to Houston, boosted her car and followed her to her ex-boyfriend's where she left the car and hopped in with us. So now I had two women in my car, and they were both gorgeous.

许多年前，我开着我的敞篷车带着个女人，而所有的卡车司机都盯着她看因为她把衬衫脱掉了！她把乳房展示给每个人让他们爽。然后我停在了一个加油站，当我出来的时候，一个美丽的女人问我有没有拉车的绳子。她说她只是想要把她的汽车还给她的前男友，这样她就可以离开那里去休斯顿了。然后我告诉她我可以带她去休斯顿，我拉了她的车并跟她到她前男友的地方，她放下车就和我们一起上了车。这样我的车里就有了两个女人，而她们都很美丽。

One the way to Houston, we stopped for dinner, ate, and checked into a motel. I asked the guy at the motel, "Do you have a room with one big bed?" Two small beds pushed together was the best he could do. The girls were helping me push the two beds together! I didn't ask if they felt comfortable with it, I just took the lead and assumed that they would both be sleeping with me. And they did.

在去休斯顿的路上，我们停下来吃饭，吃完饭就进了一家旅馆。我问旅馆的人：“你们有哪个房间有大床吗？”将两个小床拼在一起是他能想出来的最好的办法。女孩们帮我把两张床推在一起！我没有问她们会不会对此感到不适，我只是领导着并假设她们都愿意和我睡一起。而她们确实愿意。

Now, the woman I picked up at the gas station was TWICE as good in bed as the other one, so I told her to wait for me in the hotel room. Then I went downstairs and told the clerk that it would take me 4 hours to drop off the other girl and come back, and asked him to let her stay in the room. He said OK, so I grabbed the girl and off we went. As I was driving her home, she asked me if I was dumping her and I said yes. I said, "Look, I'm sorry, but this new girl is better in bed." She started crying and begging me to give her another chance. Why did I do this to her? She got what she deserved for taking her shirt off in the beginning and flirting with all those truck drivers!

现在，我在加油站搭到的女人的床上功夫是另外那个的两倍，所以我告诉她在旅馆房间里等我。然后我就下楼并告诉服务员我要花4个小时送另外一个女孩回家然后回来，并告诉他要让她呆在房间里。他说好的，我就抓着那女孩走了。当我开车送她回家的时候，她问我是不是要甩掉她，我说是的。我说：“看，我很抱歉，但这个新女孩的床上功夫更厉害。”她开始哭并求我

再给她一次机会。我为什么这么对她？她为在刚开始和卡车司机调情付出了代价。

Now, let's talk a little bit about a special breed of women that I call Cling-ons. Cling-ons are jealous, insecure, and very possessive. They never want you to look at other women, they want to be with you all the time, and they are very easily hurt. There's two ways you can handle a Cling-on.

现在，让我们谈谈女人中一个叫做醋坛子的特殊种群。醋坛子喜欢嫉妒，没有安全感，占有欲很强。她们不要你看其他女人，她们想要整天和你在一起，她们还非常容易受伤。有两种方法你可以用来对醋坛子。

In the beginning of the relationship, I like to tell Cling-ons that I'm the kind of guy that needs to be around women. I tell them that women are like flowers to me, and that I need to be in a florist shop. Can you handle me sleeping with another woman? I tell her that I have to sleep with other women. If she gives in and says yes, then you've handled her beautifully. If she says no, then you dump her. You're better off without her. I like to be honest with them upfront to avoid any hassles later on.

在交往刚开始，我喜欢告诉醋坛子我是那种需要女人围绕在身边的男人。我告诉她们女人对我来说就像是花，而我需要呆在一个花店。你能接受我和其他女人上船吗？我告诉她我必须要跟其他女人上船。如果她让步并说可以，那你就很漂亮的对付了她。如果她说不，那你就甩掉她。没有她你会活得更好。我喜欢对她们坦诚直率从而避免之后的任何争吵。

You will find that the Cling-ons will accept you sleeping with other women, if you TELL THEM that you're sleeping with other women. That's because their worst nightmare is NOT that you sleep around with other women, their worst nightmare is NOT KNOWING ABOUT IT. They find it so horrible to NOT KNOW, that telling them the truth in advance actually reassures them.

你会发现当你告诉醋坛子你和其他女人睡觉，她们会接受你和其他女人睡觉。因为她们最可怕的噩梦不是你和其他女人睡觉，她们最可怕的噩梦是什么都不知道。她们发现不知情实在太可怕了，而提前告诉她们真相实际上让她们放心了。

There's a lot of things you can do to keep them in line. I always love it when a woman licks my asshole because it gives me incredible leverage in the relationship. From then on, anytime she starts giving me a hard time, I just say, "A woman who licks my asshole doesn't talk to me that way!" It's a lot better than a punch in the nose! What can she say? That I'm a pig? Hey, it wasn't MY tongue down there!

有很多事情你可以用来约束她们。我很喜欢女人舔我的 P 眼，因为它给了我在和她交往中不可



思议的杠杆。从那时开始，任何时候她让我难堪了，我就会说：“一个舔我 P 眼的女人不应该跟我这么说话！”这要比用拳头打她鼻子好得多！她能说什么？我是头猪？嘿，可不是我的舌头伸到那里！

I want you to picture a room that has a shotgun, a machete, a machine gun, some dynamite, a few handguns, and the word ‘friend’ in it. Because the word ‘friend’ is one of her major weapons. It’s the only weapon that can make you dance!

我要你想象一个房间，里面有散弹枪，砍刀，机关枪，一些炸药，几把手枪，还有一个词“朋友”。因为“朋友”这个词是她的主要武器之一，是唯一可以让你团团转的武器。

Now, I know a lot of guys that are willing to hang out with women and pretend to be their friend and chase after them and follow them around to go shopping. I knew a guy who traveled half-way around the world to be a lady’s friend! And he would watch her get dolled-up to go out and sleep with other guys but couldn’t do anything because they were ‘friends’. He was, of course, secretly in ‘love’ with her, but was afraid to be himself I guess. I’m glad that there are a lot of men like him in the world, because it means more women for me!

现在，我知道很多男人喜欢和女人出去玩，并假装是她们的朋友，跟在她们屁股后面，和她们逛街。我认识一个男人饶了地球半圈去当一个女士的朋友！他会看她梳妆打扮出去和别的男人睡觉，自己却不能做任何事因为他们是“朋友”。他当然是在暗恋她，但却害怕做自己，我想。我很高兴世界上有那么多像他那样的男人，因为这意味着我会有更多的女人。

Here is a big problem that a lot of you guys have. You talk about companionship. You talk about wanting to have a relationship with a woman, and then you talk about hot chicks, and how many you can or can’t get. Which do you want?? You have to go down Road Definite. You have to be congruent about whatever it is that you want, especially with women.

这里有一个很多男人遇到的问题。你谈论友谊。你谈论想要和女人有一段恋爱，然后你又谈论辣妹，你能得到多少，不能得到多少。你要哪一个？？你要沿着确定的方向。你的行为必须要和你所想要的不管什么东西要一致，特别是女人。

When I was looking for a wife, I got my wife, I got my kids, and that’s what I wanted. And when I wanted to be single, I wasn’t out there looking for Ms. Perfect. I didn’t think about anything other than fucking.

当我寻找妻子时，我得到了我的妻子，我得到了我的孩子，而那正是我想要的。而当我想要单身，我不会出去寻找我的梦中情人。我不会考虑任何事情，除了性交。

In fact, fucking was my hobby. Different bodies, different styles, different ways. When I was young, I had a recurring fantasy about picking up a hitchhiker. So I did it. I picked up hitchhikers. I would say to them, “I can’t believe this! I was just fantasizing about this exact same situation! Everything you’re saying is exactly what I was fantasizing! This is so cool!” They would say, “Really?!” They were amazed!

事实上，性交是我的爱好。不同的身体，不同的风格，不同的方式。当我年轻的时候，我有一个萦绕在脑中的幻想，就是泡一个搭顺风车的。然后我做了。我泡了几个搭顺风车的。我会对她们说：“我无法相信！我曾经幻想过跟现在一样的场景！你说的每句话和我幻想的一模一样。这太酷了！”她们会说：“真的吗？”她们会很惊奇。

I got so bored, and it was so easy that I started telling women that I worked for the CIA. The danger turns them on. I used to say, “Call me from the phone booth, and whatever you do, do NOT call me from your house!” I had one woman wait for me at a phone booth for four straight hours!

我曾经特别无聊，所以我开始告诉女人我在为中央情报局工作。危险使她们兴奋。我经常说：“在电话亭里给我打电话，而且不管有什么事，不要从你家里给我打电话！”我让一个女人在电话亭里等了我整整4个小时！

One time I had a date with a woman who seemed really nice and sweet on the phone, but as soon as she got in my car, she proceeded to tell me her schedule. She had to go to this restaurant in this part of town and her friends were gonna be there and then we were gonna drive back this way and go to this hotel and stay for this amount of time and then to this club and on and on. So I said, “Did you feel that?” And she said, “What?” I said, “I think there’s something unexpected happening with my car.” She said, “Huh?” So I pulled over and said, “Hop out and take a look at the back tire, and tell me if it looks flat.” So she gets out of the car and says, “It looks fine to me.” And I said, “Maybe to you it does!” and rode off. Because if I would have driven her around all night like she wanted me to, I would have been her puppy forever. I don’t wear a leash for anybody.

一次我和一个在电话上听起来很温柔很甜美的女人约会，但她一进我车子，就不停的告诉我她的行程。她必须要去镇上的这个地方的这个饭店，她的朋友会去那里，然后我们要再开回来去这家宾馆待这么些时间然后去这家俱乐部，等等等等。然后我说：“你感觉到了吗？”她说：“什么？”我说：“我觉得我的车会发生意想不到的事情。”她说：“啊？”然后我停在路边，说：“下车看看后胎，告诉我是不是瘪了。”于是她下了车，并说：“我觉得没问题。”“可能你觉得是这样！”然后就开车走了。因为如果我一个晚上都载她去她想去的所有地方，我就永远成了她的小狗。我不会为任何人在脖子上套个项圈。

When it comes to women, never underestimate the power of denial. He drinks, he is angry, violent, treats her like shit, and even after all that she can convince herself that he loves her, and she stays. Women are actually willing to lie to themselves about the men they are with. Guys do it too, but women definitely beat us in that department. She stays for his strength, for the security she feels when she's with him. I would never dream of physically hurting a woman, and I've never hit a woman. I don't need to. I hit them with honesty, trust and respect, and that works a lot better than a punch in the nose.

说到女人，绝不要低估否认的力量。他酗酒，他生气，暴力，虐待她，但即使做了所有这些事情，她还会让自己相信他爱她，她会留下来。女人实际上很愿意在她们的男人的事情上和自己说谎。男人也这么做，但女人明显在这方面胜过我们。她为了他的强势而留下来，为和他在一起时感到的安全感而留下来。我从来没想过在肉体上伤害一个女人，我也从来没有打过女人。我不需要。我用诚实，信任和尊重打击她们，而那要比揍她鼻子有效得多。

If you offend a girl by being "too honest" and you sense she is turned off then you will need to handle it. One way is to say, "I'm kidding! I'm kidding!" and she will usually calm down and say something like, "That was pretty rude" and then I'll lower my voice completely and say, "Well I really wasn't kidding". (Laughter) You can test them like they test you. "Wanna fuck?" and if she responds well you take her home and if she gets all pissy you tell her how you're just kidding. Actually...no. I'm not kidding! This is one that you can always come back to. Just kidding...no I'm not. You always keep control of the situation. Control is vital. If she says, "Get the fuck away from me", you leave. You'll find that getting rejected rarely happens when you get out there and start being honest to women.

如果你因为诚实而冒犯了一个女孩，并且你感觉到她变得冷淡，那你就需要处理。一个办法是：“我是开玩笑的！”然后她通常会冷静下来并这样说：“那样很不礼貌。”然后我会完全压低我的音调说：“我真的是开玩笑。”（笑）你可以像她们测试你一样测试她们。“想做 I 吗？”而如果她回应很好那你就带她回家，而如果她很生气你就告诉她你只是开玩笑。事实上...不，我不是开玩笑！这是你可以随时撤退到的地方。只是开玩笑...不我不是。你永远控制着局面。控制至关重要。如果她说：“从我眼前消失。”你就走开。如果你出去并开始对女人诚实，你会发现这样的拒绝很少发生。

Women are brought up to punish you when you've been bad. They punish by being bitchy and by withholding sex. If they try to punish me I take control of the situation immediately. "You're right, honey, I'm a pig, asshole, cock sucker, slime bag, sleaze ball, piece of shit inconsiderate conceited jerk". By encouraging her 'bad' behavior you are taking control of it. I don't argue with them, because it's my way or the highway. If you get defensive you're actually

giving up control.

女人从小时候就知道在你表现不好的时候惩罚你。她们会犯贱或者拒绝做 I 来惩罚你。如果他们想要惩罚我我会马上控制局面：“你是对的，亲爱的，我是猪，P 眼，衰鬼，草包，混球，狗屎，自大狂。”通过鼓励她的“坏”行为你就控制了局面。我不和她们争吵，因为要不听我的，要么滚蛋。当你开始防守，你实际上就放弃了控制。

If the relationship starts to get too fucked up, i.e., the sex isn't worth the hassle, don't waste your time trying to repair the relationship, just leave! Don't waste your time. When your car is giving you too many problems and you get fed up of fixing it, do you argue with the car for eight more months just to see if it will get better with time? You stop investing your time and money on that car and start putting your energy into finding a better one. We all have different tolerance levels for how much crap we are willing to take in our relationships. I have a low tolerance for bullshit. I want what I want and I am unashamed by it.

如果关系开始变得太糟糕，比如，做 I 的快感抵不上争吵的烦恼，就不要浪费你的时间去修复关系，只管走开！不要浪费你的时间。当你的汽车出了太多的问题，而你已经受够了去修理它，你会不会和汽车再争论 8 个月去看它会不会随着时间流逝而变好呢？你会停止投入你的时间和金钱在那辆车上而把你的精力用在找一辆更好的车上。我们都有不同的忍耐限度，去承受我们的人际关系中的垃圾。我对狗屎的忍耐很有限。我要我要的，而我不会为此感到羞耻。

## CHAPTER 4: HONESTY, TRUST AND RESPECT 诚实，信任和尊重

You're also entitled to change your mind about things. What's a good decision today won't necessarily be good for you tomorrow. When I wanted to be a playboy, I enjoyed that lifestyle. But eventually I thought, "Hey! I'm 45 and I want kids." So I got married again and had some kids. I don't want to be too old for them. And I was ready at that stage to stop being a player because I've done it all. I satisfied my thirst, and boy was I thirsty!

