

# Relationships Knowledge - Lessons From People

Note: This is in development

## END GOALS

- The CAB Game
  - Look For Connections → Seek, Attract, Mutually Benefit Connections
  - From Connections filter Associates → Establish History
  - From Associates filter Brothers → Endure Hardship
- The 3M Game - Maidens, Mothers, and Matriarchs
  - Look for Maidens → Seek, Attract, Provide For, Protect, Lead Maidens
  - From Maidens filter Mother's → Retain, Provide For, Protect, Lead, Develop Mothers
  - From Mothers filter Matriarchs → Provide For, Protect, Lead, Lead With Matriarchs

## Priorities

- Morals
  - 1. Above all else, win to provide.
  - 2. All people have the right to life, liberty, and the pursuit of meaning.
  - 3. You should strive to be the best version of yourself for the benefit of yourself and others.
- General Ethics
  - Take Care of Those That Take Care of You
    - How are you going to pay for medical bills if you have no money to afford them?
    - When you achieve certain levels of status, people will start to do things for you not out of respect not for you, but for your position. Don't confuse disproportionate sacrifice for acts of generosity. If you simply fulfill the duties of this position of status, you will fulfill this ethical requirement.
  - Bros before hoes, but men are the expendable sex.
    - If you have to choose 50/50 between a brother or a chick, its easier to replace her. The caveat is that this is a general rule of thumb because everyone is human. Knowing who is in the wrong only comes with experience.
    - When you have children, they take the place of your top priority
      - A man's duty is to protect, provide, and lead, this includes other people's children. This comes with a dichotomy - it takes a village to raise a child, but you shouldn't tyrannize others (control what they do)
      - If your brother and your child are in danger, save your child, then focus on your brother. I would expect the same in return.
    - If a brother pays the ultimate sacrifice, look after his family
      - Don't be a hovercraft, but keep in touch
      - Pay for their needs the best you can
  - The two things you don't share with a brother - women and underwear
    - If your brother has fucked a chick before, she's off limits

- You should have enough options to not be in a pussy desert

### **Mindset - Andrew Tate**

- Believe you can do absolutely anything
- Be pissed off that you haven't done it yet
- Absolutely nobody is going to save you
- Your words have to be iron willed - what you say will happen

### **Godmode - Tristan Tate**

- There is no trick or life hack - You have to work at it
- Make a conscious effort to plan and make moves on chessboard
- This does not go over things you should already know like how to dress etc...
- How to meet women
  - Don't go around trying to meet women
  - Good looking women are not in some mall
  - If you see a beautiful girl in a high end spot, and you want to add her
    - Approach her
    - Try to get contact details
    - Work on that lead
  - Mass approaching every woman who you want to talk to is the enemy of your time
    - You need the hours of the day
  - Online dating
    - Everyone who is a someone has instagram
    - Hot girls get loads of messages per day
    - You could be the most handsome guy in the world, but you have a boring profile, a girl will skip right past you
    - Build up your online presence
      - Don't be boring
      - Get verified
      - Build a following
  - Make a conscious effort to meet new women
    - If your in a new place, try to get someone to take a picture
    - Taking good pictures, even if you don't like them, is money in the bank
    - Pictures will collect interest over time
  - Dating apps have a time and place - find the best places to go
    - Back in the day, taxi drivers would know where to go, today they don't know shit
    - The people who know the best places in town are beautiful women
    - If your going to tinder to get your your dick sucked, your doing it wrong
    - The process
      - Set your location
      - Have a good profile - same as instagram
      - Get boosts
      - Pick from the best girls that swipe you

- “Where’s the best place to go in (location) on a (day) night?”
  - IF no reply, ok
  - IF get a place
    - “Ok, we’re going, I’m going to take you out”
  - IF your with your friends
    - “Bring your friends, we’re gonna have fun”
  - IF she says no, who cares, you now know the best place in (location)
  - You know where girls like her hang out
- Make sure to tag yourself, local girls might message you simply because your are in a specific location
- Hot girls are obsessed with instagram
- If you think she’s hot, get her off a dating app and onto instagram, otherwise forget about dating apps like tinder to get laid
- Depending on the culture of the locaion your in, you can meet women by having other women with you
  - Having a group of women with you acts like a magnet
  - The girls they know will congregate around them
  - Make a brief intro, “My nam is (name), do you have instagram?”
  - You don’t have to go out with just men
  - Bring women when you go out
  - Avoid fucking the friends of your main chicks, but your side chicks sure
- Reputation helps you meet women
  - Especially in your home city
  - This is when being a gentlemen comes in
    - Bragging about girls you fucked is just not cool
    - Don’t brag about your women
  - Example
    - fuck a chick and be a gentlemen
    - let her know that you don’t want anything serious
    - She will probably tell her friends
    - Her friends might want the same setup with you that the original had
- Tangent - If a women breaks up with you
  - NEVER insult her
  - Do not become emotional
  - “I had lots of fun with you, your an awesome girl, yeah cool”
  - “I’m sorry its come down to this, there’s so much about you that I’m gonna miss”
- Being scouted out
  - This is why you tag yourself in cool locations
  - Women will seek you out not just in the real world, but in the online world
  - This is why you have to work and train to be an elite level playboy
  - If you are just a normal guy, marching around a mall asking for phone numbers, no girl in the world is going to wonder what your name is.
  - If your not being scouted out, your not good enough
    - Lose weight? Work out more? Have nice things? Travel more? etc...

- Unless you stand out, you will not be scouted out
- What not to do
  - Don't waste your time - like marching around a mall all day
  - Don't send pictures of your dick, if she wants to see your dick, she'll do it while she's in your bed.
  - Do not spam messages to a girl
    - If she doesn't reply, give up, quit, move on
- Multi-booking
  - Having multiple dates in the same place at the same time
  - Only works in certain settings
    - Cannot double book at the cinema
    - Only works when there is a vibe, a party atmosphere
      - Women will
        - Put on their makeup & dress, do their hair
        - Come to see you
      - (they haven't got any money) They are not going to storm off because there are some other women around
      - Especially when you're with your friends
      - yeah you just know everyone, they are all your friends
      - It all relies on a poker face
      - The women don't say to each other "yeah I came here for a date with (name)"
      - Example
        - Tell her that she should come to the club with you, repeat times 3 or whatever
      - Bring your friends
      - Nobody can hear a conversation that is not one on one
      - Give a girl maximum 20min of your time
      - The party atmosphere drowns out the room for difficult conversation
    - The only thing better than double-booking, is triple booking
  - Tangent - You never pay for sex
    - As far as any of your women are concerned, they went to (place/event) with you
    - You can try to sneak off with one while your friends provide covering fire
    - If they don't go home with you, ok
    - You have other options
- Club game
  - If you want to be elite, you have to make the effort
  - It's never enough, over extend yourself
  - This is when you do approaches
    - You have women at your table
    - If you think that other women don't notice this, you are wrong
    - it acts as a magnet

- You need to expand your horizons, don't look at your table and what you have there, look further into the crowd, look at the bar
  - Who in their right mind, if they are on a date, would approach girls?
    - Surely nobody, that's why you do it
    - "You look familiar, ..."
    - "Don't stand over here by the bar, come have a drink with me"
    - Maybe it's a yes, maybe it's a no, but you have to make your approaches
    - doesn't matter what crowd you're in
  - Just numbers - say you get 15-20 women thinking of you, and get 6-7 of their contacts - this is why nerds who do day game are not elite
  - Build your life to be attractive to women, and they will come, be a trapper, not a hunter
- Dating
  - TIME MANAGEMENT
    - Dinner → Drinks → Try to close WRONG
    - Don't commit an entire evening to one girl, you're also ignoring other girls
    - You cannot make time
    - Turn things that you have to do anyway into dates
    - Example
      - Meet a new girl when you're doing something mundane like running an errand in the city
      - Run your errand, meet her for coffee after
        - No leaning in to kiss
        - No getting drunk
        - No trying to have sex
        - She's back at home, alone in the evening
        - Who is she thinking about, you
        - Didn't fuck her, but spent enough time with her to implant yourself in her mind → you own her thoughts longer than you are with her
      - You can then commit your evening to your girlfriend
  - Never pay for sex
    - You get access to girls that nobody else has access to
    - How to get virgins
      - Be their boyfriend for an extended period of time
      - Don't know how to run into a virgin and fuck her the next day
      - Turn everything into a date
        - Need to have a business lunch - Uber her in, Uber her out
        - Go for a drive - pick her up, do your drive, drop her off, go home
        - Going to a club - double book
      - Nothing about your life has changed
        - You're not going out of your way
        - You're not making specific time for her
        - Not trying your best for her
        - You're adding her into your normal life
      - From your perspective

