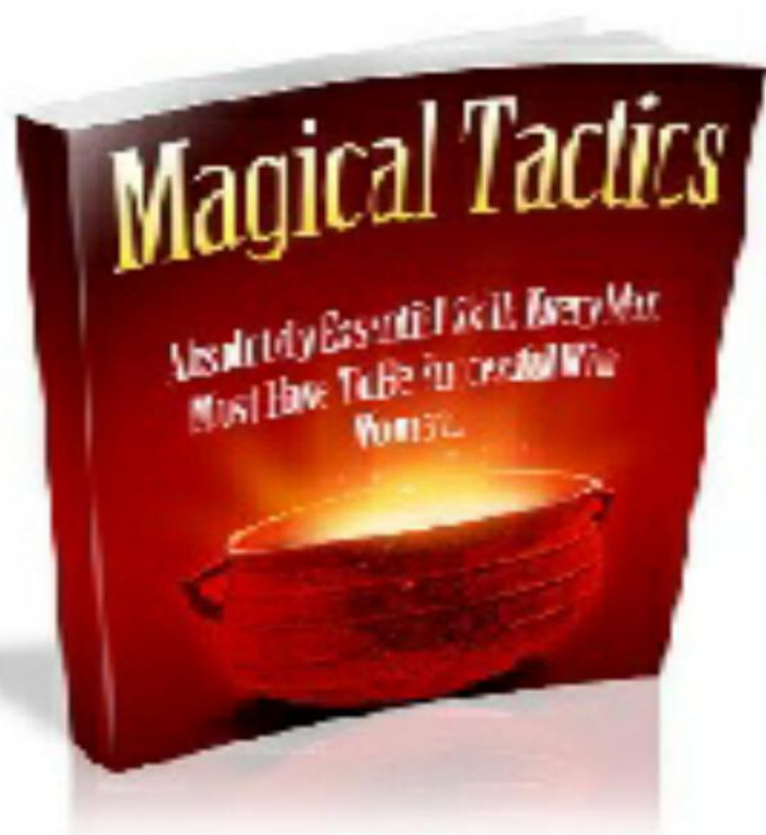


**Proven formulas  
and flawless tactics  
to attract women**



# Magical Tactics

Absolutely Essential Skills Every Man  
Must Have To Be Successful With  
Women...



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### **Introduction:**

This book is written for the guys who have found themselves struggling to understand women. Before we start let me ask you a few questions

**Q** Have you ever been at a bar where you saw an attractive woman you wanted to meet but just could not produce enough confidence to approach her?

**Q** Have you ever found yourself in company of a group of women where other guys were confidently talking to them while you kept on thinking about how to be a part of the conversation?

**Q** Have you ever been in a situation where you were talking to a girl but you could not think of much to say...And it went into an awkward silence?

**Q** Have you ever found yourself in a situation where no matter how much you did for a girl...She never appreciated you? Yet she always treated other guys with high priority and respect even when they did a small thing?

**Q** Have you ever been in a situation where you were dating a girl who seemed just perfect? But it seemed as if the attraction was only going down day by day...And she ended up acting dry towards you? **Q** Have you ever been in a situation where you really liked a girl and thought she was girl friend material but she only wanted to have you around as a friend and nothing else?

**Q** Have you ever been in a situation where it seemed that your girlfriend is showing more interest in other guys and there is a strong chance she might be cheating on you?

If you have experienced any of these or are experiencing any of them at the moment then let me assure you that this is the book you truly need.

I wanted to take a few moments and give you some insight into my background.

So who am I?

Well for starters, I am actually just an average guy who has had his fair share of failures in life, especially when it came to women.

Let me share a quick story with you, it's about my friend, and me back when we were in college...

Both of us used to go out together to pick up girls. In the department of looks, both of us were pretty average.

However, the part I always struggled to understand was that my friend always got 10 times more women than what I did, and I could not figure out the reason why.

Girls were flocking to him like bees flock to honey; I always used to think what's so special about him anyway?

I mean, he was no better looking than I was. He was not some hot shot rich guy with a Ferrari either, yet girls gave him higher priority and respect, and I was always treated as if I was a NOBODY when he was around.

It actually hit me hard, when one day; I was talking to this gorgeous girl at a bar, the conversation seemed to be going pretty well, when suddenly my friend appeared on the scene, and said something pretty stupid.

I thought the girl would be turned off, but surprisingly, she cracked up laughing, and started talking to my friend!

And guess what? Within 5 minutes, they were exchanging numbers, right in front of my eyes!

There I was standing like a fool, thinking... 'how is it that my friend got her phone number, within 5 minutes, yet I had been talking to her for the last 20



minutes... and didn't even get to know her name!'

I mean this did not make sense to me.

We both went to the same girl, we both interacted with her, the conversation I had with her was more intelligent than the conversation he had with her... yet it appeared that she was having more fun in his company.

What truly annoyed me was that at the end all I got was "It was nice meeting you" as a response, and my friend walked away with her phone number.

I wanted to figure out what he was doing, but it wasn't exactly easy, because every time I would ask him "how do you do it?" he would either change the subject, or respond by saying- "you just have to be cool".

As stupid as I was back then, I took his advice about being the "cool dude". I thought being cool meant, acting like a jerk, and bragging about money. So I started going to bars, and approached women with a fake personality on.

I started a few conversations, and tried this "cool dude" theory. I thought I could lie about how successful and rich I was, talk about all the expensive cars I drive, and win over any girl in seconds.

But...Every girl I spoke to, either just ignored me after a few minutes of conversation, or made some lame excuse that she had to "go to the bathroom" and never returned.

I was not willing to give up yet; I tried more, and finally found a couple of girls who showed some interest in my talks.

While I was telling them how rich and successful I was, they said, "*aren't you going to buy us drinks?*"

I said "*sure!*", and within 10 minutes, a few more girls came on the scene, which apparently were friends of these two girls...

Within an hour, I had spent \$180, just on the drinks for all these girls.

Moreover, here's the funny part...

After they finished the drinks, they said, "*It was nice meeting you*", and took off!

There I was....standing like a fool....yet again- thinking, “Where did I go wrong this time?”

And that’s the part, which really SUCKED!

Nevertheless, I was not ready to give up just yet. I clearly understood that there was something very magical at work here. I understood that there was a definite pattern, which works on all women, and now I just had to know what it was.

During the next 6 months, I spent the majority of my time observing guys who were good with women. I started hanging around nightclubs and observed guys who were interacting with multiple women and often picking them up with great success.

I started meeting many guys who were naturals at interacting and picking up women.

These were the guys who had it all figured out...Some of them were so effective that they had women literally throwing themselves at them.

This is where I observed a few interesting things

**This is where I observed a few interesting things *Women aren’t logical. Women aren’t logical.***

***Women make every decision based on emotions.***

***Women make every decision based on emotions.***

***There is a certain pattern, which works on all women...Which means they are predictable.***

If you were to truly, think about it...

How could one-man walk to a girl and within 5 minutes of conversation have her writing her name, phone number and address down while another guy struggles to get a word with her?

How come one man has to work for a girl’s attention while another gets all the girls running after him?

How come one guy says something illogical and gets a girl bursting with laughter while another who always tries to form an intelligent conversation is avoided?

How come one guy gets to choose the girls while another guy hopes some day he would be chosen by some girl?

How come one guy gets everything he wants from a woman while another has to work for even the smallest of things?

How come women give priority to one guy and totally avoid the other?

I spent a few more years trying to master this area of my life...And let us fast forward to now.

Recently I was at a friends birthday party...I saw an attractive woman...Decided to approach her and within 5 minutes of casual conversation she gave me her phone number.

Keep in mind that this was a girl who gets hit on by men day and night...So stunningly gorgeous that most men can't keep their eyes off her.

This is the kind most guys would die to be with. And here I was having a high-energy fun conversation with her while other guys stood at the corner staring at me with jealousy.

So what changed?

Well...Everything I had learned from hanging around other guys who were successful with women helped me develop a sure shot formula, which works surprisingly well.

Now I am able to pick up girls anywhere, get phone numbers on the fly and meet one woman after another with effortless ease.

And this is the formula I have laid out in this book with crystal clear detail for your perfect understanding.

No matter how bad you think you are with women at the present moment...After going through this book you will have a sure fire method that will propel you to just pick the girl you want and drag her home.

This book is the ultimate answer to all the questions you ever had about attracting beautiful women. But please understand that this book is only going to show you the right path...It will show you what works...But you are going to be responsible for how good you actually get.

If you read this book, understand the concepts but never put it into action. You will not get anything out of it. It is as simple as that. It is like sitting on a table with a plate full of food and expecting the food to come into your mouth by itself.

The food is there...But you have to pick up the spoon and put it into your mouth. There is action required on your end.

I strongly suggest that you read this book at least twice if not more. The more you read it...The better your understanding would be of the concepts contained within.

Reading it just once will show you the picture...But as you read it over and over. That picture will get clearer...And you will get a better understanding of the concepts.

In addition, it is important that you do not skip any parts of this book since each chapter is the foundation for the next. If you skip one...You might not be able to understand the next.

So now I hope you understand how to use this book so let's not waste any more time and get started...

# Chapter #1

## Everything You Were Told About Attracting Women Is Wrong...

Don't get me wrong here but I can guarantee that everything you were told by the society about attracting women is dead wrong.

I mean this is common sense! If the majority of the guys out there knew how attraction truly worked, they would never have any issues attracting gorgeous women. But, the very fact that they struggle in this area proves that they don't have the right information.

However, it is not your fault.

We aren't given an instruction "manual" on how to manage women, and we are certainly not taught everything we need to know in this area. And, unfortunately, most of us just follow whatever the society teaches us.

In fact, when I was starting out, I also bought into the belief that in order to attract women you have to be a gentleman...Act nice...Treat them like queens...etc etc.

But you see... this does not work, and I will tell you why...  
Consider this scenario:

A guy walks up to an attractive woman at a bar...Acts like a gentleman... Says "Hi!" But she turns and looks in the other direction! Now that guy would never dare to approach any other woman because now he fears rejection and has formed a judgment in his mind thinking:

- *Women are too complicated...*
- *You can never figure a woman out...*
- *Only women know what women want...*

We hear thousands of such stories all over the place. But why is that? Because everything the society told you so far was a big, fat... DISGUSTING LIE.

You see, Women are not as complicated as most guys think they are...They are not some aliens from another planet! A woman really isn't some big jigsaw puzzle you need to solve.

You don't need to apply rocket science in order to figure a woman out. In fact, women aren't too different from you, and once you understand how their mind works, you won't ever struggle in this area again.

Keeping that in mind, let's first clear up some common myths about women...

## **Big Fat Lie # 1**

### **Women Don't Like Sex...**

This is one of the most common things you must have heard all over the place. But in a single sentence... "THIS JUST ISN'T TRUE".

Women love sex as much as men do. The problem here is that women have been socially programmed to think that if they get sexual with a guy...They might appear as too easy.

If a woman wants to have sex all she has to do is go out to a nightclub, sit at the corner all by herself, and she will be approached by hundreds of males within a few hours. So in short, a woman can easily get all the sex she wants, when she wants it.

So why is it that women refuse sex so much even when they have easy options?

If you ask me, there is a very reasonable explanation to it all...So, let's break this down:

**1- Females get social labels of being called a whore, slut or being too easy.**

The way our society is designed...Females always get the label of being a slut or a whore if she sleeps around too much. Every time they come across a guy who is just looking for sex, their fear of being labeled shoots up. Therefore, they refuse, even if at a subconscious level they wanted to get physical.

## **2- They fear getting pregnant.**

This is the most common fear many women have. With all those media stories going around about young women with unwanted pregnancies, it is very understandable why a female would fear having casual sex.

*FACT - Women refuse sex even if they were interested because they are scared of being labeled as a slut and are afraid to get pregnant. The Fact is that women like sex as much as men do.*

## **Big Fat Lie # 2**

### **The Best Way To Flatter A Woman Is to Compliment Her...**

Complimenting her will not get you anything! In fact, it might only make you come across as just another guy looking for sex, and here is why...

Try to get into the reality of a hot female, and you will find that she has a very different perspective of looking at things.

An attractive female lives in abundance when it comes to her potential male choices, finding a male is very easy because most attractive females are hit on by men all over the place on a daily basis.

Since a lot of men show active interest in her, she has no problems meeting men. She is used to getting compliments from all sorts of men all over the place. Therefore, at the end of the day, she has seen it all, been there, and done it!

So, imagine being the girl who gets hundreds of compliments daily... Would she even care if you said... *“Oh, you are so pretty”*.

Since these women have options, they will most probably categorize you as just another chump trying to get into their pants. Therefore, when you tell her she looks pretty, it is not something new to her.

She already knows she is pretty, and the last thing she would ever look for is another guy telling her how great she looks. *FACT- Complimenting women does not always work.*

## **Big Fat Lie # 3**

### **Women Prefer Intelligent Men...**

The fact is- “MOST INTELLIGENT MEN AREN'T GOOD AT ATTRACTING WOMEN. PERIOD”

A woman does not care about how great you are at your job or how well you do your taxes.

The main issue is that most intelligent men don't understand this because they are programmed to think that they're right all the time. What I mean here, is that they apply logic to everything, and feel they can figure out a woman by applying the type of logic they would apply to solve a math problem. But you see this is where they are dead wrong.

And the biggest factor is that most intelligent men tend to have poor social skills, due to which they struggle to pick up women. In fact, they might be great at certain things in life but when it comes to women, they are just too scared to approach because they fear rejection.

Most intelligent men are so scared of being rejected that they don't even try...and, in the coming chapters you will discover that women never go by logic, but by emotion.

You see, an intelligent man can be very logical, but at the same time struggle to trigger attraction, simply because they might be mentally strong but emotionally weak. Therefore, in the end, a man's IQ does not amount to anything when it comes to getting women.



All that truly matters is what level of attraction you can trigger in the female mind.

*Fact- Intelligence alone cannot attract women.*

## **Big Fat Lie # 4**

### **Nice Guys Finish Last and Jerks Get All the Women...**

Why is it that really attractive women never seem to show too much interest in nice guys? Why do they always keep nice guys as “just friends”?

You might have observed this around you too, that all the nice guys struggle to get girls while all the bad types have women flocking around them?

This is an often-misunderstood concept by most guys. A woman is not attracted to you based on whether you are nice or bad. They are attracted to you because you are demonstrating all the qualities, which trigger instant attraction.

Moreover, more often than not, men who act like jerks tend to subconsciously demonstrate all the qualities, which trigger attraction. But this has nothing to do with being a jerk around them, because you can still attract women and be nice.

This might be a hard concept to understand right now, but we will discuss this in detail in the coming chapters.

*Fact- This nice guy and bad guy theory is strongly misunderstood.*

## **Big Fat Lie # 5**

### **Women Go By Looks...**

This one truly makes my blood boil...My life experience keeps proving this theory wrong over and over again. I have come across so many chronic desperados who feel that the only way to get an attractive girl is to be good looking.

And even worse...The media tends to feed us with all sorts of negative crap!

Everyday you are bombarded with advertisements and commercials, which show these muscle, bound guys who look like statues and have women going crazy over them.

What would an average guy like you or I make of this? Well, we would sink deeper into the belief that it does actually take looks to get women.

So what happens next? We get bounded by heavy emotional chains, and whenever we sight an attractive female, we instantly think... "WAIT...This girl is just too hot for me....Why would she even talk to me?".... and BAM you just fed the same negative belief and now it is even stronger.

In all of my years of studying, one fact that I have witnessed over and over again is that you can get any attractive girl to like you regardless of your looks. The truth is - when it comes to attracting beautiful women, what you look like plays a very small role.

In order to understand this you must understand that women and men have different wirings. In simple terms, Men are visual and women are emotional.

Looks are the most important need for most men...We don't get attracted unless the woman is good looking, and similarly we don't get turned on unless we find a female physically appealing. That's why men easily get turned on by watching porn.

Women are different here. Women don't watch porn and get turned on like men do.

They rather like to imagine it and use imagination as a tool to get turned on because they experience stronger emotions when they imagine it.

Similarly, they need to be emotionally triggered in order to feel attraction. Thus, this theory proves that looks don't count as long as you know how to trigger the right emotions in a woman.

What you will see, is that there are certain triggers in the female mind which when stimulated will give you the ultimate power to make any girl

worship you like a god. In reality, the only thing a female looks for are feelings. Again, we will go deeper into this in the coming chapters.

*Fact- Looks don't matter.*

## **Big Fat Lie # 6**

### **I Can Buy a Woman Into Liking Me By Spending Money...**

Some guys feel they can please a woman by spending loads of cash on her, but the main point, these guys don't understand is that the girl is with them for the money and nothing else.

You may notice that women may act all wild and crazy about you when you tell them how financially successful you are, but just that's for the money and not you. You see, she might be with you but she will always be looking for another guy who can satisfy her core emotional needs, which can never be satisfied with money. She will ALWAYS still need another guy with strong seductive capabilities to satisfy her emotional needs.

So, if you still plan to be a "SUGAR DADDY" for some girl and have loads of money to waste...Then by all means go for it!

Otherwise, trust me on this one! I have been there myself, and I can personally guarantee that a "Gold Digger" can suck money out of your pockets faster than a vacuum cleaner sucks dust off the floor.

In the end, as long as you provide for her basic financial needs she would let you be with her, but this does not mean she would consider you as a potential lover.

In her world, you are just another sucker... who has money to spend on her needs!

*Fact: Money has no relation to attraction.*

## **Big Fat Lie # 7**

## **In Order to Know What a Woman Wants You Should Ask a Woman...**

Guess what? Women have no idea what they want in a man, and I am extra serious when I say this.

Take a look at any woman, and you will find that most of them have been socially conditioned to believe that some prince charming would come on a horse and sweep them off their feet.

When asked about their preference most females respond by saying He should be nice, Should have a good sense of humor, Should act like a gentleman etc etc but this is not what they ACTUALLY want in a man!

This is because everything a woman describes as her perfect man is not what she truly wants, these things are fed into her brain by the society. This is the main reason why most women often end up with guys they said they would never date.

Therefore, in reality, a woman does not know what she wants until the time she comes across a guy who literally shakes her reality upside down.

Moreover, here is the interesting part

A woman's personality takes a 360-degree turn in the company of a guy who triggers the right emotions.

In most cases, she would change her habits for this new man and start doing things she would never have done before.

Therefore, going to a woman to seek advice on what women want is a perfect plan for disaster.

*Fact- Don't follow the advice on what females tell you they want in a man.*

**Never Disagree With a Woman or Else She Might Not Like You...**

This is just another horrible idea which society has hammered into the male brain. Kissing up to a woman does not mean she is going to like you. By agreeing with her on everything, you will just give out a very weak vibe, which will make her feel that you are trying to seek her approval or permission.

If you always play by her rules, and agree with everything she says, you are indirectly communicating that you don't know how to get the recognition

you deserve from her.

Therefore, you are scared that disagreement might work against you, and you are also displaying that you don't consider yourself to be good enough due to which you fear losing her.

In fact, this is something we see all over the place:

**Some average guy manages to initiate a conversation with a hot girl**

↓

**Millions of thoughts start running through his mind ↓**

**He starts fearing that he should choose the right words or he might screw it all up**

↓

**When he can't come up with anything to talk about his fears increase and he starts asking boring questions like- "*What do you do for a living?*" etc**

↓

**He thinks that whatever she says..."I'll just agree with it so that I don't make her mad. I don't want to come across as rude."** ↓

**After a few minutes the girl thinks- "*This is so boring...How do I get out of this?*"**

↓

**She makes some lame excuse like... "*I need to excuse myself to the washroom*"...**

↓

**She leaves and never returns.**

Therefore, as you can see, it can be pretty scary when you don't know what's going to happen next...And this is the fear, which makes a lot of guys believe in the theory that women hate men who disagree with them.

Women want a challenge and you will never be a challenge if you agree with them on everything.

*Fact: Agreeing with women on everything is a strong attraction killer.*  
**You Have to Be a Good Friend Before You Become a Good Lover...**

This is a pretty common theme in many romantic movies... You see the nice guy becoming friends with the girl.... He does everything to keep her happy and eventually they fall in love and live happily ever after.

Now reality doesn't really work that way, and in fact in reality it's the exact opposite of what you see in the movies, because once you fall into the "friends zone" the female will never see you as a potential lover.

In the end, you will always be considered as just a friend, and she will only treat you like one of her girlfriends in a male form and nothing more.

In fact, when you make your move or try to let her know that you are interested in more than just friendship, she would freak out and would most probably avoid you from that point on.

*Fact- Never be friends with a woman if you want to be her lover.*  
**Women Hold All the Cards... And They Are the One's Who Always Choose...**

This is a common belief for every average guy trying out his luck with a hot woman. He sort of runs around with the mindset that since the girl is more attractive than him, she is the one in the drivers seat, and she gets to choose whether she wants to be with him or not.

This is pretty much the same as being a ship with no radar or a dead fish in the current. Most average guys feel that since they are average, they can't really choose, and in fact, they consider themselves lucky if an attractive woman is even talking to them.