你还有权改变你原先的决定。今天一个再好的决定到明天就不一定好了。当我想要成为一个花花公子时，我享受那样的生活方式。但最后我想：“嘿！我 45 了，我想要孩子。”这样我又一次结了婚并有了几个孩子。我不想让他们觉得我太老。我在那个阶段已经准备好不再做一个玩家了，因为我已经玩够了。我满足了我的渴望，而男孩就是我渴望的！

And when it comes to respect, I respect a woman very, very much. And always. If I put my hand on her thigh, and she says no, I remove it immediately. You don't want my hand on your leg? Fine. I don't tease you like you're teasing me, but

fine. If she says, “I don’ t want to be with you”, I cease hitting on her immediately, forever. Walking away from them is the easiest thing in the world. All you have to do is put one foot in front of the other until she’ s gone. Either that or pretend that she’ s gone. Who were we just talking about?

而讲到尊重，我非常非常尊重女人。而且永远是。如果我把手放在她大腿上，她说不要，我会马上移开。你不需要我的手放在你腿上吗？好的。我不像你调戏我一样调戏你，但没关系。如果她说：“我不想和你在一起。”我会立刻停止追求她，永远。离开她们是世界上最容易的事情。你所有要做的事就是把一只脚放在另一只脚前边，直到她消失。或者那么做或者假装她消失了。我们刚才说的是谁？

A friend of mine had a verbal argument with his girlfriend. And this is a true story. She called the cops on him and had him removed from his own house, filed a restraining order on him, and he had to pay thousands of dollars in legal fees to get her to leave the house. Women have a lot of power, too. They can scream ‘rape’ or any similar word and it could cost you your reputation. And let’ s face it, some women are crazy. If you want to be a playboy you’ re gonna learn that the hard way.

我的一个朋友和他女朋友曾经吵过一次架。而这是一个真实的故事。她把警察叫来把他赶出他自己的房子，并禁止他进入，而他不得不花了几千美元的律师费才让她离开。女人也有很大的力量。她们可以大喊“QJ”或其他任何类似的词语，而这会坏掉你的名声。我们来面对吧，一些女人很疯狂。如果你想要成为一个花花公子，你要历经磨练才能学会。

Honesty is the ‘True North Principle’ of seduction and seems to me to be the hardest one to teach. People just go, “Honesty. Ok, got it… Next!” and then they want to hear the next pickup line or strategy. They don’ t work at learning how to integrate honesty into their lives. But the South Pole and the North Pole don’ t change, and neither do the main principles: “Who cares what she thinks” and “I am the most important person in this relationship.” If you can learn those two rules, you’ ve got it made and you will never need any outside help again. You will finally know exactly what to say to them and how to act with them. They love me because I’ m honest. I’ m more honest with them than most of you will ever be.

诚实是诱惑的“真北（以地轴为基准的北面）原理”，而且对我来说好像是最难教的。人们只是说：“诚实。好的，明白．．．下一个！”然后他们就想要听下一个搭讪对白或策略。他们不会花功夫学习怎样把诚实融入到他们的生活中去。但是南极和北极不会改变，而基本原理也是这样：“谁在乎她怎么想”和“我是这段关系中的主角”。如果你能学会这两条，你就完事了，你不会再需要任何帮助了。你会最终明确的知道和她们说什么和如何与她们相处。她们爱我因为我诚实。对她们我要比你们中的大多数更诚实。

I' m not telling you to be like me. Because my honesty and your honesty are two different animals. You can' t be me, you can' t be James Bond, you can' t be them so why even try? When you start to develop more and more self-honesty in yourself, you' ll start to feel better, and when you start feeling better, the women will notice. You won' t believe the responses you' ll get from them! Honesty is a scary thing, and some of them can' t handle the truth.

我不想把你教成我这样。因为我的诚实和你的诚实是两种不同的动物。你不可能成为我，你不可能成为詹姆斯邦德，你既然成不了他们那又为什么勉强呢？当你开始在自己身上培养出越来越多的自我诚实，你就会开始感觉更好，而当你开始感觉更好的时候，女人会注意到。你无法相信你从她们那里得到的回应！诚实是可怕的东西，而她们中有些人无法应对真相。

Honesty. Trust. Respect. It' s one thing to demand them from her, but can you master them yourself? Let me ask you another question. How can you be afraid of something that will set you free? We don' t realize how we constantly lie to ourselves to protect our ego. Honesty, trust and respect are “True North” principles that never change. They are part of the basic fabric of life. Honesty, trust and respect are natural laws in the human dimension that are just as real as gravity and seasons and the rotation of our planet around the sun. They are unchanging principles, no exceptions. And when you violate the natural laws of relationships, you create disharmony.

诚实。信任。尊重。向她要求这些东西是另一件事，问题是你自己能够掌握它们吗？让我问你另一个问题。你怎么会害怕可以让你获得自由的东西呢？我们没有认识到我们是怎样通过不断地对自己说谎来保护我们的自尊。诚实，信任和尊重是永远不会改变的“真北”原理。它们是生活的基本组成部分。诚实，信任和尊重是人类范围的自然法则，就像万有引力和四季和我们的星球围绕太阳旋转一样真实。它们是不变的真理，没有例外。而当你违反了人际关系中的自然法则，你就会不协调。

Do you have employees? The greatest force that you can use to motivate someone with is trust. Trust brings out the very best in people. But it takes time and patience and it doesn' t preclude the necessity to train and develop. It' s very hard to train an employee if he or she doesn' t trust you to some degree. And that' s where the honesty comes in. When you' re honest with people, they begin to trust you at their own rate and speed.

你有雇员吗？你要激励某个人，能用到的最大的力量就是信任。信任会激起人们身上最好的东西。但是这需要时间和耐心，而这不排除训练和开发的必要。如果一个雇员不信任你到某种程度，是很难训练他的。而这正是诚实起作用的时候。当你对人们诚实时，他们就会开始以他们自己的风格和步调来信任你。



They all say they want to meet a guy who's honest, yet they can't handle honesty. It's ironic. I like that. It puts me in the driver's seat. You're probably not getting them now, so how much less could you be getting them? Take a fucking chance. Try being totally honest with women.

她们都说她们想要遇到一个诚实的男人，不过她们无法应对诚实。这很讽刺。我喜欢这样。它让我坐到了驾驶座上。你可能现在得不到她们，那你有更好的办法去得到她们呢？冒一次险。试着对女人完全的诚实。

I stopped counting at 500. I had 'stables' (between 3 and 7 girlfriends simultaneously) from 1984 until 1989. People ask, "Did you tell your girlfriends about each other?" And that's a good question. Now, early on in my life I discovered that women never believe what you tell them anyway, so you might as well tell them the truth. See, women are masters of self-deception. If they ask, "What did you do last night?" and you respond, "I went out with another girl", she'll just say, "Yeah, what did you really do last night?" The truth shall set you free.

我到 500 个的时候就不数了。我从 1984 年到 1989 年有多个性伴侣（同时在 3 到 7 个之间）。人们问：“你告诉你的女朋友们彼此的情况吗？”这是个好问题。现在，在很早的时候，我就发现女人从来不相信你告诉她们的事，所以你同样可以告诉她们事实。看，女人是自我欺骗的高手。如果她们问：“你昨晚干什么了？”而你回答：“我和别的女孩出去了。”她就会说：“嗯，你昨晚到底干什么了？”事实会让你自由。

I often talk about the three most important values in a relationship. In order, they are honesty, trust, and respect. I like to ask women, "What do YOU think are the most important values in a relationship?" And usually they will tell me things like communication, respect, humor, etc. Wrong. And it's not open for discussion, either. So I'll say, "You're almost right", but if they say, "Honesty, trust, and respect" I'll say, "WOW! You're the first one to hit it right on!"

我经常谈到一段关系中三个最重要的因素。按顺序，它们是诚实，信任和尊重。我喜欢问女人：“你觉得一段关系中最重要因素是什么？”而通常她们会告诉我一些东西，像交流，尊重，幽默等等。错。而这是不容讨论的。这时我会说：“你差点就对了。”但是如果她们说：“诚实，信任和尊重。”我就说：“噢！你是第一个完全答对的人。”

Honesty, trust and respect. Tell her that you enjoy being open and saying what's really on your mind. Tell her how much you enjoy thinking out loud, tell her that it's important to you to be in a relationship with someone that you can really communicate with. Tell her that you're not the kind of person that holds back his

feelings. And guess what? This is exactly the kind of thing that they are looking for. They want a guy that can communicate with them. One of their biggest complaints is that guys don't communicate with them. 90 percent of what therapists and divorce lawyers hear is, "There's no communication". So, what's the smart thing to say to women? That you like to communicate.

诚实，信任和尊重。告诉她你享受直率的说出你真正在想的事情。告诉她你多么享受大声的说出想法，告诉她在一段关系中能和一个人真正的交流是多么的重要。告诉她你不是那种会隐藏自己感觉的人。然后你猜怎样？这正是她们在寻找的东西。她们想要一个可以和她们交流的的男人。而她们最常抱怨的一件事就是男人们无法和她们交流。90%的临床医学家和离婚律师听到的都是“我们没有交流。”所以，和女人说什么比较聪明呢？就是你喜欢交流。

I went out with a girl who was the former Miss Montreal. She was gorgeous. When I used to take her out, all the rich hockey players and rock stars would turn their heads and stare at her. I ended up falling for her sister. She wasn't as cute, but she was twice as good in bed. Actually, I wanted to fuck all the sisters. One day she asked me if I planned on fucking her sisters. How do you answer a question like that? Simple. Be honest. I said, "Yes, but I'll leave your underage sisters alone." If a woman doesn't want you because you're a man, then she doesn't want you at all. And if you're afraid of being an honest man, then you're not ready to be successful with women.

我曾经和一个前蒙特利尔小姐约会。她很美丽。当我带她出去的时候，所有有钱的曲棒球运动员和摇滚明星都会回头盯着她看。我最后喜欢上了她的妹妹。她没那么漂亮，但她的床上功夫要好一倍。事实上，我想上她所有的妹妹。一天她问我是不是计划上她的妹妹们。你如何回答这样的问题？很简单。诚实。我说：“是的，但是我不會對你未成年的妹妹下手。”如果一个女人不想要你是因为你是一个男人，那她一点都不想要你。而你如果害怕做一个诚实的男人，那你还没有准备好在女人上成功。

Being honest in the relationship does not mean that I have to reveal everything. I reveal what I want to reveal. I have given myself full permission to say and do whatever I please, and this includes having secrets. You think women don't keep secrets from us?

在关系中诚实并不意味着我必须说出每一件事。我说我想说的。我给了我全权决定去说和做任何我愿意的事，包括保守秘密。你觉得女人不会对我们保守秘密吗？

I cannot stress the importance of being honest and upfront with the woman enough, especially in the beginning of the relationship. I like to tell them a story about a woman I once dated who woke me up to tell me something very important. She was the first woman I dated after I got divorced. She taught me the importance of



giving somebody a fair chance. She told me that she felt that I wasn't giving her a clean slate, meaning that my responses to her were mixed because of all the leftover residue from my previous marriage. She was right! My responses to her were polluted with all the junk I had collected over the years, and I wasn't being fair to her. She taught me the importance of giving everyone a clean slate. It's important to give everybody a fair chance in the beginning of the relationship.

不管我多么强调对女人诚实和坦率的重要性都不够，特别是在一段关系的初期。我喜欢给她们讲一个我曾经约会过的女人，她让我惊醒并让我明白了非常重要的事情。她是我离婚后第一个约会的女人。她教给我给一个人平等机会多么重要。她告诉我她觉得我没有给她干净的床单，表明我对她的态度是混沌不清的，就因为我以前的婚姻遗留下来的所有东西。她是对的！我对她的态度被我这些年堆积起来的废弃物污染了，而我没有对她做到公平。她教给我给每个人一条干净床单的重要性。在一段关系刚开始给每个人一个平等的机会很重要。

I tell them right off the bat that I don't play games and that I want an open and honest relationship. I ask her if she can handle that. If she hesitates, then I put her on the defensive. I tell her that she should know what she wants, and that perhaps she should think it over and get back to me. Maybe she should make me a contract now so that there are no hard feelings and arguments later on.

我会马上告诉她们我不会敷衍，我想要一段开放和坦诚的关系。我问她能否应对。如果她犹豫，那我就使她处于防守。我告诉她应该知道她想要什么，可能她会想通并回到我身边。或许她现在应该和我做个约定，这样之后就不会有不愉快和争吵了。

They don't want a pussy, they want a man. It doesn't matter what she thinks, because honesty, trust, and respect are always going to be more important than anything else that she says anyway. By being honest, you earn trust. And there are only two kinds of respect: Fear and Admiration. I'll take what I can get.

她们不想要娘娘腔，她们想要男人。这和她怎么想没有关系，因为诚实，信任和尊重总是比她说的任何其他事情都重要。通过诚实，你会赢得信任。而尊重有两种：害怕和欣赏。我会拿我能拿到的。

## CHAPTER 5: TWO RULES, NOT TWO HUNDRED 两条规则，不是两百条

I'm giving you two rules. Not two-hundred. TWO. Who cares what she thinks, and you are the most important person in the relationship. And at first, they sound

like two very stupid rules. But every time you hear them, they start to make more and more sense to you. If you don't care what she thinks, then your fears are gone. And if you truly believe that you are the most important person in the relationship, then you start to take responsibility for your own life. It forces you to be strong, decisive, honest and congruent. What you decide is up to you. I'm not telling you to be me, I'm telling you to be you.

我给你两条规则。不是两百条。两条。谁在乎她想什么，和你是人际关系中的主角。它们乍一听像是两条愚蠢的规则。但是以后你每次听到它们，你会觉得越来越有道理。如果你不在乎她想什么，那你的恐惧就会消失。而如果你真的相信你人际关系中的主角，那你就会开始为自己的生活负责。它逼你强势，坚定，诚实和一致。你做什么决定取决于你。我不是让你成为我，我是让你成为你自己。

You're not being rude to her by not caring what she says. There's a facade of nonsense that people put out, and you don't know if they're playing games or fucking with you. These two rules are your shield from all that shit. These rules really have a way of cutting through all the crap.

你不会因为不在乎她想什么而被认为粗鲁。人们总是表里不一，而你不知道她们是敷衍你还是和你上船。这两个规则是你对付那些狗屎的盾牌。这些规则真的能对付所有的垃圾。

Men are free until they get married, and women are free when they get married. Once I was dating this girl who said, "Either we have to get married, or I won't sleep with you anymore." And I felt bad. Here was this woman telling me that she loves me, that she wants to spend the rest of her life with me. She wanted all of me, and if I couldn't give that to her, then she would leave me forever. A lot of guys actually got stuck that way. They fell for that line. But what was this woman really saying to me? She was really saying, "Do what I say, puppy! Marry me so that I can use sex to control you for the rest of your life." Now, if you had a harem of 5 or 6 women, and a woman said that to you, what would you say? "Goodbye!"