- Your still fucking girls from other relationships
  - Your getting your sex, drinks, hanging out with friends already
  - Nothing has changed in your life apart from some quiet girl next to you half the time your out, otherwise you'd be alone
  - All it takes is ordering some ubers when your out with friends
- From her perspective
  - He took me for a drive
  - He took me to the bar with his friends
  - He is my boyfriend
- Someday the day will come
  - she will make it obvious to you
  - Don't be pushy
- Golden rule with virgins
  - if she won't fuck you, don't let her touch you
  - go to sleep like a fucking man without having sex for one day if she doesn't what to fuck you
    - Have some dignity
    - Grow the fuck up
- Whores love money, women love fun, and fun costs money
  - If your broke, your not gonna get as many women
  - You don't pay them money, money facilitates fun
  - You cannot pay for sex where women have a burning desire for you
- You cannot eat into your guy time when hanging out with women
  - Men need to be around other men
  - You cannot just be around women exclusively
  - A good test for if a girl is relationship quality
    - how they are around your friends?
    - Make sure the ice stays cold, bring beers over, make coffee
    - Remain quiet
- Do not waste massive amounts of time with the same girl
- Do not sideline important business for pussy
  - If you start sidlineing you business, your going to end up without your business, without your money, without your nice lifestyle, therefore without pussy
- Don't try to fuck women to fast
  - Its like building up sales leads - a bunch of maybes
  - They all come crashing in eventually
  - When they do crash in, you won't care that the new girl you just met isn't fucking you yet, because you now have options
- How to handle toys
  - A supercar does not impress a girl
  - If anything, it gets your foot in the door - 15 additional second to talk
  - A ferrari can make an amazing date, same thing with a jacuzzi
  - Boasting to women is stupid
    - "We'll go for a drive" - turn up in the ferrari

- “Come over to my house, make sure you bring a bikini” - chill in the jacuzzi
  - All toys serve as a compliment to a date
  - Understate these things, a girl hangs out with you because she wants to hang you with you, everything else is just a bonus on top
- Vacations
  - Why take sand to a beach?
  - Vacations can be used, but should never be used on women
  - Today, flight tickets will get you in a girl's pants if you're a dork or a loser
  - If you are going to take a girl on vacation, take a girl who is loyal, a girl that you have tested, a girl whose loyalty you want to reward
  - Otherwise you're going to set a bad precedent
  - Obviously when you're on vacation, the rules to the game (approaching women) still apply, but do not go on vacations as dates
- Text game
  - After meeting a woman, text game is what gets a woman
  - If you spend 3-4 hours a day per girl, you cannot maintain that many girls
  - Send a few messages a day
    - Reply to your girls - work a few hours - reply - work - reply
    - All you're doing is trying to secure a date
    - Talking about interests etc.. is date material
  - You don't want your interactions with women to be on a screen - that's gay
  - You want girls to be sitting across from you, or with you watching a movie, in your bed, waking up together
  - “What kind of food do you like” - good question to ask
  - “Ok, let's go to this restaurant tomorrow”
  - If she won't go on a date with you, FDB, you got plenty of other girls
- Relationships
  - Meeting women and dating women is not all you want
    - If you just “hit it and quit it” you're missing out on something
    - Women aren't just sex objects
    - Women have a special energy, they are special in their own way
    - You wouldn't trust a woman like you do a man
      - If you need backup - call your boys
      - If you have a problem - call your boys
      - If you take a walk on a beach - it's better with your women
      - If you're at dinner - it's better with a woman
    - Women are the seasoning to life - they make it more special
      - If you're sick lying in bed, you want a woman bringing you soup and giving you a massage - if a man is doing that, that's gay
    - Love is the most rewarding part of a relationship
      - Collecting relationships, not just the notches on the bedpost
  - You have to establish if she is relationship material
    - You have to sift through lots of girls to know who is a good girl

- You have to differentiate which girls you fuck and which girls you want to stay
- You have to eliminate beauty in your mind
  - The hottest women in the world can be a back stabbing bitch
- Things to look for
  - Respectful to your friends?
  - Doesn't care if you look at her phone?
  - Doesn't leave the room to take a phone call?
  - Tends to you?
  - Tends to your home?
  - Cooks?
  - If things like these are adding up, turn it into something serious
  - She's with you, you love her, respect her, care about her but you are still a busy man - all these things are true
- Women would rather share the king than marry the jester
  - You have to be better than other men
  - The good girls will tolerate you being with multiple women
  - They are so invested in your happiness that they still want to be with you
  - Women behave better when they know you have options
    - When they know you have other women, the up their game
    - Wome will want to make you happier
    - The ones you don't want to keep will try to make to stop seeing other girls versus turning a blind eye
  - Distance game
    - Your girls are far enough away from each other
    - Your girls still know that other girls exist
- Testing loyalty
  - Don't be an obsessive stalker
  - Don't be a jealous guy
  - Does she hand you an unlocked phone?
- It is just plain hard to manage lots of women
  - Time management is a problem
  - You need to set you schedule up so that you are busy all hours of the day but no hours of the day
  - You should be able to be busy whenever you want
    - Example - see each girl 2-3 times a week
    - Instead of one relationship, you can have 6 relationships and just be busy
  - Never be content with how many women you have
    - Example
      - One girl talks to another, they find out about other girls, they leave
      - Your down to 3
      - Same thing happens again, your down to one
      - your stuck with one woman



- Now you've put in no leg work, zero hours
  - You have to re-build your collection from scratch
  - Its months before you have 3 again, then 4,5,6
- It is important to be kind
  - Women should not leave unhappy
  - Be polite
    - Buy flowers, chocolates, etc..
    - You don't have to go out of your way
    - Everytime you stop at the gas station, buy a box of chocolates for one of your girlfriends
  - Also includes not engaging in bullshit arguments
    - If your girl wants to argue all the time, she is not a girl that is cohesive with your lifestyle
    - Engagin in needless arguments is a tactic that women use to eat up the hours of your day
  - If you can't say something nice, don't say anything at all
- Make demands of women
  - If a women cooks you a meal and you are satisfies, she will be happy
  - Example - never make your morning coffee
    - Make sure she knows that you appreciate it
    - It will set the mood for the day
- Don't burn time
  - Do not watch fucking netflix - you have other girls to see and other things to do
- Women need sex just like men do
  - There is no maintaining a health relationship without sex
    - If she's loyal she'll even bring it up - why aren't we having sex?
    - If she's disloyal, she's fine because she's fucking someone else
  - Women are not cars, you cant collect them and let them sit in your driveway for months - you have to drive them, if you don't someone else will
  - Women really like attention, a boner is full attention
  - If you don't have sex then she won't feel desired
  - When your time is limited, invest it in something that will make her feel desired
  - There is no excuse for women leaving you
- What not to do
  - Never admit that you are wrong for doing something you want to do
  - If she accuses you of cheating - don't apologize
  - You don't make mistakes - you meant to fuck other women
  - Hold the line - downplay it
  - Dont do bullshit
    - If you going to get caught with another woman, don't get caught flirting online or some bullshit, get caught fucking something
    - Don't watch porn - makes you undesirable
    - Don't masturbate
- Five F's