The true fact is that you hold all the cards. You can choose the kind of woman you want to be with once you understand how attraction works, and in fact, you will be in the drivers' seat, but we will get more into this in the coming chapters.

*Fact: You have the power to choose the kind of woman you want to be with.*

# Big Fat Lie # 11

## **Women Don't Like to Be Approached...**

The pre-conceived idea that women don't like to be approached is right and wrong at the same time.

Women don't like to be approached by the every day average guy who is just looking to get into her pants; they want to be approached by the right guy.

Why do you think a woman spends so much time, effort and money into looking good? If she didn't want guys to notice or approach her, why would she even care about looking good or working on herself?

Women might not be direct about it but they do like attention. They are looking for a potential mate too, but what they are scared of is ending up with the wrong kind.

This is the main reason why women have developed a defense mechanism through which they filter out the wrong kind of guys. They hate to be approached by guys who are just looking for sex.

They want to be approached by a guy who knows how to excite her senses and trigger attraction, and that is exactly what you are going to learn in the coming chapters.

*Fact: Women want to be approached but only by the right guy.*

# Chapter #2

## The Most Vital Concept You Must Master If You Want To Succeed With Women...

The single most important and absolutely critical concept you must understand in order to be successful with women is “**ATTRACTION**”.

Unless you understand how attraction works, there is absolutely no way you will ever be able to succeed with women and dating. There are no exceptions to this rule.

Unlike men, women tend to act based on the way they feel, which means they make decisions based on emotions and not generally logic. They see something, get a feeling and act on that feeling.

Since it's all based on feelings they basically can't control who they are attracted to and who they aren't attracted to. Attraction is basically a subconscious response women have towards certain behaviors displayed by men.

Therefore, in order to trigger attraction you need to inculcate these behaviors in your personality.

However, before we get to the dynamics of it, let me state a couple of facts first.

facts first.

***Women do not control who they ARE attracted to. Women do not control who they ARE attracted to. Women do not control who they are NOT attracted to.***

This basically means attraction happens at an unconscious level and women cannot control it.

## Basics of Attraction



Now let me show you what attraction really is for women. Women get attracted to...

**1- Someone they can't have.**

**2- Someone somebody else has.**

**3- A guy who is wanted by other girls.**

**4- A man who does not do what he is expected to do, which means BEING UNPREDICTIBLE.**

**5- Someone who has high value.**

**1- Someone they can't have-**

Women are naturally attracted to guys they can't easily have. It's pretty much like the concept of free stuff...We never value anything which is available for free yet we attach massive value to something which comes with a price tag.

Another example of this can be seen in the business world. Here is a marketing trick a lot of businesses use...A man was looking at TV sets in a showroom. He was not too keen on buying anything and was just looking around until a set caught his eye.

He was slightly interested in the set and wanted more information so he called up a salesperson. Before he could say anything, the salesperson said- "Oh Sir we are so sorry. This set has been sold out".

At this, the man goes- *"Are you sure it's been sold out? When will it be available again?"*

Salesperson said- *"Well sir we aren't too sure when but you can always give us your contact details, and we will let you know when we have one."*

So the man readily gave out his contact details, and that very evening the man received a call from the showroom, and was informed that they found another set in the warehouse but it would cost him a bit extra.

Without a hint of hesitation, the man agreed to pay the desired amount and bought the TV set.

Now, in a normal situation, it would take a lot of convincing on part of the sales man to sell it, but what was so different in this situation?

Well, by telling the man that the TV has been sold out...He was told that he could not have it anymore. And humans tend to want what they can't have, so therefore he bought it, even with a higher price.

Now the main point here is that women tend to do something similar with men they can't have. They attach a higher value to a man who is hard to get.

## **2- Someone Somebody Else Has-**

The same concept applies here as well. If a man is engaged, has a girl friend or is married to someone else, it automatically makes him wanted.

Attraction tends to intensify when the man is hard to get. When he is already taken by someone else...It makes him even more desirable.

## **3- A Guy Who is Wanted By Other Girls-**

This is a big one...In order to describe this let me use another good example:

Picture this...

You are walking down the street and you see a big crowd...It suddenly catches your attention and you get curious to know what's going on. You go closer and realize everyone is looking at a box. Now you don't see anything special about this box because it looks just like any other ordinary box.

But would you just walk away? No, instead you stand there to find out what is so special about this box and wonder, "Why is everyone looking at it?"

Similarly, if a guy is surrounded by lots of women he will naturally attract more women because every female would feel there must be something special and unique about this guy due to which he is surrounded by all these females.

Naturally, they would get curious too and be willing to know more about you.

#### **4- A Man Who Does Not Do What He is Expected To Do, Which Means BEING UNPREDICTIBLE**

Unpredictability is known to be the fastest way to trigger instant attraction with women.

Many guys approach women in a very obvious and predictable way. They make their intentions so obvious that the woman can't help but feel repulsion towards them.

Women are quick to scan the male body language and within seconds, they form a judgment regarding whether they would like to carry on the interaction with a certain male or not.

As you know, attractive women are used to being approached by regular guys, and they rarely find a guy who is different than the average crowd.

Women expect men to react in a certain way...For example a beautiful woman who spends a lot of time in front of the mirror trying to look good always expects men to show attention regardless of where she is. She expects a certain type of reaction and is used to getting that reaction from all men.

This is the reason why when they are hit with something unique and unpredictable it triggers instant attraction.

The true key to attraction is to do something she never expects. For instance Consider being in conversation with a beautiful woman and saying- *"I really like you...You are so pretty and have a great personality. Would you date me?"*

Or

*"I like you but I am not sure if we would get along. I mean...I don't think you can handle me."*

Which line do you think will get her more curious? Well there are no prizes for guessing here, because obviously the second line is more powerful and will make her brain fire instantly.

She would think... *“Wait a minute... This guy is telling me I can’t handle him?”*

*Does this mean I am not good enough for him? He seems so different from other guys. I must know more about him....”*

And there is nothing she can do to stop herself from feeling this way. Her emotions will instantly overpower her complete frame and she won’t be able to do anything but feel attracted.

## **5- Someone Who Has High Value**

Why do you think some antique items are sold for stunningly high prices, and in most cases, these are the items, which aren’t even usable?

Does this mean people are just plain stupid spending thousands and even millions on certain antique items? Well no...But what is the deal here?

These items are perceived, as high value even though they might be of no use but the value public attaches to them is massive. This same concept applies to women and attraction.

You will be considered attractive in the female mind as long as you are perceived as a male of high value.

A girl will label you a high value male when she considers you to be more important than her. As long as you maintain the upper hand, you will always be considered as a high value male.

Therefore, the key here is to make yourself seem more important than the girl.

**Here are certain guidelines to being a high value male**

- *A high value male never tries to impress her.*
- *A high value male never seeks female attention or approval.*
- *A high value male never puts a girl on a pedestal only because she is good looking.*

- *A high value male never settles for anything but the best.*
- *A high value male never keeps women on top of his priority list.*
- *A high value male is always willing to walk away when his principles are violated.*
- *A high value male always makes the woman work for his attention.*
- *A high value male has more than enough options to choose from.*
- *A high value male makes the girl adapt to his reality instead of adapting to hers.*
- *A high value male never chases females.*

As long as you demonstrate all these traits, you will always be considered as a high value male, and women won't be able to help but feel attraction towards you.

### **A Note on Attraction Killers-**

Many guys with low value feel that some of the above-mentioned high value traits might make them come across as rude or arrogant to many girls, but this is where they are trying to apply male logic to the whole situation.

Let me share a story with you in order to explain this better

A young man came across a very attractive young lady in front of a book store.

At the very sight of this, he told himself... *"I should go up and talk to her."*

However, when he thought about approaching her, he kept on getting blocked by negative thoughts.

Then he froze, and before he could do anything, the young lady walked away.

He stood there in anger and rage sulking over the fact that he didn't make the move. However, he was not ready to give up yet, and upon further research, he came to realize that the young lady worked at the bookstore.

The very next day he came to the same venue and there she was yet again, and this time he had made up his mind that he was going to approach her.

But guess what? The same process continued...He stood there staring at her frozen with fear of approach.

This process continued for about a week, before he finally got the nerve to go inside the bookstore. He looked around, saw her standing at the cash counter, picked up a random book, and went to the counter.

The young lady said... *"Do you want to buy this sir?"*

The young man said with a stammer, "Ye-Ye-Yes!"

*"Ok sir, that will be \$9.99"*, she replied then put the book in a bag & handed it to him, and he quickly walked out of the store.

The next day he returned to the same bookstore, picked up another book and bought it in the same manner. He did this for another week when finally the young lady said...

*"You come here very often! You must be very fond of reading, who's your favorite author?"*

As Surprised as he was, the young man had no answer to this, he quickly replied- *"Oh.... well...I read almost anything."*

The ice was broken and they started talking more and more as the days passed by, the young man wanted to take her out but every time he would ask, she would come up with some sort of excuse not to.

After many days of constant persuasion, he did manage to get the young lady out on a date but what happened next was a complete disaster.

They went out a couple of times, and by this time, the young man had become more and more attached to the young lady.

Now, he started to visit the store several times a day instead of just once, because now his level of insecurity had grown even more.

Things carried on this way for a few days, where there were days when the young man felt on top of the world just because the young lady would show him lots of attention.

And then there were days when he felt desperate only because the young lady didn't show him the kind of attention he expected.

Being confused over the fact whether the young lady liked him or not, he decided it would be great if he was truly honest and told her how he felt, so he told her how much he loved her.

She didn't show much of a reaction, and said... *"Hmm... But I don't want to ruin our friendship, it's really important to me."*

This response only worsened his condition, and now he was more confused than ever.

He thought that maybe he didn't pursue her hard enough, so he tried to convince her a bit more, but she would always play the friends card and turn down his proposal. As days passed by the young lady stopped spending time with him and it seemed as if she was busy in her own world.

The young man decided to call her up one day, and discuss why they aren't spending enough time together.

So he called her up and moment he raised up the issue, the young lady told him that she was "busy", "had a lot of work to do", and that she would "discuss it some other time"...and of course, it only got worse with time.

Now where did this guy go wrong?

If you were to analyze this story carefully, you would conclude that he demonstrated all the traits of a low value male, which completely killed his chances with the young lady.

**Here are some of the mistakes he made**

**Here are some of the mistakes he made He put the young lady on a pedestal only because of her looks-** High value males never give a girl too much importance only because she is good looking.

because she is good looking.

**He had a very poor self-Image-** The very fact that it took him weeks to approach the young lady proves that he had a very poor self-image and

didn't think that the young lady was within his reach. A high value male always maintains a very strong self-image.

high value male always maintains a very strong self-image.

**He agreed with her way too much to keep her comfortable-** This is a very normal sign of a low value male, which killed the attraction. A high value male isn't keen on keeping the girl too comfortable.

comfortable.

**He was too eager to make the girl like him-** This is the reason why he tried extremely hard to impress her, and when you try hard to impress them, they will never be impressed. A high value male does not make any efforts to impress the girl.

not make any efforts to impress the girl.

**He desperately sought after the young lady's approval and acceptance-** This attitude only added fuel to his level of insecurity and pushed the girl away. A high value male never seeks a girl's approval or acceptance.

### **Important Note-**

You must make sure that you don't tell the girl how you feel about her too early on, and you should not be the first one to say, "I love you".

The reason being, is that the moment you share your true feelings too early in the relationship, she tends to go through this strange process where she feels like she has conquered you, and thinks- *"Ok I have him...Now what?"*

So the tension and attraction you have built by demonstrating all the traits of a high value male get killed.

Now you aren't too hard to get anymore; and since we have already discussed that females can't control who they are or aren't attracted to, they will not be able to feel attracted towards you after they know you are into them.



The only way to deal with this is to keep them confused and insecure; which means you must never tell a female whether you are into her or not into her.

Therefore, as long as she has to guess what's going on in your mind the attraction will always be present. We will discuss this in further details in the coming chapters.

# Chapter #3

## Most Vital Personality Traits Which Naturally Attract Women...

### See Yourself As A Man Women Naturally Desire....

Success with women is a state of mind and nothing else, because what is in your mind will reflect in your actions. Which is why, when a great majority of men don't even feel they deserve the company of an attractive woman, they don't get any.

The Most important statement you must remember is- ***"She feels what you feel."***

Women will never judge you based on your looks, words or even how much money you have. They will always judge you based on what sort of feelings are circulating inside of you.

What you feel will reflect on your personality, and this is the reason why when you are nervous you have a very high chance of being rejected, because the girl senses that you aren't confident enough around her.

But, at the same time, if you were to make your approach seeming very confident, calm, and relaxed she will respond to you more positively. Consequentially, you have to demonstrate that you consider yourself as a man who women naturally desire; and that will only happen when you don't get nervous in the company of an attractive female.

### Stop Trying To Please Or Impress The Girl...

A perfect example of an every day loser is the guy who kisses up to a girl just to get her attention. Don't treat a girl as if you have just met your future girlfriend or wife.

If you subconsciously find yourself saying the things you should not be saying, or doing the things you should not be doing, then you are only trying to hide an inner belief of lack or weakness.

In order to cover up for your inner lack, you try to impress or please the girl.

The best way to impress the girl is actually not to impress her at all, because she won't be impressed as long as you make obvious efforts to get her attention. The moment you let go of the need or desire to please her, is the point where she would automatically be impressed.

Why?

Well, because she is used to seeing guys make constant efforts to impress her all the time.

Consider these two scenarios

### **Situation #1**

**Guy** - *"Hey how are you doing? Can I buy you a Drink?"* **Girl**- *"I am doing fine. No Thanks."*

**Guy**- (No words).

### **Situation #2**

**Guy** - *"Hey! Do you know what's the best drink they offer here?"* **Girl**- *"Yeh, its xyz drink."*

**Guy**- *"Cool! So are you going to buy me one?"*

See the difference?

The female will obviously show a stronger emotional response to situation number 2, only because the approach wasn't obvious, and the guy wasn't trying to impress her.

Most women are accustomed to seeing guys impress them; therefore, whenever they come across something, which is not so obvious, it instantly catches their attention.

## **Don't Seek Approval or Validation From the Girl...**

The concept of seeking validation revolves around the story that is going on in your head, and it all comes down to how you feel about yourself.

Guys who are approval seekers normally have low self-esteem, and have a habit of giving their power away in order to seek acceptance or validation from the female; which means they fear losing the girl even before the conversation has started...

Therefore, they do anything and everything to prevent possible rejection.

This is the sort of a guy, who isn't sure whether his actions are right or not, and this makes him seek validation from the girl, He does this just to be sure that he is doing the right thing.

In a nutshell, here is what goes on in an approval seekers mind at the sight of an attractive female....

**I am strongly interested in her ↓  
Oh my god she is so good looking ↓  
I hope everything goes fine.**

This is where he ends up being a TRY-HARD and gives his power away just to gain some approval.

So what effect does this have on the female? Well, here is what goes on in her mind...

**WOW...This guy sure is trying hard to keep my attention... ↓  
On top of that, he is boring.  
↓  
I wonder when this night would end.**

The moment a girl realizes that you are seeking her approval; she would be turned off within seconds.

Always remember that attraction isn't something she has control over. Seeking approval is a strong attraction killer, and she would never show any real interest in you as long as you seek her approval.

## **Be Detached From the Outcome. Stop caring About Whether The Girl Approves You or Not.**

Guys who are naturals at attracting women are detached from the outcome. Imagine approaching a woman and being turned down; or even worse; imagine having this done in front of your friends? How would you feel?

For most guys nothing can be more disastrous than getting rejected. Nevertheless, guys who are masters at attracting women understand that rejection doesn't amount to anything.

It is just a part and parcel of the game, and they aren't concerned about the woman's reaction, because all they care about is having fun and nothing else.

Take two examples here for instance

### **Scenario #1**

**Guy** *"Hey! How are you doing?"* **Girl** *"Buzz off! Jerk."*

**Guy** *"Oh... I am Sorry"* (And Leaves).

### **Scenario #2**

**Guy** *"Hey! How are you doing?"*

**Girl** *"Buzz off! Jerk."*

**Guy** *"oooh! You seem to be having a bad day...My maa told me to be careful around angry chicks...I am scared. Bye Bye."* **Girl** Stands there surprised with her jaw dropped.

Now who do you think had more fun? No prizes for guessing here, because when you are outcome independent, you won't really care about the girl's response. All you will care about is how to make the best out of every interaction.

## **Never Put the Girl on a Pedestal Only Because She is Good Looking...**

One fact, which truly pisses me off about most men, is the way they lose their composure the moment they sight an attractive female. I don't get why

a girl even deserves extra marks only because she is good-looking.

Beauty is something she didn't really have to work for, so why treat her as if she is some goddess from the heavens?

If you start acting all freakish and nervous around a good-looking woman, then it's guaranteed that you will screw things up real bad.

However, if you don't treat the female extra nice just because she is good looking, a very interesting thing takes place.

For instance, consider a scenario where a guy is having a conversation with a beautiful girl

**Guy** - *"My friend says smart women are hard to find."* **Girl**- *"Why does he think that?"*

**Guy**- *"Well I think the same thing...I mean beauty is common nowadays but most beautiful women aren't that smart."*

So what does the girl think here? She is not accustomed to such a reaction. She would start thinking

**Wait a minute...Is this guy trying to say I am not attractive enough for him?**

↓

**What does he mean by saying smart women are hard to find? ↓**

**Am I coming across as dumb or what?**

And then, she instantly starts seeking your approval, because you did not give her easy approval like most average guys would do around an attractive woman.

Now she will try hard to prove her worth to you, because indirectly, she has been told that she might not be good enough.

This instantly puts you in the category of that "DIFFERENT" and "UNIQUE" guy a woman would be interested in.

Basically, it all boils down to understanding that with attraction, any girl can be conquered no matter how good looking she is.

**Never Settle For Anything But the Best...**

A guy who understands attraction doesn't walk around with a wedding ring in his back pocket, but instead, he always chooses the woman he would date rather than settling for whatever he can get.

Picture this

You are at a restaurant and ordered chicken soup.

The waiter says...*"Sorry Sir, we aren't offering chicken soup today."*

You ask- *"Well how about vegetable soup?"*

In response he goes- *"Sorry Sir...We aren't offering that either."* Then you ask- *"Well what do you have?"*

*"We have tomato soup...Sir."*

Then you say... *"Well then get me tomato soup."*

You see how you settled from your first and foremost choice to something you didn't really want? What you should have done is gone to another restaurant.

Many guys follow a similar pattern when it comes to women. They always have an imaginary picture of the girl they would like to be with, but when they enter reality and realize she may be out of bounds, they start settling for less.

A guy with the right attitude never settles for anything but the best. He is never willing to take just any girl, has high standards, and always chooses the kind of women he would date.

### **Don't Keep Women on Top of Your Priority List...**

Effective guys demonstrate that they have way better things to do than focus all of their energy on just getting women. They have a higher purpose in life, and getting women isn't a part of that higher purpose.

### **Always Show Willingness to Walk Away When Your Principles Are Violated...**

A high value male gives his principles more importance than the girl, and shows strong willingness to walk away when any of his principles are violated.

Imagine this: You have just had an argument with your girlfriend, and she is threatening to leave you.  
How will you respond?

An average guy would instantly apologize, and will be overly concerned to make sure he doesn't offend the girl. He might even do the things he doesn't want to do, and would agree when he actually disagrees, just to make sure the girl doesn't leave him.

Instead, here is what a high value male would do...

**Girl** *"I am going to leave you..."*

His response- *"I know we don't get along anyway...That Charlie guy and you would make a cute couple"* (...And walks off!)

A guy with high value isn't willing to bargain on his principles, because he knows he has enough options to choose from at the end of the day.

### **Make the Woman Work for Your Attention...**

We don't value the things we can easily have in life, and there is a big difference in the values we attach to the things, which are easily handed over to us, in comparison to the things we have to work hard for.

Similarly women attach more value to guys they have to work hard for, so when you don't show the responses & reactions any average guy would show to a woman, she automatically assumes that there is something special about you... due to which you are different than other guys.

This is why you have to learn the art of making a woman work for your attention; which means you cannot be an easy puzzle for her to solve.

A great way of doing this is to show a bit of interest and then show a lot of disinterest. Here is an example

An average guy would simply compliment the girl by saying something like *"Hey you are very pretty..."*

And would wait for her response, at which she would treat him as just another guy.

But a guy with high value would say something along the lines of



*“You are really pretty and all, but I am not sure if we will get along. I mean you are too much of a nice girl for me.”*

See the difference here? The second sentence will instantly evoke a strong emotional response where the girl would get confused... Thinking...

**He said I am pretty...**

↓

**But why is he saying we won't get along? ↓**

**This guy is different...**

↓

**I need to know more about him.**

Therefore, the moment a girl has to work for your attention, she will have massive amounts of curiosity to know more about you, because you are not scared to challenge her.

**Believe in Abundance Instead of Scarcity when it comes to Women...**

A high value male knows that there are more than enough pretty women out there for him, and he never puts all his hope in one woman. Even if he faces rejection from one, he knows that he has more than enough fish in his pond to choose from.

