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Content from

PLAYAZ

MY BELIEF IN THE HUMAN RATIONALITY  
WAS LOST WHEN I WAS 8 YEARS OLD.  
I WAS GOING TO EMPTY THE TRASH BIN  
WHEN I HEARD THE SQUEAKY VOICES.

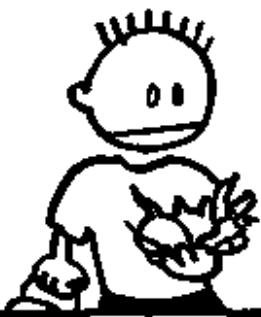


THERE WERE TWO  
KITTENS IN THE CAN,  
STILL ALIVE.



## LITTER KITTENS

I BROUGHT THE KITTENS AT HOME  
AND TOOK GOOD CARE OF THEM.



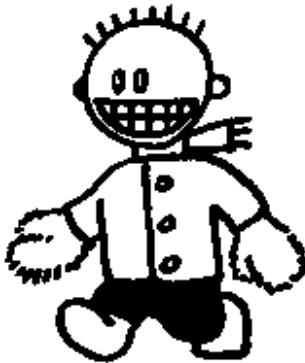
THE KITTENS GREW UP  
AND FLOURISHED.



WHAT KIND OF A THOUGHTLESS MAN  
COULD HAVE THROWN AWAY SUCH  
SOFT-COATED LITTLE BEINGS?



CERTAINLY, THEY WERE THE WARMEST  
AND MOST COMFORTABLE MITTENS  
THAT I HAVE EVER GOT.



This book is dedicated to my family, who wanted me to make a hilarious book about dating.

# INTRODUCTION

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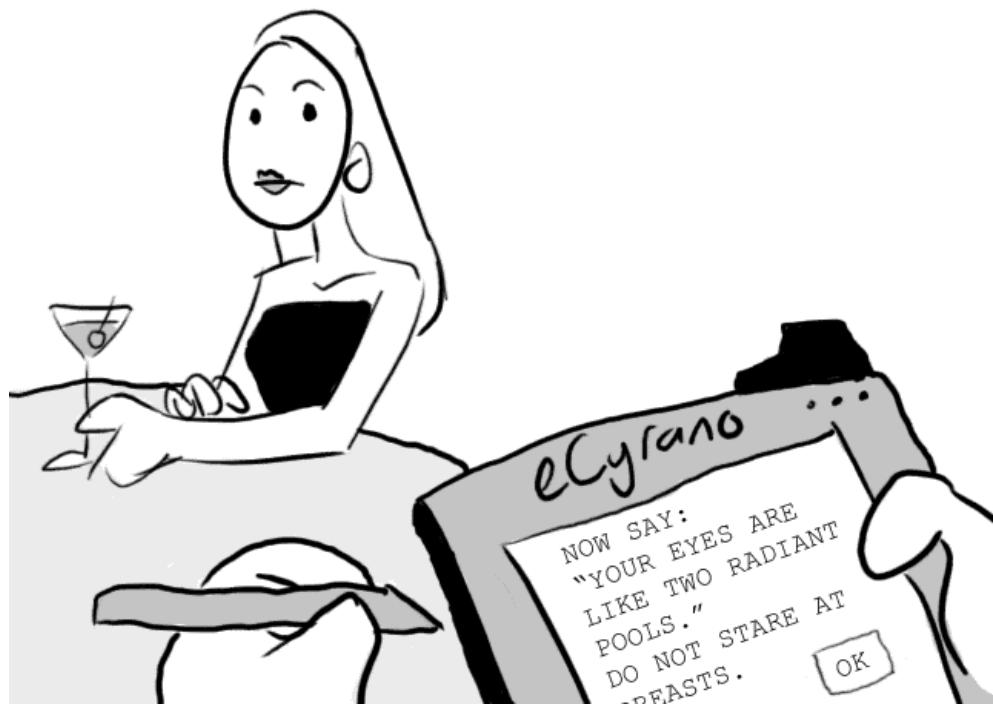
The first question you probably want to ask is....

**Did you write this?**

The answer is **NO!**

This book is a compilation of the **BEST IDEAS** and best **ADVICE** from guys who are successful with women. So I definitely did not write the contents of this book.