- There is no secret mix - be a man in demand
- Be a man who women want to fuck
- If your lazy, broke, terrible instagram, fat as fuck, not smart, not funny, not interesting, and busy all the time, how many women do you think that you are going to get?
- Fitness
  - Not just how fit you are
  - Women care about looks
    - Be fit
    - Groomed
    - Dressed nicely
  - Women love to feel protected
  - Don't be fat - If your fat - work on it
- Finance
  - Money gives you the ability to do things
  - If all the hot women are in a building, and it costs \$500 to get into that building, if you don't have \$500, you not gonna get any hot women
  - All of the beautiful women in the world, with a few exceptions, are in high end, luxurious places - if your not there your not going to meet them
  - Do not give women money ever
  - Your financial situation creates and aura of fun
  - Investing
    - You can invest in a city, club, bar
    - Wasting you money is investing
    - Buy fancy things, Tip well, buy things from lots of places
    - Being cheap is not cool
    - Throw money around, people will treat you well
    - What does wasting money even mean?
      - Money is meant to be interchanges
      - You got it because you sold something they want
      - You want good service you just throw it to someone esle
      - You are just passing it around
    - Obviously you don't waste all your money, but invest
    - Being a somebody is not free, if you want nobody to know who you are so you can have a big number in a bank account, you do you
    - Don't be broke - If your broke - work on it
- Fun
  - You have to be entertaining
  - Example
    - Women don't give a shit about your supercar unless you make it fun
    - "Is that your car?"
    - "Yeah, actually it has 600HP with" - you lost her
    - Say something witty - your toys get you a couple seconds for an opener
  - You have to implant yourselves in their mind
  - Fun is subjective

- You know how to show a girl a good time
  - Don't be boring - if your a boring guy - work on it
- Free Time
  - Money is linked to free time
  - You need free time
  - To be elite, you need to be working 45hrs/week at the very upper limit
  - The flexibility of your time is just as important
    - Most men work a 9-5, being free when no one else sets you apart
  - Don't be without free time - If you don't have free time - work on it
- fucking
  - You have to fuck your women right
  - Put the work in
  - Women talk about this shit on a scale that you have no idea
  - Their friends hear it, now their in on it
  - If you can't fuck
    - your never going to secure a relationship
    - Never gonna get the love
    - Never gonna get the respect
    - Never gonna have the reputation to get a revolving door of women
  - Don't be unable to fuck - If your unable to fuck - work on it
- Everyone is born with advantages and disadvantages
  - Born smart - easier to get rich
  - Born with better genetics - easier to get fit
  - Born wittier & raised in a better environment - easier to be funny
  - You need to maximize all of these as much as you can
- Nobody is every woman's type - you cant be, but having these will make it far more likely that you are their type

### **PHD Course - Andrew Tate**

- Don't allow for silence
- Tower of power (progression)
  - Ways to approach women
    - Social media
    - In person
  - What are you aiming to do?
  - Give attention in exchange to progress up the ladder
  - Instagram → Texting → Coffee → More Texting → Serious Date Aiming to Close
  - Get Phone Number → Establish Yourself as Real → Setup a Close
  - Still the same tower of power in person or on dating
    - Dating app → whatsapp
    - In person → instagram or whatsapp
- Background
  - Women are programmed to share the best male

- You are not going to be successful with girls if you hate women
- People try to change the way women think
- If you know the rules of the game, you can position yourself so that the rules of the game favour you and you appreciate why women are the way that they are
- If women were completely fair and only one woman per man, then would there be fun in being a G?
- There's men in the world with lots of women because there's men in the world without women
- The sexual market place
  - Men only have one weapon, attention
    - All you can give a female is attention
  - Women only have one weapon, sex
    - All females can give you is sex
  - Men give their attention in return for sex, this is how it should work
  - The sexual market place is fucked because
    - There are too many women in the world who get attention for free
    - Men used to not give a fuck about a girl who they weren't fucking
    - Why would you care about a girl you don't fuck?
    - Now with Instagram girls get unlimited attention for free
    - Male attention is suffering from hyper inflation, it's not really worth shit now
    - Buy a girl flowers today, it doesn't matter
  - Game for men - attaching value to their attention
  - If you have more value as a man, your attention is by default more valuable
    - Gym, Dress well, Have money etc...
  - Girls don't care about money but they are curious about it
  - There might be a bunch of girls in your phone that you aren't seeing
    - Why give your attention away for free?
- Be intriguing
  - Example of intrigue - you are a barista at Starbucks, but you tell a girl that you were high level management and you're a secret employee who reports back to high level management - now you are James Bond of Starbucks - that's how you put a spin on things
  - There is no fair in the world today
  - Never give away all the information
    - There is nothing as interesting that you can say as what she can think of herself - her imagination is your best tool
- Preselection
  - No girl wants to fuck the guy that doesn't get girls
  - There is no hot, attractive female on this planet who is truly single
    - They are always at least talking to someone, messaging someone, kind or talking to their ex, or fucking their ex or something
    - Making a woman like you is not about making them like you
    - Making a woman like you is about making them like you more than the other people that they are already talking to

- The reason that a lot of girls give you attitude is because they are already fucking someone else or they are already talking to someone else
  - If you're already full, you're not gonna want anything else
- Instagram Game (or dating apps in general)
  - Make posts intriguing - put a spin on things
  - (Fine line) have girls in your post
    - Don't want to do too much - budget Dan Bilzerian
    - Do want to make it clear that you roll with chicks, especially hot ones, even if she is your friend in the post
      - Example - who is she? Someone I know. Your girlfriend? I didn't say that she was my girlfriend, I just said someone that I know. (intrigue)
    - When you send a message to a girl, and she looks at your profile, you have less than half a second to impress her.
  - You're a full grown man, you don't care about likes, comments, or keeping it updated.
    - Just have your best pictures
    - Don't inflate your value
    - Don't update your Instagram if you haven't got amazing things to put on there
    - Don't update with things about your life because nobody cares about your shit life anyway
  - Travel pictures
    - Buy some plane tickets, do business in another area, take pictures next to some rocks, oceans, some bullshit and just like that you're a traveling guy
  - Group photos
    - If you take pictures with strong, high value men, fine.
    - In the animal kingdom, only the weak animals are seen in groups. The hunted are in groups, the hunters are one or two
  - No soy face shit
    - Having your mouth open
    - Making funny faces
  - Sliding into DMs
    - "Hey how are you" - she doesn't know who the fuck you are, why would she give a shit about telling you how she is?
    - "You're beautiful" - leaves you open for loads of shit testing or some kind of sarcastic shit that they reply with that makes you look like a dick if you don't fight back to prove your manhood
    - "Bucharest? (pointless emoji)"
      - Raises intrigue, inspires a response, makes it difficult to shit test - ask where they are
      - Why does he want to know? Does he want to fuck me? Does he see me? Does he have something of interest for me? Etc...
    - Easy conversation
      - What women don't want to do, for a guy they don't know, is think about what they are going to reply

- If the woman has to think about what to reply, she ain't gonna reply - doesn't have something she wants to say, she won't say anything because she has so many messages a day as a woman
  - Nobody gets messages with (pointless emoji)
    - "Why do you put (pointless emoji) in your messages?"
    - "Who doesn't like (pointless emoji)?"
  - Example opener for grand rapids michigan
    - "Grand Rapids Michigan?"
    - "Why do I never see you? Where are you hiding?"
- Being yourself
  - You cannot pretend to be anyone other than yourself. Otherwise its not going to work in the long term.
  - However you have to be yourself in the right way - put on the right angles
- Messaging in general - Evoke emotion
  - Doesn't matter what it is, just as long as its an emotion
  - As long as they don't read you message and think its boring
    - If they don't feel compelled to reply, they won't reply
  - If they start giving you shit, start being less nice
    - Get shit → cut replies down (limit attention)
    - Still reply, but remove the friendliness (straight to the point)
    - If a girl is a dick, reduce attention
      - Send nice things, reply with nice things
    - if they start behaving, increase your attention
      - Send bullshit dickhead stuff, cut attention right down
    - The whole time you HAVE to stay emotionless
      - NEVER insult a women, never get angry
      - Teasing comes down to experience, but never insult a girl
- Texting Game
  - Your aiming to take on a date
  - Your not getting a phone number to give unlimited attention for no reason
  - Get more info about the girl - "Do you work or study?"
  - Be confident in who you are and what you do without being to arrogant
  - Do not double text
    - If she ignores you once, leave it for a day, day & ½
    - If she ignores you again, game over
  - Sometimes, you just can't win
    - There are external factors that you cannot control
    - Every girl your messaging has a life
    - Example - if her grandad just died, she's not interested in going on a date with you
    - Example - if she loves someone else, she ain't interested
    - You don't fucking know, therefore its a numbers game