**Always Make the Girl Adapt to Your Reality Instead of Adapting to Hers...**

A pathetic little act most guys tend to do, is trying to live according to the ideal preference of the woman they are with. This basically comes from being scared of falling short of the expectations she has of you.

Adapting to a girl's preferences is like being a dead fish in the current... You won't control where you are going, and eventually you won't control anything when she decides to dump you.

By altering your life to match hers, you are showing her that you believe she is higher value than you, and you must make changes in order to match that value.

At the end of the day, you should never change yourself just to make the girl comfortable.

The fact is...

**If she doesn't like certain things about you → She doesn't deserve you.**

**If she can't handle you the way you are → Then she needs to change.**

You don't have to change anything in order to match her needs, but if she wants to stay with you, then she most definitely has to make changes in her reality.

Always remember that a high value male isn't too concerned about what other people think of him or their judgments. He is the creator of his own reality and follows his own path.

# Chapter #4

## **You Will Never Get a Girl Unless You First Master This Area of Your Life...**

So what exactly am I talking about here?

Well I am talking about “state” management, which is being in total control of your emotions.

Put it this way, have you ever found yourself in a situation where you tried to talk to a woman but just couldn’t get the right words to come out?

Have you ever been in a situation where you wanted to approach the cute girl standing across the road but at the very thought of approaching her... Your emotions went out of control and you decided not to approach?

I am sure you know that feeling of being totally out of control. But what do guys normally do in such cases?

Well they tend to justify these feelings by blaming it on something external. However, let me tell you something here: nothing outside of you can make you experience a rush of emotions unless you let it. So in a nutshell you are in the drivers’ seat.

If the very thought of approaching or talking to an attractive girl can give you a rush of emotions which you cannot control, then you definitely have to work on yourself.

You have blocks in your mind, and you will not succeed with women unless these blocks are cleared first.

It is the same as trying to run a car with a flat tire. Until you change that tire, the car will never run smoothly. Moreover, if you keep running your car with a flat tire, sooner or later it will create bigger problems such as

engine overload, damage to your rim and eventually your whole car can be wrecked.

Similarly, if you don't clear up these emotional blocks, you will always struggle at getting what you want out of life; and this is why you must get this area of your life handled as fast as possible.

Being in total control of your emotions and the way you feel is defined as emotional mastery.

The majority of guys out there have the wrong idea of this term, and they tend to feel that it's all about being in control of your circumstances and the situation, whereas it has nothing to do with things outside of yourself.

You see, there are times when you can't control certain things no matter how hard you try. You can't stop the sun from rising or setting, and likewise, you can't control earth quakes, storms, or the rain. When all is said and done, you can't make yourself taller, make your hair grow back when you are already bald or change parts of your body only because you aren't comfortable with them.

But you sure can control the way you feel about these things, and that's exactly what emotional mastery is all about.

It is getting to that point where you don't feel out of control anymore.

In addition, more importantly, it's about getting to a point where you dictate the way you want to feel, regardless of what's going on in the outside environment.

Remember that with emotional mastery

- ***It is not about controlling others.***
- ***It is not about changing others.***
- ***It is not even about changing your circumstances.***

Mastery is all about being in total control of your own emotional states. It is about getting in that zone where you do not feel helpless, desperate, or needy when you encounter a tough challenge or a hopeless situation.

It is all about realizing the fact that we are masters of our own destiny, and that you are completely responsible for the quality of life you are leading right now. If you are not where you expected to be then it is your own fault and you cannot blame it on anyone or anything else.

This is because the situations or circumstances we encounter will never be perfect. You will have to face tough times in life, and there will be times when nothing will go your way.

Now, you can't control these situations, but you definitely can control the way you feel about these situations.

It is about taking complete responsibility for how we react to what happens to us.

We can not control what happens to us but we can definitely control how to react to what happens to us. There is a great saying, which goes something like

***“It’s not what happens that matters but how you react (to what happens) that matters”***

Therefore, our reaction is very much within our control, and if you were to examine this further, you will see that there are two types of people in our society...

There are the one's who **“Act”** and then there are the one's who **“React”**. But what you need to do is get yourself out of that reactive mode, and get into the active mode.

Now before we get to it, let's see where you presently stand? Answer these questions

***1- Is there an important thing you should have done a long time ago, but you still haven't done yet?***

***2- Do you get into double mindedness when you think about approaching a woman, where you cannot decide whether you should or should not?***

***3- Do you often leave important things to another day?***

***4- Do you often find yourself spending more time doing things, which aren't important, as compared to things, which are important? For example- Watching TV instead of exercising?***

If your answer is yes to most of these questions then on a scale of 1 to 10, you are at one or two, in regards to being in control of yourself.

But don't worry about this, because my goal with this chapter is to take you from 1 to 10.

☐ *From the point of neediness to the point of feeling completely fulfilled...*

☐ *From the point of mere hoping to the point of getting solid results...*

☐ *From the point of being confused, to the point of knowing what to do in every situation...*

☐ *From the point of letting things happen to the point of making things happen...*

☐ *From the point of being driven by life to the point of actually being in the drivers' seat and getting control...*

So now, let us get to it...

## **How Our Mind Works...**

It is very important to understand how our mind and thought process works in order to attain a sound level of emotional mastery.

You might not be aware of this, but you have two minds: the conscious and the subconscious mind.

Very basically put the conscious mind is that part of your brain, which is aware...For example when you are asked what is four minus two?

You would immediately say two, and this is your conscious mind in action.

On the other hand, how often do you notice your breathing or heart beat?

Most of us don't even notice that we are constantly breathing, and our heart is beating, with no effort on our part.

This is your sub-conscious mind in action; which means you cannot control this part of your mind. It works on autopilot, whether you like it or not, which means you can only control your conscious mind.

And here is the tricky part...

Many people think they have changed, just by making a conscious decision.

For example- You might decide to quit smoking, and you survive for a day or two but on the third day, you are lighting up a cigarette once again.

How did this take place? Again, this is your sub-conscious in action, and it has been trained for months or years to smoke. That's the reason why you keep getting pushed to light another cigarette.

The interesting fact is that everything that happens to you in life gets stored in your sub-conscious mind and it uses that data to get trained!

This would become what most of us define as habit or a belief; which is simply one action done constantly over a period of time.

This is the main reason why when a child is told: "You are bad"... "You are bad"... "You are bad"... constantly by the parents it tends to go into his sub-conscious.

With time, the child starts to become more and more insecure and negative because these words have gone into his sub-conscious and it has become his belief. He starts to think of himself as bad or less worthy than others, which shatters his self-esteem.

Now let us apply this theory to dating...Why do you think many guys face challenges when approaching women?

Well simply because they are conscious of what they lack...Things like- I am not rich enough, I am not tall enough, I am not smart enough, I am too skinny or I am too fat.

Every time you think about approaching a woman and think well I am not good enough...That's exactly what your sub-conscious observes. When you say it enough times...It becomes a belief and you will find yourself getting nervous or anxious at the very thought of approaching a woman.

Similarly, if a guy approaches a woman and is rejected...He forms that association in his mind...Thinks about it constantly and programs his sub-

conscious mind to turn it into a belief.

This is why guys often do not approach women even when they have good opportunities to do so.

The moment they think about the approach the sub-conscious mind starts doing what it's been programmed to do and that is to remind you of all the false belief's you have formed so far.

The good news is that just the way you were programmed...You can easily re-program yourself with more empowering beliefs, which will bring you the kind of results you desire out of life and women.

Now let's get to the process on how you can re-program yourself...

## **The Process of Emotional Mastery...**

The process of emotional mastery has four stages to it

- 1- The Discovery Stage.**
- 2- The Fixing Stage.**
- 3- The Comfort-Shifting Stage.**
- 4- The Mastery Stage.**

### **1- The Discovery Stage**

The process of achieving mastery starts with discovering and accepting your emotional flaws...Most guys are living their life on autopilot. They aren't aware of their flaws due to which they don't see them as flaws but a part of life.

If a guy can't get an attractive woman...Then he concludes that maybe he doesn't deserve an attractive woman due to which he decides to just live with it.

You will never be able to solve a problem until you discover what the problem truly is.

The process of discovering your inner flaws is also called the discovery stage.



A great process I used and still continue to use to discover my inner flaws is to carry a small journal with me at all times during the day. The process is very basic...All you have to do is to write down every negative feeling which you experience at any time of the day.

However, at this you might be thinking...Why do I have to write it down? Do you know that your brain experiences several thousand thoughts on a daily basis?

Why do you feel people keep forgetting important tasks? It's because your brain keeps on coming up with new thoughts every minute of the day. This is how your brain burdens you with a lot of non-important thoughts, which collect over important thoughts.

And the biggest issue is that as long as you are experiencing these feelings you will never be able to observe and fix them.

When you put your feelings on paper...You look at them from the point of view of an observer and not the one experiencing them. You can't observe them when you are experiencing them.

Another reason why writing them down really helps is because you can always use it as a reminder. And the biggest advantage is that by writing it down you have already taken some action.

Most people know they have to change but always keep on procrastinating. Writing them down means, you have already begun and the process has started.

Now let's discuss why you experience negativity

**You get a negative thought... ↓**

**It results in a negative feeling... ↓**

**Which leads to negative actions....**

For example- You might think about talking to a girl...Where you instantly get a negative thought of possible rejection, which would lead to a negative feeling of fear, and anxiety that would in turn lead to a negative action, which in this case would be stopping yourself from talking to that girl.

I don't want you to write just the negative feelings but also the causes behind those feelings.

Which means if you are feeling some sort of a pain write down what thoughts are causing them?

Every time you experience anxiety, fear or any other similar feeling just track down the thought, which caused that feeling and write it down.

When I started using this technique a few years ago. I was extremely surprised at the amount of negative thoughts I was going through. Within the very first hour of using this technique...I had already filled two pages of the journal.

My issues ranged from fearing the future...To being scared that I won't get anywhere in life and might die without achieving anything. However, this is only the tip of the iceberg.

I am not too sure if I can discuss the rest of them with you here because they are just too embarrassing and at the same time so weird that it is hard to believe when I look back at it now.

I was at a point where I was fearful of being fearful and tired of being tired.

In fact, I let these negative thoughts dominate me for so long that it became a permanent part of me and I was at a point where I had issues with almost everything.

I had realized that in order to succeed with women these issues had to be resolved at all possible costs. But, you see...One day is not enough for this practice.

This is an on going process...You might come up with a few negative thoughts on your very first attempt but that doesn't mean...That's it. There is much more to it.

You will keep on discovering more and more about yourself as the days pass by. It's a constant process...I still do it till this very day.

## **2- The Fixing Stage**

After you have determined the cause and problem you should get to the fixing stage...This is the stage where we find all possible solutions to get rid of these problems. There are several ways to deal with these emotional issues. Here are some very effective techniques...

## **The Visualization Technique...**

This is by far the most simplest and extremely effective technique to get rid of any emotional pain within seconds...It's known to work very well in cases of extreme fear.

This process is constantly used by Olympic athletes for peak performance and achieving maximum results.

I used to be fearful of approaching women at the beginning and this technique helped me a lot. Here is how this works...

First I analyzed the emotional process I went through at the very thought of approaching a woman. I realized that two things were very common and they were...

Massive fear and paralyzing nervousness.

Next, I decided to ask myself why do I get these feelings? I realized that I subconsciously played a horrible failure movie in my mind before approaching the girl. That's where all my "what if's" came from...What if she rejects me, What if she doesn't pay attention, What if she makes fun on me in front of her friends.

I used to feel nervous because I would visualize the worst possible outcome. In my mind's eye, I saw myself looking at the girl I wanted to approach. Then I saw myself fumbling up with words and possibly screwing up the whole scene.

But, that's where I stopped myself. And decided to do this small exercise. And I want you to do the same.

What I want you to do is close your eyes right now. Ready?

Ok.

Now I want you to see a very good-looking woman standing right in front

of you. Do you see her?

Imagine her in a nice red dress. With shiny blond hair, wearing a silver bracelet in her left hand, with deep blue eyes.

Ok now I want you to see yourself standing up straight with your shoulders pulled back.

Now see yourself confidently walking up to her...And as you are walking up to her imagine yourself getting taller and taller.

As you are growing taller, you are gaining more and more selfconfidence...You aren't worried about your fear of approach anymore. The taller you get the more amazed everyone seems around you.

Now you are standing right next to this young lady...And she is looking up at you with total amazement.

What are you feeling right now....Are you feeling excited and strong?

Ok...Take a deep breath and relax. Now slowly open your eyes.

This is what Olympic athletes do on a regular basis. They run the race in their mind first and visualize themselves actually winning it. They hear the cheering crowds, the applauds and see themselves storming to the front of the race and actually winning it over and over again.

Therefore, whenever you feel one of those ugly feelings coming your way...All you need to do is visualize something like we just discussed. You can always get creative on this and visualize anything in more creative ways.

Some people say that it's hard for them to visualize things...Well I would like to do another exercise with you if that's your case.

What color is your main door?

Did you get a picture of your main door in your mind? If yes...This is exactly how you visualize. So it's as simple as that.

I used to use this visualization technique before going out to meet girls...It always used to get me into the right emotional state. But wait...This is just one way of dealing with the negative thought patterns. When you are dealing with deeper issues, it requires something more.

There is a technique discussed in many Zen teachings and even books by Eckhart Tolle. It basically deals with feeling the pain and letting it go.

## **The Letting Go Technique...**

Under this process what you basically have to do is not to act on the pain. What most of us normally do is when we are going through a certain negative state we tend to act on it thinking that will release it but that's generally not the case.

For example- If you are angry and decide to shout at someone...It will not necessarily help you get rid of that anger rather it will intensify it.

Acting on it only increases its intensity and we further suffer. Similarly resisting it also makes it persist. Normally when people try to resist what happens it keeps collecting like steam in a pressure cooker and sooner or later, it gets ready to explode. Therefore resisting them doesn't help either.

So how does this actually work?

Well all you need to do is see the pain as the observer...As something, which is happening to you but is not you. For example Instead of thinking about the pain and how to get rid of it...Just observe where you feel the pain in your body.

Is it your gut area? Chest? Most feelings normally tend to arise there...The next step is to just feel the feeling and not act upon it. For example If you are feeling angry towards someone then don't go up and shout at that person. That will never get rid of that feeling. You should rather sit at one place...And observe this feeling. As you are observing the feeling you will realize that it will slowly start to slide off...It's pretty much like fire. It starts off with a high intensity but slowly loses its strength and finally vanishes.

The same thing would happen when you don't act on the feeling and at the same time don't resist it...Just observe it...Actively feel the feeling in your body and it will magically vanish within a few minutes. Do it long enough and with time, you will become a master at this.

## **The Instant Shift Technique...**

This technique deals with shifting your focus from something negative to something positive within the very first 10 seconds of the realization that you are having a negative thought.

Which means if you start thinking about how your friends made fun of you in the past and they embarrassed you in public catch yourself right there and shift your attention to something positive.

It means don't delay, Don't think too much...No excuses. Just do it.

And even better use the visualization technique and shift your focus by visualizing something extremely positive and exciting. This will instantly change your state and with time, you will cultivate more and more positive thoughts.

In order to get out of the downward spiral of negative emotions it's highly recommended that you use a combination of all the above methods.

methods.

### **The Comfort shifting Stage-**

Humans tend to experience two types of states at the very thought of taking action. And those two states are anxiety or comfort.

If you are asked to call up an old friend on the phone...You will do it without hesitation because you are comfortable doing it.

But, if you are asked to swim with the sharks...You will instantly experience anxiety...Why?

Well because this is something outside of your comfort zone and anything, which pushes, you outside of your comfort zone will always give you anxious feelings. This will eventually stop you from taking action.

Similarly, when it comes to being good with women...You will experience anxious feelings early on because you aren't comfortable with approaching women yet.

It's the same as learning to drive a car...No one drives perfectly when they get behind the steering wheel for the very first time. In fact, most people don't think they will ever learn to drive after they realize that it wasn't as easy as they thought.

It's because driving is still outside their comfort zone...But when they keep practicing every day...After a while, driving becomes as easy as a walk in the park.

This is because after doing it long enough their subconscious mind got programmed and now driving became a comfortable event.

How hard was it for you to write when you first started as a kid? Most kids struggle to write a simple word for years. But now when you are asked to write...Do you still struggle? No!

So what happened? You did the uncomfortable thing long enough that now you are comfortable doing it.

You will have to do something similar around women...You will get some anxious feelings when you approach an attractive woman for the first few times.

But once you do it long enough...You will become comfortable with it... And with time, you will find out that approaching women is pretty easy.

A lot of guys never get to the easy part...Do you know why?

It's because they stop the moment they experience anxious feelings. They live by the false idea that they will never be comfortable around women. However, this is simply not true.

The only way to get comfortable is to give your subconscious mind enough time to adapt to the situation. It's very important that you persist through the anxiety stage...If you are struggling to approach women then the only way to get comfortable with it is to keep doing it even if you are failing.

You will never grow unless you challenge yourself to get outside of your present comfort zone.

The best way to do this is to always keep on pushing yourself outside your comfort zone. The more you push yourself the more you will grow.

It is a very well known fact that every great achievement was made by people only when they decided to go outside their comfort zone. The mankind would not have reached the moon if every person were to get a common job, go to work, come back home, eat, sleep and then follow the same routine next day.

We would not be living the life we are living right now if everyone on this planet was to stay in his/her comfort zone.

The lesson here is simple...If you want to get anywhere in life or do something big then you will have to go beyond your comfort zone.

You must keep on challenging yourself and keep on doing the things, which make you uncomfortable. It's absolutely vital that you do the uncomfortable thing long enough that it becomes comfortable for you. Therefore, learn to be comfortable with being uncomfortable.

#### **4- The Mastery Stage**

This is the ultimate stage every man dreams to be at...Mastery means not only being in total control of your emotions but also having the skill to take on tough challenges.

Guys who have achieved a level of mastery are also known as naturals with women. They naturally demonstrate all the traits of an attractive man and naturally get women to like them within seconds. Getting to this stage is not that easy but let me propose something right here. The only way to get to this stage is strict commitment. It's doing the right thing even when you don't feel like it.

If you truly want to get to this level, I strongly suggest you commit to yourself for the next 21 days. Psychologists state that an action done regularly for a period of 21 days tends to become a habit.

Therefore for the next 21 days starting today...Make sure you don't let yourself think a negative thought...Not even one. Every time you catch



yourself thinking something negative...Just shift your focus on to something positive or use the visualization technique and get yourself into a positive mind frame.

It will be hard at first since you are pushing yourself out of your comfort zone but after a few days, you will start enjoying this process. Eventually you will find yourself in a strong emotional state where nothing outside of you will affect you negatively.

You will get to a point where you will be at complete peace with yourself and things, which once seemed like big challenges will be easy to deal with. But again, you will have to strictly commit to it for the next 21 days.

In the coming chapters you will discover more deeper concepts which are absolutely essential for success with women. Make sure you pay close attention.

# Chapter #5

## Women Can Easily Smell a Loser From Miles Away...

Women are masters at observing your body language, tonality of voice, facial expression and way of conveying your message...This is also called sub-communication.

This is the reason why it's often said that a woman can detect what the man is all about within the very first few minutes of the conversation...They are very effective at picking up your body language cues.

And here is the kicker

***“A woman's level of attraction towards you is directly proportional to the value you are sub-communicating.”***

The level of value you are sub-communicating is directly proportional to how comfortable you are in your own skin.

Every guy thinks that he just needs to know the right words to say... And he will be able to pick up women easily. But this isn't true.

Since attractive women get approached a lot from all over the place... They are forced to develop ways to turn down a guy with low value fast...They judge every guy based on the value he is subcommunicating.

Have you ever seen a woman turn down a guy even before he got a chance to open his mouth?

If yes...Then she shot the guy down only because he was subcommunicating low value.

The guy might have had the best lines in the world but that would not have made much of a difference because she has already made up her mind by observing the guys body language.

She understood that the guy was low value within seconds of observing him.

This is why developing mastery with body language and subcommunication is extremely vital for success with women.

If you want to make a woman feel strong attraction towards you then you must learn to inculcate all the physical signals which women are hard wired to respond to naturally.

The female mind is biologically programmed to seek guys who demonstrate higher value than them.

Once you learn how to project the right signals, you will be able to spark attraction without even having to say anything.

There is a big difference between the way an attractive guy carries himself and the way a regular guy operates.

A regular guy operates in a reactive mentality...He is not too sure whether a girl will accept or reject him...And that's why he subcommunicate a very low value with either

- **Talking too fast or too slow.**
- **Having a very fidgety body posture & showing obvious signs of nervousness.**
- **Not maintaining eye contact while talking or looking around too much.**
- **Standing too far away from the girl while talking.**
- **Showing too much interest right away.**
- **Answering all her questions with extra detail.**
- **Leaning into her too much.**
- **Often laughing at his own jokes etc.**

As mentioned before a girls mind is biologically wired to react negatively to any guy who elicits a low value. A girl's defense mechanism gets activated the moment she detects a loser type personality.