男人结婚前自由，女人结婚后自由。当我和这个女孩约会的时候她说：“要不我们结婚，不然我再也不和你做爱了。”而我感觉很不好。这儿有个女人告诉我她爱我，她想要和我度过一生。她想要我的全部，而如果我不能给她，那她就会永远的离开我。很多男人实际上都这样困住了。他们被那句话骗了。但是这个女人真正要跟我说的是什麼？她真正的意思是：“照我说的做，小狗！和我结婚，这样我就可以用性来控制你的下半辈子了。”现在，如果你有5个或6个性伴侣，而一个女人这么对你说，你会说什么？“再见！”

A lot of guys are afraid to look at the women that attract them. They're afraid she might get upset. If I'm watching a porno movie, if I feel like it, I might

start jerking off. Do I care what the TV thinks? I don't care what anybody thinks. Period. When I say 'who cares', I live it. If she can't handle me looking at her, what the fuck do I want her for? When you want seafood, and you go out to a restaurant, and they don't have seafood on the menu, you leave. Same thing. If a slut doesn't have what I want on her menu, I don't try to accommodate her. I don't care!

而许多男人害怕看吸引他们的女人。他们害怕她会失望。如果我看一个色情电影，如果我喜欢它，我会开始自慰。我会在乎电视怎么想吗？我不会在乎任何人想什么。就是这么回事。当我说“谁在乎”，我就会这么做。如果她不能接受我看她，那我他妈的想要她干什么？当你想要海鲜，你去饭店，而他们菜单上没有海鲜，你就离开。同样。如果一个荡妇的菜单上没有我要的东西，我不会尝试适应她。我不在乎！

Tell me to fuck off anytime. Try me. I don't care. If you don't care, you can just let go and have a good time. What do I have to lose if they get 'offended'? I can only gain. When you're trying to pick up a chick, no matter what you do, you can ONLY GAIN. You can't have less than zero. If you care what they think of you, then you can't go further. And if you can't be honest and straightforward about what you want, you can't succeed with women. This whole book is just a way of explaining the two rules. It always comes back to the two basic rules. If you can integrate those two rules into your life, it frees you from Fear Prison.

可以任何时候叫我滚开。试试我。我不在乎。如果你不在乎，你就能放开并玩的高兴。如果她们被冒犯我有什么损失呢？我只有收获。当你尝试去泡一个小妞，不管你做什么，你都只会收获。你不会获得比零还少的结果。如果你在乎她们怎么看你，那你就不能更进一步。而如果你不诚实直率的对待你想要的东西，你就不能赢得女人。这整本书就是在解释这两条规则。它总是会回到这两条基本规则。如果你把这两条规则融入到你的生活中，它会让你从恐惧监狱中解放。

I'm the most important person in my relationships, my rules rule. I don't live by your rules, I live by my rules. If a woman starts telling me all these rules about how far she can go on the first date and the second date and on and on, I might turn to her and say, "Can I get a copy of all those rules now please, because I'd like a spontaneous relationship, and if you have all these rules that I can't touch you until a certain period of time has elapsed, or something equally ridiculous, then I need to know what they are now, not in six months from now. And while we're at it, since we're giving out rules, I've got a few of my own." Don't play games with these women.

我是我的人际关系中主角，我定规则。我不遵守你的规则，我遵守我的规则。如果一个女人开始告诉我她的所有那些规矩，包括第一次约会能到什么程度和第二次约会怎样等等，我可能会

对她说：“你可以把所有这些规矩给我写下来吗，因为我想要自然的关系，而如果你有所有这些规矩，包括我要过多长时间才能碰你，或者其他一些可笑的事情，那我需要现在就知道它们是什么，而不是6个月之后。而当我们这么做时，因为是我们一起在定规矩，那我也有我自己的规矩。”不要和这些女人敷衍。

One of the things women have always told me that they like about me is that I listen to them. See, most guys think that they listen, but they are not listening. Guys are always interrupting them to give advice and help, and guys are constantly getting in their way. A lot of men try to take responsibility for the woman's problems, and guess what? That's impossible.

女人总跟我说的一件事的是她们喜欢我听她们说话。看，大部分男人觉得他们在听，但他们不是在听。男人们总是打断她们给她们出主意和提供帮助，男人们不断地妨碍她们。很多男人想为女人的问题负责，你猜怎么样？那是不可能的。

Who cares what they say. You can listen to them, but don't ever get caught up with whatever they are saying to you. Just listen to them. They want you to hear them, that's all. This is great news! From now on you are free from having to solve all those stupid little problems that are freaking them out. Just listen, and let her get it all out. Don't get involved in all of her little dramas. One of the reasons they are looking for a man is because men are supposed to be more emotionally stable than women. Men are a lot more logical (sometimes) and less emotional than women are. We're supposed to be strong for them. They don't want a pussy, they want a strong man. Not a macho man, not an asshole, they want a strong guy. How do you make yourself strong? By not caring what they think. By knowing that no matter what happens, the most important person you need to look out for is you.

谁在乎她们说什么？你可以倾听她们，但绝不要被任何她们跟你说的话迷惑。只要去听。她们想要你倾听，这就是全部。这是大新闻。从现在开始你就从解决那些让她们烦恼的愚蠢的小问题中解放了。只要去听，并让她自己解决所有问题。不要卷入她的小戏剧中。她们寻找男人的一个原因是因为男人被认为比女人情绪更稳定。男人比女人理性的多（有时候）又很少动感情。她们觉得我们对她们来说很强。她们不要娘儿们，她们要强势的男人。不是大男子主义，不是讨厌鬼，她们要强势的男人。什么会让你强势？就是不在乎她们怎么想。就是明白不管发生什么事，你最需要关心的人是你。

When you really start succeeding with women, some of them are going to try to give you a hard time about it. But if you truly don't care what they say then you're free from all that shit. If a broad tries to give you a hard time about anything, the worst thing you can do is get defensive and try to convince her of your sincerity. I remember this one girl who started in on me about my reputation as a

'player'. I didn't argue, I told her that everything people say about me is true. What can she say? She is stuck. I'm not going to argue with her. In this culture, we spend so much time thinking and arguing when we could be fucking.

当你真正在女人上获得成功，一些女人会想让你这个事情上难堪。但是如果你真的不在乎她们怎么想，那你就会解除所有那些攻击了。如果一个娘儿们在一件事上让你难堪，最糟糕的就是你开始防守并试图让她相信你的诚意。我记得有个女孩开始批评我的玩家的名声。我没有辩解，我告诉她人们说的关于我的每一件事都是真的。她能说什么？她哑巴了。我不去跟她争论。在这个文化里，我们在本可以做 I 的时候花太多的时间去思考和争吵了。

The most important person in the relationship is you, but you still need to ask women what their rules are in a relationship. You're better off finding out what her rules are now, because women have some strange and limiting rules. And don't get caught up in a big debate about the rules either. It's my way or the highway. Who cares what they think? If she doesn't want me, then maybe she knows someone that might and could introduce me to her. She can't fuck until after the 7th date? Fine! "Maybe you know someone who is a little less rigid?"

你才是人际关系中的主角，但你仍然需要问女人她们在交往中的规矩是什么。你最好现在就找出她们的规矩，因为女人有一些奇怪的限制性的规矩。并且不要陷于关于规矩的大辩论中。要么听我的，要么滚蛋。谁在乎她们想什么？如果她不要我，那么她可以将她认识的女人介绍给我。她必须在第七次约会之后才可以上船？好吧！“你应该认识一个不那么死板的人吧。”

I tell women that I have one major rule. "My way, or the highway." No hard feelings, it's just the way I like it. "If you can find a guy that better suits your needs, then go for it. Because my rules are not negotiable. I know what's best for myself and I know what I want in a woman. And if I am not being reasonable, know that if you leave me, at least you will be able to tell people that I wasn't a reasonable man. I'll even give you a letter of recommendation saying that I wasn't a reasonable man."

我告诉女人我有一条基本原则：“要么听我的，要么滚蛋。”没有烦恼，这正是我喜欢的方式。“如果你能找到一个能更好满足你的需求的男人，那就去吧。因为我的规矩是不容商量的。我知道什么对我最好，我知道我想从女人身上得到什么。而如果我不讲理，那你要知道如果你离开我，至少你能告诉人们我是个不讲理的人。我甚至会给你一个证明信，上面写我是个不讲理的人。”

I don't care about what anybody thinks of me. I love the way I am. I like myself. I have evolved into the kind of person that I like, and if I were a woman, I would want to be with me very much. You have to learn to make your rules and stick to them no matter what. If you give them an inch, they'll take a mile. Be relentless.

Don't make excuses, don't get lazy, and don't make exceptions.

我不在乎任何人怎么看我。我爱这样的我。我喜欢我自己。我进化成了我喜欢的那种人，而如果我是个女人，我会非常想和我在一起。你必须学会定你的规矩，不管发生什么事都去坚持它。如果你让一寸，她们会进一里。要毫不妥协。不要找借口，不要懒惰，不要容许例外。

I once dated a girl who told me that she only lets her boyfriends fuck her 12 times a year. She actually told me this seriously! She said that if a guy is smart, he will fuck her once a month, because if he uses up his 12 fucks right away, he will have to wait until the next year to get sex again! So, I fucked her 4 times a day for three days and then I said goodbye. She asked, "Where are you going?" I told her that since I had already used up my twelve tickets, then there was no point in sticking around any longer. I told her that it was OK, that I respected her rules and wasn't going to ask for another fuck, and after all, did she really expect me to beg? She ended up chasing me for the next five years. Why? Because I make the rules, not them.

我曾经约会过一个女孩，她告诉我她只让她的男朋友一年和她做 12 次。她真的是很认真的告诉我的！她说如果那个男人很聪明，他会一个月干她一次，因为如果他马上用完了他的 12 次，他就不得不等到第二年才能再次做 I。我一天干她 4 次干了她 3 天，然后我跟她说再见。她问：“你要去哪里？”我告诉她因为我已经用完了我的 12 张票，那再逗留就没有任何意义了。我告诉她这样很好，我尊重她的规矩，不会请求再干她一次，究竟，她真的觉得我会求她吗？她最后追了我 5 年。为什么？因为我定规矩，不是她们。

I don't care what they think. I'm not getting into relationships to make women happy, I do what I want on my terms otherwise it's goodbye. And the paradox is that it's my kind of attitude makes them go crazy for you. They want a strong man, they don't want a pussy. Think for yourself. They are testing you and trying to wrap you around their little fingers, and as soon as you get lazy, as soon as you start making exceptions to your own rules, they lose respect for you.

我不在乎她们想什么。我和女人交往不是为了让她们快乐，我用我自己的方式做我想做的，不然就分手。奇怪的就是我这样的态度让她们为我疯狂。她们想要一个强势的男人，她们不要娘儿们。为你自己考虑。她们测试你并试图用她们的小手指将你包起来，而一旦你变得懒惰，一旦你开始允许自己的规矩出现例外，她们就会马上失去对你的尊重。

The worse thing you can say to a woman is "Me too". Me too is called ass kissing where I come from. Never ever kiss a woman's ass. You guys have it all wrong, by the way. It's not the jerks that are getting all the women and the nice guys that are getting none. It's that the jerks display confidence and the nice guys display weakness. I think that a nice confident guy can get all the women he needs. You



don't have to deliberately act like a jerk to get women. It's sad because a lot of guys believe that. Of course, it's debatable that some women aren't satisfied with a guy unless he abuses her, but who would want her?

你对女人能说的最糟糕的话就是“我也是”。我也是在我们那里叫做拍马屁。一定不要拍女人的马屁。顺便说一句，你们男人都弄错了。不是混蛋得到所有的女人而好男人一个都得不到。而是混蛋表现出了自信而好男人表现出了软弱。我认为一个好的自信的男人能够得到所有他需要的女人。你不用刻意表现的像个混蛋来得到女人。这很可悲因为很多男人都这么相信。当然，这也可以讨论，有些女人如果男人不虐待她就不舒服，但谁会想要她呢？

Never tell a woman that one of her friends is better looking than her. I tell you to be honest, not stupid. She will never forget it and she will punish you for it. And what about the dreaded, "Do I look fat?" question? Tell her the truth. "Honey, I'm not comfortable answering that question!"

绝不要告诉女人她的某个朋友比她更漂亮。我让你诚实，而不是愚蠢。她永远都不会忘记并会因此而惩罚你。那对于那些可怕的“我胖吗”问题呢？告诉她事实：“亲爱的，回答这个问题让我不舒服。”

#### SEDUCE 勾引

What I am about to share with you now is worth a lot of money. When a woman asks me what my dick's name is, I tell her it's Better. Meet Better. Almost every girl names her tits. So ask them, "They're so beautiful, what are their names?" When she asks me about my dick, I say Better. Wanna kiss Better? How about fuck Better? How about suck Better? Come and taste Better. Hug Better. Sometimes it's Better! That's about as subliminal as I ever get.

我现在要跟你分享的值很多钱。当女人问我我的鸡巴叫什么名字，我告诉她它叫更好。来见见更好。几乎每个女孩都会给自己的乳房取名字。所以问她们：“它们真漂亮，都叫什么名字？”当她问我的弟弟，我会说更好。想亲更好吗？想上更好吗？想吸更好吗？来尝尝更好吧。抱抱更好。有时候它更好！这是我能做到的最深的潜意识。

Most guys couldn't care less. They're so busy trying to impress her that they never take the time to find out who they're trying to fuck. It's important that you be genuinely curious about her. And you can't fake that. I really am genuinely curious because I want to find out now if she's good for me. I'm an investigator. While I talk to her, she tells me everything I need to know to 'seduce' her. I don't like the word 'seduction', by the way. I don't like it because it implies trickery, manipulation, and deceit. My rules are honesty, trust, and respect.

大部分男人都不能在乎更少。他们那么忙着想要给她留下印象，而对这个他们想要上的人他们从来不花时间去了解。由衷的对她好奇很重要。你不能假装。我真的很由衷的好奇因为我想要看她是不是很好并适合我，我是个投资人。当我对她说话时，她告诉了我勾引她需要知道的每件事情。话说回来了，我不喜欢勾引这个词。我不喜欢它因为它暗示出欺骗，操纵和诡计。我的规则是诚实，信任和尊重。

What do you do for fun? What kinds of things did you do when you were a little girl? Who's your best friend? Why is she/he your best friend? Who's your favorite relative? Why? What's your grandmother's name? What's the thing you are most proud of in your life? Why? Have you ever been embarrassed? Do you have any pets? What's his name?