- Don't get upset that she gave you her number and doesn't respond - don't be like a little bitch like "why did you give me your number if you aren't gonna talk"
  - Emotionality is not how men act
  - If she doesn't want to text you its fine, who cares, FDB, start again with someone else
  - Then you can text her again in a couple of months
    - PATIENCE IS THE KEY
    - Don't be a fucking creep, be a man, you got plenty of girls that you can fuck anyway. If you don't get her, get someone else. Try her again after some time.
- Only message women at night - do not message women during the day
  - Women are busy, they are working
  - certainly not thinking about a relationship
  - She is thinking that she wants a boyfriend at night on her couch or in bed
  - She could be fucking another dude, thats just the world we live in
  - Besides, they are more susceptible to the kind of conversation that you want to be having. Do not message during the day
  - Exception #1 - if you know her really well or something
  - Exception #2 - you just got her number
    - Confirm that you are you, and then you "got to go to work"
    - Keep it vague, leave, then message at night
- You should only be texting for a MAXIMUM of two days before you arrange a date.
  - Aim for a day
  - If your texting for a week and she still won't meet you, FDB
- Arranging a date
  - Girls are indecisive - "Would? you? like? to maybe?..." - don't be a pussy
  - "Sometime" opens up the fucking window to the friend zone
  - Ask #1 - When are we having coffee?
  - Ask #2 - We're going for coffee soon.
- Don't overtext - 20-30min is enough
  - Cut off around this mark
  - "Alright I got something to do."
  - Never say your going to bed - "I got to go to work"
    - Cowards need sleep - "i'm tired"
  - Example
    - "I'm going to work"
    - "Work, at this time?"
    - "Money never sleeps baby, i'm going to fuckin work"
    - Then just go to bed lol
    - "Work?, What do you do?"
    - "I'll tell you in person."
    - You build intrigue
- Answering questions

- “We’re going for coffee soon”
  - “Are we?”
  - You a full grown man with clear intentions
  - “Yes we are”
  - “What if I don’t want to”
  - No reply - FDB
  - Hot girls do not get ignored - it fucks with their brain
  - If she starts making a first move, like liking your insta pictures or messages you again, then you can talk to her again
  - “Where have you been?”
  - “Working” OR “Out getting coffee”
  - “Were you getting coffee with another girl?”
  - “Of course not dear.” - sarcastic - says yes, but also says no
    - Be careful with your language
  - If she gets attitude again - FDB
- First Date Game
  - The last thing you should do to a woman is bore her
  - Its better to cut the date short, at the most interesting point, than to bore her
  - First date
    - Should be short - like getting coffee
    - Your proving that your a real person and your not psycho
    - Your also checking for catfishing
    - Build interest
    - Ask her about herself
    - do not overplay it like talking for an hour and a half
  - The only thing better than double booking is triple booking
    - “Hey you should come to the club, theres lots of people here”
      - Add “lots of people” so that your not a creep
- Texting game AFTER THE FIRST DATE
  - Be to the point, but don’t be to direct, you’ll look like a creep
  - Example
    - “I just finished work”
    - “I thought you were at work all night”
    - “Yeah but i’m not gonna sleep till your with me”
    - “LOL might be a long time then”
    - “I’m superman, I don’t need sleep”
  - Be cool with it, but make it clear
  - Your both adults, theres not reason that you can’t talk about adult things
  - If you text her and she doesn’t want to talk about adult things, then what the fuck are you talking to her for? FDB
- Date ideas
  - Movies are bad - you don’t have to talk to the girl, but you don’t get anywhere talking to the girl
  - Dinners are a bit long for new girls



- Drinks are good - keep it informal
  - Formal situations make things awkward
  - Bring other people with you so its not just you and her sitting one on one, you message here one on one on whatsapp all the time
  - Bring her into a fun environment
- If all your friends are dickheads, then you can't do this
  - They have to know the game as well
  - They have to make sure that they don't
    - Hit on your girl
    - They never interrupt
    - Try to talk to your girl when its your job to be talking to her
- All friends need to participate towards getting you laid
  - If you have good quality friends its easier
  - Your friend's girls can also be your wingman
    - Its creepier if you say "we should go back to my place"
    - Your friend's girl says "we should go back to your place its fun"
  - If your friend brings a girl, you should not
    - insult him even if your joking
    - do dumb guy shit
  - Say hi, be polite, offer a drink or whatever, and thats it
- Don't kiss at the end of the date - to romantic movie bullshit
  - Try to kiss during the date (about 45min in)
  - She might have her hand on your leg later
  - At the end of the date its more likely she wants to fuck
- Never ask a woman to fuck
  - Just do it
  - At the end of the date, when the taxi shows up say your going to your house
    - Don't ask, but if she says she wants to go to her home, ok fine
    - Get her her own taxi, don't ride with me if your not coming to my house
    - You can fuck her after, some girls are like that, no problem
  - If she questions you "really?" confirm "yeah"
    - Be the leader, if she doesn't want to come with you fine, remember don't be a fucking psycho
    - However, do not ask twice - "no realy I think you should" - that's pathetic
  - Sometimes they will try to back out of it
    - "Oh I just need my things"
    - "We're going to mine, you don't need your things. you want to come?"
  - If your not willing to walk away from the table, you have no deal
    - Deal is "lets go to my house"
    - Want to play games? Alright your not allowed to come. I'll get you a taxi.
  - If she doesn't want to fuck right then and there, you dont have to FDB
  - Some girls come to your house and don't want to fuck, that happens
- When she's at you place
  - put on a movie

- If you put music on, its just more “partying”
  - No action movies - wrong vibe
  - No rom coms - your not gay
  - Horror movie - you have to be quiet
- Offer a drink
  - She can have alcohol sure
  - After a club, you should try to only drink water
  - fucking while your drunk is sloppy
- Start kissing
  - Watch movie for 5-6min
  - She ain’t at your house to watch a movie, she ain’t stupid
- After a min, grab her hand, start walking toward the bedroom
  - She either follows you or she doesnt
  - IF so, she wants to fuck
  - IF not, ok
    - watch the movie for a little bit
    - Offer drinks, more kissing
    - then cut off
      - Ok i’m gonna go to bed
      - You want to go home or go to bed?
        - IF so, ok
        - IF not, ok no problem (get her a taxi), when you get home text me that your safe
- The whole thing is about 20-30min
  - Be clear about your intention
  - She ain’t stupid
    - In your house, alone, at night, what the fuck else is she there to do?
- If your in the friend zone, you fucked up already
- More Tips
  - Speed up the process - message girls who like your pictures, they’re already interested
  - There is no big rush
    - Just cool it
    - You don’t want to come across needy or desperate
    - “No, not tonight” → “Ok, cool”
    - You should always have other options
  - Message people back in real time
    - its normal to see a message and then respond to it
    - If a girl ignores you when you message her, then yeah take your attention away
  - Avoid phone calls
    - Use voice notes
    - After a bit of texting, there nothing wrong with upgrading to voice notes
    - She might be busy driving and cant take the call
    - but she’ll eventually listen to your voice note
    - Besides, if she sends voice notes back, 100% she wants to fuck