On the other hand...

A high value male sub-communicates a higher value by...

- **Having a great body posture.**
- **Talking in a nice, deep and slender tone.**
- **Standing at the perfect distance from the girl.**
- **Leaning back instead of leaning in.**
- **Turning away several times showing the girl that maybe you aren't that interested.**
- **Not being too eager to pay attention to her talks.**

It's very important that you demonstrate these same behaviors in order to be perceived as high value by females.

Most "regular guys" never realize there are things they can do to create attraction just by making slight adjustments in their body language and behavior.

The words you use will only constitute to approx 10% of the total communication and the rest 90% is your body language. We will discuss this in further detail in the next chapter.

# Chapter #6

## Perfect Technique to Approach a Girl That Gets a Yes Response Every Time...

A great pickup revolves around the following strategy

- 1- Get Your State in Order.**
- 2- Get a Target.**
- 3- Open the Conversation.**
- 4- Get Her Interested.**
- 5- Physical Touch.**
- 6- Isolate Her if She is in a Group.**
- 7- Get the Number.**

7- Get the Number.

### **Get your state in order**

We have already discussed this in detail in chapter four. It revolves around the idea of being effortlessly calm in all situations. As long as you are calm and composed before the approach things will always go as planned.

However, if you are nervous... You will always sub-communicate low value due to which you will always be rejected.

For guys who have never been to a club or approached a woman in any social environment... Getting in state is a big issue. They can't help but feel nervous at the very thought of approaching a girl.

It's been a well-known fact that the best way to deal with a fear is to take action and the greatest way to get in state is also to take action.

So does this mean I am asking you to just go out and start approaching women?

Yes, that's exactly what I am talking about. But I am not asking you to open conversations yet.

What I am truly asking you to do here is to start small...Instead of starting conversations I want you to approach just 10 women per day and ask for time. That's all.

Make sure you aren't wearing a watch and in case you have a cell phone... Make it a point to turn it off.

This is a proven social confidence builder and within a few days, you will witness your confidence shoot through the roof. I personally started with 10 women per day...Then it went up to 50+ women at different times of the day.

You can make your own goals and plan accordingly. But make sure you pick up the right location for this...Asking for time at night clubs won't be a good idea.

Try to do it in more calm environments...Such as social parks, malls, coffee shops etc.

This exercise is necessary to make you get comfortable with approaching females...If you are just starting out...Do this for a few days before you begin opening conversations.

At the same time, it's good to do this exercise several minutes before you plan to open conversations. It's a great confidence booster and it tends to get you comfortable with approaching women.

## **2- Get a Target**

By getting a target I mean to find a woman you want to approach. If you are going to approach women for the first time then it's strongly suggested that you avoid nightclubs.

In fact going to a nightclub to pick up women without having much knowledge and skill with pick up is a perfect plan for disaster. I have come across so many guys who tried to pick up women at bars and nightclubs... Got rejected...And never tried to approach another woman ever again.

The main problem with nightclubs is that

- **There is a lot of competition from other guys.**

- **Every girl has her defenses up because she is constantly getting approached from all ends.**

- **There is loud music, which makes it harder to talk.**

So in a nutshell, if you are starting out there are better places to approach women...But most guys often overlook such places.

For example, hobby classes such as yoga, salsa dancing, and Aerobic classes are great places to pick up women. The best thing about such places is that they are filled with a lot of women and very few men, which leaves a lot of room for you to practice with less competition.

Also you can try out restaurants, coffee shops, public libraries, malls...I mean the list is endless if you were to brain storm here.

Now once you have your place in order...You must find a girl you are willing to pick up, which is also known as the "TARGET".

A girl in a group is always harder to approach in comparison to when she is all by herself...But there is nothing to worry here...Pick a target regardless.

Here is the most important bit...You must make your approach within 5 seconds of your decision to approach her. Why? Well simply because the more time you give your brain to think about it...The more excuses it will come up with.

You will end up talking yourself out of it and will find your insecurities dominating your mind.

The longer you take the more nervous you will be and eventually you will find yourself paralyzed with fear. This is the main reason why you must take action without thinking much and do it within 5 seconds of making the decision to approach.

The reason why this is so critical is because when you think too much you will always find yourself in a state of nervousness...That way you will sub-communicate a very low value. But when you act rapidly without much

thought...Your brain would not have the space to think much due to which you will never get nervous.

Now let's move on to the next step...

### **3-How to Open The Conversation**

Do you know one of the major reasons why a lot of guys always get turned down when they first approach a woman? It's because they don't know the right way to approach.

Let's take a normal case here...What would an average guy do when he approaches a girl?

He first stares at her...Then starts walking up to her and as soon as he reaches her he says something like *Hi! I am Fred...Can I buy you a drink?*

At this, the girl goes *My boyfriend is standing over there!*

Fred turns and walks away. Now did she really have a boyfriend? Maybe or maybe not. But it sure was a good excuse to get rid of Fred. Women who regularly go out always get thousands of such men approach them on a regular basis.

You see none of these approaches will ever work since women are strongly programmed to turn down every approach of this kind. Further more girls automatically assume that any guy who approaches them this way is always looking for casual sex and nothing else.

And even worse, there are guys who have a large collection of all those witty pick up lines and regularly try them thinking that would help them pick up any girl. But guess what? These are the type of guys who get turned down the most.

You see the key to approaching a female successfully is to get her comfortable in your presence before you move on to other things. Why? Because as long as you try too hard to get her she will always sense that, you are onto something fishy and she would put up her wall of defense before you can even think of anything.



It will get to a point where she would do almost anything to get rid of you. Therefore, it is very important to get her comfortable in your presence.

So how does one do that?

Well first of all you must work on how you approach the female...Here are some very important keys you must take into notice.

**1- Never approach her from the front where she could see you coming -**

This is a very common mistake most newbies tend to make on a regular basis. If she can see you charging towards her she would know that you are coming her way and she will put up her wall of resistance even before you say your first words.

**2- Never approach her from behind** This is another huge mistake guys make on a regular basis. There are a lot of guys who approach the girl from behind by either slightly touching them on the shoulder or starting the conversation without notice.

This always scares them and they will instantly avoid you. This can completely screw your chances of ever picking up women therefore always keep in mind never to approach a woman from behind.

So how should one approach her?

You should always approach her from the side...This is by far the best way and will always get you the most success. An approach from the side does not scare her and also she can't really see you coming right towards her due to which she doesn't put the wall of defense up. A good way of doing this is to walk past her and just tilt your head in her direction and start the conversation.

However, make sure your chest is facing the other direction...That means talking over your shoulder. This is a very non-threatening posture and she will be very comfortable when you talk to her in this position.

The next part is starting a conversation...And this is the most crucial element. So how does one start the conversation?

As we have already discussed above that direct approaches never work therefore in order to start conversations you have to act in a manner, which demonstrates that you aren't trying to hit on them.

Here is a very common opener I regularly use...In order to do this you must use your cell phone and pretend that you are talking to someone.

As you sight a woman you would like to approach just pass by her as usual and look over your shoulder and pause a little...Then holding the phone next to your ear say...*Oh here is someone let me ask her.*

**Then say** *My friend here on the phone says girls lie more than men. Is that true?*

**Her** *No...I feel men lie more than women.*

Then hang up the phone and say...I am in a hurry but my friend said never to trust anything a female says...Half the time she would be lying.

**Her** *I totally disagree.*

**Then say** *Yeh...I mean it can't apply to all females...*

And this is where you have successfully opened your conversation and now you have her attention.

It's important that you say that you are in a hurry and have to go. You see the reason why you must say this is because now she knows that you won't hang around too long which shatters her defenses and at the same time you demonstrated high value.

But there are some things you have to be careful about here...A lot of guys try canned openers, which might or might not work in all situations.

There are guys who are so strict on theory that they would only use the lines they memorized without observing what the female is actually doing...For example...I have come across many guys who would just stop some random girl in a hurry and say- Hey do girls lie more than men?

And mostly they get either no response or total avoidance. Simply because most guys don't really observe what the girl is, doing at the point of

approach...You should always work according to the environment and never follow any canned openers.

You see the best way to open conversations is to be as natural as possible...For example- Imagine you are at a restaurant and you saw a pretty girl sitting across the room.

Now a good approach in this situation would be to go up to her and ask her about what she is eating or drinking...Something like this

**You-** *Hey! What is it that you are eating?*

**Her** *Oh this is XYZ dish....*

**You** *I am new to this place & can't really figure out what to order...I think I should order this dish...Is there any thing else, you can suggest?*

**Her** *Oh yeh...Also try bla bla.*

You see? How easy it was to open the conversation again?

Now a common question most guys have is what if she is in some neutral environment and I can't really find much to open with? Well in that case, you should observe what she is wearing and comment on that...Here is an example

**You** *That's a pretty interesting bracelet you have on...What's the story behind that?*

**Her** She would give some response.

**You** *Yeh...It caught my attention...That's why I asked you about it...By the way...I am john.*

**Her-** *Hi, I am Jen....*

And you see? How easy it is? Another great way to open any conversation successfully is to never ask a question but to guess it.

This means instead of asking her what do you do...Where do you come from etc...Just guess it instead.

For example

**You** *Are you from California?*

**Her** *No! What makes you say that?*

**You** *Well you have the Californian look about you.*

**Her** *What do you mean?*

You- Well look at the way you are dressed...I have a friend who dresses exactly like you and she is from California too...All you guys tend to dress like Barbie dolls. Why is that?

And the conversation is successfully opened again. It doesn't really matter what you ask her...But it's fine as long as it is a guess or assumption. She will always have that "Why do you say that line" and that will help you open a conversation successfully.

## **A Few Sample Openers...**

### **1#**

*"Hey guys...I have this friend who sleeps with the lights on...Do you think that's normal?"*

**Her-** Some response.

**You** *Yeh I mean how could a guy actually sleep that way...And carry on the conversation on to another subject.*

### **2#**

*"Hey guys...I am planning to dye my hair totally pink...Do you think I would look cute in it?"*

### **3#**

*"You are the 99<sup>th</sup> most interesting girls I've met this evening... Congrats".*

**Open by saying** *"Are you guys interesting?"*

**She says-** We're totally interesting.

**Then Say** *But that's what every girl says here. That's not a good enough answer missy. Don't you have something original?*

## 5#

**Open by saying-** *Can I trust you?*

**She says** *Yes!*

Then hand her your drink and say *I'll be back.*

When you return...Say...*Well you were trustworthy just as I thought. Oh wait! My drink is warm now.*

Then grab her hand and say...*Is your hand that warm? Geez! Seems you were all nervous standing here waiting for me.*

**Say** *Hey, how tall are you?*

She says something...

**Then Say** *Oh no! I meant without your shoes. But that's OK...You look pretty good for a short girl.*

## 7#

**In case she is wearing leather say-** *"Is that leather you are wearing?"*

**She says-** *Yeh!*

*Oh geez! Some poor animal had to sacrifice his life for you. Don't you ever feel bad?*

## 8#

**Open by saying** *What color is your hair?*

She tells you the color.

**Then say** *I think you would look better in blond/black.*

**If you approach a group of women try saying-** *Are you two best friends?*

She says *Yeh we are.*

Then say *Yeh I guessed it...You guys seem too similar. But you look like the bad girl.*

## 10#

**Stare at her eyes for a while and say** *You blink a lot...What's the story behind that?*

## 11#

**If she is applying, make up**

**Say this** *One of your eyebrows looks darker than the other.*

*She looks at you...*

**Then say** *Don't worry you still look cute.*

**If she has a big purse**

**Say** *Wow! That's a nice purse you have there?*

**She says** *Thanks.*

**Then say** *Don't you think it should be a bit smaller? I mean what's the deal with girls and big purses? You are like the 1000<sup>th</sup> girl I saw this evening with a massive purse.*

## 13#

**Open by saying-** *You have something in your hair...*

*She would get conscious and ask you where?*

**Then say** *Wait...Let me do it for you. Rub your hands through her hair and say...There you go...All clean now. That would be 10 bucks.*

**She would say-** *What for?*

**Reply by saying-** *I don't clean people for free...Ok! Let me give you a bargain deal. You can buy me a drink.*

**Open by saying** *You guys look nice...Are you nice?*

**They say** *Yeh we are.*

**Then say** *Ok! Then be nice and help me pick up cute girls here.*

**If they say** *No.*

**Say** *See...I knew you guys weren't that nice. You aren't a man of your word.*

## 15#

**If she has very loud make up on say this** *Why do women spend so much time in front of the mirror everyday?*

*She says something.*

**Then ask her** *Well how long did you spend today?*

*She says not that much.*

**Then say** *Yeh I guessed! Doesn't look like you did much today. Open by saying What's your favorite drink here?*

**Her-** *It's abc drink.*

**Then say** *Is it really good?*

*She says yes it is. Then say* *Ok then what are you waiting for? Buy me one.*

## **17#**

**If you are at a store...**

*Hold a shirt against your body and ask the girl...*

*Do you think I look cute in this?*

*She says um I don't know.*

*Come...on...Hurry up. I don't have all day.*

*Then take another shirt and say...Ok what about this one?*

**If she has a piercing at an uncommon place**

*Oh, wow! That must have hurt...*

*She says- Yeh bla bla.*

*Wow, you seem like a tough girl. And it's good for you...At least now you are getting male attention.*

## **19#**

**If she is all by herself**

*How come you are all alone here and everyone is over there? Are you one of those scary girls?*

**She says-** *Yeh/No/Maybe.*

*Yeh I was right...I am already scared. My maa told me to be careful around girls like you. You never know when they turn wild.*

**If she has a stain on her clothes**

*Hey, you have a stain on your clothes.*

**Her** *Oh...*

*Guess you need to be spoon fed like a baby so you don't make a mess out of your food.*

## **21#**

**Point to her dress and say** *Oh, wow! Nice dress. She says Thanks!*  
*Do you dress like this daily or are just trying to impress me?*

## 22#

**Stare at the girl for a few seconds...**

*When she is about to say something like what do you want?*

**Say** *Stop looking at me like that.*

**She says** *What? You are looking at me...I am not looking at you.*

**Then say** *I know...I know. Every girl says that...Is that your way of telling me that you find me hot?*

## 23#

**While passing by a girl**

**Say this** *Hmmm...Your perfume smells nice. What brand is it?*

*She tells you the brand. Then say* *Ummm...My granny used to wear the same.*

## 24#

**Open by saying** *Your smile is so cute...I was told to be careful of girls with a cute smile.*

**She asks** *Why?*

**Then say** *There is always a bad girl hiding behind that cute smile... Are you a bad girl?*

**Open by saying** *You look like a girl who lies too much. Is that true?*

**Her** *No! Then say* *See there is a lie again.*

## 26#

**Place your cell phone next to your ear...Pass by a girl and ask.**

*Hey guys! My friend on the phone wants to know would you ever date a beardy guy?*

*She would either say yes/No/Maybe.*



**If yes/maybe-** *See I told you she would...Let me find out if she is cool enough for you. Hang up the phone and start talking to the girl.*

**If No-** *Go back to the phone and say...You were right. These girls aren't that cool.*

You don't really have to stay strict on these openers...You can always make your own. Since women love topics such as drama, relationship situations, controversies about famous people etc...It's always good to form your openers involving such topics.

**to form your openers involving such topics.**

### **Get Her Interested**

Usually most guys feel lost after opening because of not knowing what to say next. After some time there comes that awkward silence where the girl thinks...*Ok...Where is this going?*

This is probably the hardest part of the whole deal...The hotter the woman the harder it would be to get her interested. It's pretty easy to open conversations but it's hard to take it to the next level.

Unless you know how to further transition, the conversation into sparking strong emotional attraction...You are only building up casual talk and nothing else.

When it comes to getting her interested, everything revolves around one thing and that is- "How can you add more value to her life?" What do you have to offer which other guys don't have?

Let's discuss some routines you can use to get her interested...

### **Using Your Body Language to Create Attraction**

Your body language plays a very vital role in getting a girl attracted to you. Often times your body language alone can get a girl interested in you within seconds.

A common mistake most guys make is that they tend to lean into the girl while talking which often gets the girl highly disinterested because you are

sub-communicating that you are highly interested in her by leaning in. Instead, you should make it a point to rarely lean in...And always talk to her while leaning away.

For example- If you are sitting on a chair while talking to a girl make sure you have your back against the chair instead of having your chest leaned towards the girl.

Another good example of this would be to almost start walking away when she says something you disapprove of.

For example if a girl says *I am not, really interested...* Say...*I know I am too hard to handle for you. You are too much of a nice girl anyway...* And start to walk away as you say so.

You will instantly see her either walking towards you or trying to stop you by making a quick comment.

Attractive girls aren't used to guys walking away like this...They normally get guys chase them around. Therefore walking off will demonstrate a high value due to which she would automatically be attracted to you.

### **Be a Challenge in Order to Trigger Attraction**

Anything that is hard to have or takes a lot of work to attain automatically gets a high value in our society. This is the reason why platinum, diamond, gold etc are considered high value.

Not because they're expensive...But because they're rare which automatically makes them expensive and a challenge for most people to attain.

When a girl asks you what did you do all day a lot of average guys would end up saying something like *Oh...Nothing much. What about you?*

You have just demonstrated that you are just any other guy with a boring life. In other words, you are too easy to get and there is no challenge there.

Now let's consider another way of answering the same question. Here is what should be said if a girl asked you what did you do all day.

*I did loads of exciting stuff...But I don't think I can tell you.*

She would ask- Why?

*Well I don't think you will be able to handle it missy and I don't think you can keep secrets...You don't look that trust worthy.*

She says *Come on you can trust me!*

*Geez girl we have just met...How do you expect me to trust some girl. Give me 10 reasons why I should trust you.*

And boom. You have automatically taken the lead role here...And shown her that you are a challenge and she would have to work for your attention.

Always remember that either you will be challenging her or she would be challenging you and asking you to qualify yourself to match her pace. Therefore, it's always better to take this lead role early on rather than letting her dominate you.

Another good way to challenge a girl is to use social proof.

Social proof actually means having your value socially proven...A guy who is surrounded by women gets much more attention in comparison to a guy who is walking around all by himself.

Why?

Well simply because when other women see a guy surrounded by lots of women they automatically assume that there must be something special about this guy due to which he has all these women around him.

The concept is pretty simple here...But now you might think oh wait a minute. I don't know any women yet. Well in that case here is a trick you should use.

Chat up some girls for a few minutes...Let the conversation build and then say "*Excuse me a minute*" and then walk up to some other girls and start chatting them up.

This solves two purposes...The women you excused will instantly get jealous since you are talking to other girls in front of them.

At the same time, you will be demonstrating a very high value because casually walking away showed them that you don't really think they are that important.

The girl you just approached will see that you were already talking to other girls, which would give you instant social proof. You can do this same routine all day or night and keep moving on from one girl to the other.

As long as you make the women realize that they have to fight to keep your attention attraction will always be strong.

### **Use Mystery to Create Attraction**

Being mysterious does not mean to fake everything about your personality...It only means that you should not give out too much information too early about yourself.

Many guys always give out detailed answers to every question a girl asks.

For example- If a girl asks...*Where do you work?*

Most guys respond by saying *Well I work at xyz firm...I am working at this position...I work from 9 to 5.*

A point they miss out is that by giving out too much information too early they are giving out obvious signs of low value. Which only works against them.

Now let's re-do this in the right way.

If the girl asks *Where do you work?*

Say something like *Slow down there speedy kitten. We have just met and you are already interviewing me.*

See my point? As long as you don't give out too much about yourself too early there will always be a lot she would want to know. Here are more examples

**Her** *What are you doing Saturday night?*

**You** *Something exciting but secret...Sorry can't tell you.*

**Her** *Have you ever been in a relationship?*

**You** *I don't know you that well yet...I don't discuss private stuff with strangers.*

**Her** *So what's your name?*

**You** *Take a guess...I will give you a candy if it's right.*

**Tell Her a Bit and Leave Her Begging For More**

This basically involves getting her highly interested in something you are doing or saying...And when she is at the peak of excitement, enjoyment or joy...Snatch it away from her and leave her begging for more.

Here are some examples

Consider being in conversation with a woman and drop the following lines in between

*Oh, I totally forgot...I had to tell you a very important thing...Hold on! I have to make an important phone call...I'll tell you later.*

Or

*I noticed something interesting yet strange about you. You know what?*

She says what?

*Well I'll tell you later...This isn't the right time yet.*

Get the point?

Or

Another way of doing this is to leave her with an unfinished story...

For example, say something like *Do you know there are two habits I hate in women? Number one is most women don't say what they mean and don't mean what they say.*

And then go silent.

She would say...So what's number two?

*Well...I don't think you are ready to hear it...I'll tell you when you will be ready. And then change the subject.*

Women want instant gratification and the fact that you are making them wait for it will not only build up excitement but also massive curiosity and anticipation to know the thing you had to tell them. This would literally force them to think about you all day and trigger massive attraction.