你喜欢玩什么？当你是个小女孩的时候你喜欢做什么？谁是你最好的朋友？为什么她/他是你最好的朋友？谁是你最喜欢的亲戚？为什么？你奶奶叫什么名字？你一生中最骄傲的事是什么？为什么？你有难为情过吗？你有宠物吗？它叫什么名字？

You've got to be able to make eye contact, you've got to be flattering, and it's better for her to know that you're making eye contact and to know that you want her. Why fuck around? A lot of guys will look at a pretty girl that they like and turn away when she notices. She's already scared him, yet she hasn't done anything scary. If you can't even look at her, how can you make her interested in you? Give the girl and yourself a chance. It should be you intimidating them.

你要能够用眼神交流。你一定要欣赏她，并且最好让她知道你在做眼神交流并且让她知道你想要她。为什么做幼稚的事情呢？很多男人会去看他们喜欢的漂亮女孩而当她注意到他们就会转过脸。她已经让他害怕了，尽管她没做任何恐怖的事情。如果你甚至都不敢看他，那你又怎么让她对你感兴趣呢？给女孩和你自己一个机会。应该是你让她们害怕。

What you do with your eyes is extremely important. You have to know how to use your eyes, and women can tell a lot about you by looking into your eyes. Now, the first rule of eye contact is look wherever the fuck you want. If you want to look at her tits, then look at her tits. Does she have a nice ass; does her crotch turn you on? Then look at it! You can't be afraid of them. They don't want a pussy. And if they see you staring and they start to have a hissy fit, let them. When a woman tells me not to look at her breasts, I stare harder. I don't care what she thinks. Why did she put on those tight clothes, so that I wouldn't look at her? I look at whatever the fuck I want to see, and if she doesn't like it she can kiss my ass. I'm a man. I'm supposed to get turned on by beautiful women. NOT looking at them is an insult!

你用你的眼睛做的事情是非常重要的。你必须知道怎样用你的眼睛，而女人可以通过看你的眼



睛知道很多东西。现在，眼神接触的第一个原则是看你想看的任何地方。如果你想看她的乳房，那就看她的乳房。她有漂亮的屁股吗；她的阴部让你兴奋吗？那就看它！你不能害怕她们。她们不想要娘儿们。而如果她们看到你盯着看然后开始发脾气，让她们发。当女人告诉我不要看她的胸部，我会更使劲的盯着看。我不在乎她怎么想。为什么她要穿这些紧身衣服呢，为了让我不要看她吗？我看任何我想看的地方，如果她不喜欢就滚蛋。我是男人。我看到漂亮女人感到兴奋是理所当然的。不看她们才是侮辱！

I like to travel on the road of efficiency. Rather than talking, I want to be fucking. Very early on in the conversation I like to ask them if they have their own place. If they live with their parents or have roommates, I ask them if they've ever gone to a motel with a boyfriend. And if they say, "Oh no, never, I'm not that kind of girl", I say, "See ya!" I'm not going to waste all of my time and money only to have her say, "I can't go to a motel". If they say yes, then I presume that since she's done it before, she'll do it again. I'm not shy when it comes to asking questions, and if they want to know why I'm asking, I'm not shy to tell them why.

我喜欢高效率。我想要做 I，而不是聊天。在谈话刚开始我就喜欢问她们有没有自己的地方。如果她们和她们的父母住或者有室友，我会问她们有没有和男朋友开过房。如果她们说：“啊不，从来没有，我不是那种女孩。”我会说：“再见！”我不会浪费我的所有时间和金钱只为得到她一句：“我不能去旅馆。”如果她们说有，那我就可以推测她以前这么做过，那她还会再这么做。当需要问问题的时候我不会害羞，而如果她们想要知道我为什么问，我也不会害羞告诉她们为什么。

There's nothing wrong with being interested in a woman. A lot of guys ask me how long they should wait before they call her when they get her number. And the answer is always going to be, "Whenever you want". Sometimes I call them right away, sometimes I never call them. Sometimes I even call her the same night, unless I'm fucking somebody else. Or I call her when I'm with somebody else. If I'm fucking somebody else, but I'm thinking about her, and I want to call her, then I call her and tell her that I'm with somebody else and I'm thinking about her. I'm a truthful guy. Why would I want to start a relationship off with a woman by lying to her?

对女人感兴趣不是错。许多男人问我，如果要给她们打电话，从拿到她们号码要等多长时间。答案永远是：“随时。”有时我会很快打给她们，有时候我从来不给她们打。有时候我甚至在当天晚上就打给她，除非我在上其他女人。或者我会在我跟其他人在一起的时候打给她。如果我正在上其他女人，但我想她，并想给她打电话，那么我会打给她并告诉她我和别人在一起而我在想她。我是个诚实的男人。为什么想通过对女人说谎来开始一段关系呢？

And a woman likes to hear that, by the way. "I'm with somebody else and all I

can see is your face.” It’s romantic. They love to hear that you’re thinking about them.

顺便说一下，女人喜欢听到“我和别人在一起，而我看到的只有你的脸。”这很浪漫。她们爱听你在想她。

Keep in mind that ugly women fuck better. There’s this saying, “If you want to be happy, make an ugly woman your wife.” Also, what they drink reveals a lot of information about what kind of person they are. If she’s sitting at a bar drinking whiskey, then she’ll probably fuck you. If they only drink beer, it’s a good sign. After six beers, they’re yours. If she goes out to a bar and drinks 6 beers, then she fucks. And if she’s petite, then it’s 3 beers. Especially nowadays, because the alcohol content in beer is so high now. We didn’t have 6.7% when I was growing up.

要记住丑女人干得更爽。有个说法：“如果你想要幸福，那就娶个丑女人。”同样，她们喝什么也能透露出很多信息，显示出她们是什么样的人。如果她坐在酒吧喝威士忌，那她很可能和你上船。如果她们只喝啤酒，这是好兆头。在 6 杯啤酒后，她们就是你的了。如果她去酒吧喝 6 杯啤酒，那她就会上船。如果她身材娇小，那就只要 3 杯啤酒。特别是现在，因为现在的啤酒中的酒精含量是如此的高。我们那时候可没有 6.7%。

Is it the hunt that you want, or do you want the prey? A lot of guys prefer the hunt, but I like to capture. I like to tame them. I’m a cowboy at heart. We’re all animals anyway. Cow, horse, snake, pig, whale, fish, bird, man, woman. Isn’t man the dominant creature on this planet? They never said, “wo-man”, did they? We’re born to know this, yet we’re afraid of women. I remember going away with a girl one weekend and we had so much sex that we didn’t sleep for three days. When I came back I had to stay in bed a full 24 hours for that one. She was wild! They don’t want us to fear them, they want us to nurture them, take care of them, hunt for them, and protect them. They want us to romance them and they want us to fuck them. They need to feel that we’re stronger than they are, so that they can just let go and blossom into the beautiful creatures that they were meant to be.

你是想要捕猎呢，还是想要猎物？许多男人更喜欢捕猎，但我喜欢控制。我喜欢驯服她们。我在内心深处是个牛仔。其实我们都是动物。牛，马，蛇，猪，鲸，鱼，鸟，男，女。难道不是男人是这个星球的统治者吗？他们从来没有说“女-人”，不是吗？我们生下来就知道这一点，可我们却害怕女人。我记得一个周末我和一个女孩出去，然后我们做了很多次爱——我们 3 天都没睡觉。当我回来后我在床上躺了整整 24 小时。她很狂野。她们不想要我们害怕她们，她们想要我们帮助她们，照顾她们，为她们打猎，保护她们。她们想要我们浪漫她们，她们想要我们上她们。她们需要感觉到我们比她们更强，这样他们就会放心并开成她们命中注定的最美的花朵。

If I'm sitting in a bar talking with a girl, picking her up, only to discover that her boyfriend is around, I might say something like this to her: "Are you here doing whatever you want, trying to tease me, or do I have a possibility of leaving with you tonight?" I'm a straight shooter. I never want to get in the middle of a couple's fight. Here's a simple test for you to use on a woman to find out if she really wants you or is just using you to piss off her boyfriend and make him jealous. Just ask her, "Are you swingers? Because the women he's looking at and the guys you're looking at made me wonder." Now, if she goes, "Who is he looking at?" then you know they're just teasing each other so stop wasting your time on her. Don't get in the middle of that shit.

如果我坐在酒吧和女孩聊天，跟她搭话，只是要弄清楚她的男友在不在，我可能这么说：“你是在这里放肆的和我调情呢，还是我有可能今晚和你一起离开呢？”我是个直性子。我从来不想卷入一对情侣的战争。这里有个简单的测试让你知道她是真的想要你，还是利用你让她的男朋友不开心并让他嫉妒。只要问她：“你是不是很开放？因为他在看的女人和你在看的男人让我困惑。”现在，如果她说：“他在看谁？”那你就知道他们在相互调情，所以不要在她身上浪费时间。不要卷入那堆狗屎之中。

Don't spend a lot of money until you're committed to her. It's a sign of weakness if you spend too much on the first date. If you didn't know that then you really do need to read this book! Only spend what you want to spend. I like to ask them where they want to go, to get a feel of what type of girl I am dealing with. If she wants to go to a classy restaurant, I take her to my favorite burger joint. If she complains, then now I know ahead of time that she isn't for me. Because if she's already whining it will only get worse.

不要花很多钱，除非你决定忠贞于她。第一次约会就花太多钱是一个软弱的信号。如果你不知道这个那你真的需要读这本书！只花你想花的钱。我喜欢问她们想去哪里，摸清楚我要对付的是哪种类型的女孩。如果她想去高级饭店，我就会带她去我最爱的汉堡店。如果她抱怨，那我已经提前知道了她不适合我。因为如果她现在就开始发牢骚那之后会更糟。

I remember talking to this gorgeous woman once and I asked her what was the nicest thing she's ever done for a boyfriend. And she said that on her ex-boyfriend's birthday, she brought a friend over and they both fucked him. I said, "My birthday is tomorrow". They aren't looking for the same things in us that we look for in them. They're not obsessed with looks the way we are.

我记得有一次跟这个美丽的女人聊天，我问她为男朋友做过的最体贴的事是什么。她说在她前男友的生日，她带了一个朋友过去，然后她们都和他上了床。我说：“我的生日是明天。”她们在我们身上寻找的东西和我们在她们身上寻找的东西不一样。她们对我们长什么样并不在意。

And they're giving us lots of signals that we don't pick up on. I have a friend who met this girl in the bar of a hotel. He was charming and funny. She liked him and gave him her room number and walked upstairs. So what did he do? He called her on the phone, over and over, and she never answered. She was probably lying in bed naked, wondering when he's going to show up! You have to pay attention to a woman's signals.

而她们给我们很多的信号我们都收不到。我有个朋友在一个宾馆的酒吧遇到了这个女孩。他很有魅力并且很有趣。她喜欢他并告诉了他房间号码就上楼了。那么他怎么做的？他给她打电话，一次又一次，可她一直都没接。她很可能光着身子躺在床上，想着什么时候他会出现！你必须注意到女人的信号。

If you're too dumb to notice, then ask her. "Are you giving me any signals that I'm too stupid to pick up on?" They love the honesty. They're not expecting you to be honest with them and as soon as you are, they fall apart. They let go of their defenses and begin to fall for you. If you're talking to her for ten minutes and you can't figure out how to get her into the bedroom, just say, "I've been talking to you for ten minutes and I'm trying to figure out how to get you into the bedroom." They all say they want a spontaneous guy, but if you're spontaneous they become afraid of you. And there are two kinds of respect fear and admiration. I'll take what I can get.

如果你太笨没有注意到，那就问她：“你是在给我信号吗？可我太笨都没有明白。”她们爱诚实。她们没有料想到你会对她们诚实，而你一旦这么做，她们就瓦解了。她们解除了防备并开始爱上你。如果你跟他聊了 10 分钟而你不知道如何将她带到卧室，只管说：“我跟你聊了 10 分钟，而我在想怎么能让你进卧室。”她们都说她们要一个率直的男人，但如果你很率直她们就会害怕你。而尊重有两种——害怕和欣赏。我会拿我能够拿到的。

By the way, don't tell her that you want a relationship too soon unless you know for sure that she wants one too. Let them worry about you. And if they tell you they're 'not ready' for a relationship, it's bullshit. If her favorite actor walked in she would make herself ready. If she tells you she's not ready for a relationship go to **\*\*chapter control\*\***

顺便说一句，不要很快告诉她你想和她交往直到你确信她也想要这样。让她们担心你。而如果她们告诉你她们还没准备好，那是胡说。如果她最喜欢的演员走进来，她就会让自己准备好。如果她告诉你她没准备好开始交往请看“控制”那章。

When you're with a new woman in a car, don't hold her hand like every other guy does and play finger fucking with her. Instead, hold her wrist gently. They like

it. Plus, you're going to use this later on when you'll say, "I guess you like me..." And she will say, "How do you know I like you?" "Well I was feeling your pulse when we were talking -- I did excite you a little bit." And whether or not she agrees with you is irrelevant, because inside she will be amazed. You are being so sensitive to her feelings.

当你和一个刚认识的女人在车上，不要像其他所有男人那样握她的手并和她玩手指做 I。而是轻轻握住她的手腕。她们喜欢这样。另外，你要在之后用这个。你说：“我猜你喜欢我...”而她会说：“你怎么知道我喜欢你？”“嗯，当我们说话的时候我在给你把脉——我让你兴奋了一点点。”而她是否同意你已经不相干，因为在内心深处她感到惊奇。你这样了解她的感觉。

Guys often ask me, "How do you close the deal?" But when I meet a girl, I'm not thinking about closing her. Because closing the deal with her and getting her to go out with me is not the prize. The prize is me. Sometimes I tell them that I've already had the fantasy of having them in bed with me, so they might as well go out with me. Whenever a man looks at a woman he mentally fucks her. That is a fact. In order to find out if he has an attraction for her he has to just briefly momentarily mentally fuck her.

男人们经常问我：“你如何完事？”但当我遇到一个女孩，我不会考虑如何完事。因为和她完事和让她和我出去不是奖赏。奖赏是我。有时我告诉她们我已经幻想过和她们上船了，所以她们还是和我出去比较好。男人看女人的时候就会在脑子里上她。这是事实。为了知道他是否吸引她他必须很简略的暂时意淫她。

Since you are already mentally fucking her, then just tell her. Don't say, "Baby, I am mentally fucking you", because that's too crass. I can get away with talking like that, but if you're just a rookie getting started you then you won't be able to handle the various responses you'll get. Use words like fantasizing, making love, enjoying you -- be a gentleman about it. Women like romance and they like humor, so let them have it.