- Ciceroing (Paul Cicero - paulie doesn't go to anyone, people come to paulie)
  - After got phone number, Cicero at a coffee shop or something
  - Example - date structure
    - Date @ 3:30pm, 4:30pm, 5:30pm
    - "Oh yeah i've got to go now", pay the bill and bring next girl
    - Pick out the one you want, bring her to the club later in the week
  - Example - Progression Structure
    - 10 questions on a monday - Cicero on wednesday - fuck by friday
- Advanced moves - message girls in a city you will be in advance
  - Straght to the point
    - Hello → this is who I am → your beautiful → hahaha I'm funny → give me your number (aint fucking around)
  - If she wants to give you bullshit (like only wanting to talk on instagram) → FDB → ignore her → i'll talk to someone else
    - Don't say it to her because then you seem emotionally upset
    - If you get emotionally upset then she wins
    - If she come back to messaging you, keep your intention clear, then you can play the game again
- Virgins
  - Same basic principles, things just go slower, let her get away with more, take your time, dont expect too much
- Managing relationships
  - Obviously don't take shit
  - You don't have to be a dickhead if everything is fine
  - If girls still want to play games even after passing the test, ok, FDB
  - Its all just a repeating cycle
  - The phd system is never ending
- Having true hierarchies - one girl is better than the other etc...
  - Keep track of main girls and side hoes, but no girl is better than another
  - Don't play this shit, you will struggle massively
  - The ones who really love you won't take that shit
  - All women should be treated equally
    - There should be no room for hierarchy under you
    - Send for a coffee, send all
    - Give a gift, give them all a gift
    - Take them on a date, fit your schedule to date each one
    - Sleep on your back, don't sleep on your side
- You cannot force women to do anything
  - Dont be a fucking rapist
  - Trains don't go off tracks
  - you get on the train and go to the destination or you get off the train and you dont
  - Don't be a creepy wierdo
  - If a woman comes to your place alone, she knows whats going down, she's not stupid
    - The only reason why it might not happen is because she changes her mind

- This is entirely possible, be prepared for it
- There is no such thing as a perfect woman
  - If you want a woman who is perfect for you, you have to build her
  - A woman who is kind, understanding, and respectful to you does not exist unless you force her to be that way (not in a horrible way)
  - There should be no other option other than to be kind, caring etc... to you
    - Electricity follows the path of least resistance
  - Some women are more moldable than others
    - The test - You don't know until you sleep with her
      - Up until then its all just a bullshit game
      - Your gonna have to fuck a whole bunch of girls to get a good one
    - After you sleep with a girl, your attention should go to near zero
      - You give attention for sex
      - She doesn't want to be a stupid slut so she's gonna want you to want her, but you have to have a standard
      - Most men fuck this up straight away
    - If you are in a relationship, you need to be in control
      - If you fuck it up in the beginning, it is super hard
      - If you set the standard right in the beginning, it makes it easier
      - Don't be rude, don't be an asshole
      - Your still nice, but your attention is not there
      - Example - you used to text her every night, but now only once or twice
      - She has to clearly see that your attention has dropped, but not enough for her to call you out on it, not enough for her to go "oh you fucked me now you don't want to talk to me anymore"
      - What do you mean? I'm texting you, im just busy.
      - She knows somethings up but she can't say anything about it
    - Good blueprints
      - A girl will bend her normal rules to get your attention back post sex
    - Bad blueprints
      - She'll just go fuck someone else
      - A girl who would rather get a new dick than do small things for you is not the kind of girl you need to get into a relationship with. It will only end bad sooner or later
      - Another one - trys to make you jealous - some bullshit
    - Don't waste time on bad blueprints
- Approaching women in person
  - Get a girls attention when you go up to her
    - Her saying "i can't hear you" or "what" to you is a very bad first start
    - "Excuse me", tap her on the shoulder
    - Delay for a second or two, wait for full attention
  - Get to the point
    - "Your absolutely beautiful"
    - If she goes back to what she is doing, ok, leave

- If she keeps looking at you wanting to talk to you, ask her for her name
  - If she doesn't ask for your name
    - You don't have to end the thing then and there, like a creep
    - Just keep in mind its probably not going to go anywhere
  - Otherwise, start talking shit, depends on the situation
- Otherwise, most of your charisma comes from practice
- Its really a numbers game, if your not afraid of getting shot down, then your never going to fail
  - Don't be running around going up to women like in a mall or something
  - If you see hot women a few times a week, approach them.
  - The point is that its not often, but its not non-existent
- Balancing multiple women
  - Sooner or later they are gonna find out
  - Never apologize, its not a mistake, you meant to do it
  - Don't lie - lying makes you a little bitch
  - Example
    - "Yeah, thats the girl I fucked, but I don't really care about her"
    - "I'm a full grown man, it happens, I still love you"
    - You haven't apologized
    - You haven't lied
    - IF your girl is on lock - she should be good
    - IF your girl is not on lock, FDB
  - Loyalty
    - Loyalty to a man means his girl does not have sex with other men
      - Women bear children, if she is not loyal, who is the father?
    - Loyalty to a woman means her man does not love other women
      - Men protect and provide, if some other bitch is taking up significant resources, what does the woman have to protect herself and her children?
  - Men cannot be men from a position of weakness or apology
  - "How do I know you don't love her?"
    - Final hurdle - you fine
    - Find something that you only do with that girl
    - Example - "your the only one that I take on holiday"
    - Men having sex with multiple women is not cheating, men loving new women constantly is cheating
  - Don't be a dick and tell everybody that you have multiple women
  - Don't try to appeal to the logic of extremely emotional creatures
- The end game
  - Your not looking for just sex, its a means to an end
  - Your looking for women who are fiercely loyal
  - Notes:
    - Don't waste your time converting a hoe into a housewife, but you do have to sort through lots of girls to find a good one.

- Doesn't matter if you fuck on the first date, you can have both amazing women and trash hoes who fuck on the first date
- That's why you can't get feelings for a girl before you fuck her. Your going to end up falling for her, she's gonna fail the test, then you have a bullshit relationship
- The reality of the world
  - You are walking down the street with your woman
  - A man comes up wanting to rape her
  - You punch the guy in the face, he falls over hits his head and dies
  - You go to jail for 4 years, your in jail for protecting her
  - She goes off and fucks someone else
  - This is what women will do, "well I'm lonely", yeah and I'm in fucking jail
- Do you want to be walking down the street with a girl who will do that to you?
- Train her to be nice to get your attention
- Keep your attention rare, even in a relationship
  - Your girl should want sex more than you give it
  - Your doing all the work
  - Your busy fucking side pieces anyway
  - when your girl wants sex and you don't really want it, thats a healthy relationship
  - If you want sex more than she gives it, then she is in a position of power
  - When women have power over you, they lose respect for you, then they get harder on you because they start to secretly resent you. They resent you because they obviously made a bad choice for a mate if they have no respect for you
- No male friends
  - Men are trying to fuck your girl.
  - If she was fat, in a wheelchair, with no legs, would they still be talking to her? Then cut out the bullshit
  - If people are trying to break into your lamborghini, it has a security system, but why would you trust it - get the fuck away from my car
  - Give her a choice, you or her "male friends"
    - If its you, ok
    - If its her "male friends", ok, FDB
    - If she changes her mind, and chooses you, ok, otherwise cut the bullshit
  - Obviously, if you just met a girl, she ain't gonna give up all her friends, but if you have been with her for a while, she should know
  - You have to be willing to walk away from a bad relationship with a bad chick
  - You don't want to be insecure, but you don't want a bad relationship
    - If its just a girl who you are just dating, there's not much you can do
      - Do the test
      - Don't stop talking to her, but reduce her attention
    - If its a girl you have been with for a while, theres a lot you can do
      - Do the test
      - Don't stop talking to her, but reduce her attention

- Don't let it slowly progress to her cheating on you, you get upset, and she doesn't give a fuck about you, cut the bullshit when it starts
- The Player's Phone Filing System
  - Priority
    - 1 - Main chicks
      - Text everyday
    - 2 - Care about but not as much
      - Respond to messages quickly, but don't talk to everyday
      - Take care of your 2s because they matter to you somewhat, but you don't have to maintain constantly
    - 3 - After a night out
      - Your bored at a night club, thats when you message 3s
      - They can't demand your time when they message you
  - Name
    - Name + instagram handle
    - OR - NAME, the HAIR\_COLOR from SUBLOCATION
  - Location
    - City name
    - Takes a long time to accumulate
  - Examples
    - When your bored at an airport, message 1s, 2s, and 3s
    - Keep all your girls entertained, keep all of them interested
    - 1 Andrea #therealandrea Bucharest
    - 1 Andrea blonde-BOA Bucharest
    - 3 Samantha #therealsamantha Marbella
    - 3 Samantha brunette-Pangea Marbella
- Map Idea
  - Put a pin on a map for each girl so you know when you visit a city