**Learn to Lead And Command**

Women are biologically attracted to men with leadership qualities... They instantly feel attraction towards men who know what they are doing.

Women find it extremely hard to refuse when the man knows how to make firm decisions for himself and for the woman as well.

You should never ask her for anything because you will be shot down 90% of the times.

You should rather suggest command softly or challenge her in order to get your request approved.

Here are some examples

Never ask a woman *Can I please have your phone number.*

Rather say *I am going to a costume party this Friday with some cool friends...It's going to be really exciting. Give me your number...I'll let you know the dress code.*

Never ask her *Where would you like to eat?*

Rather say – *There is this cool place down this street...They make the best pizzas in town. Let me take you there.*

Never ask her *Can I dance with you?*

Rather say *Are you a good dancer?*

She says *Yes or No.*

If Yes...Say *Ok! Then teach me some moves...Drag her by the hand and take her to the dance floor.*

If No...Say *Ok! Don't worry. It's not that hard...Let me teach you some moves...Drag her by the hand and take her to the dance floor.*

Do you see how much of a difference it can make by just changing your style? You will see an instant increase in yes responses you get when you convey your messages in this fashion.

It's important that you are decisive and know how to lead...Women don't want to be around a confused guy who is never sure about what he is doing.

In short, make it a point to always decide for her.

For instance

If she says *Umm...I don't know what to eat.* Never say *Well...Have*

*whatever you like.*

Instead, say *They make the best noodle soup here...Try that.*

When you take the lead role and make decisions for her it automatically makes you more important in her world.

### **Talk to Your Target's Friend More Than The Target**

This works really well when you are approaching women in groups. Normally most guys pay a lot of attention towards the girl they originally targeted and tend to ignore the rest of the group.

This would actually work against you since this makes it obvious to the target that you are interested in her.

You should rather spend more time on the targets friends. This will make the girl you are targeting feel a bit jealous because you are not giving her much attention.

But the good part is she will get more curious now since you are making her work for your attention.

Here is an example

Consider being around a group of girls...

Say this to your target *Hey! Are they your friends?*

She would say *Yes, they are.*

Then you should say *Be a good girl...Introduce me.*

She will most probably introduce you to some of her friends. You should instantly start talking more to one of her friends and completely avoid her for a few minutes.

After a few minutes, you will see your target working extra hard to get your attention, which also means she is now curious about you.

### **Dealing With Her Tests**

Women have a habit of testing men...In most cases they don't even realize it themselves but their wiring makes them test men.

Many men are scared of these tests...When a woman comes up with an objection most men try to give a logical response, which never works.

For example

If she asks *Are you trying to pick me up?*

You might end up saying *Oh no...I am not.*

By saying this, it becomes obvious that you have a weak character and at the same time, you displayed low value, which will instantly make her avoid you.

Now let's do this again

If she asks *Are you trying to pick me up?* You should say *Geez...I have just met you and you are already getting ideas.*

The more a woman is attracted to you the more she will test you... And it will happen constantly. If she is a bit rude to you...Then you have obviously aroused some interest due to which you are getting such responses from her.

Always remember that women aren't attracted to men they can easily handle or drive around. They are only attracted towards males who are hard to handle for them.

This is the reason why you must master the art of handling female tests. The best way to handle them is to...

- 1- Completely ignore what she said.**
- 2- Pick her comment & turn it into humor.**
- 3- Give a completely irrelevant answer.**

Let's take some examples again

If she says *You sound like a jerk!*

You should say *Oh wow! Thanks for the compliment. So where do you work?*

If she says *Are you a player?*

You should say *Yes! I used to play football back in my baby days. So your into sports?*

If she says *Are you trying to flirt with me?*

You should say *No I don't need to...You are too easy.*



If she says *You're just trying to get into my pants.*  
You should say *My maa bought me my own pants...I don't need yours.*  
If she says *I have a boyfriend!*  
You should say *Great! He can buy us drinks...So what's your name again?*  
If she says *I am not going to sleep with you.*  
You should say *Geez! We have just met and you are already discussing sex.*  
If she says *Are you gay?*  
You should say *That's what every girl says who cannot have me.*  
If she says *Buy me a drink!*  
You should say *My maa told me to be careful of strange women at a bar.*  
If she says *I know what you are doing!*  
You should say *Oh wow! You are so attracted to me that you are already trying to figure me out? Slow down sister.*

If she says *I hate you.*  
You should say *That's what every girl says who's attracted to me.* If she says *That's an ugly shirt!*

You should say *That's a bad pick up line missy...Won't work on me. Try something else.*  
If she says *What makes you think I want to hang out with you?* You should say *Don't worry...I'll get rid of you after you introduce me to your cute little friend right there.*

**If she is behaving in ways you don't approve of...Do this**  
*Start walking away and say...You know this really isn't working.*  
**Is she is acting angry for no reason...Say this**

*Awww...You look so cute when your angry. But be careful missy...I might have to take you back home and make you sit on a chair facing the wall. My Maa used to do that to me when I acted like a bad boy.*

## **Dealing With Her Friends**

Never make the mistake of putting all your focus in just your target and not the targets friends. Or else you might see your targets friends pull your main target away.

If they came in a group they are most likely to go around in a group therefore if your targets friends decide to leave your target will be compelled to leave unless you have made friends with them.

This is the main reason why you should give all her friends equal amount of attention.

But often times no matter how much you try...There might still be cases where her friends might try to drag her away from you. In those cases, this is what you should do

If her friend gets in between you two and tries to drag her away, say this...  
Can't you see we are having a conversation here? *Geez you are so rude...*  
*Wait your turn.*

Sometimes you might come across girls with male friends...In those cases using witty lines won't really work.

A good way to deal with this is to first introduce yourself to the guy and then your main female target. This actually solves a great purpose...Since you have already befriended the guy...He can't be rude to you anymore.

Therefore, even if he is being highly protective towards the girl...He will not consider you as a potential threat anymore because you are already nice to him and as humans; we find it very difficult to be rude to someone who is already nice to us.

In fact, it's a great strategy to open the conversation with the male friend first...And then go on to introduce yourself to the female.

## **5- Physical Touch**

Physical touch is an extremely important aspect of getting her attracted to you...When you say something from a distance it won't make that much of an impact...But when you say something with a bit of playful physical touch it's impact will double.

Here are some super easy routines you can use to easily touch her

Stare at her hands...Then grab her fingers and say...Oh nice nails. But I think they would look better in pink nail polish.

Stare at her forehead...Say...You have something on your forehead...She would say Oh what? Then do a slight cleanup with your fingers and say... Ok all clean now.

Stare at her hair...Say...Wow nice color or how did you get it curly like that. Is this real hair. Then touch it.

And a very common way of doing it is giving a girl a high five.

Say something like- You are cool just like me...We will make a great team. Give me a high five. And then give her a gentle high five.

If a girl lets, you touch her once...She has already put her defenses down and now she will let you further escalate into more intense physical things like hugging, kissing etc.

## **6- Isolate Her If She is in a Group.**

There is no way you will ever get her number if she is still standing among her group of friends...The chances of refusal will be very high if she is in a group.

This is why you must take her away from the group by isolating her. A great way to do this is to say something like this in the middle of the conversation I can't hear you here...It's too noisy...Let's go there...Grab her hand and lead her to the new venue.

In case her friends stop or ask you where you are taking her...Say.

*I am kidnapping her for a few minutes. Is that ok with you? And then keep walking.*

In case you have your friends around...Say this

*Hey! Let me introduce you to some fun people...Come with me. Again, grab her by the hand and lead her.*

The reason why you should always grab her by the hand is because when you just ask her the question without much physical touch... There is a strong chance she might say no. But when you grab her hand and slightly drag her...She would instantly comply.

## **7- Get the Number-**

If you did everything else, right...Getting her number should be a cakewalk. Once you have isolated her...Transition the conversation into an interesting story.

While you are telling her the story...Drop in the following line *Oh! I just noticed something interesting about you.* And then go on with the story ... She might ask you what did you notice but keep her waiting for it. Let her know that you will tell her once the story has finished. Once your story has ended...She would ask you...Ok now tell me what's that interesting thing you noticed about me. Then quickly look at the watch and say...*Oh I am pretty late. I have to rush.*

Hand over your cell phone to her and say...Here punch in your number. I'll tell you what I noticed and also another thing I haven't told you yet.

In most cases, the girl will punch in her number within seconds because she has a motive to get in touch with you again.

Also the good thing about giving her your phone is that she can't give you a fake number...The moment she punches her number in...You can instantly give her a missed call just to know if it's the right one or not.

In case she gave you the wrong number...Say *Oh playing aren't we?* She would most probably say...*Oh sorry I gave you the wrong number by mistake...Let me do it again.*

At this Say *Naa...Never mind. I don't want it. It was great meeting you and walk off.*

In case she totally refuses to give you her number...Then you have done something wrong or not built enough attraction yet. In this case...Say. *Come on giddy up...I don't have much time here.*

If she still refuses...Then say a friendly good bye and walk off. That's right! Don't wait a single second more. Just walk off.

Always remember that in order to make her give you the phone number you should always provide a motive.

In case you don't have good stories to tell or can't think about any stories to get her interested....Just come up with other motives, which would persuade her to give you the number.

For example- Say something like...

*My friends are having this party on Saturday...It's one of the coolest events which happens only once a year. I have free passes...You should come. Then hand her your phone again and say...Here punch in your number. I'll let you know the timings.*

When you ask her randomly for a phone number by saying *Can I have your phone number?* You will always get put down or even if you do end up getting some phone numbers, the girl will not remember you after a few days simply because you didn't create enough attraction for her to remember you.

It's important that the moment you get her phone number you exit the venue. You don't want to bump into her again as that would just make it a bit awkward. At the same time, all the work you did in creating attraction might reverse.

# Chapter #7

## How to Decipher Her Hidden Messages. What She Says Vs. What She Means...

A very common fact most guys don't understand about girls is that girls don't always say what they mean and mean what they say. In other words... If they say they don't like you it doesn't really mean that they don't like you.

There is a hidden message behind what's being said...And that's exactly what you will learn in this chapter.

The concept here is pretty simple yet most guys keep on applying rocket science trying to figure women out.

Actions speak louder than words and if you want to truly figure a woman out all you need to do is to go by what she does and not what she says.

Her actions will always demonstrate her true needs. Therefore, always focus on her actions and not her words.

If a girl says, she only prefers taller men but always ends up dating shorter ones. Then she has no issues dating shorter men. If a girl says, she doesn't do one-night stands yet always ends up having one...Then that's something she actually prefers.

If a girl says she doesn't like you...Yet she is still talking to you...Then what she really means is that she likes you but doesn't want you to know.

If she truly didn't like you...Why would she even be talking to you in the first place?

You see this is pretty simple...The very fact that she is hanging around shows that she is interested.

If you see a difference in what a girl is saying and what she is doing then you should always go by what she is doing. Being stuck in her words will always get you confused. Therefore, always focus on what she does and not what she says.

# Chapter #8

## The Punish and Reward Theory...

A girl's level of attraction towards you might be nine on a scale of 10 but the moment you lower your standards...It will shoot down from a nine to a one within seconds.

This is where the reward and punish theory comes in...It simply means that you will not take any behavior from her which violates your standards.

Most guys don't really punish the girl for bad behavior...In fact they sort of lower their standards because they keep trying to make the girl comfortable all the time.

How would you react if a girl calls you on the very last minute of a planned date and says she might not be able to come?

Most average guys would just say it's ok, we can go out some other day.

Which also means they lowered their standards for the girl.

Instead of letting her have another date with you...Punish her for this behavior.

Try something like *You are screwing up your chances with me... Then hang up.*

She will most probably call again to apologize...At this say *Ok missy, I'll give you another shot.*

*Write me an apology letter...Email it to me within the next 24 hours.*

And be truly serious about it...In case she refuses...Say good day and just hang up. Make sure you never call her again unless she calls you first.

Here is another example

If she is on a date with you but is getting constant calls and is talking on the phone when she should be spending time talking to you...Just walk away and start talking to other women.



If a girl is truly into you, she would re-adjust her ways to match yours. If she is giving other things a higher priority in comparison to you... Then you are on the wrong path.

At the same time if she does something you suggested then reward her for it...For example- If you asked her to wear a certain dress for the evening and she wore that dress...Reward her for it.

In this case...It would be by giving her a gentle compliment something like *See...I told you...You look gorgeous in this dress.*

This would further motivate her to do more and more of everything you suggest because she gets rewarded every time she complies with your suggestion.

Eventually she would strongly cut down on doing the things you don't like just because you punish her each time she goes against your will. A lot of guys confuse this with control...This has nothing to do with controlling her...In fact you don't want to control her in any way, shape or form.

If she does something you aren't ok with...You should just punish her by either avoiding her for a few days or just walking away right on her face. Which means you aren't forcing her to do anything.

You are leaving the choice in her hands..., which means she doesn't have to do anything only because you want her to. If she chooses to comply with your suggestions, then it's her own personal choice and there is no control involved here.

Punishing her at the right times also implies that you aren't seeking her approval or acceptance and you are not going to lower your standards just to match hers.

It's extremely important that you follow through with you're your words... If you say you need an apology letter...Then you must follow through with it and don't settle for her excuses.

A woman can easily differentiate a strong guy from a weaker one. Stronger males tend to have control and at the same time, if they say they're going to do something they stick to it no matter what. And you need to follow the same theory.

When you make certain rules make sure you strictly follow them yourself... Never break your own rules and even if you do...Make sure, it's not in front of the girl because it would only work against you.

Once you practice the punish and reward theory consistently... You will start to notice the girl doing more of the things you prefer and less of the things you don't prefer...because indirectly you are rewiring her brain.

With time, she would realize that by doing more of certain things she can get your appreciation...That way she will be subconsciously forced to do more of the things you appreciate.

A lot of weak males tend to reward women even when they don't deserve it...A common example of this are those nice guys who do favors for women even when they are getting nothing in return for it.

For example- Taking her out to expensive dinners, buying her lots of gifts when she considers you just a friend and nothing else.

Don't reward women unnecessarily when they don't really deserve it. Don't get forced into doing the things you don't want to do just to keep the female comfortable.

# Chapter #9

## **It's Not How She Reacts But How You Deal With Her Reaction....**

When you spend enough time, picking up women from all walks of life... You will notice one very common theme...

Every girl will react to you differently.

There will be some who will show active interest, some will try to avoid you like bad smell...And some won't really care much.

But you see this is your true test...This is where you will come to know where you truly stand on the social scale of value.

If a girl manages to get you into a highly reactive state just by behaving in a certain way or saying certain things...Then you are, as most would call a highly reactive person.

This also means that your sense of self-worth is coming from an external source, which in this case is the girl.

In simple words, this means that the way you are going to feel about yourself is directly related to the responses you get from the girl. Therefore, when you get a positive response...You will feel great about yourself but the moment you get a negative response, you will start feeling bad.

You have given something outside of you complete control of your emotional state.

And this is a direct killer of attraction because a girl doesn't want to be around a guy she can easily manipulate or control. She doesn't want to be around someone who isn't in control of his own states.

A good example of this would be the way you deal with rejection from women. If you take rejection personally and keep on thinking over it even

days after you got that awful “NO” from that woman at the bar then you are in a highly reactive state.

But guess what? The reason why you got that no was because the girl sensed that you were highly reactive and your sense of inner well being was completely dependent on her.

By being reactive, you have showed her that you consider her to be of a higher value than you and you need to seek her approval or acceptance in order to feel good.

The key here is not trying to change her reaction towards you...But learning how to deal with her reaction.

If she rejects you...You have two options.

And that is to- Either sulk over it for days, weeks or even months and declare yourself a total no good loser.

Or on the other hand... Understand that it was just another girl and if she rejected you, it doesn't mean every girl will do the same and not let it affect you one bit.

This is the main reason why you must cultivate a sense of nonreactiveness in your personality.

You must learn to project yourself well in all situations no matter how the external crowd reacts to you...This also means that you aren't seeking any sort of feedback from the outside sources in order to feel good about yourself.

You must project that you are in control of your emotional well-being and you know how to feel good regardless of how the outside world reacts to you.

As long as you stay unaffected by outside feedback...You will continue attracting women because being non-reactive directly communicates a high value on the social scale, which is also a direct proof that you are attractive.

In a nutshell it's all about demonstrating that you don't need a girl to be nice towards you in order to feel good...you feel good regardless. If a girl likes you or doesn't like you either, way it won't affect the way you feel about yourself.

# Chapter #10

## Never Get Forced Into A Submissive Role...

As a part of our general social programming, we are all programmed to adapt to our environments. Most people don't even know that they are living in a highly reactive emotional state and they react to their social environment instead of analyzing their actions.

When you enter into a relationship with a female, you will realize that there will be a lot of pressure where you might be tempted to fall into a submissive role.

This actually starts to happen when you open yourself up emotionally towards the girl. This is what the society normally terms as being in love.

Being submissive actually means giving away, you power to the woman and living your life on her terms.

A lot of guys who learn how to pick up women tend to start up strong... They demonstrate a high value early on...But with time when they get to know the girl...They sort of lose balance and think this is that one special girl therefore I shouldn't act this way around her.

They get all-emotional towards her and subconsciously end up in a submissive role.

You see no matter how special the girl is to you...The moment you get submissive and display a lower value. She will dump you in an instant.

You must understand that this girl came into your life and started to like you only because of the personality you displayed early on. That's what got her attracted to you and the moment you cut that out...She will lose all attraction towards you.

Never give a woman so much power that she can easily manipulate you... Make it a point to always keep the power. Whenever a woman tries to force you into a submissive role always show the willingness to walk away.

Consider this scenario

A man sights an attractive woman and decides to pick her up...

He approaches her perfectly...The conversation shoots off very well... He is being playful and humorous...And the girl is having a total blast in his company too.

They exchange numbers and plan another date. As days go by...The man starts getting more and more attracted to the girl.

With time this attraction turns into a strong emotional attachment and he starts giving this girl special treatment. Since he wasn't too sure whether the girl felt the same towards him or not...He got highly insecure and feared that he might lose her.

He started enjoying her company so much that he made himself easily available to the girl at all times.

Every time the girl would call...He would be available on the phone.

He always rescheduled his plans just to make sure he never missed a date with this girl...But something strange started to happen with time. The more he called her...The more she started to avoid him.

The more he asked her out...The more excuses he got from her. He couldn't really understand what was going on and it only further deepened his level of insecurity.

And it wasn't before long that he realized the girl was dating another guy. He was heartbroken and I guess that ends this story.

Now where do you think he went wrong?

By making himself too easily available he had let the girl force, him into a submissive role...He kept the girl on top of his priority list due to which she understood that the guy isn't what he used to be.

Girls can't control who they are attracted or not attracted to...It all depends on the way you behave around them. Therefore, it is extremely important to never let a girl force you into a submissive role no matter how special you think she is.

At the same time, girls are wired to subconsciously test men at all times... And this is where you have to beware. She would do her best to test you to the limit and see how tough you are at the end of the day.

Your job should be not to get affected by these tests and never get pressured into a submissive role no matter what. Never let her control you in any way, shape or form.

Always remember that there is no such thing as that one special girl... You shouldn't give any girl more priority than you give yourself.



# Chapter #11

## A Secret Way To Keep A Woman Attracted To You...

In this chapter, I am going to discuss a very profound secret that would force a woman to feel strong attraction towards you. And it's very simple.

All you have to do is take whatever she says restructure it to sound as if she is the one guilty of getting you attracted to her or accuse her of wanting you.

The idea is pretty basic here...All you need to do is to reframe everything and make it sound as if she is trying to get you to like her or trying to win you over.

This simply involves jumbling her own sentences and giving it a different meaning, which gives the following ideas...

- **She is the one trying to chase you instead of you trying to chase her.**
- **She finds you extra attractive.**
- **Shows her that she is lower value than you.**
- **Shows her that she will have to work for your attention.**
- **Blame her for trying too hard to impress you.**
- **Blame her for getting you attracted to her.**

For example

If she says *I don't like you that much.*

Say *I know! Is that the reason why your face is all red? Look how nervous you are in my company! I know you love me.*

If she says *Let's drink that.*

Say *Oh my god woman! You are trying to get me drunk aren't you? I wonder what your evil plans are. You Pervert.*

If she brushes your shoulder or touches you somewhere.

Say *Will you please stop doing that? I get shy when women touch me like that.*

If she says *So what do you do for a living?*

Say *You are really into me aren't you? Look at you investigating me like a cop already.*

If she compliments you on what you are wearing or any accessory on your body...

Say *Nope lady, don't get any ideas...Those compliments don't mean I'll go out with you.*

If she is looking at you...

Say *Oh my god girl stop looking at me like that...You don't know what you are doing to me...Will you stop looking at me already? Are you trying to get me attracted to you or what? What's with these creepy looks you are giving me?*

So you see this is all about reversing the roles...When you keep reframing her words and keep pushing her into this role which implies that she is the one who wants you...She will find it very hard to keep you off her mind.

# Chapter #12

## **A Secret About Women Most Men Don't Understand...**

It's often said that the best way to get a girl to like you is to make her feel good about herself.