因为你已经在脑子里上了她，那就告诉她。不要说：“宝贝儿，我在脑子里干了你。”因为这很粗野。我这样说没有关系，但如果你是刚入门的新人那你就不能够应对你得到的各种反应。用一些词像幻想，做 I，享受你——做一个绅士。女人喜欢浪漫，也喜欢幽默，那就给她们。

If you ask a woman out and she says, "I'm sorry, but I have a boyfriend", just tell her, "I'm Sorry, too...so let's get together and be sorry together." Because she is telling you that she is sorry she has a boyfriend. Take it literally. It also depends on where you meet them. If she is walking out of an apartment building with her hair all messed up and says, "Sorry but I have a boyfriend", maybe she just got fucked so you're not going to pick her up today. But if she's

at a bar with her girlfriends and says that she has a boyfriend.... it's a bar! Just say, "Look, I'm sorry, but a girl like you, in a bar, you're so gorgeous and hot... If I was your boyfriend, you wouldn't be out in this bar all by yourself tonight". Just tell her what you're thinking.

如果你邀请一个女人出去而她说：“很抱歉，我有男朋友。”只要告诉她：“我也很抱歉...那让我一块儿出去一块儿抱歉吧。”因为她告诉你她很抱歉她有男朋友，从字面上理解。这也要看你在哪里碰到她们。如果她走出一栋公寓，头发散乱并说“很抱歉我有男朋友”，可能她刚做完事所以你今天就别想泡她了。但是如果她是和女朋友们在酒吧并说她有男朋友...那是酒吧！就说：“看，我很抱歉，但像你这样的女孩，在酒吧，你这样美丽并性感...如果我是你的男朋友，你今晚就不会一个人在这个酒吧了。”只管告诉她你所想的。

I do enjoy staring at women's boobs. Most guys are afraid to, but not me. I just dive right in there. Why do you think they dress that way? So you won't look? I love it when they call me on it, too. They go, "What are you staring at?" and I say, "I'm glad you asked me that question, because if you didn't notice what I was noticing, you've got to see my eye doctor." Why else would they wear high heels and lingerie and push-up bras? I'm not being rude, I'm just showing her my appreciation. And if they start to give me a hard time about it, good. It just becomes another opportunity for me to show them how honest and straightforward I am. Sometimes they go, "Well, I didn't put on makeup for you!" and I go, "I can believe that." Because it's obvious that she didn't put in on for me...

我很享受盯着女人的乳房看。大部分男人都害怕，但我不。我只管在那里深潜。你觉得她们为什么穿成那样？为了你不去看吗？我也很爱她们提到这个，她们说：“你在看什么？”而我说：“我很高兴你问我这个问题，因为如果你没有注意到我在注意你，那你就该看看我的眼科医生了。”另外为什么她们穿高跟鞋和内衣和挤出型胸罩呢？我不是粗鲁，我只是表现出对她的欣赏。而如果她们因此而开始让我难堪，好的。这只会变成另外一个向她们展示我诚实坦率的机会。有时候她们说：“嗯，我可不是穿给你看的！”而我会说：“我相信。”因为很显然她并不是穿给我看。

Try this line. This line works like a charm. After you've started kissing her for the first time, say, "I don't want to have a meaningless sexual encounter. If I go home with you, I want to wake up the next morning and make you breakfast. If I can't make you breakfast, then I don't want to go with you." First of all, I'm telling her what I want, and second, I'm telling her that it's not going to be a one-night stand. I am not telling her that I want a long-term monogamous relationship either. Just breakfast. It's very romantic.

试下这句对白。这句对白有神奇的效果。在你第一次吻了她之后，说：“我不想要一次没有意义的性经历。如果我带你回家，我想在第二天起床后给你做早餐。如果我不能给你做早餐，那



我就不会想和你去。”首先，我告诉她我想要什么，其次，我告诉她这不会是一夜情。我也没有告诉她我想要长期的一夫一妻的关系。只是早餐。这非常浪漫。

The worse thing that a woman can ask me is, "What are you thinking about?" Because I tell them, "I was thinking about doing you and your friend Natasha." How many guys do you know that tell women the truth? Practically none. I am free to think what I want when I want to think it.

女人问我“你在想什么？”是个不明智的问题，因为我会告诉她们：“我在想干你和你的朋友娜塔莎。”据你所知有多少男人告诉女人事实呢？几乎没有。我随心所欲的想我想要的东西，当我想去想的时候。

Sometimes women ask me to tell them about myself, and I tell them I think I'm the greatest guy in the world. I'm a nice guy, I'm smart, I'm funny, I'm great in bed, I know where I'm going in life, I like my personality, and if I was a woman I would definitely want me. And they go, "You're so conceited!" And I go, "You asked me to tell you about myself. Why should I give you a bad recommendation?" If you're gonna write a recommendation about yourself, you'd be crazy not to write the best recommendation in the world. That's what I do. I tell them that I think I'm the greatest guy in the world. What, should you tell them that you're kind of okay? Fuck that.

有时候女人要我介绍自己，我会告诉她们我认为我是世界上最伟大的人。我是个好男人，我很聪明，我很有趣，我床上功夫很厉害，我知道我生活的方向，我爱我的个性，而如果我是女人我一定想要我。而她们会说：“你太自负了。”而我会说：“你要我说我自己。我为什么要给你一个糟糕的介绍呢？”如果你要写一个关于自己的推荐书，你如果不写出世界上最好的推荐那你肯定是疯了。这就是我做的。我告诉她们我认为我是世界上最伟大的男人。什么，你要跟她们说你是那种一般人？清醒清醒吧。

If a woman wants to know what you're thinking, she's yours. Why else would they want to know what you're thinking about? Same thing if a woman blushes. If you can make her blush, she's going home with you tonight. A lot of you are getting plenty of signals from women that you're not noticing. "David, what are you thinking about?" "I was just trying to remember what I have in the fridge because if you came home with me tonight I'd like to cook you a nice breakfast in the morning." "I was thinking of what it would be like to give you an orgasm." "I was just thinking about how different your voice would sound if we were cuddled up in front of the fireplace." "I was just imagining how nice it would be to take a shower with you." Whatever!

如果一个女人想知道你在想什么，她就是你的了。否则她为什么想知道你在想什么呢？如果一



个女人脸红，也一样。如果你能让她脸红，她今晚就会跟你回家。你们很多人从女人那里得到了大量信号，却没有注意到。“大卫，你在想什么？”我在想冰箱里有什么东西，因为如果你今晚跟我回家，我想在早上给你做一顿很好的早餐。”“我在想我让你高潮时你会是什么样子。”“我在想如果我们在壁炉前搂抱在一起你会发出怎样的呻吟。”“我只是在想象和你一起洗个澡是多么开心。”随便什么！

#### WHAT WOMEN WANT 女人想要什么

Women don't look at us the same way that we look at them. Men are primarily into looks, and women want us to be confident. So it should be easier for us to get laid than it is for them. Because if a woman is ugly, she gets the bottom of the barrel. If a man is ugly, he gets the bottom of the barrel unless he has confidence. If he has confidence, he can pick and choose.

女人不会像我们看她们一样看我们。男人主要对长相感兴趣，而女人想要我们自信。所以对我们比她们更容易爽到。因为如果一个女人很丑，她就无计可施了。如果一个男人很丑，他也会无计可施，但前提是他没有自信。如果他有自信，他就可以挑剔和选择。

What I'm doing with women is more honest than what any of these other guys are doing. If, by chance, you meet somebody that you fall in love with, someone you'd like to spend a lot of time with, or whatever woman fits your perception of what you want, all the more power to you. I'm not bonking her on the head and dragging her in off the street. You have to be honest with people, that's all. And if you can do that, you've got it made. Not every chick is going to want you. Some chicks are fixated on tall men, and if you're not 6 foot 5, she won't even consider going out with you. Some women only want a guy if he's wealthy. They even give SEMINARS on how to attract the rich! Some women only like to date their own kind, so if you're not Jewish or white or Australian or whatever, they want nothing to do with you. Can you turn her around? With enough effort you might be able to, but why would you want her?

我对女人比其他男人对女人更诚实。如果，碰巧，你遇到一个一见钟情的人，一个你愿意花很多时间在一起的人，或者任何符合你梦中情人形象的女人，祝你成功。我不会拿她的头撞墙然后然后拖着她在大街上走。你必须对人们诚实，这就是全部。而如果你能做到，你就会成功。不是每一个女的会想要你。一些女的专注于个子高的男人，而如果你没有 6 英尺 5（1 米 98），她就不会考虑和你约会。一些女人只要有有钱男人。她们甚至会参加研讨会学习怎样吸引有钱人！一些女人只会和她们种族的人约会，所以如果你不是犹太人或白人或澳洲人或什么人，她们就不会想和你在一起。你能让她们改变想法吗？付出足够的努力，你也许可以，但你为什么想要她呢？

I have a friend that only likes fat ugly women. That's what he likes! He's had more than his fair share of offers from beautiful women, but he doesn't like them.

What he finds beautiful is very different from what you or I would find beautiful. I' m glad there are people like him in this world, because that means that there really is somebody for everybody.

我有一个朋友只喜欢又胖又丑的女人。那就是他喜欢的！他有很多的机会得到美女，但他不喜欢她们。他所认为的漂亮与我或你认为的不一样。我很高兴这世界上还有他这样的人，因为这意味着真的是所有人都能找到某个人。

How much time should you spend with your girlfriend(s)? 7 days a week? 1 day a week? It all depends on how much you feel like being with her. If you only see her once a week, chances are that you will lose her. You can' t be lazy. You reap what you sow. You have to know how much she wants to see you, and then give her a bit less. You can' t put them on the once-a-week plan because if you take them for granted you will be doing what every other guy does. One of the top complaints women have against men is laziness. He used to do all kinds of little romantic things for her and now he stopped. You have to be different than those other guys out there. You have to be you. If you can' t fuck her more than once a week, leave her for somebody else.

你会花多少时间和你的女朋友（们）在一起？一周 7 天？一周 1 天？这完全取决于你有多想和她在一起。如果你一周只见她一面，你就很有可能失去她。你不能懒惰。一分耕耘一分收获。你必须知道她有多想见你，然后稍微给她少一些。你不能将她放在一周一次的计划中，因为如果你认为她们喜欢你理所当然那你就和其他男人一样了。女人抱怨男人最多的一件事就是懒惰。他以前常常为她做各种小浪漫而现在却停止了。你必须和其他男人不一样。你必须做你自己。如果你不能上她超过一周一次，那就把她留给其他人。

Why do we look at dirty pictures? Why do we call them dirty pictures? I had so much porn on my hard drive that I had to get a CD burner! I love porn, it' s one of my hobbies. I only save the picture if I can see the cunt and the tits. If the woman in the picture is turned away, I delete it. I have to see the whole package. I used to have an Italian friend who loved fucking fat chicks. The bigger the better. I had another friend who got off on pregnant women! I' d feel like I was fucking the poor kid in the face. Did you ever fuck a woman when she is having her period? Of course today you can' t even think about doing that anymore! The STD' s are too deadly nowadays. And what about all of this animal porn? Call me crazy, but I' m probably never going to get in bed with a woman who' s just been fucked by a German shepherd. I saw a movie clip of a chick sucking on a horse' s cock. The horse came in buckets all over her. I don' t think I want to kiss her that day, or ever again! How about S&M? I don' t really want to see a guy cutting a woman' s nipples off. It doesn' t do it for me.

为什么我会看淫秽电影？为什么我叫它们淫秽电影？我硬盘里有如此多的黄片，以至于我必须买一个 CD 刻录机！我爱黄片，它是我的爱好。我只有看到阴道和乳头才会保存。如果电影里的女人没有这样，那我就删除。我必须看到整个包装。我以前经常有个意大利朋友，他喜欢干胖女人。越大块越好。我另一个朋友热衷于上怀孕女人！我感觉像是我在当面操那个可怜的小孩。你干过刚好来月经的女人吗？也许你认为我疯狂，但我可能永远都不会和一个被德国牧羊犬干过的女人上船。我看过一个电影片段，一个女人在吸马的 JB。那匹马在她身上射下了倾盆大雨。我觉得我不会在那天想去亲她，也许永远都不要！性虐待怎么样？我并没有真的想看一个男人割下一个女人的乳头。它不适合我。

What the hell do women WANT, anyway? Funny, they all seem to read Cosmopolitan, so I did. It is so simple. First, they want a sense of humor. And it's funny because all the guys that I have met that want to learn from me about how to pick up women must already have a great sense of humor. That's why I can't understand why they aren't out there succeeding! All you guys obviously have a great sense of humor, because you are all so used to laughing at YOURSELVES to be able to live with rejection!

总之，女人到底想要什么？很有趣，她们好像全都读大都会，我也是。这很简单。首先，她们想要幽默感。而这很有趣，因为我见过的想跟我学习把妹的人一定已经有了很强的幽默感。这就是为什么我不能理解他们为什么没有非常成功！你们所有男人都明显有一种很强的幽默感，因为你们全都那么习惯自嘲并在被拒绝中活下来！

Humor is the number one key to getting laid. And being funny is so easy. All humor has some form of exaggeration in it. It's not the joke that's crude; it's what the exaggeration is. You should be able to laugh at anything.

幽默是和女人上船的第一把钥匙。而变得有趣是如此容易。全部幽默都有一些夸张的形式在里面。它不是粗俗的笑话；它就是夸张本身。你应该有能力嘲笑任何事。

Number two? They want a MAN. They do not want a pussy, ok? Let's look at the old caveman days. In those days they wanted a man to lead them, hunt for them, and protect them. Well, guess what? They STILL DO! That will never change. They don't want to be abused, and they don't want to be physically hurt. And be careful guys, because those issues are common in their minds today.

第二把呢？她们想要男人。她们不想要娘儿们，好不？让我们看看过去的穴居时代。那些日子她们想要一个男人来领导她，为她打猎，保护她。嗯，猜出来了吗？她们现在依然如此。这从未改变。她们不想被虐待，她们也不想被弄伤身体。而且要小心，男人们，因为那些主题今天在她们的大脑里都是常识。

Notice that I don't ASK women what they like and then try to fulfill it. I tell

them. And they always go, "Yeah, you're right. Me too." Actually, the worst thing you can say to a woman is "Me too." Where I come from, that is called ass kissing. And women don't want an ass-kisser.

注意我不会问女人她们喜欢什么然后去满足它。我告诉她们。而她们总会说：“是，你是对的。我也是。”事实上，你能对女人说的最糟糕的事就是“我也是”。在我们那里，这个叫做拍马屁。而女人不会想要马屁精。

Women are soooo jealous of each other. If you are seen with a beautiful woman, you will have instant popularity with all the other women. If you bring a rare beauty home with you only to discover that she stinks in bed, use her as bait.