### **Body Language - Andrew Tate**

- Be combative / capable of violence
  - Be alert
  - Be ready for a fight
  - Chin up
  - Sit up straight
- Have physical presence
  - When your a fighter, you can spot other fighters from a mile off
  - It not just muscle men
  - People are able to tell if a guy is a dangerous guy
  - You either mimic the body language of a dangerous person or you become a dangerous person
  - Dedicate substantial periods and portions of your time to learn how to fight
  - Get hit, get your ass kicked, learn how to kick someone's ass

- No such thing as a lucky punch, if you train to knock someone out, and you knock someone out, that's not luck
- People have an instinct of how to fight, but it is not very effective today
- Learning to fight is hard because you are re-programming your basic instincts
- Fighting is chaotic, quick, it hurts, and you are re-programming basic instincts
- Learning how to fight takes years - when you start to begin to learn how to fight
  - It's a lifestyle choice - not a 6 week course
  - Your body language will start to change
  - The way you view other people and the world will start to change
  - The way you interact with people will start to change
  - 99% of people being rude on the internet would never speak to you that way in real life
- The Romans would melt rocks, turn it into swords, walk in a direction and take over cities
  - Since the dawn of human time, men have had a physical & combative role
- Small moves
  - If you don't care - lean back in your chair
- How to be trusted and listened to
  - Appear innocent / less aggressive
    - Slump
    - Hold a clipboard
    - Add in stammer "ahs, ums..."
    - The trick is to seem less intelligent, not in a stupid way, but make yourself look less capable
    - Add in delays
  - Make a point
    - Use your hands
    - Be expressive
    - When you speak, where are your hands?
    - Point at someone when you need something
  - Don't want to talk anymore
    - Sit still, don't be expressive
    - Hands crossed or hands folded on table
- Come up with your own style
  - If you try to be like someone else, it will come across as unnatural
  - If you are aware of things, you will be able to pick up on those things and change
- How to be convincing
  - Talk loud
  - Be clear
  - Speak effectively
    - Be precise in your words
    - Get rid of fillers and delays
  - Have a presence
    - Nobody believes a nobody
    - Take up space



- Nothing wrong with being loud outside of shouting
- How to lie
  - Don't change your body language
    - Not changing how you acted before
  - Polygraphs only know that your lying because they compare your body to a recorded baseline
  - Speak with part of your brain, keep track of your body language with the other
    - If your already looking at them in their eyes, keep looking at them in their eyes
    - If your hands are still, keep them still
    - Doesn't matter your body language, just stay the same
  - People are so unaware of their body language so its hard for them to lie
- There should be no change when interacting with different sexes
  - The same way that you can make a man like you enough to do business with you is the same way you get girls attracted to you
  - Human instincts - if a guy can get other guys in a group to do business and be successful, then that guy can protect and provide for a family which is attractive to females
  - Competence, confidence, trustworthiness, etc...
    - If a man looks at you in a business relationship, he would want to give you money
    - If a woman looks at you in a sexual relationship, she would want to have kids with you
    - In either relationship, your body language should project competence, confidence, trustworthiness, etc...
- How to intimidate
  - The easiest way to intimidate someone is to mean what you say
  - Otherwise, you intimidate by changing your body language
  - Humans evolved to detect changes
    - Similar with body language
    - Example - people want to fight you
      - You don't want to fight
      - "fuck off, etc..."
      - Escalate in aggressive language and body language
      - If it still persists, after you've been overtly aggressive, switch to cool, calm, and collected, inviting them to fight
      - You body language is not intimidating, but the change in body language offsets people
      - Note: you don't win a street fight, but obviously if your gonna fight you need to know how to fight
      - Walking around not knowing how to fight is just being weak
  - Normal people
    - Low-to-High
    - Start low
    - Keep getting louder and higher

- The change in body language is what gets people, but everyone is accustomed with the low-to-high
  - The Better Way
    - Low-to-High-to-Low
    - Normal conversation, then getting into an argument, then switch quickly back to your normal
    - Example - Arguing with a female
      - Conversation starts normalish, then starts getting heated
      - In the middle of everything you go back to being calm
      - Grab your keys, "oh yeah i'm just going to go out"
      - She would be more worried about you being sensible, calm, and nice than shouting because of the change in body language
  - If your not aware of your body language, your not going to be able to effectively change it
    - Be able to change small details (hand movement) in addition to easy ones (how loud you talk)
    - Be able to mix it up
    - A full grown man be aggressive and screaming to all of a sudden being nice and calm within 2 seconds
      - This guys is fucking nuts
      - Thats how you intimidate people - suddenly change your body language
- Do not mirror body language
  - This is not simon says
  - People change their body language when someone they deem more important than them is around
  - Forget mirroring, you're the man
- Smiling is only effective when you do it selectively
  - Value
    - Give your attention value by not giving anyone any attention
    - Give your smile value by not smiling
    - Gold is valuable because it is scarce
  - If you walk through life smiling, its hard to take you seriously
    - Your a full grown man, only smile when something of merit happens
    - Don't look like a miserable fuck, but you need to smile selectively
    - Your probably smiling at things that don't really make you smile
    - Smiling is also a sign of submission - look at apes
  - Life is not always about being as happy as possible
    - Smile when people are receptive to you
    - Smile when someone has done something of merit
    - How do you show me that I make you happy if your already smiling at every dick that you have ever met?
    - Smiling is exclusive and has value
  - You don't have to be a horrible person
    - Nod at people to acknowledge them

- Still says thank you
  - The big man nod - when a big man enters a room, he notices other big men in the room, they acknowledge each other
- Firm handshake
  - This is an obvious one
- How to appear board
  - Fidget around
  - Tap fingers etc...
- Notes on women
  - If a girl crosses her legs - she ain't about it
  - PUAs show off how they pull girls, but the girls aren't really attractive
    - "Hottest girl in the club" vs a playboy bunny, 2M followers on instagram, billionaire exes, etc...
  - Physical contact
    - Don't do hugs and kisses in a greeting unless you know her really well
    - Use an icebreaker to initiate physical contact
- Eye contact
  - Eye contact is a tool
  - If you want to drive a point home, look in someone's eyes
  - Example - Talking with someone about something, eyes sort of wander, then when you want to make a point, look them in the eyes
  - Example - (eyes away) I'm really glad I met you because (eye contact) I really think that you are beautiful
  - Its the change in body language that people perceive more than anything else
  - Makes you seem far more convincing
- Never say something that you don't mean
  - Say what you mean and mean what you say
- Power poses
  - If it works for you great, but most of it is a mental game, so figure out what works for you
- One of the 48 laws of power - never outshine the master
  - If you have a boss, be dominant but not too dominant
  - If your too overpowering, you might piss your boss off
  - Have an ego, have results to back up the ego, then you can work out how you can act in the hierarchy
- How to make people like you
  - Ask them lots of questions
    - Everyone likes to talk about themselves
    - Don't talk about all your shit, ask people questions so that they talk about themselves
    - People love themselves, so if all they do is talk about themselves, they are going to like the conversation
    - Especially effective with women
      - "Your different than I expect, so what do you do?"

- Add in bits of your own dialouge, but ask them lots of questions
- Make it clear that you are listening to people
  - Example - females - look at her once in a while to look like your listening (eye contact)
- Example - work - notepad and pen
  - Bosses love when you “listen to them”
  - Take notes
  - Bosses hire your to either make money or save time
  - They pay you less than they make off you or otherwise they wouldn't have a busines
  - Imaginge if someone came into your house and asked you how they could make you more money
- Side note - job interview and asking for a raise
  - “I don't got a degree. I don't need one because I'm the best. I'm prepared to prove that I'm the best. I'll work for a week for free. And I guaruntee, in six months i'm going to smash any sales target that you set. I don't have time for university to sit there for four year. I'm here to get paid. I'm going to make you rich and I'm going to make me rich.”
  - (Then you can leverage your boss liking you)
  - “Excuse me sir. I've been working really really hard for you. I'm doing my best for this company this corporation. I respect you absolutely, but unfortunately, I'm in a situation where I need to get paid more money.” (so whats it gonna be?)
  - Not “could you please consider” or “could you please”
  - “Unfortunately, i'm in a situation where I need more money”
  - Either get a pay raise or leave - only works well when you have leverage (examplep - being the best salesman)
- Time and a place but, ask questions that you already know the answer to “get their opinion”
- Undivided attention in short bursts is extremely effective