Now, this particular book is actually a lot different from the other Ebook I had made. The other Ebook focused more on tactics and dating and dating etiquette. **This book is very different from the other Ebook.** This book focuses in much more detail on how to get more confidence, how to brush off rejection, how to improve yourself physically and mentally, etc. This book focuses on YOUR self-improvement. There's not a single article in here about dating tips and dating etiquette. This book is a different style. The articles in here are going to be very, very detailed. Don't worry I filtered the book as much as I could to make it easy to read. One last note, you won't understand some things in here unless you read the other ebook. Finally, be smart. There's a lot of advice from a lot of guys. There will be disagreement. Use your brain and choose what works for you. Well, enough talk. Let's go!



### **Quotes about women and dating**

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Respect is to women what looks are to men. A woman dating a man without respect is like a man dating a borderline ugly woman. --Brian Caniglia

Never try to keep someone who does not want to keep you. --Doc Love

Live every day as if it were your last, because one of these days, it will be.  
--Jeremy Schwartz

As a rule when men talk to someone about a problem, they are looking for answers; women in general are different. They will talk to you about a problem to express how they feel. They usually aren't looking for answers; they just want to talk about it to straighten things out in their own minds. Unless she asks for advice, don't offer it. Just listen, and keep the conversation going. If she wants advice she will ask for it.

--Gary Caine

It dawned on me as it has, that the androgyny is key. Women fall for bastards because they don't turn off the sexuality. "Nice" guys think women will be terrified of their sexuality, so they turn it off and all they get is the friends treatment.

The greatest risk you can take in life is not to risk it all! --Pook

When someone smiles at you, very rarely do you not smile back. Also a smile makes you feel a little better about your day. It's as if someone saw something in you and it made them happy. If a woman is attracted to you, and you give her a warm smile, the ice is already broken and you haven't even said a word. --Rico

When you let a woman dominate your state of mind, you are giving up your manhood.  
Senor Fingers

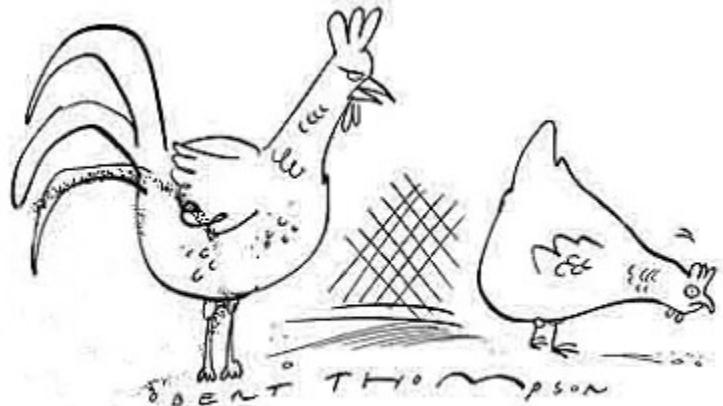
Improve on what you can (health, fitness, style) and embrace the things you cannot change (height, race, etc) Insecurity is an ugly thing, so confront the roots of your warped self image and banish this negativity from your mind. No excuses, dude! Only you can make yourself worthy of the best things in life! --Senor Fingers

FRIEND: A member of the opposite sex in your acquaintance who has some flaw, which makes sleeping with him/her totally unappealing.

When a man goes on a date, he wonders if he is going to get lucky. A woman already knows. --Frederick Ryder

There's a term that single, attractive, in-demand women use to describe men who use weak, approval-seeking posture, gestures, comments, and mannerisms...The term is "NICE". --David Deangelo

I think one of the best ways to get a girl to like you and to get your best game on....is to just



"Cock tease."

ACT LIKE YOU KNOW HER. When you memorize and use tactics and pickup lines, it doesn't sound sincere. It makes it sound like you've been thinking too much about it.

"Never date a woman whose father calls her 'Princess.' Chances are she believes it." - Anonymous

Nobody is teaching boys how to be men, nobody is teaching them how to be in tune with their masculine nature. Mothers, try as they might, cannot do so adequately, because they don't know HOW to teach masculine nature, because their nature is feminine. With more boys being taught how to love by their mothers, they pick up the feminine nature. – Metal Fortress

If you don't have anything smooth to say, don't say anything at all.  
--John Fate

Never ask a female friend to hook you up with one of her friends. To a woman that's pathetic. It implies that you are desperate, insecure and dependent. The key is not to ask for it, let her do it.