女人是如一的互相嫉妒。如果你被看到和一个美女在一起，你会马上受到所有其他女人的欢迎。如果你带了一个少有的美女回家，但发现她在床上惹人讨厌，就把她当成诱饵。

Another thing that women love are guys that are spontaneous. So, as I am talking to them I say, "You know, I have to tell you something. After my last relationship went sour, a friend of mine took me to see a psychic. I don't really believe in that shit, but my friend kept on insisting so I went. And the psychic told me that my next relationship is gonna start off being completely sexual, and that over time it will probably turn out to be a fabulous relationship. But I have to find a woman who is spontaneous enough and has the guts to go through with it."

女人爱男人的另一件事是率直。所以，当我和她们聊天的时候我说：“你知道，我必须告诉你一些事情。当我的上次关系失败之后，我的一个朋友带我去看心理医生。我并不相信那狗屁玩意，但我的朋友一直坚持，所以我就去了。而那个心理医生告诉我下一段关系将要由完全的性关系开始，而随着时间流逝它很有可能转变成一段童话般的恋情。但是我必须要找出一个足够率直的女人并且有勇气去做这件事。

You're going to enjoy the outcome of telling them that, boy, let me tell you. Because the challenge intrigues them to no end. Typically I will then add, "But I know that we've just met, and I don't know if you're the kind of person that would be interested in something like that." People typically respond well to challenges, and women are people.

你会享受这样跟她们说的结果，孩子，让我告诉你。因为挑战对她们的激发是无穷的。通常我会接下来说：“但是我知道我们才刚刚认识，而我不知道你是不是那种会对那样的事情感兴趣的人。”人们对挑战的反应通常都会很好，而女人属于人。

I have a friend that married a gorgeous woman, who I consider to be a solid 9. You won't hear me say that very often but she was very appealing. Blond hair, blue

eyes, nice face, killer body, she was HOT! Anyway, after they had been married for a while, they obviously were starting to drift apart, and I knew it because she started spending more and more time with some of her divorcé friends. So I told my friend to expect to get divorced very soon. He said, “What are you talking about?” and I said, “Listen. She is hanging around with all these single broads.” See, women don’t wish for good things to happen to other women.

我有一个朋友娶了一个美丽的女人，我觉得足有 9 分。你并不会经常听到我那么说，但她真的很吸引人。金发，碧眼，漂亮脸蛋，杀手身材，她太正了！不过，他们结婚没多久，就明显的开始疏远了，而我知道是因为她开始花越来越多的时间和她的离婚朋友在一起。所以我告诉我的朋友准备马上离婚吧。他说：“你为什么这么说？”我说：“听着。她都是和一群单身女人泡在一起。”看，女人不希望好事发生在别的女人身上。

Men are the opposite. If I introduce a woman to a buddy of mine and he gets laid as a result, I feel good! I feel like a father who just helped his son. Women are like cats. “She’s got a man...I want him!” “I’m divorced and unhappy so I want her to be divorced and unhappy!” Girls are almost always competing with each other, and you don’t need to be a shrink to figure that out.

男人刚好相反。如果我介绍一个女人给我的一个伙伴而他如果最终上了她，我会感觉很好！我感觉就像是一个给儿子帮忙的父亲。女人像猫。“她得到一个男人...我想要他！”“我离婚了而且不快乐，所以我想要她也离婚不快乐！”女孩们几乎总是在彼此竞争，而你不需要做个精神科医生来查明原因。

A lot of you have been told that you should never compliment a woman on her looks. How stupid! Because if you don’t tell her that you find her appealing you are lying. I don’t lie. I don’t tell them everything, but I don’t out and out tell them a lie. She knows that you want to fuck her. And you want her to know this right from the beginning. She knows why you’re talking to her. Women often say, “Men are only interested in one thing!” Sometimes I’ll reply, “Yeah, mostly!” And she’ll ask, “What are the other things?” My reply? “Doing you and your friend!”

你们中很多人被告诉绝对不要赞美一个女人的长相。多么愚蠢！因为如果你不告诉她你觉得她很有魅力那你就是在说谎。我不说谎。我不会告诉她们所有事情，但是我不彻头彻尾的跟她们说谎。女人经常说：“男人只对一件事感兴趣！有时候我会回应：“是，主要是。”而她们会问：“别的事是什么？”我的回应？“干你和你的朋友！”

Now, most of you are laughing, and probably you wouldn’t have the guts to say something like that. But I’ll tell you, women do not want a shy guy. They don’t. If they did, you wouldn’t have bought my book. They want a man who can care for and protect them. We’re born to know this.

现在，你们大部分人都会笑，而很可能你不会有胆量说那样的话。但是我要告诉你，女人不想害羞的男人。她们不。如果她们这样，你就不会买我的书。她们想要一个可以照顾和保护她们的人。我们生来就知道这点。

You should see what I do to my friends' secretaries. Actually, there's one in particular that really strikes my fancy. She's got big tits, nice Italian girl, cute. So I'll look at her with a huge grin on my face. She'll go, "Why are you smiling?" I say, "I'm just finishing fucking you — can you hold on a minute please?" You should see them blush when you throw them a line like that. I say stuff like that to her all the time. So as she was blushing, my wife walked in, so I said, "Honey, this is the one I was telling you about, the one that always makes passes at me."

你应该看看我对我的朋友的秘书们是怎么做的。事实上，有一个尤其打动我的心。她胸很大，是很温柔的意大利女孩，漂亮。所以我会看着她并放肆的咧嘴笑。她会说：“你为什么笑？”我说：“我马上就干完你了——能再等一分钟吗？”你会看到她们脸红——当你丢给她们那么一句话。我总是在跟她说那样的话。当她脸红的时候，我的妻子走了进来，然后我说：“宝贝，这就是我跟你提起的那位，一直对我用催眠术的。”

I tell her, "If I could convince my wife, I'd do you both together." That's the kind of stuff I say to women. I say the truth and I'm relentless about the truth. People know exactly what I'm thinking. My friends are always asking me, "What do you do to my secretaries? Whenever you show up, it lights up their whole day!" Sometimes the women go, "But David, you're married!" I go, "What, you don't think I can handle two women?"

我告诉她：“如果我能说服我的妻子，我会一起干你们。”这就是我对女人的说的东西。我说事实，而我对事实是很严格的。人们能准确的知道我在想什么。我的朋友们总是问我：“你对我的秘书做了什么？不管什么时候你出现，都点亮她们整整一天的生活！”有时候女人会说：“但是大卫，你结婚了！”“什么，你觉得我没办法对付两个女人吗？”

There are three guys that the women go for first. Millionaires, rock stars, and actors. And they all have one thing in common...lots of money. You could be a millionaire who is nothing but a stupid, ugly, dishonest, alcoholic, abusive, unfaithful, smelly, diseased piece of shit that has absolutely no sense of humor and still get lots of women. The rest of us have to take what's left. The good news is that there aren't very many millionaires, rock stars, and actors. Most men would be screwed if there were. This desire for money stems from a natural need for safety and security. In this culture we tend to equate safety and security with money instead of deriving those feelings from our abilities. We forget that



it's not money that makes the world turn. If you have a daughter, you probably want her to end up with someone that can take care of her and keep her safe financially.

有三种男人是女人最喜欢的。百万富翁，摇滚明星，演员。而他们有一个共同的特点——有钱。你可以是一个百万富翁，愚蠢，丑陋，不诚实，酗酒，喜欢虐待，不忠，有体味，病态的狗屎，完全没有幽默感，却仍有很多女人。我们其他的人只能拿到剩下的。好消息是并没有很多百万富翁，摇滚明星和演员。如果有很多，大部分人就麻烦了。对金钱的欲望产生于对安全感的自然需求。在这个文化里我们倾向于把安全感和金钱划等号，而不是从我们的能力中获取。我们忘了让世界转动的并不是钱。如果你有个女儿，你很可能希望她能找到一个可以照顾她并能让她不出现经济危机的人。

Ever read a romance novel? All women have a fantasy in their minds about the kind of man they want to be with. A lot of those fantasies go unfulfilled for the most part. Just start doing little cute romantic things for her every once and a while. Go to the dollar store and get a teddy bear key chain, for example. Give it to her and tell her that when you saw it, you had to buy it because it made you think about her. Women love to hear, "I was thinking about you."

有读过言情小说吗？所有的女人在脑中都有对她们想要的那种人的幻想。许多那样的幻想大部分都没能满足。那就开始时不时做些小小的可爱的浪漫事。比如说，去一元店买一个泰迪熊钥匙链。送给她并告诉她当你看到它的时候，你抑制不住去买它，因为它让你想她。女人喜欢听：“我在想你。”

They all want a strong man, someone who knows what he wants. You can have what you've always wanted in a woman, but you have to be strong, and you need to stop being so afraid to go for what you want. You can't care about what they think. This is so important. It has nothing to do with being an asshole. It has to do with doing what you want. Most men have no idea how much they hide their real selves from women. They don't say what's really on their mind, and they end up behaving stupidly around women to make up for it. They are the ones honking horns as they drive by or staring at the women instead of talking to them.

她们都想要强势的男人，知道他自己想要什么的人。你可以得到你想要从女人那里得到的任何东西，但是你一定要强势，而你需要不畏惧追求你想要的东西。你不能在乎她们想什么。这太重要了。这不是让你做一个讨厌鬼。而是让你做你想做的事。大部分男人都不知道他们面对女人时将自己内心隐藏的多深。他们不去说他们真正在想的，他们不过是在女人面前通过愚蠢的表现来伪装自己。他们开车路过时鸣喇叭或者盯着她看而不是跟她们说话。

Women complain all the time that men can't be honest, they can't communicate, and they aren't romantic enough. When I lived in Texas, I went to a psychiatrist for



two years, because at the time, I couldn't understand why all these women wanted to marry me. In Texas, the men out there are macho, beer-guzzling assholes, and the women out there are starved for romance. Those guys would rather eat their meat, drink their beer and fart all night. Not me. I'd rather be with a beautiful woman.

女人总是抱怨男人不诚实，他们不懂得交流，他们不够浪漫。当我在德克萨斯的时候，我去找了两年精神病医生，因为那个时候，我无法理解为什么所有这些女人都想嫁给我。在德克萨斯，那里的男人很大男人，是大喝啤酒的讨厌鬼，而那里的女人都很渴望浪漫。那些男人更愿意吃肉喝啤酒和整夜的闲聊。我不是。我更愿意和美女在一起。

Women can smell it when you're fucking somebody else. I don't know how they know but they always know. And that's ok because women are good at being in denial. And I always tell them that I go with other women. They never believe what you say anyway. Even if they believe me they always appreciate the honesty.

当我们上其他女人的时候，女人能够闻出来。我不知道她们是怎么知道的，但她们总能知道。而这没有关系，因为女人善于否认。而我总是告诉她们我和别的女人出去了。不过她们从不会相信我说的。即使她们相信了我也总是欣赏我的诚实。

Go out and read a few romance novels. It's punishment, it's torture, but do it anyway! They will teach you a lot about women and romance. Something will click and you will have a whole new understanding of women. My wife doesn't understand why I love to watch Star Trek. I love Star Trek. I can watch the Three Stooges and enjoy myself, but women don't like the three stooges. It's not their thing. Check out a few chick flicks, watch a soap opera, and read a romance novel or two. It will help you. These books are written by women for women. It will teach you about the illusion, the romantic movie that women want you to act out. They are not looking for the book because it's already firmly installed in their minds. What they need is an actor.

去读一些言情小说。它是惩罚，它是折磨，但还是去做它！它们会教你很多关于女人和浪漫的东西。有些事会让你恍然大悟，而你将会对女人有全新的认识。我的妻子不懂我为什么喜欢看星际迷航。我爱星际迷航。我可以看三个小丑并自得其乐，但女人不喜欢三个小丑。这不适合她们。找一些女性电影，看一个肥皂剧，读一两本言情小说。它会帮助你。这些书是女人写给女人的。它会教给你那种幻觉——女人想叫你出演的浪漫电影。她们不会寻找那样的书因为这已经深深植入了她们的心中。她们需要的是一个演员。

## CHAPTER 6: THINKING OUT LOUD 大声说出想法

It's very important for you guys to make up your mind about what you want in life and be congruent about pursuing it. That alone is enough to get women to start noticing you. If you need a pickup truck, you don't look at sports cars. And if you need a sports car, you don't go looking at vans! Life is a bunch of choices, and if you're out there saying to the broad, "Hey, listen, I'm a wuss, I can't make up my mind, and I have no idea what I want for myself...and I'm trying to pick you up to maybe see if you're what I want." Yet this is exactly what a lot of you guys are doing! If you had to be a word, would you choose to be the word 'yes' or the word 'maybe'? A lot of you guys are walking 'maybes', and it's costing you the women of your dreams.

对于你们，明确自己想要的生活并坚定的去追求很重要。只要这一点就足够让女人开始注意你了。如果你需要小货车，你就不看跑车。而如果你需要跑车，你就不会去看面包车！生活就是一连串的选择，而如果你对那些女人说：“嘿，听着，我是个胆小鬼，我下不定决心，我也不知道自己想要什么...另外我尝试来泡你也许是要看看你是不是我想要的。”而这正是你们很多人正在做的！如果你必须做一个单词，你是选择做单词“是”还是“也许”？你们很多人都在做“也许”，而这会让你对女人的梦想破灭。

When I talk to a woman that I'm attracted to, I talk about sex. And whatever response she gives me, I try to turn the conversation right back on track by using her response. When I was interested in having sex, I went straight towards the women I wanted to have sex with and talked about sex with them. Every story I tell them has sex in it somewhere! It's simple. I am getting her mind to associate sex with me. Because all I want from her IS SEX! And whether they like me or not, they're gonna want to fuck me.

当我和一个吸引我的女人聊天的时候，我聊性。而不管她做什么反应，我都会利用她的反应让对话步入正轨。当我对做 I 感兴趣的时候，我就会直接走向我想要上的女人并和她们谈论性。我给她们讲的每个故事都在某个地方涉及到性！这很简单。我让她的脑子将性和我联系在一起。因为我从她那里要的全部都是性！而不管她们喜不喜欢我，都会想和我做 I。

I also tell them how much I like myself. I'll say something like, "You know, I have a great sense of humor, my attitude is incredible, I'm smart, charming, and I'm also dynamite in other areas, but I don't want to discuss them now." And the very act of TELLING her that is humourous, it shows that you have a good attitude, that you're smart, charming, and whatever else. This is not conceited! Why wouldn't you give yourself a good recommendation? When you go to a job interview, do you walk in and say, "HI! I'm an asshole, I'm dishonest, I'm lazy, and I usually screw everything up!"