- If you attention is valuable
- Leaning forward implies that you are paying attention
- How do you make it clear that you are paying attention? Make it clea that your are listening to them
- Pictures
  - Be careful - signs of listening are signs of submission
  - Leaning into people show that you are listening to them - sign of submission
  - I am the man - I am the oak tree. The oak tree doesn't bend other. People hug the oak tree
  - Women don't want to fuck men that they don't respect
    - Women don't have to like you to fuck you, they have to respect you
    - Women respect men who are in control
    - Women try to take control (shit test)
    - If you let them succeed, it will just become worse and worse - spiral out of control
    - If the women is the boss, she's not gonna be happy with the man
    - Women like men who are masculine
      - Men who don't succum to the woman's wishes
      - Men who don't bend to other people's will
      - Men who are in charge
      - Men who retain control
      - Men who can't be influenced or complained at or nagged at
  - How to take pictures with girls - girls don't even exist
    - Its normal for humans to look at things, dont be not human, but in general you don't give a fuck
    - If you genuinely dont give a shit, then its super easy
  - Don't have soy face (make faces when you take pictures)
    - Your broadcasting to the world that you are a loser
    - You either smile because you are happy, or you just look at the camera
    - Your not a clown and your not 15, don't make stupid faces its dumb, especially on a chick
- Everything is a generalization so that its easier for you to Implement this into your own style so that it comes across as authentic - otherwise you look like a robot
  - Like chess, everyone plays by the same rules, but you have to make your own moves to win
- The reason why body language is so effective is because it is unconscious
  - Thats why people read it because it happens by accident
  - You have to consciously alter yours, then practice it, become natural at it, then you are set
- Complimentary Body language (when you are with your boys)

- More along the lines of avoiding fights
- Everyone is a coward and nobody wants to fight one on one
  - How you stand and where you place yourself can be a massive deterrent to being started on or having any kind of physical confrontation
- A handshake with the right expression can mean don't fuck with me
- Watch your boys backs
  - Paranoia isn't cool or sexy, that's not the point and not a way to walk through the world
  - Sit across the table from your friend so you can see people coming up from behind
  - Example - on a date
    - Your friend has a girl
    - You sit with your back against the wall so you can see what's behind your friend
    - Your friend can relax more, have his good time, and not have to worry about not looking over his shoulder
- Complimentary Body language by yourself
  - Not only with your friends, but also with yourself
  - Be careful about where you sit
    - Back against the wall, or even better a corner
    - See windows
  - You're not scared, or think that someone will attack you
    - Just being able to see everything that goes on in the room gives you a chance to react to situations
  - You don't need to be a predator to know that someone slouched over a laptop wearing headphones, facing the wall looks like a target
- Complimentary Body language - other people
  - The people who you are around are your equals or better
  - Example - the vip section of a night club
    - Everyone at other tables are somebody's too
  - How you assert yourself
    - Example - in a night club with 3 or 4 guys off to the side that outnumber you and your friend/s
    - It's natural for the guys to want to walk up to the girls you're with in the club
    - Guys goes up to one of your girls (as a scout) asks for a lighter
      - Ask your girl if she is ok
      - "Oh, I was just borrowing a lighter"
      - "No problem my friend" - handshake eye contact
        - Asserting "don't fuck with me" with the initial contact with the guy
      - If you just turn your back and ignore him after the lighter has been borrowed, he's gonna come back and ask the girl where she's from, what's up, etc..
      - Cut things off the moment they happen

- The way you conduct yourself with other people will prevent others from coming up and invading your space
  - Always put yourself in a position of power
    - Don't just sit down and start drinking drinks
    - Divide women among your friend around a table so you maintain control over you group - your herd
    - Lets others know not to creep up on you, not to talk to your women, and especially not start some stupid argument
  - Be combat ready
    - Keep one of your hand free
    - If one of your hands isnt free, be holding something that can be used as a weapon - like a glass
    - The way you stand can mean the difference between getting your ass kicked and winning a fight
    - Example layout
      - Cigar in non-dominant hand - can be easily dropped
      - Drink in dominant hand - the hand you strike with first - can be used as a weapon
      - Foot opposite to dominant hand in front of other food
  - Before people come over to talk to girls near you, they will always stare at you and scout you out for a little period of time, ask their friends about you
    - If you catch them looking at you, don't stare or be aggressive, that just makes them want to fight you more
    - Don't look away instantly, you'll look weak
    - Instead nod or raise glass and nod - eases tension
- The way you assert yourself with your eyes or small expressions will help you avoid nearly all forms of confrontation
  - People talking to your women
  - People trying to assault you
  - People trying to insult you
- Set an atmosphere/vibe that your friendly but not to be fucked with
- Most men are cowards
  - There will be that one guy who thinks he can handle himself or just wants to fight
  - But most people cant throw a punch, cant take a punch, and deep down, they know it
  - Most confrontations can be avoided with how you conduct yourself

### **Network Brilliance - Andrew Tate**

- Once you start the process, it becomes easier
  - Once you start meeting girls, youll meet lots of girls

- Once you start meeting important and influential people, you'll meet lots of important and influential people
- Networking Psychology
  - You don't know who I know
    - If you meet someone who knows the president, but doesn't live in the white house, you probably will not know that they know the president
  - Most people, when they find someone who is important and connect with them, they don't want to give that away
    - Afraid of being sidetracked
    - People are petty and jealous
    - If I know someone, and connecting you to that someone will improve your life, what is my motivation to do that?
    - People are secretive about who they know, and even if they do tell you who they know, they are very guarding of it
  - It's impossible to refer someone without also referring your reputation
    - If I go to someone important, and I refer you to them, and you fuck up, that impacts me
    - People need a motivator to recommend you because they are putting their trust on the line with the person they are recommending you to
- Big mistake #1
  - The whole networking scene is down to motivators
  - People try to run around trying to talk to everybody without motivating anybody to refer them
- You need to do the same things with everyone you meet
  - If you walk into a room and meet the president, great
  - If you walk into a room with someone who knows the president, great
- Things to do
  - Introduce yourself
  - Be confident
  - Body language is explained in the body language section
  - Don't be arrogant
  - Important people, especially super important people, they are not interested in you
    - You need to convey to people that you are valuable
    - but don't tell them your life story or what you do
  - Ask questions while also validating yourself
    - Example - meeting a banker
      - If you say that you're a millionaire, he's not gonna care
      - He could be making a million a week
      - "I'm actually looking for a banking solution. When I try to move large sums of money, I struggle to get it done. What is the best banking solution, what would you recommend to someone in Europe?"
        - Validate yourself - you make large sums of money
        - Stroked his ego - asking a question and engaging him in the conversation



- Different from talking shit and asking random questions
- Important people are arrogant, you're not gonna meet an important person who isn't
  - Stroking their ego is always a good idea
  - Not in a pathetic way, they still have to respect you
  - Just respect their position, their intelligence, their knowledge, and ask for some of it
- There's a whole bunch of shit that these people know that you don't know - that's the whole reason that you want to network with them in the first place
- Networking is expensive
  - The key to networking is having money
  - If you meet someone who is more important than you - you are paying for everything
    - Doesn't matter how expensive drinks are etc...
    - You need to pay for it
    - "I absolutely insist.."
    - "No, it was a pleasure meeting you, it's on me..."
  - They don't give a fuck about money, but it just proves a point
    - It allows you to have some form of dominance so you can hold your own as a man
    - If you go to dinner with a really important person, and they pay for dinner, do you think that person will trust you with their money, when you're sitting there taking a free dinner?
  - Look good when you turn up
    - Turn up to places like you've been there a thousand times
    - Don't be impressed by anything
    - "This is a nice restaurant" - doesn't matter
  - People at the top don't really want to network or do business with people below them, why would they?
    - They work with people the same as them
    - Slightly above to get more ahead
    - Or slightly below, but they have a good motivator to work with that individual
  - If you make it super clear that you have never lived this kind of lifestyle, then you're gonna struggle
- Networking is about chances
  - It is super rare that someone will tell you "come here at this time you are guaranteed to meet x"
  - That's not how it works
  - Take a chance, taking chances are expensive
    - If you're around on these dates, they might be free for a tiny bit of time
  - Most people say "I can't do that"
  - Or, most people say "can you guarantee" or pressure someone in some way - how can they guarantee anything?
    - I have a busy schedule
    - I've never met you