But you see this might be true to a certain extent but if this is the case then how come those nice guys who always try to make the girl feel good about herself never get girls?

It is because just like anyone else those guys don't understand the real truth behind the core female psychology. What I am about to share with you might be a bit hard to believe but this is the secret most men don't really understand about women.

The best way to get a girl addicted to you is to make her experience a full range of emotions which goes beyond just making her feel good about herself. This includes pain and pleasure at the same time.

Pleasure alone won't keep her satisfied for too long. They want to experience other emotions as well.

This is the major reason why so many women are into TV Soaps, which have a big element of drama.

Women in fact want drama in their life...And are strongly attracted to men who know how to trigger it.

Do you eat the same dish every single day? If no why not?

Well I am guessing for the simple reason that after a while, you get used to the taste and then it's not fun anymore. Similarly making a woman experience only one emotion on a daily basis is like feeding her the same dish over and over again.

Eventually she will get bored of it.  
Let's consider an example here

Why is it that females can't help but feel attraction towards guys who tend to have a bad boy attitude? Although they know that these guys aren't trustworthy in the long term and will eventually hurt them.

Another example would be of a wife whose husband keeps on cheating on her over and over again yet she lets him back into her life every single time. Why is she doing that when she already knows it's harmful?

Well simply because the element of drama is extremely high in the above two cases. As long as a woman gets to experience a whole range of emotions, she can't help but feel attracted.

A great way to give her a full range of emotions is to include unpredictability, uncertainty and a bit of mystery in your personality.

As long as she can't figure you out, Isn't sure about what your next move is going to be and is always looking to find out more and more about your life. You will be feeding her with all the vital elements of perfect drama she is looking for.

This is the main reason why it's ok to argue with her once in a while and make her mad over something. Don't be scared to make her cry once in a while...I know this can sound a bit hard to believe but trust me. They want a full range of emotions.

You must keep her confused and insecure...And as long as she remains confused around you...You will always be a puzzle she hasn't solved yet. Because of which she will always feel attraction towards you.

Never tell her that you are into her or like her...A lot of guys think that girls want to know the way you feel towards them but it's better not to reveal it to her unless you are about to married to her.

As long as she doesn't know the way you truly feel about her...You will always come across as highly unpredictable which will trigger a full range

of emotions in her head.

It's okay to show attention but it's important to avoid her once in a while. Never let her know completely that you like her and at the same time don't give any indications that you don't like her. Keep it in the middle.

Start acting busy for a few days...And avoid meetings or talking on the phone. When she asks why you have not been talking to her... Don't tell her anything.

Just change the subject and move on to something else. This is where she will start guessing and the whole drama scene would start. Why do you think women go around talking to their girlfriends regarding guys who are hard to figure out? Why do they always try to break down a guy's actions trying to figure out whether he likes them or not?

It's simply because...This is what women enjoy...And if you can be the guy who can give them a full range of emotions, they will be devoted to you for life.

The key here is not to be consistent with your actions...It's all about showing her that Sometimes you can be good. Other times you can be bad.

Sometimes you show loads of attention. Other times you act as if you don't even know her.

**Sometimes you are straightforward. Other times you are highly confusing.**

**Sometimes you are easy. Other times you are just too hard to handle.**

**Sometimes you care a lot. Other times you act indifferent.**

**Sometimes you answer her phone calls right away. Other times you don't answer it for days.**

Don't give her enough feedback to figure you out. And as long as she can't figure you out...You will remain on top of her priority list.

# Chapter #13

## Never Put All Hope In One Woman...

A lot of guys suffer from the one special girl syndrome...They get stuck on the idea of that one special girl and they put all hope in her. In fact, when guys successfully pick up an attractive woman they tend to stop doing pick up altogether thinking they have found that special one.

The fact is that when you put too much hope in just one girl...You will start demonstrating all the qualities of a low value male. This is the major reason why you must always have a back up girl.

When you have females in abundance...You will never put too much effort into getting that one special girl to like you. Which means you will automatically demonstrate all the traits of a high value male.

Most guys don't understand this but they automatically start growing more and more insecure when they put all hope in just one girl. Imagine being stuck on this planet and there was only one girl left... And you had to compete with other guys. What would you do?

You would do everything you can in order to get that girl and in the process, you will lose all the characteristics of a high value male. Putting your hope in just one girl is pretty much the same as being stuck on this planet with just one last girl left.

However, you might still say...Well I can't seem to get over this one special girl...How do I get her to like me?

Well first, ask yourself...Why doesn't she already like you? What have you done so far, which made her, avoid you this way?

You see the best way to get a girl to desire you fast is to not care about her attention at all.

And that's the interesting thing...Girls like to chase a guy who doesn't chase them.

When you don't put too much hope in just one woman...And start exploring more options she would instantly start feeling attraction towards you because you aren't playing easy as you used to before.

But even then, some guys still don't get this and keep on pursuing the same girl thinking that some day they might get lucky. Let me ask you to do a small experiment here. Go out and pick up other girls.

Once you get a taste of what it's like with these other new girls...You will never ever think of the old girl as that one special princess.

But you will only know this when you actually go out and meet other women. So if you find yourself giving unnecessary special treatment to a certain girl...Just go out and date more girls.

# Chapter #14

## How To Talk On The Phone...

The most common question I get from plenty of guys is *She didn't remember me when I called...How do I deal with this?*

Nothing can be more frustrating than calling a woman and coming to realize that she doesn't even remember you. A fact you must understand here is that women give out their number to a lot of men and they get so many calls from so many men that they do forget.

But wait...This still shouldn't be happening to you...Do you know why? Well because if you did everything right during the time you got her phone number...She would anticipate your call.

But if she doesn't remember you then it's more than obvious that you did not come across as that special one you worked to be. She gave out her number to you just like she gave it to several other men.

Now a common mistake most men make here is that they tend to take this personally and get logical about this...It has already been mentioned that logic doesn't work with women. They always think emotionally. When guys get logical they start reminding the girl where she had met them...The date...The place...The time...ETC.

This is pretty much like trying to convince her to talk to you...Where you start working to gain her attention, which is a standard case of a low value male. And I guess we have already discussed this in crystal clear detail that a low value male never gets women.

Never call a woman up and say *Hey, I am John. Remember you met me at that coffee shop. I was wearing a red shirt. You were wearing that pink dress. It was on 23<sup>rd</sup> of August at about 6 Pm in the evening?*



It makes it overly obvious to her that you are just trying too hard to get her to talk to you.

You should never give her step by step details on how and where you met her...Rather just give her a few clues. What I normally do is this...Here is a conversation I had a few days ago...

**You-** *Hey It's me...*

**Her** *Me who?*

**You** *Geez! Girl you have forgotten me already?*

**Her** *Well...I am not sure who I am talking to.*

**You** *Ok dear! Take a guess...I'll give you a candy.*

**Her** *I am not sure. You I am john dammit...The prettiest boy in town. Oh, by the way... Do you still have funny paintings on your body? (I made fun of her tattoos during the pick up by calling it funny paintings).*

**Her-** *Oh! Now I remember. It's you...That guy from the bar. How are you doing?*

So you see...all you have to do is hint her...And never give too much detail. Try to ignore all the questions she asks regarding where we met, how we met etc.

An important point you must note here is that during the pick up you should do something interesting because of which she would remember you...A good example has already been discussed where you tell her an interesting story but exit before telling her the climax and share the rest of the story over the phone.

Once you get over the phase of getting her to remember you...The next step would be to determine your outcome.

There should actually be only one outcome...And that should be to get another date as fast as possible. The longer you stay on the phone the longer you might have to stay on the phone because you might never make an attempt to take it to the next level.

This is the main reason why it's always recommended that you keep all your phone conversations as short as possible and focus on getting her out on a date.

The approach most guys take towards asking a girl out on the phone is pretty weak.

They might have mastered real world pick up but on the phone, it's a totally different ball game. Phone game is all about getting the right words to come out at the right time. The girl can't see your body language therefore, sub-communication is next to nil.

But the motive factor still works here... You must give her a motive to go out with you.

If you act, direct and say *I would like to take you out for dinner*. Chances are that she might or might not say yes.

Therefore, the best way to automatically get a yes response is to let her know that you already have something planned up and she could join. At the same time, add the element of excitement to it. As long as it is exciting, the girl will never refuse.

Also never, tell her that you are going out only because you want to take her out which means don't tell her that you are changing your plans just to meet her.

Try something like

*Hey...Have you ever tried Chinese tea?*

**Her** No!

*I am going over to this Chinese place...They make the best tea on this planet. You have to taste it. I can pick you up at five today.*

Or

*Are you a good dancer?* **Her** Yes.

*I am going over to this cool place with my friends...You can teach me a few steps...I can pick you up in 10 minutes.*

Always give her a reason or a motive, which should be exciting enough to appeal to her senses.

In case she still refuses then do not force her, as it would only make you come across as desperate or needy. Just give a friendly good bye and try the same routine after a few days but not the very next day.

Some guys make the silly mistake of not asking the girl out early on just because they feel the conversation is going pretty well. Once they realize the girl is also enjoying the conversation they keep on going for hours altogether thinking it's working pretty well.

But you see you will have to maintain that interesting conversation for hours or else it would get boring and there will be that awkward silence.

This is the main reason why it's important that you end the conversation when it's at it's best...When you feel that the girl is having the most fun... That's the perfect time to end it.

The reason why you must end it at that time is because it leaves her wanting for more and at the same time, you don't give yourself enough time to screw it up. Many guys let the conversation go on to the point where they have to drag it and the girl makes an excuse to hang up.

The best part about ending a conversation at it's peak is that you can ask her out and she won't refuse. You can easily suggest...Something like *Hey... Something important just came up. I would have to go... Are you normally hungry in the morning?*

Her *Obviously yes!*

*Well then I'll pick you up at 9 tomorrow morning...Let's chew some bread together.*

Get the point here? Also, another important thing to be noted is that you should always be the one to hang up first because that way you keep the power. Never let the conversation drag to the point where the woman ends up hanging up on you.

Now let's discuss what you should do in case she has her answering machine on.

If she has left her, answering machine on you can very well use this to your

advantage too...

Here is a sample message, which always works for me

*Hey, I am that one cute guy you chased at that bar. I have a real funny story to tell you...And it all happened because I took your advice. This all started when ...Geez...I don't want to be sitting here talking to a machine. Call me dammit.*

You see this way you get her interested in the story and the fact that she doesn't yet know the story will definitely intrigue her to call you. Alternatively, in case you already know the girl and have been dating for a while try something like this

*Dammit, you have your answering machine on? This was important. Anyway listen up...This strange thing happened today. I was going up to...*

And then hang up.

By hanging up and leaving the message in between you have created enough tension, which would force her to call you back as soon as she gets the message.

You have created emotional tension and in order to get some emotional relief she would be forced to call you.

Whenever you include the element of mystery in this fashion...You will always get the kind of feedback you desire from any and every female.

# Chapter #15

## How To Get That First Kiss...

The perfect way to get shot down while trying to get a kiss is not to study her body language before making the effort to kiss. It's extremely important that you test if the girl is ready for the kiss or not before making the attempt.

A girl has to be physically comfortable around you before you even think about kissing her. When a girl is physically comfortable, she would let you touch her without any resistance.

In fact, she would reciprocate that touch by touching you back regularly. And not just this... You have to make sure she is in the right mood and the conversation is going pretty well.

This is the reason why you should go for the kiss when the girl is in an extremely happy mood. You see when she is in a positive state... She is more likely to react positively to your attempt to kiss... Similarly when she is not in the right state of mind she is very likely to react negatively to your attempt.

A very common mistake you should beware of is to never ask the girl for the kiss. Asking for it will always get you rejected no matter what... And another big mistake, which is commonly made, is when a guy asks her for a kiss in front of her friends.

When you get shot down that way... You will have to face more embarrassment because this time her friends were around. Before thinking about the kiss make sure, you and the girl are in an isolated environment.

A good way to test her is to try and hold her hand. See if she is comfortable with it... If she tries to drag her hand away then this is definitely not the right time to think about the kiss but if she still shows a bit of comfort when you are holding her hand then move on to the next step.

Then say *Oh what's that on your chin?* Next, take your thumb, gently rub it on her chin, and slowly take it to her lips. Then without waiting much just go in for the kiss.

Gently place your lips on top of hers and slowly press down...Do it for about 10 seconds then pull away a bit...And then do it again slowly. Make it a point never to open your mouth early on. Always go in slowly and then build up.

Pull your lips back after 20 seconds or so...And say this *Wow! Your lips are so soft.*

And slowly lean into the kiss again. When you compliment her this way in between it increases the sexual tension and she would get more comfortable kissing you.

Another great way to get a kiss is to first tickle her a bit...See if she is ok with that...Tickle her a bit more and wait till the time she starts laughing out loud and gets all giggly.

At the very moment she is all giggly ask her *How good of a kisser are you on a scale of 1 to 10?* If she says, *I am pretty good or I am not that good.* Just lean in and say *Let me find it out myself*...And go in for the kiss.

You have to make sure that you do this right after she responds to your question. The reason why she won't refuse because she is already in a great chirpy mood and at the same time asking her whether she is good or not is a challenge and girls love a challenge.

Another easy way to get a kiss is to get her back to your place and watch a romantic movie together...The moment you see a passionate kissing scene in the movie...Ask her- Can you kiss like that? She would most probably say yes...I can or says I am not sure

Whatever the case might be you should say *Ok let's see*...And move into the kiss.

In case she resists your attempts regardless of the routine used, you have definitely done something wrong. Here are a few reasons why guys get rejected...

- 1- Moving into the kiss without testing her level of comfort.**
- 2- Being highly nervous when trying to go in for the kiss.**
- 3- Trying to get physical when attraction isn't intense enough yet.**
- 4- Attempting to kiss with dry, chapped lips or trying to kiss when you have cold.**

In case she resisted your attempts make sure it doesn't get into that awkward zone of silence...Lighten the mood by saying something humorous.

Something like *You do this to every guy don't you? Build them up and shoot them down. OMG! I feel so used right now.*

Never go in for the second attempt to kiss right after she has resisted your first one. Always let the attraction build and try again at some future time. But not right away.

# Chapter #16

## How To Act On A Date...

When it comes to dealing with a woman on a date...Your purpose should focus around only one thing and that is- How to jack up the energy of the interaction.

Before we get to the dynamics of it...Let me first discuss a common issue here.

There would be times when the girl is late on a date. The rule here should be not to wait more than 10 minutes. A lot of guys wait for several hours expecting her to come.

If this happens in your case then you should not let her get away with this behavior...Just exit the scene and don't excuse her for it if she is late by 10 minutes.

If you don't punish her for this, early on, she would start taking you for granted and such a thing would happen more often. You must show her that she isn't the most important thing in your life and you have more important things to do than wait for some girl.

On the other hand...

You should always be the one to appear a bit late ...Never be on time. Let her wait for you. You want to get into a position where you are the one making her chase you and not the one who is chasing her.

Next, let's get to what to talk about on the date....

Everything you talk about should be emotionally appealing to her... Every question you ask should trigger her emotions...Never ask boring questions such as do you like your job, how was your day etc. She is used to getting



those questions from a lot of guys all over the place therefore learn to demarcate yourself from the crowd.

Always make it a point to engage her at an emotional level...A great way to do this is to ask her questions which are emotionally appealing.

For example, ask her questions like

*Do you remember the last time you did something so exciting that you couldn't get over it for a few days?*

*When was the last time you laughed really hard?*

*If you had no chance of failure, what would you like to be?*

*Who do you care for the most in your life?*

You would be surprised to learn the amount of detail a woman would give when you ask her an emotionally charged question. As long as you can get her emotional, you can get her to do almost anything. There might be times where you find yourself at a loss of words and can't think of much to say. This is the point where you must make sure that the conversation doesn't go into the awkward silence mode.

A great way to deal with this is to inject with humor. Say something funny right away, so that it lightens up the mood. Something along the lines of

*We have a lot to talk about don't we? Talk DAMMIT. You are making me nervous with this awkward silence.*

Or

In case you can't come up with anything at all...Quickly get up and excuse yourself to the bathroom. In case you are at a social environment quickly change venues or start walking around with her.

Doing this would help her and you take your focus off the silence... And at the same time when you are moving around...You will sight more new things which will help you start a new conversation.

Another interesting way to deal with this is to start reading her body language...That means to start making observations based on the way she talks, walks, does things etc and ask her questions about it.

*Something like I have noticed that you blink a lot when you talk... Why is that?*

*You seem to act like a very nice girl but I have a feeling that you are a wild girl at heart...You seem to love adventure don't you? I have observed that you try to act all tough...But deep down inside you are nice little girl who is very shy.*

*I can see it in your eyes that you don't truly reveal your true self to the world...You have this fake mask on. You have much more to you then what you portray. Why is that?*

The key to doing this is to closely observe her and try to figure her personality out. Never use made up lines because they might or might not work.

Since every girl's personality is different, therefore what might work on one girl may not work on the other. It's very important you deeply observe her first.

Another important point you to notice here is not to keep your focus on the female you are with all the time. If you took her to a restaurant...Then try and talk to other people around you as well.

In case you are in some social environment...Talk equally to random people as well.

This does not mean you have to ignore her though...Some guys take this to the extreme and start ignoring the girl completely while focusing on other people.

This only means that you will equally engage other people and not keep all your focus on the female at all times.

During the date there would be times when you will feel that the conversation has heightened up to the level where she is emotionally involved...This is the point where you should do the kiss test and see if she is ready to be kissed. Usually when a girl is emotionally charged...She

would never refuse a kiss.

Now let's discuss how to end a date successfully...

Make it a point to never spend so much time around her that it gets boring. When you feel that the conversation is at its peak and you two are having the most fun...That is the perfect point to end it. Learn to end it while it's still fun and don't let it drag to a point where it gets boring.

The final act should be to leave without promising another date...Most guys always end it by saying *Let's meet again or I'll call you*. But this is not the way to do it. A great way to maintain the mystery is to leave the date without mentioning anything about having another one.

This will help you in more ways than you can possibly imagine....First she would have no idea whether you liked her company or not which will really make her think...Next she would keep thinking and will be confused over why you didn't ask her for another date.

And since you haven't told her whether you are willing to see her again or not. She will be driven crazy over not being sure whether you are interested or not and will struggle to keep you off her mind.

# Chapter #17

## **The Last Place You Ever Want To Be...The Deadly Friends Zone...**

A few years back when I knew nothing about pick up...I was sitting with a girl at a friend's party. Someone asked her- Are you two dating each other? She suddenly said...*No we're just good friends.*

It was a big ouch moment for me.

Every guy who goes through this...Has no idea why the girl thinks of him as just a friend. For a lot of guys everything goes off pretty well and it does seem like they are going to hit the jackpot until the girl says she only wants to be friends and nothing else.

Now here is something you probably might not want to hear- The reason why a girl would want you to be a friend is because you acted like a friend.

And even worse, Some guys still settle as a friend. They think well she might not be into me yet but some day she will therefore I should just stick around as a friend.

A lot of shy guys tend to do this but here is another problem...Once she accepts you as just a friend she would struggle to see you as a lover no matter how hard you might try. And at the same time, you will have to see her go out with other men all the time.

Which might only add fuel to the fire and in some cases, she might also use you for emotional support by turning to you for advice when she gets hurt by one of these men. Eventually you will end up acting as an emotional dustbin where she would dump all her emotions once in a while.

So let's consider why some guys end up in the friend's zone

**Trying to Solve Her Problems** - This is known to be by far the biggest mistake most guys make when it comes to dealing with women. You see a woman doesn't want you to solve her problems as you think is the case.

The moment you solve her problems you instantly get into the provider zone, which also means you are like her big brother trying to take care of her. Listening to her problems is one thing but solving them for her is another.

When you solve her issues...You are doing the work for her..., which again sub-communicates low value. Eventually she would rate you as someone she could turn to when in trouble or when she is having an emotional outburst but she will never consider you as a potential lover.

The way men view this and the way women view this are completely different...Men feel like real men when they come to her rescue. But in her world, you become just another nice guy trying to give a helping hand.

Women don't discuss their issues with you seeking a solution...They just want you to hear them out. All they want you to be is a good listener and nothing else.

Trust me! Women have ways to deal with their problems themselves therefore don't try to solve it for them.

**You Turned From a High Value Male Into a Low Value Male** When you stay around one woman too long and start to develop feelings for her...All your insecurities tend to naturally come up.

This is the point where a guy is too scared to screw things up...Those high value qualities suddenly disappear and now the guy starts thinking too much about the girl.

You start getting jealous if she talks to other guys or talks about other guys in front of you. If you get to a point where you start trying to figure out whether she likes you or not...Then you have lost control and this is where you will display all the characteristics of a low value male.

Who is only considered as a potential friend and nothing else by the girl.

The main reason why this takes place is simply due to the fact that you have given way more importance to this particular woman than what she actually deserves. You have treated this woman like some special princess and put her on a pedestal for no apparent reason.