我还告诉她们我有多么的喜欢自己。我会这样说：“你知道，我有很强的幽默感，我的态度令人惊叹，我很聪明，有魅力，而我在其他领域也很成功，但我现在不想讨论这些。”而你说这些话本身就是幽默，它展示出你有很好的态度，你很聪明，有魅力，如此等等。这不是自负！为什么你不给自己一个很好的推荐呢？当你去参加面试，你会进去这么说吗？“嗨！我是个讨厌鬼，我不诚实，我懒惰，而我总是搞砸每一件事！”

Competence breeds confidence. There's a lot of people trying to use techniques in order to feel more confident, but it won't work unless you develop your competence simultaneously. And you won't have my kind of confidence after you put down this book. You will only get confidence as you use what I'm teaching you, as you get results in any slow way you wish. I wish I could just give it to you, but you're going to have to earn it the old fashioned way.

竞争产生自信。有很多人想靠技巧来获得更多自信，但这不会奏效，除非你同时发展了你的竞争力。而你在读完这本书后并不会像我这样的自信。你只有在运用我所教你的东西时，在你以随便多慢的步调取得收获时才能获得自信。我希望我能够直接给你，但是你必须要花功夫才能获得。

Another way to help increase your competence is to go out and read a few books. Study the cunt. I know more about their cunts than they do! When I discuss sex with a woman, I come to the table with knowledge. I know everything about her body, her sexuality. You can even start your conversation with her by saying something like, “I know so much about the clitoris, you'd never believe how much I know about sex! Go ahead and ask me ANY question. Ask me something you think only women would know.” Start off a conversation like that, and if you're not fucking her by the end of the night, then it's safe to say you're an idiot!

另一个帮助你增强自信的方法是去读一些书。研究阴道。关于阴道我知道的比她们还多！当我和女人讨论性的时候，我会带着知识去谈。我了解她的身体、她的性方面的所有事情。你甚至可以这样开场：“我对阴蒂有研究，你一定会对我多么了解性感到吃惊！随便你问什么问题。问你觉得只有女人才会知道的事情。”像这样开始聊天，而如果你整个晚上都没能上她，那我会很有把握的认定你为笨蛋！

I have a friend that uses this line. “Um, excuse me, I seem to have lost my number. Can I get yours?” This is the stupid shit that guys are actually saying to women! I'm glad, because it makes my life a lot easier. If I could actually pick up a dumb broad with a stupid line like that, then everybody is already fucking her. She's so dumb, she'd fuck cardboard, ok? Using a dumb pickup line like that isn't charming, it's just stupid. The first thought that enters a woman's mind when you use a line like that is, “This guy is a loser.” You might as well cut your penis off and hand it to her, because you won't be needing it!

我有个朋友喜欢这么开场：“嗯，对不起，我好像忘了我的号码了。可以告诉我你的号码吗？”这种狗屎竟然会有男人跟女人说！我很高兴，因为这让我的生活更轻松。如果我真的能靠这种愚蠢的对白泡到一个傻妞的话，那每个人都已经上过她了。她如此白痴，她连纸板都会上，好不？用一句这样的白痴对白并没有魅力，它只是愚蠢。当你用了类似这样的对白后，女人的第一个想法就是：“这个男人是失败者。”你还不如割下你的 JB 交给她，因为你不需要它。

I don't play games. My cards are out on the table of life. There's no subliminal messages with me. Women go out because they want to meet a guy. Have that conversation with her. Ask her why she's out. It's not to be with her friends, it's not to play pool, it's not to make guys buy her a drink. She's out there looking for a man. The kind of man that'll make her feel good, make her feel safe, special, wanted. She's waiting for you. I'm not telling you to do anything brilliant! You just have to have the balls to say, "I know what I want!" Use that to start a conversation. Just walk up and say, "I know what I want. Do you know what you want?" If she says yes, you say, "My name is \_\_\_\_\_."

我不玩游戏。我的扑克牌都没有放在生命的桌上。我不用潜意识信息。女人出门是因为她们想要遇到一个男人。和她就这么说。问她为什么出来。她不是要和她的朋友在一起，不是去打台球，不是让男人请她喝一杯。她出来是为寻找一个男人。那种可以让她感觉很好，让她感觉安全、特别、被需要的男人。她在等你。我不是让你干出一番事业！你只要有种说：“我知道我想要什么！”用这个来开场。只要走上去说：“我知道我想要什么。你知道你想要什么吗？”如果她回答是，你就说：“我的名字叫——。”

Here's one that will always work. Walk up to her and ask, "Do you like stupid idiots that have no direction in life and are afraid to take risks?" Of course, she'll say no! Then you say, "That's good, because I'm the opposite of all that!" How many do you want? Am I gonna have to write a fuckin' book on pickup lines? It's so easy! Just say what you're thinking, say the truth, and put a little effort into it, that's all. When you learn to be true to yourself, you'll never need to read another 'pick up chicks' book again.

这永远都有效果。走上去问她：“你喜欢没有生活方向的、害怕冒险的愚蠢的笨蛋吗？”当然，她会说不！然后你说：“那就好，因为我刚好和那种人相反！”你想要多少？我是不是一定要写一本他妈德搭讪对白书？太容易了！只要说出你正在想的，说出事实，然后再付出点努力，就这么简单。当你学着对自己真实的时候，你永远都不再需要读另外一本教人泡学的书了。

Some men have actually looked me straight in the eye and told me that the reason they can't get women is because they don't like themselves. Do you jerk off? There's two kinds of people in this world. Those who jerk off, and liars! And even if they're telling you the truth, you gotta think that there's something

wrong with them if they can't jerk off! Now, when you masturbate, you are giving yourself pleasure with your own hand! Of course you love yourself! There's another line you can use! "The only other person that I want touching my dick, besides me, is you!"

有的男人真的是上直视着我的眼睛告诉我他们得不到女人的原因是因为他们不喜欢他们自己。你自慰吗？世界上有两种人。自慰的，和说谎的！而如果他们不自慰，即使他们告诉你的是事实，你也会觉得他们不对劲！现在，你手淫，你就是在用自己的双手让自己快乐！你当然爱你自己！而另外一句可以用的对白是：“只有一个人可以摸我的弟弟，除了我，就是你！”

You always need to direct where the conversation goes, and you can't get lazy. Don't be shy to ask her a million questions. Where do you live? Do you have roommates? What are they like? Do you get along with your parents? Any brothers? Any sisters? How old is your sister? I want to know as much as I can about her as soon as I can. Life is short, and I don't have time to fuck around. And if she asks why I ask so many questions, I tell her. I know so much about them so soon that they feel like I've known them forever. "What food do you like to eat? Can you cook? I always dreamed of having a gorgeous girl like you cook for me!"

你总是需要引导聊天的方向，你不能懒惰。不要为问她一百万个问题而不好意思。你住哪里？你有室友吗？她们怎么样？你跟父母关系怎样？有兄弟吗？有姐妹吗？你的妹妹多大了？我想尽快知道尽量多的关于她的事。生命短暂，而我没有时间浪费。而如果她问我为什么会问这么多问题，我会告诉她。我尽快知道关于她们尽可能多的事情，这样他们就会觉得我很早就认识她们了：“你喜欢吃什么菜？你会做饭吗？我一直梦想有一个像你一样美丽的女孩为我做饭！”

If she smokes, she fucks. And if she plays with her straw a lot, she gives good head. Those two theories have never failed me. Sometimes I used to walk up to women that were smoking a cigarette and say, "Hi. I just have to ask you a question, because I have this theory about women, do you have a boyfriend?"

"Yes." "Then what are you doing here, because the way you smoke, you should be good in bed." Now, if I'm right, and she really IS good in bed and knows it, that usually gets me into bed with them. And if she'd say, "No, I don't have a boyfriend", I'd say, "Well, I have this theory that if a woman smokes, she fucks, and she's very good at it too!"

如果她抽烟，她会上船。而如果她喜欢玩她的吸管，她的口活很好。这两个理论从来没让我失败过。有段时间我经常走近一个抽烟的女人说：“嗨！我只是要问你一个问题，因为我有一个关于女人的理论，你有男朋友吗？”“是的。”“那你在这里做什么，从你抽烟的样子，可以看出你的床上功夫肯定很厉害。”现在，如果我是正确的，而她真的擅长床上功夫并自己知道这一点，那通常会让我和她们上船。而如果她说：“不，我没有男朋友。”“我会说：“那么，我有一个理论，如果女人抽烟，她就喜欢做 I，并且很擅长这个！”

If you're charming, you can get away with almost anything. What is she gonna say? That I'm crude? "You're right, I am crude, but I like to get to the point. I don't want you to think I'm beating around the bush. A lot of women can't handle honesty." The best defense is an attack. I never defend, I never step back. I attack, I put THEM on the defensive. "OH! You think I'm a crude pig! Yeah! You're right about that, I agree with you! You're so perceptive! You're a really nice woman. I wouldn't insult YOU, because I'm too much of a gentleman!" I was just being honest with her. I didn't say, "I want to fuck you". I'm so honest with them and I use everything they say and pretty soon they apologize to me. Or they walk away. It doesn't matter to me! Because I'm ready for anything.

如果你有魅力，你就能摆脱几乎所有麻烦。她会说什么？说我粗鲁？”“你是对的，我很粗鲁，但我喜欢说到点子上。我不想让你觉得我是在兜圈子。许多女人没办法接受诚实。”最好的防守是进攻。我从不防守，我从不后退。我进攻，我让她们防守。”“噢！你觉得我是头粗鲁的猪吗？在这一点上你是对的，我同意你！你感觉很敏锐！你真的是个好女人。我不会侮辱你，因为我太绅士了！”我只是对她诚实。我没有说：“我想上你。”我对她们是如此诚实，而且我会利用她们说的每一句话，而她们很快就会向我道歉。或者她们会走开。我不在乎！因为我已经准备好应对任何结果了。

When I go out, I don't care about anybody but myself. When you go out, do you say to yourself, "I'm going to go out and give somebody a wonderful time. It doesn't matter if I have a good time or not, but somebody else is going to have a good time." Or do you think, "I'm going out to have a good time"? Who the fuck cares if 'they' have a good time? You'll probably never see them again! Hello?? Who's going out of the house to have a good time? You or them? Say this: I'm going out of the house to have a good time. Me. Myself. I can only be responsible for myself!

当我出去的时候，我不会在意任何人除了我自己。你出去的时候，你会不会对自己说：“我要出去让某个人过得愉快。我不在乎我是不是快乐，但是另外一个人一定会快乐。”还是你会想：“我想出去好好玩一玩”？谁他妈德在乎她们高兴不高兴？你很有可能永远都不会再跟她见面了！哈喽？？是谁走出家门想玩的开心？你还是她们？说这句话：我走出家门想玩的开心。我自己。我只能对自己负责。

We're so afraid of the word 'selfish'. I'm not selling any fish. We're afraid to admit to ourselves that we are allowed and really DO deserve to have a good time. Some of my students actually look at a pretty girl and think, "I don't want to ruin her time". She doesn't go out thinking that you're going to have a good time and not her. You guys have the wrong perception. You're so worried of what she's going to think of you, that she won't like you, and it's wrong to



think that way. You're thinking about what somebody that you haven't met before is thinking. Think about that! You're worried about someone that you haven't met yet.

我们很害怕“自私”这个词。我不卖任何鱼 (sell fish)。我们害怕对自己承认我们有权利并且应该玩的开心。我的一些学生看着漂亮女孩会想：“我不想浪费她的时间。”她出门的时候并不会想让你玩得高兴而不是她。你们都有错误的认识。你们那么担心她是怎么看你的、她不喜欢你，而这么想是错的。你在想一个你从来没有见过面的人在想什么。好好想想吧！你在担心一个你从来没有见过面的人。

I like to tell the bitchy ones, “Isn't it better to try me before you just throw me away?” I never put my head in the sand. Nothing pushes me back, and I don't retreat. Because whether she wants me or not, I can always jerk off. If they say no, then it's no. I never harm them, and I never threaten them. If I can't get her interested in me with my charm and my honesty, then I don't want her. I only want to be with women who want me. It's my way or the highway.

我喜欢告诉婊子们：“在你甩掉我之前试一试我不是更好吗？”我绝不把脑袋伸到沙子里。没有什么能把我往后推，而我不会后退。因为不管她们要不要我，我都可以自慰。如果她们说不，那就不吧。我绝不伤害她们，我也绝不会威胁她们。如果我不能靠我的魅力和坦诚让她对我感兴趣，那我就不想要她。我只想和想要我的女人在一起。要么听我的，要么滚蛋。

Approaching groups of women is easy. I like to compliment all of them at the same time. I'll say something like, “You know, it's amazing. Beautiful girls all stick together. Please, just let me pretend for a moment that this is my harem.” Then I'll close my eyes, smile, and sing, “Hea-ven! I'm in hea-ven!” I try to do something cute like that.

搭讪一群女人很容易。我喜欢同时赞美她们所有人。我会这样说：“你知道，这很奇妙。美女们全都黏在了一起。拜托，给我几分钟让我假装这是我的后宫。”然后我会闭上双眼，微笑，并唱：“天堂！我在天堂！”我试着做这样一些可爱的事情。

If you like one particular woman in the group, then you need to arm yourself with great ammunition. And the ammunition you need is her friends. If her friends like you, you're in. If they hate you, you're out. If they like you, they'll encourage her to go out with you. And that's if they don't try to steal you away for themselves! Now, if you only talk to her and try to ignore her friends, then you enlist them to be against you. Rather than viewing you as a valuable addition to the group, they will view you as just another horny asshole trying to steal away their friend. At this point, even if she does like you, they'll try to talk her out of it.



如果你喜欢一个群体里的某一个女人，那你需要用足量的中药来武装自己。而你需要的中药就是她的朋友。如果她的朋友喜欢你，你就有门了。如果她们讨厌你，你就出局了。如果她们喜欢你，她们会鼓励她和你出去。而这还是她们没有试图自己把你偷走的情况！现在，如果只是跟她说话并试图无视她的朋友，那你就促使她们反对你。她们不把你看做是一个对群体有意义的补充，而只把你看做是另一个饥渴的讨厌鬼，想要偷走她们的朋友。这个时候，即使她喜欢你，她们也会试图让她放弃。

Be really nice to the worst bitch in the group. Be nicer to her. It goes back to the basic rule, treat a whore like a lady and a lady like a whore. If she's a real hard-ass bitch, then she's a whore, so you better treat her like a lady. With the one's that are sweet, treat them like whores. Just remember to stay charming when you do it!

要对群体里最坏的婊子做到真正的友好。对她要更友好。这又回到了基本原则，对待妓女要像对待淑女淑女，对待淑女要像对待妓女一样。如果她是个真正的不好对付的婊子，那她就是妓女，所以你最好像对待淑女一样对待她。而对于那些很可爱的女人，要像对待妓女一样对待她们。不过要记得当你这么做的时候要有魅力！

If you go to a club and meet a woman that's a cold bitch, call her on it. "Are you just a cold bitch to me, or do you treat everybody this way?" Don't be shy. She certainly isn't! Put her on the spot, put her on the defensive. The best defense is an attack! If you hate somebody, why would you want to fuck them? If she's in a bar, then what is she doing there if she doesn't want to be approached by men? "Let me give you a tip. Stay home. You're not going to meet anybody that's going to like you." If that doesn't turn her around, what do you care?