- I don't know you
  - Meeting you is really not going to benefit me that much
- Be prepared to go somewhere at a whim, turn up, and see if that person has time. Maybe they don't but you have to be in the right place at the right time.
- Being in the right place at the right time is expensive
- Motivators
  - Referrals (most of networking)
    - Someone's gonna recommend you
  - The only reasons that someone would put effort into taking one of their relationships and sharing it with you
    - They make money
      - Comes later on
      - People know you, like you, trust you, then pitch them business ideas
    - They like you
      - You can be liked by important people
      - If you're liked by important people, you're going to be invited to places by important people, and you're going to be introduced by important people
      - Being likeable is a skill within itself (validate yourself will allow them to talk about themselves)
    - It raises their status
      - Will not happen when you're at the bottom
      - It will happen as you elevate
      - People who have important connections will feel more important when connecting you with their connections
  - You will only pull any of these off if you have genuine relationships with people
    - Not walking through a business meeting with your business card
    - Spend more time with people
      - Make them like you
      - Make them remember you
  - Once you have that connection, then you have to nurture it
    - Not talking to people constantly
    - Not talking about empty things with people
    - Contact people about relevant things and try to provide something of value everytime you talk with someone
    - Make an effort to talk to people you know
      - Have a list of important people who you want to stay in touch with
      - You might not talk to them for two or three months
    - Example - google something and email them "hey I found this interesting, I don't know if this affects you. I'll be back in the country in a few weeks. Maybe we should catch up..
      - Provided value
        - Not just you trying to get value
        - Not just "want to grab a coffee"

- They probably saw the link, probably doesn't even care about the link, but it's the gesture.
  - Maybe it does affect them, or maybe it doesn't
  - they could reply saying "ahh no we have it all taken care of. Thanks. Good to see you."
  - Add value - not just hey can I talk to you where you become annoying
- Add value to your interactions
  - It's not about knowing people, but having valuable relationships
  - You probably know a few millionaires
  - How often do you interact with them?
  - When you interact with them, do you provide them any value in your interactions?
  - If you start to do that, they are going to start to like you more
  - Make guarantees that you can follow through with
    - Either show them that you can make the money, or promise them that you can make the money
    - Most smart people will want to see value up front
    - Isn't it better to have millionaires replying to your emails and you trying to pull off a miracle than them not emailing you at all?
- Big mistake #2
  - Most people walk through life never proving themselves confident
  - Be early
  - Pay for everything
  - Don't look tired
  - Never complain about your problems
    - People want positivity in their lives
- Action list
  - Make a list of important people that you know
  - Start finding a way to provide them value without annoying them
  - Get some money together so you can be in the right place at the right time
- Networking down
  - If you can find a way to make money without it requiring your time, you can scale it infinitely
  - If you know a bunch of people who are looking for money, a job, or a break
    - Vet them - make sure they are competent
    - Do everything that you would do for networking up but in reverse
  - When people come to you and they want something from you - that is a fantastic chance to change it around to allow you to take something from them
  - Smart people processing it
    - You can be aware that it is happening, but pretend you don't know
    - You got to play the fool sometimes
    - Everyone is selfish - nobody will do anything for you if there is not a benefit for them
- Action list

- Make a list of people you know who want a chance
- Motivate them to work for you
- Connections
  - Try to get people's email addresses
  - Try to have an interesting business card
  - Provide value every couple months, don't flood them, don't annoy them
- Protecting yourself in networking
  - How do you not get exploited?
  - Most risk is negated by getting people to like you
  - People are less likely to screw you if they like you
    - Doing business without contracts
    - If you make a contract, people are more likely to screw you
    - If you get a piece of paper and a court to try and stop somebody from screwing you over, they are going to do it eventually anyway
    - You will waste a whole bunch of time in court with lawyers
  - Worry less about getting exploited, worry more about getting the opportunities
  - The more opportunities you have, the better
    - Better to have something fail or make it work and someone screw you over than not have the opportunity at all because you just go back to where you started

### **How to Be a G - Andrew Tate**

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### **Iron Rules of Tomassi - Rollo Tomassi**

- Frame is everything.
  - Always be aware of the subconscious balance of who's frame in which you are operating.
  - Always control the Frame, but resist giving the impression that you are.
- Never, under pain of death, honestly or dishonestly reveal the number of women you've slept with or explain any detail of your sexual experiences with them to a current lover.
- Any woman who makes you wait for sex, or by her actions implies she is making you wait for sex; the sex is NEVER worth the wait.
- Never under any circumstance live with a woman you aren't married to or are not planning to marry in within 6 months.
- Never allow a woman to be in control of the birth.
- Women are fundamentally incapable of loving a man in the way that a man expects to be loved by a woman.
- It is always time and effort better spent developing relations with new, fresh, prospective women than it will ever be in attempting to reconstruct a failed relationship.
- Always let a woman figure out why she won't fuck you, never do it for her.
- Never seriously self-deprecate with a woman you intend to be intimate with.

### **Tips & Tricks - Justin Waller**

- Body Language
  - Avoid Fatal Mistake - Talk about anything but business
    - Successful people are too used to people coming up to them and asking about business
  - Breaking Ice - Common Interest
    - If your at a golf event, talk or joke about golf
    - If your at a car event, talk or joke about cars
  - Their Idea
    - Don't force yourself into a group
    - Talk to enough people individually so that when you walk buy they stop to introduce you to the people in their group.
  - Tactics
    - Use Common Spaces (waiting for drinks at a bar, smoking cigarette)
- Establish your ethics before they are needed
  - One of the worst things that can happened is your friend doesn't help you in a fight
    - Be combat ready - stay fit and capable
    - Be willing and able to fight
  - Put yourself in a position where you are capable to take care of those who have taken care of you
  - Be abundant with women
    - The best way to test if someone is your friend is to leave them with your girl and your bank account for the weekend
    - If you don't take your situation with women serious before temptation set in, you will be in a pussy desert and water will be dangled in front of you

### **Tips & Tricks - Stirling Cooper**

- How to communicate in bed
  - People are often afraid of hurting someone's feelings or ego
  - Only say four things - Harder, softer, faster, slower
    - Give them the tools to communicate without hurting ego

### **Other**

- Keeping Conversations Short in a Workspace
  - When somebody walks in to ask a question, never orient yourself towards them
  - Example - never have your computer oriented to the door when you sit
    - This way conversations on average are much shorter

# **Lessons From Books**

## **Unplugged Alpha**

### Things to do

- Manage your endocrine system
- Hire slow but fire quickly
- Looks, money, status game
- Manage the fucks you give
- Own a motorcycle at some point
- Be capable of violence

### Red Flags (Things to avoid)

- Daddy Issues
- Feminists
- The unhappy and unlucky
- She competes with you
- Keeps men from her past around
- Poor with money
- Violent Women
- Extreme Jealousy
- Party Girls
- Heavily tattooed and pierced
- Big notch counts
- Single mother
- Women seeking validation
- She was a sugar baby
- Pathological liars
- Baby rabies
- Hissy fits
- You are not in control of the birth
- Drama queens
- Addictions

## **Lessons From Professional Fighting**

- You're always tired when you're losing.
- Everybody loves a winner.
- Nobody believes your excuses. So why do you even use them?
- Your team helps you prepare. But in the end you're all alone. It's down to you.
- Your opponent won't go easier on you on fight day because you're too busy to run today.
- Your opponent is life.
- The eyes always tell the truth.
- Fatigue makes cowards of us all.

- There's no payday without risk.
- Nobody is prepared to lose. It hurts too much. They'd rather not compete at all.
- Your opponent is just as scared as you.
- A well practised poker face will fool a lot of people.
- The basics pay off far more often than the fancy bullshit.
- Be prepared to adapt. Your plan never ever goes to plan.
- Being entertaining gets you further, faster.
- Being good is better than looking good. Being good and looking good is how you teach the top.
- Every man is intimidated by your success.