When it comes to the matter of attraction she will either run after you or you will run after her...If you are already running after her then there is no way she will run after you. She would never think of you as someone she would want to date.

**You Have Not Gone Physical Yet** - This is the main reason why you must kiss her early on...If you don't get physical or kiss her you are already telling her that you are okay with being friends. Unless you kiss her during the very first few dates...You will always end up in the friend's zone.

In a lot of cases once a girl pictures you as a friend you will always remain a friend...It gets difficult for her to see you as anything else because you didn't display the strong side of your personality early on.

In addition, here is the twister. Even if you do display some high value traits after the first few dates she will still consider you as the same old person simply because she has seen you in that mode.

So what to do in case she considers you as just a friend? Well there isn't much hope but there are ways, which can still get you out of it.

First, you should catch her the very first time she tells you she just wants to be friends...This is how I would handle it.

**Her** *We're just friends.*

**You** *Do I look like a girl to you?*

**Her** *No!*

**You** *Well then why are you asking me to be your girlfriend? I don't want you to talk to me like you talk to your other girlfriends...Besides I have way too many friends anyway.*

Or

**Her** *Let's just be friends.*

**You** Really! So you are going to be my big sister and help me pick up chicks? Ok let's get started...Do you have any cute girlfriends who might be interested?

Your next step should be to cut off all contact as soon as possible...

The best way to reverse this situation is to cut off contact with her for a few days. When you stay away from her for a few days, a lot of memories get washed off and you start off fresh again.

# Chapter #18

## What To Do When She Talks About Other Guys In Front Of You...

A very common question, which confuses most men, is why do women talk about other guys when they are interested in you?

There are only two reasons why a woman would mention another guy in front of you

**1- She is trying to tell you that she is wanted and well liked by other men.**

**2- She does not want you as a lover but just a friend.**

Consider this scenario...A girl you recently picked up calls you on the phone and suddenly starts talking about this other guy she met at the bar.

*Says something like You know what happened today? This guy came up to me...Asked me out and told me I am the prettiest girl he's seen till date.*

Most guys get jealous over this and react negatively. But you see this isn't a bad sign. If she is telling you all these things all she wants you to know is that she is well desired by other men and she's wanted.

She is just trying to impress you that's all...There is nothing more to it. All she wants you to do is to ask her out but doesn't want to be direct about it therefore she is telling you all these things.

Now consider this...She tells you about a guy who recently dumped her and how much she loved him...How she still can't get over it and how she has been looking for ways to get him back.

This is the kind of a woman you should instantly get away from...She is trying to dump her emotions on you...A classic sign of a woman trying to force you into the friends zone.



Never let her discuss emotional issues... You will always find yourself hurt, confused and would be just a friend to her.

This also means that she is showing genuine interest in the other guy and this is not the girl for you because she is carrying too much emotional baggage from her past. Get away from her and let her deal with this herself.

There might also be times when you may have to deal with her male friends or even ex's from the past. In such cases, it's never beneficial to show any sort of jealousy towards the guy in question.

The best way to deal with this is to be friends with the guy in question as fast as possible. By being friends with him, you will display all the traits of a high value male since you did not show any signs of jealousy or agitation. Guys who react negatively to this by getting jealous or acting emotional tend to display all the traits of a low value male which turns the girl off.

# Chapter #19

## She Called Me Gay...What Do I Do Now?

Relax...A lot of guys take being called gay personally and get highly emotional over it. If you have ever been called gay and you found yourself getting all hyped up over it then you don't understand what she truly meant by calling you gay.

In fact is she called you gay...It can be the ultimate compliment and I'll tell you why.

If she calls you gay she doesn't mean you are, literally gay...She means that why are you not going out with her or any other girl? She is struggling to deal with the fact that she is having to work hard for your attention and at the same time, you don't even have another girl in your life.

This also shows that she finds you very attractive and is highly interested in going out with you.

So how do you respond when she calls you gay? Do something like this

**Girl** Are you gay?

**You** You think I am the prettiest boy in town don't you? Thanks for the compliment.

**Girl-** You seem gay.

**You-** Cut out with the cheesy lines...Why don't you just ask me out.

Remember that if a woman calls you gay it's not a bad sign.

# Chapter #20

## Sure Shot Ways To Know If A Woman Is Interested In You Or Not...

Personally, I don't really give too much importance towards trying to figure out whether a girl likes me or not. When you master the art of pick up... You will automatically be able to get any girl to like you.

Trying to figure out whether a woman likes you or not is pretty easy. A small fact most guys do not know is that when a girl tends to like you...She would give you certain signs.

A lot of the times, these things are something women do unconsciously around men they seem to like. Which means they aren't even aware that they're doing it.

Here are some very common clues...

- **Touches her hair...Plays with it or tosses it around**- This is known to be the most common sign women show when they are around a guy they seem to like. They subconsciously tend to start playing, fixing or tossing around their hair.
- **Leans into you while talking** – A female normally tends to lean in towards the guy she is attracted to. Again, this is a subconscious thing and it sort of happens by itself around the guy a woman tends to like.
- **Plays around with an accessory**- If you see her playing with her bracelet...Necklace or any other accessory or slightly itching her wrist, chin etc then she is definitely into you.

There are more indicators of interest such as

- If she asks whether you have a girlfriend or not she is trying to figure out if you are single.

- Laughs a lot around you even when it might not be that funny.
  - Tries to keep a conversation going when you show intentions of leaving.
  - Holds a very long eye contact but when you look at her she looks away.
  - Gets a bit jealous when you pay attention to other girls when you are around her.
- 
- Finds a reason to touch you during the conversation.
  - Is very keen on giving you her phone number.
  - Compliments you a lot during the conversation etc.

Nevertheless, you won't really have to worry too much about these signs as long as you know how to trigger attraction the right way.

# Chapter #21

## The Art Of Text Messaging...

Text messaging can be a very powerful tool in getting a girl out on a date real fast. Text messaging can prove to be better than calling the girl directly over the phone in most cases.

A great thing about texting is that your message will be read 100% of the times without exception...When you call a girl directly there is a very high chance that she might not be in the mood to talk or might avoid you completely just because she is having a bad day.

Another great thing about text messaging is that you can send out the same message to several girls at the same time. A lot of phone companies offer this service and this would be great if you have a lot of phone numbers.

The biggest advantage of text messaging is that you have room for error. When you are talking to the girl directly on the phone and she throws a sudden twist your way...You might or might not be able to think of a response right away.

The moment you freeze up...You lose the battle and now she knows she can walk all over you, which kills attraction right there. With text messaging you, get time to think about your response therefore the chances of screw-ups are next to none.

Text messaging is a bit different from talking directly on the phone or a face-to-face conversation. In order to succeed with texting you should be able to involve a lot of humor in your texts. The more humorous it is the more positive responses you will get from the girl.

A key to success with text messaging is to never refer to the girl with her real name rather give her a funny pet name...Such as- Munchkin, cutie, my dear etc. Using these will get you faster responses.

Here is a text messaging technique I have personally developed which always works pretty well...

You- Hey...chickpea. How good is your memory on a scale of 1 to 10?

Her- Well 10.

You- Ok let's test it...If you lose you will buy me dinner. Ready? Her- Yes.

You- What color shoes was I wearing when we met?

Her- Well...I think black?

You- Wrong answer young lady...Now buy me dinner. You owe me big time.

Then call her right after that. Even if she did give the correct answer... Still call her and argue that you had some other color shoes on. See how easy this is? All you have to do is get a bit creative and you can easily land dates after dates with the least risk of rejection.

The main reason why some guys always get rejected is because they are just plain boring with their messages. They send out messages like

- Can I call you?
- Are you free?
- Would you like to watch a movie?

You see not only are these messages boring but are actually asking to be rejected.

Here are some messages, which will get you quick & positive responses...

- You won't believe how bad I embarrassed myself today...My maa would be so ashamed. Call me.
- I am hungry...I'd let you buy me a burger if you promise to take me out.
- My cousin is here...She is exactly like you...You totally have to meet her.
- This is the best day of my life...I finally did it. Buzz me when you are free.

As long as you make sure your messages involve humor, mystery and an element of excitement...You will always get positive responses.

# Chapter #22

## Most Vital Facts You Must Understand...

**Success isn't equal to the amount of women you get** After following the concepts in this book you might be able to successfully attract women but that doesn't mean you will be happy after that point.

If your sole aim in life is just to attract women then you are definitely on the wrong path. Not only is this a perfect way to fail but those women whom you attracted will very soon get rid of you only due to the fact that you don't have a higher purpose in life.

Women avoid men who don't have goals and ambitions. No matter how many girls you attract you will still have to go out there and face life and life is much more than just trying to attract girls.

**When a girl starts making a lot of excuses for no reason...The attraction has died** When the girl you are with starts giving you one word responses on the phone...Doesn't kiss you anymore or comes up with a lot of excuses when asked for dates then it's more than obvious that she has lost attraction towards you.

This is the point when you should walk away from her right away. Don't question...Don't ask...Don't wait. Just walk away. It's not her fault if she is acting this way...Your actions or strong eagerness towards her made her react this way.

Most guys try to manipulate, act nice or emotionally force the woman into giving them what they need but the fact is...You can never make a woman do what you need by forcing her.

She doesn't control who she feels attracted to...Therefore the best solution under this situation would be to back off and avoid her for a few days.

**Never give your number to a woman unless you already have hers** This is a very common thing most girls tend to do when a guy approaches them and asks for the phone number. They instead say... Well give me your number and I'll call you.

Guess what? She would never call you. It was just her nice way of telling you to buzz off. She didn't want you to have her number therefore, she just asked for yours and will never even look at it.

**Does she flirt with other guys around you?** Beware...This girl either wants to get you jealous or is just an attention freak. You see girls like this all over the place...They dress extremely well with loud make up and tend to enjoy males staring at them.

If you do find yourself stuck with a girl like this...You might as well find yourself another one because life around this girl is just going to be full of drama. She wouldn't quit her habit of flirting with other guys in your presence and you will struggle to deal with it, As it will only get more and more frequent.

But one thing you should not do...Is to show her that you are jealous. The moment she realizes you are jealous you have lost the battle and she has won because her main purpose was to get you jealous.

**Always keep a close eye on her actions and not her words** It is very important that you always go by what a girl does and not by what she says.

Some guys who get stuck in her words...Will always find themselves confused because her words will never match her actions. A common example of this is a girl who goes out sleeps with other men...Comes back home and tells her husband that she loves him dearly.

Similarly, a woman might say she likes you but at the same time doesn't return your calls and always acts busy. What do you think is going on here? Her actions are showing a lot of disinterest while her words are along some other lines.



Therefore, don't be fooled by her words...Just study her actions and you will know what's in her mind.

**Don't give the female a chance to dump you** Most guys don't realize this but the moment a girl stops returning your phone calls, doesn't kiss you anymore and avoids meetings it's a clear indicator that she is done with you and is most probably going to dump you.

Therefore, you should read her actions to see what's going on...The moment you sense disinterest...You should instantly give her the final words instead of waiting for her to give it to you.

And it's important that you should not be direct about it.

Try something like- Jane...Something isn't right between us since the past few days...I guess I need some space for the time being to rethink all this.

A surprising thing happens when you say something like that just because she wasn't expecting you to leave her...Now she feels rejected and all of a sudden, she would start showing a lot of interest in you all over again.

You see attraction is also triggered when you are about to lose something you had and by telling her that you need some space... You have triggered attraction once again and don't be surprised if she chases you after this.

**Is she asking why you broke up with your ex?** – This is another question where most guys slip just due to the fact that they get all emotional over remembering the past.

A lot of guys spill out the complete truth about how badly they got dumped...How their ex left them in tears etc etc. You see when you tell the girl that your ex was the one who got rid of you...You are giving her vital feedback.

Now the girl starts to question your personality...Now she starts to think... Wait a minute. This guy doesn't seem all that bad but why did he get dumped? There must be something about him I don't know yet.

And bam! within a few minutes her level of attraction towards you goes from 10 to 1. Always keep this topic secret unless it gets to the point where she knows you well enough to understand you. Or else there is no point in telling her anything about your ex.

**What if she is still not over her ex?** – If a girl says that she still thinks about her ex a lot and maybe is still not over him...Your job should be to take a step back right away.

This girl is carrying heavy emotional baggage from her past and has not been able to deal well with it so far. In such a case, you should have a friendly talk with her and let her know that she should give her ex another shot and see what happens.

A low value guy would most probably get jealous and act all angry but you are a high value male and you know better. Thus, when you give her an option...You are also showing willingness to walk away without any hesitation.

This is where she would start thinking about everything more clearly... And make a sound decision. But you see...If she decides to give her ex a shot then you just saved yourself from a possible emotional drama queen.

Because girls who aren't over their ex's will always bring up the subject of their ex every now and then which would affect the present relationship. Every day might become a big struggle therefore, it is better to let her make up her mind.

**Is she telling you her boyfriend is stupid?** – Girls normally tend to insult their boyfriends in front of other males when they are done with them.

By insulting her boyfriend in front of you, she is indirectly asking you to pick her up and take her away from her present boyfriend.

**Always see yourself as a prize to be won** She should be the one chasing you instead of you being the one chasing her. She should be the one who wants to be with you instead of you being the one who wants to be with her. She should be the one who tries hard to impress you instead of you being

the one making attempts to impress her. In short...She should look at you as a prize and should work towards winning it.

As long as you maintain this attitude, you will never struggle to have enough women in your life.

**Never reveal your feelings to a woman early on** Most movies revolve around the theme of showing that women truly love it when a guy is honest about his feelings and tells the girl how he feels towards her.

You see this only works in the movies and not in real life. If you were to tell a girl you like her or you are in love with her too early...She would lose all attraction for you right away. Why?

Because you just killed the mystery element of the whole game.

Look at it this way- Before she wasn't sure what you truly felt about her and that was the main thing, which was keeping her attracted to you. Now you have indirectly communicated that she already has you in her world therefore you are no prize to be won anymore. You are just another guy she successfully managed to attract therefore she doesn't need to work for your attention anymore because she already knows she has you.

This is the reason why it's no big surprise why a lot of guys get blown off after they have told the girl that they like them or love them.

Therefore the point here is to never tell a girl what you truly feel about her...Let her be in mystery and keep on playing the guessing game.

**In order to keep a girl you should be willing to lose a girl** This might sound like a bizarre concept but the dating dynamics actually operate this way. As long as you are willing to walk away at any point of time whenever the girl violates one of your principles...You will always have her.

Guys who let a girl walk all over them just due to the fear of losing her actually end up losing her in the long run. Therefore, in order to keep her you must be willing to lose her.

**It's all about how you manage yourself** You must have heard of the great saying by Henry Ford, which goes something like

**“Whether you think you can or cannot, either way you're right”**

If you feel scared before approaching a girl, you will never approach her.

If you try to wait for her to be alone away from her friends...Some other guy will probably pick her up before you.

If you fear that you might say something wrong then you most probably will.

If you think keeping the conversation going with a woman is a struggle then it will be a struggle.

If you think she is out of your league then you are right...She is out of your league.

It's all about what's going on inside your head...It's all about what you think. Therefore, when you think you are a winner you will be and similarly if you think you are a loser then nothing can stop you from being a loser.

**Make sure what you demonstrate is in alignment with your personality**

You might have the perfect words to say but unless it matches your personality, you will always seem fake. A good example of this would be a guy who tries to learn everything he isn't really interested in just to impress the girl.

Consider a girl who is talking to a guy and tells him that she is into pop music...All of a sudden the guy starts talking a lot about pop music.

Although he has no real interest in pop music but goes back home that day and searches vigorously on the internet trying to know what's in and what's out in the world of pop.

Now what is he trying to do here? He is making extra efforts to fit into the girl's reality just to get accepted. This is not in alignment with his personality but he is still doing it just to please the girl.

Now let's reverse this and consider a girl who is around you and tries to pretend to like everything you like. If you say you like basketball... She instantly starts talking about basketball and tries to make a conversation based on that.

Would you truly value this girl after a while if she keeps on trying to please you by agreeing with you on everything? You see you should never do anything, which you would not normally do just to please the girl.

This is the main reason why you have to be true to your personality before you even think about approaching women.

**Don't act too disinterested** - After learning the dynamics of pick up a lot of guys think that it's important to act disinterested in the woman but some guys don't really understand the difference between being disinterested and rude.

The way it should be done is to first show a bit of interest and then a bit of disinterest but never complete disinterest. A lot of guys act so disinterested that it's almost like they are telling the girl to go away.

A girl will never stay around you long if you just keep on showing disinterest.

What it really means is that you have to show her that you are interested but that doesn't mean you will chase her around for attention.

The pattern should be one line, which shows interest, and another line, which shows a bit of disinterest. For example

You look cute in this dress...But pink would have been better. You see this sentence involves interest and disinterest at the same time. By telling her that she looks cute in the dress, you have shown active interest but by telling her that a pink dress would have been better, you have shown a slight tint of disinterest as well.

Some guys do it the wrong way for example  
This dress isn't looking good on you...You should have tried pink.

Now with this sentence, you have shown disinterest twice and it will actually come across as highly rude because you just directly insulted her.

**The perfect formula to build attraction**

Let me share a quick formula, which is a proven attraction builder. This seems to work very well in every situation. It basically revolves around three things

- 1- Notice her shortcomings or personality downfalls.
- 2- Point it out.
- 3- Turn it into something positive, which will make her feel better.

A good example of this would be to point out something in her personality you think is one of her shortcomings for example- If she has very loud make up on.

Say something like- Do you always wear this much make up or just on special occasions?

She would give some response...After that instantly say...Don't worry you still look cute in it.

You see how you transitioned a remark you made on her personality and turned it into something positive? This is the perfect way to instantly hook a girl and get her attention.

**Women attach more value to things they have to work for** Why does a kid at school value a trophy he won after winning a race? In fact, why does his family, friends and people around applaud him for it?

What's so special about this trophy after all...It's not more than a few dollars. At the same time getting this trophy does not mean he is already successful in the game of life. Therefore, why is everyone so excited over it?

The reason why it's valued so much is because the kid had to work hard to get that trophy...He had to prepare weeks or months for the race. Now this trophy might not cost much but it has a lot of value attached to it simply due to the fact that the kid had to work hard to attain it.

Similarly, women attach a higher value to guys who they have to work hard for. If a woman does not have to work hard for your attention, she would

rate you as low value. If you are not making the woman work for your attention already...She will never put the high value tag on you.

This is the reason why it's also said that you train a woman on how to treat you...Some guys make the woman work for their attention due to which the woman treats them like a high value male.

At the same time, some guys try to keep the girl too comfortable and never make her work hard for their attention due to which she treats them like a low value male because there is no work there.

When a woman is made to work for your attention...Attraction will always amplify.

**Always set high expectations** You should put a high price on yourself at all costs. Your expectations should always be high... Because when your expectations are high you won't let anyone walk all over you.

When your expectations are high, you will always find yourself making other people work for your attention instead of working for their attention.

This is the core reason why you should never let a girl into your life who doesn't meet your expectations. It's important that you keep the girl on her toes to match your expectations.

It's extremely vital that you punish her for bad behavior every single time without any exception. Always make her work to reach your expectations... As long as you keep her on her toes...The attraction will never die.

**Learn to look at everything from a woman's point of view** Let us take you in the female world for a few minutes here...Being an attractive female isn't easy in the present day world.

Now you might think well...All the pretty women get all the attention... Don't they enjoy that...Isn't that what they are looking for?

You see they might enjoy the attention once in a while but when you get it on every turn and every corner...It gets annoying.

Now for a change imagine yourself as a pretty girl walking down the street...All of a sudden this guy is looking at you endlessly...He just keeps on looking, looking and looking for no reason.

Then another guy comes up to you and says...You are so good looking. Hi, my name is Pete. What are you doing this evening?

Wouldn't this annoy you that random strangers are coming up to you and are just trying to hit on you?

Now imagine you are sitting at a coffee shop having a cup of coffee... And this waiter keeps on staring at your breasts. Isn't that scary?

You see being an attractive woman is actually scary...That's the reason why so many women have developed defense mechanisms to deal with men who constantly hit on them.

**No woman is too good looking for you...You only go by personality and not by looks** This is the most important attitude you must cultivate into your personality at all costs. Never show a woman that you consider her to be too good looking. Let her know that you don't really go by looks but by personality because good looks are easy to find but personality is a rare trait.

The moment you act this way around them...You will instantly be awarded with the tag known as "That Special Different guy"...And this is what most women are looking for in a potential mate.

**Time doesn't matter in pickup** A common question most guys have is how long do I need to talk to a woman to get her attracted to me. Well you can spend five completely boring hours or five extremely interesting minutes around her.

You be the judge here. What do you think is better? 5 hours of boring dragged on talk or five minutes of high-energy exciting conversation? In this case, 5 minutes is much better than 5 hours.

If you see yourself struggling at this area then it's not about the time you spend talking to her but the way you have been talking to her. Always trigger her emotions...As long as your conversation is along the emotional lines...She will always be interested.



**If you are getting too many dry responses then you are not on the right path** If you notice that the girl you are trying to pick up is starting to give one word responses, is using too many maybes or is looking away while talking to you then you are definitely on the wrong path.