如果你去一个俱乐部遇到一个冷冷的婊子，你这么说：“你是只对我像婊子似的冷淡呢，还是对所有人都是那样。”不要害羞。她当然不是！让她难堪，让她防守。而最好的防守就是进攻！如果你讨厌某个人，你为什么想要上她们呢？如果她在酒吧不愿意被男人搭讪，那么她在那里干什么？“让我给你小费。呆在家里。你不是来和某个可能喜欢你的人认识的。”如果这不能让她转变态度，那你还在乎什么？

When I'm first getting to know a woman, I try to stay away from subjects that I'm very passionate about. Why? Because I might get so involved in the conversation that I forget my original agenda. When I go out to meet women, I'm not going there to talk about politics. If I'm there to fuck, then I try to keep the conversation centered on her, or on us, or on sex. What's a woman going to say to you if you say, "I don't want to talk about that right now, I want to talk about you." What's she going to say? No?? Ok, goodbye! I like to cut to the

chase. We' re not immortal!

当我刚开始认识一个女人的时候，我会试图避开那些我最热衷的话题。为什么？因为我可能会过于投入到谈话中而忘了我本来要做的事。当我出去见女人，我不会去那里谈论政治。如果我要去做 I，那我就会试图让谈话以她为中心，或者我们，或者性。女人会怎么说呢，如果你说：“我现在不想谈论那个，我想谈论你。”她会说什么？不？？好的，再见！我喜欢停止追逐。我们生命有限！

Guys are always asking me about the ‘super hot ones’ and that can mean only two things. Either I think she' s hot by my standards or he thinks she' s hot by his standards. You have to treat them all the same because they really are all the same. That' s what you finally realize after having slept with a lot of women. Since they' re all the same, you don' t have to worry.

男人们总是问我关于“超级正妹”，而这只有两个意思。或者以我的标准我认为她很正或者他以他的标准认为她很正。你必须同等对待她们因为她们真的一样。当你和很多女人上过床就会明白。因为她们都是一样的，你就用不着担心了。

A lot of women like to use their body to taunt men. I remember this one woman that used to manipulate men right, left, and center. Every time I saw her she was teasing some poor jerk who had a really stupid confused look on his face! When she did it to me I simply said, “If you want to tease me, that' s ok, but I have a rule. You have to look me straight in the eye when you do it.” The look on her face was priceless!

许多女人喜欢用她们的身体来折磨男人。我记得这个女人曾经常常指挥男人往右，往左，往中间。每次看到她她都在调戏某个可怜的傻瓜，他脸上真的表现出愚蠢和困惑的表情！当她对我这么做我会简单的说：“如果你想要调戏我，没关系，但我有个规矩。你这么做时一定要看着我的眼睛。”她脸上的表情真的很有趣！

Club techniques. Most guys are worried that since they aren' t able to talk in a noisy club that they can' t pick up girls. Just walk in and be friendly, be nice. If she offers you her hand, kiss it like in the old days. Maybe smile and rub her cheek, or rub your legs against hers teasingly as you spend time with her. I used to go in, pick up a girl, bring her home, fuck her, then I' d go back to the club to pick up another one. It' s that easy.

夜店技巧。大部分男人都在担心因为他们没办法在吵闹的俱乐部里聊天所以他们泡不到女孩。尽管走进进去并表现的友好，亲和。如果她把手给你，那就亲它就像回到过去的美好时光。当你和她在一起时，可以微笑并刮她的脸颊，或者嘲弄的将你的腿在她腿上磨蹭。我以前常常进夜店，搭一个女孩，带她回家，上她，然后再回夜店泡另一个。那是如此简单。

I like sit down places better. If there' s a girl sitting there and an empty stool sitting beside her, then it' s easy as hell to pick her up. But if the bar is too noisy, take her by the hand and get her somewhere more peaceful. This is the part about showing interest. If you want to talk to her in a quieter place then just do it. If she says no, you say ok and move on.

我喜欢挑好的位置。如果有女孩坐在那里并且旁边有一个空凳子，那么泡到她就太容易了。但如果酒吧太吵，就拉着她的手带她到某个较为安静的地方。这是表现兴趣的部分。如果你想要和她在更安静的地方说话那就这么做。如果她说不，你就说好的然后继续。

When I used to pick up two girls on the same night I used to tell the second girl exactly what I was doing. "I met someone already tonight, we got undressed...all I know is I' m back here now." Tell them anything you want. And some women won' t go home with you if they know you were just in bed with somebody else. That' s ok too. Especially now that sex can kill we need to be careful. Diseases are rampant.

当我经常在同一晚上泡两个女孩的时候，我总是告诉第二个女孩我刚刚做的事情。“我今晚已经遇到一个女孩，我们脱光了衣服...我所知道的就是我现在又回来了。”告诉她们你想要的任何东西。而一些女人如果知道你刚刚和别人上过床，就不会和你回家。那也没关系。特别是现在性可以杀死人，我们需要小心。疾病很肆虐。

If she dresses slutty you shouldn' t ignore it. Don' t be like every other idiot and try to pretend you didn' t notice.

如果她穿的很淫荡我不会无视它。不要像其他所有笨蛋那样假装你没有注意到。

If you' re afraid, get rid of the fear and your problems with women disappear. A woman is a very funny kind of person. You' re not a millionaire, you' re not a rock star, and you' re not a movie star. If you are, then you can have just about any woman you want. Many years ago, I had a friend who had this crazy theory, and the older I got, the more his theory started making sense to me. This guy never wanted to go out with regular women. The only women he wanted to date were hookers. He says that women are all hookers anyway, because they all want something from a guy, usually money. He says that it' s cheaper to go out with prostitutes than it is to have a girlfriend or a wife. And he' s 100% right. But you see, most of us were brought up to want more than just fucking! We want to get to know the girl, and we develop romantic feelings for her. We want to have a little bit of a hard time once in a while.

如果你很害怕，摆脱了恐惧，你在女人上的困扰就会消失。女人是非常有意思的一种人。你不

是百万富翁，不是摇滚歌星，也不是电影明星。如果你是，那你就可以得到你想要的几乎任何女人。很多年前，我有一个朋友有着这样一个疯狂的理论，而我年纪越大，就越觉得这个理论有道理。这个男人从来不想和普通女人出去。他只想跟为了钱上船的女人约会。他说其实女人都为了钱才上船的，因为她们都想从男人身上得到些什么，通常是钱。他说和妓女出去要比有女朋友或老婆更便宜。而他 100% 的正确。但是你看到了，我们中的大部分人都被教育的想要更多没用的东西！我们想要了解女孩，我们想要发展一种浪漫的感觉。我们想要时不时有些烦恼。

You can always tell what a woman thinks her best sexual feature is. For example, if she thinks that her ass is her best feature, during her conversation with you she will probably turn around or do something to get you to notice her ass. Some of these women wear pants that are so tight you can actually see the lips on her cunt. Now, if that doesn't tell you that she wants to be noticed, nothing will. Whenever I see a woman dressed so slutty with her tits hanging out it amazes me to see all of these guys standing around her pretending not to notice! It becomes like the elephant on the sofa. You throw a party and all of your friends are there and there's this elephant on the couch and nobody says anything about it.

你总能看出一个女人觉得她最性感的部分。比如说，如果她觉得她的屁股是最性感的，那在和她的聊天时她很可能会转身或做些类似的事情让你注意到她的屁股。而有些女人穿的裤子是那么紧，以至于你真的能看到她的阴唇。现在，如果这个没有说明她想要被注意，那也就没别的可以说明了。每当我看到一个女人穿的如此淫荡，挤出她的乳房，都会让我很吃惊，因为我看到站在她身边的那些男人都假装没有看到！这就像沙发上的大象。你开了一个晚会，你所有的朋友都来了，而在沙发上有头大象，却没有人谈论它。

If you don't have the courage to be honest with yourself and with women, then you are a dingleberry. You know what a dingleberry is? It's that little piece of shit that sticks to the hair of your ass. A dingleberry is so close to the pussy but never makes it all the way to the front. So if you want to be a dingleberry for the rest of your life and make excuses for why you can't get women, continue. But if you decide to take a fuckin' chance and be honest, you won't believe the transformation in the way women will look at you.

如果你没有勇气对你自己和女人诚实，那你就是块粪疤。知道什么是粪疤吗？它是粘在你屁股毛上的小块的粪便。粪疤是如此的接近阴道但是没办法让它再进一步。所以如果你想要在下半辈子做一个粪疤，那就为你得不到女人找借口吧，继续。但如果你决定想要冒一次险——对人诚实，你绝不会相信女人对看你的看法会发生多大的变化。

I don't think there's any reason why you can't look at somebody and just simply tell them whatever fear is going through your mind. If you have a job, they didn't come over to your parents' house and drag you to the job and make you

work for them. You have to go out there and get it. I wasn't born this way. I used to be shy when I was younger.

我不觉得有什么理由会让你不能看着某个人并简单的告诉她们你脑中所有的恐惧。如果你找工作，他们不会到你父母家里把你拖出去为他们工作。你必须出去争取。我生下来并不是这样。我小时候也很害羞。

Focus on what you want, and be honest with yourself. If I see a woman and I think, "I'd really like to fuck her on the hood of my car", that's all I'm thinking about. I'm a simple man. If you're shy it's because you are thinking too much. Just look at these big, dumb jocks and see how they pick up women. They may be dumb-asses, but they're keeping it simple.

专注于你想要的东西，并且对自己诚实。如果我看到一个女人并想：“我真的想在我汽车里上她。”那就是我全部所想的。我是个简单的男人。如果你很害羞，是因为你想的太多。只要看看那些大块笨蛋肌肉男是怎样泡女人的。他们可能是蠢货，但他们会让事情简单。

We're so busy making excuses in order to justify our shyness. But the fact of the matter is you create shyness. You have to actually sit there and imagine getting rejected or embarrassed. I don't care if you were abused as a child because that's over now. Sometimes I wish my parents had abused me when I was a child because it might have gotten me on Oprah.

我们都忙于找借口来为我们的害羞而辩护。但事实的真相是你制造了害羞。你必须真正的坐在那里想象被拒绝或者尴尬不已。我不管你小时候有没有受过虐待，因为那都结束了。有时候我会希望我的父母能够在我小的时候虐待我，因为这可能会让我上奥普拉的节目。

When a woman asks me to tell her about myself, I say, "I'm a fabulous guy!" and they almost always say, "Boy, you sure think highly of yourself!" and I reply, "You just asked me to tell you about myself, and if I didn't give myself a high recommendation then that would make me a pretty dumb prick, don't you think?" Who's a better expert about you than yourself? Don't be afraid to tell them that you think you're a great guy. I give myself the highest possible recommendation! What am I going to say? "Uh, hello, I'm a real loser with low self-esteem and even if I did have a big dick I wouldn't know what to do with it!"

当女人要我介绍自己的时候，我说：“我是个完美的男人！”而她们几乎都会说：“男孩，你真的太高估自己了！”而我回答：“你是要我介绍自己，如果我不给自己一个高的评价，那我就是一个十足的傻瓜，你不这么认为吗？”关于你还有比你更厉害的专家吗？不要害怕告诉她们你觉得你是个很棒的男人。我给自己最高的评价！我要怎么说？“呃，哈喽，我是个真正的窝囊废，没有什么自尊，而我尽管有个大JB却不知道该怎么拿它做什么！”

When you really start succeeding with women, some of them are going to try to give you a hard time about it. But if you truly don't care what they say then you're free from all that shit. If a broad tries to give you a hard time about anything, the worse thing you can do is get defensive and try to convince her of your sincerity. I remember this one girl who started in on me about my reputation as a player. I didn't argue, I told her that everything people say about me is true. What can she say? She is stuck. I'm not going to argue with her. In this culture, we spend too much time thinking and arguing when we could simply be fucking.

当你真正在女人上成功了，她们中的一些人就会试图让你为此难堪。但如果你真的不在乎她们想什么，那你就从所有那些狗屎中解放了。如果一个女人在某件事上让你难堪，你能做的更坏的事就是开始防守并试图让她相信你的真诚。我记得这样一个女孩批评我的玩家名声。我没有争论，我告诉她人们说的每件关于我的事都是真的。她能说什么？她哑巴了。我不会跟她争论。在这个文化里，我们花太多的时间思考和争论，而我们其实很容易就能上船。

My relationship is not a democracy. It's a dictatorship. If you've ever been married and divorced then you know how democracies work! I have a beautiful relationship with my wife and kids. I don't have to ask my wife for permission to go out with my friends. I don't have to ask for anything in my life.

我的人际关系不是民主制。它是独裁。如果你结过并离过婚那你就知道民主制的效果了！我和我的妻子和孩子的关系很美好。我用不着得到我妻子的允许才能和我的朋友出去。在我生命中用不着请求任何事情。

If you buy somebody a present, give it to them. There's too many gifts floating around that have strings attached to them. If I buy a meal for a woman, I don't care what she does with it. I bought her a meal because I felt like it. If you go over to a girl's house and she makes you a meal you don't like, don't pretend that you like it because she might cook it again! If a woman buys you a gift, you might want to ask her if there are any strings attached to the gift. A lot of times there will be. Sometimes the strings are tougher to cut off than others.

如果你给某个人买礼物，那就给她们。有太多礼物附着着很多条件。如果我给女人买饭，我不在乎她会怎么处理。我给她买饭因为我喜欢。如果你去一个女孩家里，而她给你的饭你并不喜欢，就不要假装你喜欢，因为她可能会再给你做！如果一个女人给你买了一个礼物，你可能想要问她这礼物有没有附加条件。很多时候会有的。有时候某个条件要比其他的更难摆脱。

I know what's going through your minds. "I'm not good-looking enough for her." "I'm not tall enough." "I'm not rich enough." "I'm not funny enough" "I'm not slim enough." "I'm not big enough." "My dick is too small." And

my all time favorite: “I have low self-esteem!”

我知道你脑子里会想什么：“我对她来说不够帅。”“我不够高。”“我不够有钱。”“我不够有趣。”“我不够苗条。”“我不够大。”“我的 JB 太小。”而我永恒的最爱是：“我没有什么自尊！”

Want to know what they’ re thinking? They’ re thinking, “What kind of stupid line is this prick going to try on me?” (In fact, that’ s a great pickup line! The best lines just happen to be the honest truth of what you are thinking at any moment.)

想知道她们在想什么吗？她们在想：“这个傻瓜想用多么笨的对白来试我？”（事实上那是很棒的搭讪对白！最好的对白就是你在任何时候所想的直率的真相。）

（全书完）