Either say something, which would trigger her on an emotional level or just move on to another girl. Never let this drag on too long because she would come up with excuses to get rid of you eventually.

**Never answer all her calls right away** Some guys let the girl figure them out by being extra predictable. They keep on answering every call she makes right away just to keep her comfortable.

If she figures you out...It would mean you have already lost the battle. Now it won't be long before she starts avoiding you.

This is the main reason why you must pretend to be busy when she calls you. Show her that you are doing something more important at the moment and might not be able to talk to her.

Here is a conversation I recently had...

Her- Hey...How are you doing?

You- I am a bit busy at the moment. Call me later. I am watching a movie.

Her- Ummmm fine.

Now this got her a bit agitated and later on she even called me out on it. She couldn't believe that I was avoiding her call because I was too busy watching a movie. But did it raise her level of interest in me? You bet it did.

Why? Well simply because she can see that watching a movie is more important in my world then talking to her...Therefore now she will work more towards gaining my approval. Thus deepening her attraction towards me in the process.

**Don't try to fix her problems...Just make her feel better about herself-** We have already discussed this concept before in this book but let's elaborate a bit more on it.

As we have already discussed...You should never solve her problems because that tends to give a strong friendly vibe, which may throw you into the friends zone.

But this also does not mean to avoid her completely when she comes to you with an issue. The key here is just to make her feel good about herself...In fact all she is looking for is good feelings.

Therefore instead of solving her problems say something like this- I understand what you are going through is very tough...But I know that you are a strong person...And you will get through it.

This will instantly make her feel good and that's exactly what she was looking for anyway. Every woman wants the gift of good feelings and if you can be the one who can provide her with it...She will automatically get addicted to you.

**You must have strong personal hygiene or else women will never get physical with you** It is strange to know how many guys get rejected when trying to kiss a woman and tend to blame it on their technique when the real reason was that they had poor personal hygiene.

Having hair sticking out of your nose, Chapped lips...Hairy neck are instant turn offs to women. You don't have to be the best-looking guy out there but you have to look clean at least.

It is important that you work on your physical self and at least make yourself presentable. Looking your best isn't about impressing women but just showing everyone that you do take good care of yourself.

**The emotional process a girl should go through in order to feel attraction towards you**

Now let me share with you the perfect recipe, which would keep a girl attracted to you in the long term. The only way to do this is to make her experience a full range of emotions. Here are a set of emotions you must make her experience in order to keep her attracted...

**Excitement** This should be done by mixing up interest and disinterest in your conversation.

**Fun** Show her that you are a lot of fun to be around...Which means every time she thinks about you...Exciting and fun thoughts should come into her mind.

**Confusion** Confuse her by leaving a story unfinished or exit on a date without telling her anything about whether you like her or not.

**Curiosity** once she is confused, she would always be curious to know whether you like her or not.

**Eagerness** Get her strongly eager to know more about you by keeping her guessing all the time.

**Jealousy** This is a very important emotion she must feel around you. She should know that you have plenty of options when it comes to girls and she will have to compete in order to keep your attention.

**Comfort** A girl will never get physical with you unless she is comfortable around you...You should do everything which triggers the feeling of comfort when she is physically close to you.

**Conflict** This is equally important for a variety of reasons...That's why you should not be scared to get into an argument with her once in a while.

A good mix of all these emotions is the perfect recipe to keep any girl attracted to you for a long duration. Never let any one emotion prevail all the time as it would get boring after a while and she might lose attraction for you.

In order to trigger these emotions you have to be unpredictable in everything you do...You have to do everything, which would keep the girl guessing about your next move. Always act a bit mysterious and unpredictable with the things you talk about, your behavior and the way you express yourself.

**The right and the wrong way to compliment** We have already covered this subject in the book but there are some parts still left. A lot of guys don't

know how to compliment the girl in the right fashion.

Your compliment should never be direct...Rather it should show interest and disinterest at the same time as we have already discussed before.

For example, you should never say- Wow, you are so pretty.

Rather try something like- Nice hair...That must have taken you hours to do...How did you manage?

You have a pretty face...But does your personality match up?

So you see by saying this you are complimenting her but at the same time challenging her, which is the proper way to compliment.

**The type of women you attract tells you what you think you deserve** If you often feel that you are not able to attract the kind of woman you always desired then you have a strong negative inner belief.

You might not realize this...But your true belief is that attractive women are beyond your reach.

What's around you is a perfect reflection of the story going on in your head...Therefore if you don't have the kind of results you desire...It's more than obvious that you don't think you can achieve it.

A good way to get out of this is to ask yourself the question why.

Why are you not attracting the kind of women you desire? More often than not, you will come down to a conclusion that you never make any efforts to go to the next level and approach women who are stunningly good looking.

You see it's all about the block you have in your head and nothing else. You can easily get anything you believe in the mind. When you believe it in the mind...The rest becomes very easy.

**Never discuss your problems with women** A great way to kill all attraction is to discuss your issues or problems with women. You should be tough enough to deal with your problems yourself.

Women want to see you overcome the problem instead of just discussing it with them. By sharing your problems with a woman you indirectly tell her that you are not strong enough to deal with your own problems therefore, you either need her help or sympathy to make yourself feel better.

Another thing is to never share your insecurities with the girl...Never tell her what you are bad at or how many failures you have had in the past and how you still struggle with a lot of things in life. This only gives out a very dull impression, which is a direct attraction killer.

**The one who is the least emotional about losing the other controls the relationship** This is a sure fire recipe to be in control of the relationship at all times. You see the one who is emotionally strong and is willing to walk away from the relationship at any time for any reason is the one who eventually controls everything.

Therefore, you should cultivate a willingness to walk away whenever your principles are violated.

**Act like you are already taken by someone else** Do you know that women find married men much more desirable than single men. Why is that? Well simply due to the fact that married men are beyond their reach.

They know that these men are already taken and that makes it even more of a desire for them. You should cultivate the same actions in your personality...When you act as if you are already taken, she will always go that extra mile to keep your attention.

This is the reason why you should act like you are already taken... That way she will always chase you for attention.

**A woman will stay strongly committed towards you when there is attraction** A common problem most guys tend to deal with is with maintaining a strong relationship. I have seen so many complaints from guys crying over how some guy stole their girl from them. You see a girl will never leave you or even cheat on you as long as there is strong attraction. The reason why she left you is simply because some of her needs

were not being satisfied in your company. Therefore, she went to someone else in order to have them satisfied.

If your girlfriend went with some other guy then it's not that guy's fault. It's actually your fault for not having worked on the relationship.

**Never give a direct yes** Never be easy for a woman...A lot of guys are quick to fall into the yes circle and keep on saying yes after yes even when they might want to say no to certain requests.

This is the reason why you must force yourself to make her work in order to get a yes response from you. For example if she asks- Let's go shopping today.

You should respond by saying something like- No...First we will watch a movie...And then shopping.

You see? Never be direct with a yes...Either keep some conditions before saying a yes or let her request you more before you get to a yes.

An important point you must note here is that this should only be done according to the situation. For example- If she is sick and says please take me to a doctor...You shouldn't say...Wait a couple of hours honey. I am watching football here.

Only do it with random requests and not important or urgent requests.  
**Always challenge her back in case she tries to challenge you**

This is a very common technique women use to force men into a submissive role...And most men don't even realize that they have been forced into a submissive role until it's just too late.

What you need to do in such a case is to turn that challenge on her... And make her work instead of trying to prove yourself because she challenged you.

For example if a woman says  
I can't believe you can not do this. I don't think you are man enough for

this.

Instantly hit her back by saying

I don't fall for these games honey...Try something else.

By saying this, you instantly shot down her attack and now she will be thinking of ways on how to get back at you for this.

**Make it obvious that she isn't the only one in your life** A woman will always ask you from time to time whether you are dating someone else or not. Most men tend to feel insecure and say- I am not dating anyone else.

But this isn't what you should do. Rather tell her something like- Yeh! There are some applicants I have short-listed. Let's see who wins this job.

Saying this would not only get her jealous but now she will work twice as hard to keep you around only because now she knows that the moment she slips...You might walk away to those other girls. When you create obstacles with attraction it further intensifies the attraction.

**Words lie but actions reveal the truth** The way she acts around you is a complete reflection of what's truly going on in her mind.

If you truly wish to know whether she is into you or not...Just monitor her actions and you will know the complete story. Does she make attempts to please you at all times? Is she the one who always calls you? Is she the one asking you to take her out?

You see if this is the case then she is definitely into you but if she avoids you, Acts dry towards you and never attends your phone calls...Then it's better to leave her and move on to someone else.

You see she might even say that she loves you etc etc. However, if it isn't matching her actions then there is no point staying with her.

**Be careful of energy sucking** - Do not hesitate to walk away from a bad relationship. If you find yourself stuck in the company of a problem woman then the faster you leave the better it's going to be for your emotional health.

I also call them energy-sucking women...

It's extremely important that you filter them out not based on their looks but the personality. Ending up with the wrong type of a girl means, you have bargained yourself a shortcut route straight to hell.

A lot of guys give value to women based on their looks and never bother to investigate their personality. You might end up with a very messed up girl who can suck energy right out of you day and night.

There are women out there who are highly insecure about themselves even though they might be extremely good looking. These women will seek validation from you all the time in order to feel good about themselves but the main problem is that they never feel validated no matter how much validation you give them.

They tend to have a never-ending hunger to satisfy their emotional needs, which can never be fulfilled. And this is the part where it gets scary...They might even use sex as a tool to have their needs fulfilled.

A lot of guys fall into this trap and often get blinded by the attractiveness of the girl. This is where the problem starts...Some men are too fast to enter into relationships with attractive women just because they are good looking and tend to regret it highly later on.

A very common example of this are women who are in relationships but still go out and have sex with other men. You see they tend to do it because as already mentioned they have a never-ending hunger to satisfy their emotional needs and no matter how many men they go out with...It's never fulfilled.

These women tend to be pretty low on self-esteem due to which they give easy sex to any man in exchange for his appreciation for her beauty. She would sleep with any man just as a boost to her selfesteem.

In most cases, these women are total drama queens and would always have something or the other going wrong in their life...They would know how to make a mess out of a totally perfect situation.



They also use manipulation in certain cases only because they don't feel they are worthy enough or deserve all the good life has to offer. This is why they always say that looks can be deceiving. Therefore, always pay a lot of attention to her personality and get to know her deeply before you think about getting into a relationship with her.

**Never let her get you mad or upset** - If you get mad or upset over a girl's actions then it's a great feedback that you are not in control... And she is the one who actually controls you.

If her actions can make you react...Then she is the one who is driving you around. There might be times when a girl might say some real nasty things to you...But you should never react to this by showing anger or losing your cool.

Be like the rock in the storm and act like nothing gets to you no matter what. In most cases, a girl might just be trying to test you to check how you react to extreme situations.

If you react the way she predicted...Then you failed the test.

**People look at you the way you look at yourself** - What you normally focus on most of the time is also the first thing that people will notice about you.

Consider a scenario where a guy is a bit short in height...He feels awful about it and starts wearing high-heeled shoes in order to appear taller.

What is he trying to do here? He just wants everyone else to see that he is insecure about his height because the shoes he is wearing make it very obvious that he is trying to appear taller...Therefore that's the first thing people are going to notice about him. On the other hand, if the same guy was to walk around with total confidence...Without any high-heeled shoes on...And acts like he doesn't really care about what people think of his height...He would give out a very strong confident vibe...And his shortness is the last thing people would think of.

When you look beyond your insecurities and think you deserve the best out of life regardless of your lacks...You will radiate a very confident aura.

But when you keep on thinking, what your insecurities are...That's exactly what you are asking the world to see.

There are certain things in life you just can not change....

You can't grow taller at will.

You can't grow your hair only because you are balding. You can't make your eyes blue just because you think it's better.

I mean there are a lot of things, which you just can not change. The key here is to accept yourself the way you are...And you will instantly feel like a huge load has been taken off your shoulders.

All misery and pain comes from the willingness to change yourself just to suit the needs and desires of the world. The moment you detach yourself from what others expect from you...And stop caring about their opinions... You will truly be a free man.

**Never go by what a woman tells you she wants** The reason why you shouldn't follow this is because women never truly know what they want. They sort of have an idea of what they would prefer but are never exactly sure of their needs.

That's the reason why it's no big surprise to see a woman being with a bad guy when her previous preference was to be with a nice one.

It's no big surprise to see a woman who says she will never marry anyone but a doctor actually ending up with a car mechanic.

It's no big surprise to see a woman saying I want to marry a guy who treats me like a princess actually tying the knot with an abusive jerk.

Why is this? Well simply because women are socially conditioned to think a certain way. They don't know what is the right choice for them until they actually come in the company of a man.

You see this is the reason why you should never go by what a woman says she prefers. She might say that she would never go for a man like you but

weeks or months later, she might be chasing you around like crazy.

All women want is a man who knows how to get them attracted to him... Attraction is all that matters and women don't control that.

**Where to find women?** – This truly shouldn't be a concern for you because women can be found everywhere...I mean the whole world can be your playground.

Never keep pick up limited to just nightclubs and bars. There are a whole lot of other places you should explore.

Women are on the streets, subway stations, coffee shops, libraries...I mean you name the place and there will be women available there. Here is a small list

- Street.
- Bus stop.
- Train station.
- Airport.
- Coffee shops.
- Restaurants.
- Hobby classes such as yoga, salsa etc.
- Birthday or house parties.
- Sports clubs.
- Beach.
- Library.
- Shopping malls.
- On the internet.
- Social parks.

I mean you have girls in your very own neighborhood. I am sure you can add more to this list with your own ideas...But the message here is that there are a lot of girls all over the place.

**Never take her to an expensive place for the first few dates** - A lot of guys don't get this and still think that they should take the girl to a great place for the first date. What they don't realize is that the girl doesn't look at it the same way.

When you take her somewhere special you make it real obvious to her that you like her and at the same time when you end up spending a lot of money on her...She gets the vibe that you are trying extra hard to impress her. You see...You need to show her that she isn't that special yet and she will have to work to get to that level with you. This is the reason why it's always a good idea to either take her to a walk in the park, coffee shop or some other place where you won't have to spend a lot of money.

At the same time in case the girl is a gold digger she will be able to fool you into the idea that you have impressed her. She would start acting a lot nicer towards you because she has sensed that you have deep pockets and you can get her anything she wants in terms of money.

Such a woman will only have her eyes on your bank account and nothing else. Therefore, test the female by not spending too much money early on.

## **Go Out And Make Some Mistakes...**

What's the biggest fear guys have when it comes to approaching women? It's the fear of REJECTION.

Guys constantly fear being rejected due to which they never take any action. They get into so many situations where they have ample opportunities to approach attractive women yet they manage to talk themselves out of it only due to the fear of rejection.

Your subconscious brain has been programmed to make you think and react this way for years. Our society forces us into the idea that failing is a bad thing.

And this starts right at school...That's where we actually learn how bad failing truly is. You get laughed at in the classroom for giving the wrong answer. If you fail a few tests...You get labeled as stupid.

Now you might not realize this but with every event in your life...Your mind forms an internal connection. For example if you got bit by a dog at a

very early age...You will always be subconsciously scared of dogs until you have worked to overcome this fear.

Similarly, if you fail with approaching women once or twice...You might never try it at all again because you don't like rejection. But you see rejection isn't that bad.

Failure isn't bad...It's all about how you deal with it. The fact in life is that if you can not fail you can not win. Study any successful person out there... And you will realize that most of them have failed more times then they have succeeded.

Thomas Edison was told at school that he was too stupid to learn anything...But he went out and developed the light bulb, which changed the world.

Michael Jordon is known to be the greatest basketball player of all time... But do you know that he was dropped from his high school basketball team just because he lacked the skill back then? He locked himself in a room and cried.

Do you know that Walt Disney the creator of Disney world was actually fired from a newspaper company because they said he lacked imagination?

Abraham Lincoln failed in business at age 21. Was defeated in a legislative race at age 22. Failed again in business at age 24. Overcame the death of his sweetheart at age 26. Had a nervous breakdown at age 27. Lost a congressional race at age 34...Lost a senatorial race at age 45. Failed in an effort to become vice-president at age 47.

But was finally elected PRESIDENT of the US at age 52! He failed more times than a common man can even try.

Making mistakes and failing can teach you some very vital lessons in life... Failure was never a bad thing but society made it look like it was something awful.

It's a universal fact that you will always fail at the very first attempt at doing something new. You did not succeed the very first time you tried to

walk, you did not drive the car perfectly on the very first go, and you didn't swim perfectly the first time you got into the pool. I mean the list can be endless.

Therefore, if you get turned down with your first few attempts at picking up women it doesn't mean that's going to be a permanent thing for the rest of your life. If a few women reject you, it doesn't mean you are a permanent failure.

The movie you have playing in your mind will always manifest into reality

If you keep on thinking...I am not good enough...I am too short...I am too ugly...I am going bald...Women will never like me. That's exactly what you are asking for.

Stop being caught up in a feeling rather become aware that you are being carried away; rather catch your feelings when they occur to you. Follow a style, which would help you study your emotions and control them.

Failure is actually the best teacher in life.

The moment you accept that failing isn't a bad thing or something you should get emotional about...There will be nothing that can stop you from succeeding.

The people who have mastered the art of succeeding actually mastered the art of failing first. They understood the fact that making mistakes is a part of the growing process therefore if you fail once, twice or even ten times, it doesn't mean you won't ever succeed.

Thomas Edison failed 10,000 times before he finally came up with the working version of a light bulb...When asked about his failures he said that he didn't fail...He just showed the world that those 10,000 ways won't work.

So you see it's all about how you look at it...Take rejection from women as feedback to your performance...Learn from each experience and improvise on it regularly.

Do you know that some of the most successful people out there are those who do what they say they are going to do. If you can cultivate a habit of doing, what you know is the right thing to do...Then you will succeed not only in the department of women but other areas of life as well.

However, here is the problem you will have to face. There will be times where when you begin to take action...Your mind might hit you with hundreds of excuses.

You will constantly listen to that little voice which tells you...You aren't ready yet. The time isn't right yet. Today is a bad day for this...You aren't in the right state yet.

But guess what? If you can't do it today...You will most probably never do it. If you have excuses today what makes you say that you won't have excuses when you think about doing it in the future?

Guess what? In life, there is only one certainty...And that is death. One thing you know for sure is that you are going to die some day. Everything else is all uncertain.

And here is the big secret- Conditions will never be ideal. You will have to make them ideal by taking action right now.

All you have to do is to just show up...If you can't start with something big...Then do something small. Just get yourself moving...That's how you will get into the flow...That's how you will make the conditions ideal...That's how things will start working for you...That's how you will start discovering your hidden powers, which you never knew, existed.

You either have excuses or results in life. If you have, the results that's because you didn't make excuses when you knew you had to take action. And when you don't have the results then you always have an excuse for why you didn't take action.

In 1519 Spanish Conquistador Hernando Cortez landed in Mexico on the shores of the Yucatan...He wanted to seize the world's richest treasures known to be there.

When Cortez and his men arrived on the shores of the Yucatan, he ordered his men to burn the ships they came in. He said to his men "if we are going home, we are going home in their ships".

He made it absolutely clear to his men that failure wasn't an option therefore he eliminated their only way to return home. Now his men had no other option but to conquer.

And I say the same thing to you...Burn the ships...Don't let yourself make excuses.

Excuses don't help in life...But results do. Therefore, just get yourself out there and show up even if you don't feel you are ready.

Now it's up to you...You read this book...You maybe feeling pumped up right now...But where do you want to take this is up to you. You can either take action right now by going out and putting all this theory into action or you can wait a few more days and let yourself come up with excuses after excuses as to why you aren't ready yet.

Most guys keep waiting for that perfect time when they would finally decide to take action. But guess what? Nothing can be more perfect than right now. You don't know what the future might bring...Therefore how can you even trust something you aren't even certain about?

Let me share a very popular story of 3 frogs here...There were 3 frogs sitting on a log and one decided to jump off...How many do you think were left?

Well if your answer is two then you are wrong...The correct answer is three. Why?

Well because that one frog decided to jump off but didn't really jump off. There is a big difference between thinking about doing something and actually doing it.

That's exactly what you need to do...You have to convert your thoughts into action.



Some of this will be easy for you...And some of it won't. The beginning is always the hardest. It's like getting into the swimming pool for the first time. At first, you rapidly move your arms and legs to stay above water. It seems as if you will never be able to swim.

But when you stick to it and keep practicing...After a week it gets a bit easier...Then after another week...You start getting used to it and eventually you find it so easy...That you start enjoying it.

Being good with women is all about doing the right thing even when you are uncomfortable doing it. You will only get to the comfort level when you first go through the uncomfortable zone.

Therefore get yourself out there even when you don't feel like it, You will feel uncomfortable, You will fail a few times...But eventually...You will finally find yourself getting massive results and will some day look back... And be glad that you took action.

Wishing lots of success to you.  
- Mark Raymond.

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