--John Fate

You must have something going for you. You must have at least one of the following: a solid hobby that challenges you physically and mentally, a musical talent that you enjoy, a good job, a good major in school that reflects your true life ambition, a super charismatic personality, etc. Something. If you are nothing, you will attract nothing.

"You should always try to become perfect, however, since no one can be perfect, there is always room for improvement."

Show me an unsuccessful person in life and I will show you a person who thinks they are 'perfect'.

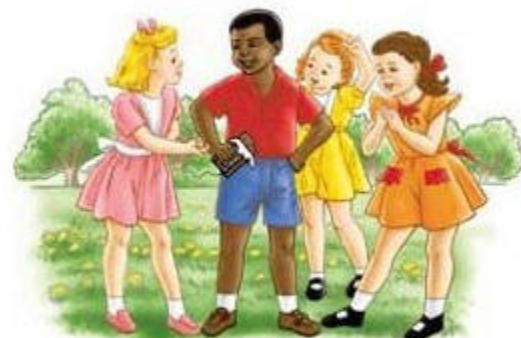
"People do not remember what you said, but how you made them feel"

Nobody really cares if you're miserable, so you might as well be happy."  
--Cynthia Nelms

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. --Michael Jordan

The one who knows that he knows - listen to him;  
the one who know that he doesn't know - teach him;  
the one who doesn't know that he knows - wake him;  
the one who doesn't know that he doesn't know - leave him alone.

"My boyfriend used to ask his mother, 'How can I find the right woman for me?' and she would answer, 'Don't worry about finding the right woman- concentrate on becoming the right man.'"



The ladies all want some of  
Jack's sweet dark chocolate.

In my experience, it's far better to ATTRACT a woman than to CHASE a woman. If a woman is ATTRACTED to you, half the game is over. --Deangelo

Not approaching a girl actually feels worse than getting rejected-- Don Joey

Women know if they'll sleep with you within 5 minutes of meeting you.  
--Dr. Dennis W. Neder

"Charm is treating women like little girls." --Pook

Charm is the art of sincere complimenting. By sincere I mean true compliments, not flattery. Flattery comes with a plan. Charm involves compliments without asking for anything in return. --Smooth Vejita

Don't be aggressive with girls it doesn't work. On the other end, don't take shit from them either. Be assertive, that means expressing what you feel but respecting their opinion. Do it in the form of 'I' statements like, "I don't like what you did". Don't say, "You're making me mad".

The saying is true. "Tell me who you walk with and I will tell you who you are." Hang out with guys who are successful with women and I promise you that you will be successful with women.

Just like we want our women to be soft, beautiful, sexy, confident, etc., they want men to be strong, masculine, secure, into himself. Wear the finest. Smell great, not good. Do better than the next man. Look better than the next man! --Marc

Attraction is an emotional and physical RESPONSE... and you can't "convince" a woman to feel it with logic, gifts, and NICENESS. --David Deangelo

Throughout life there will be people better than you, and people worse than you. Learn from the better, and teach the worse." -Don Corleone

Women make a lot of assumptions when they first meet you. A lot more these assumptions than you think are made based on your haircut and your shoes.

Nice guys think their sexuality will scare the woman so they hide it. Then they wonder why they hear "Let's just be friends" a lot. --Pook

The thing to know is that if you give the dog a treat every single time he comes when you call, he'll start to get lazy. He'll figure, "Eh, why should I hurry? I can get over there in my own good time, and take the treat." If you constantly shower a woman with gifts and attention, you run the risk of the same thing happening. --Ron Louis



Never do something that you know is the wrong thing to do or change your mind just to please a woman. Don't be a pushover to her whims. --Derek Vilatio

Always reward her with hugs, words of appreciation, and small surprises - NOT with money or gifts! --Derek Vilatio

Everything of success is in how you think. Control your mind and you control your destiny. --Pook

The greatest regrets in our lives are the risks we did not take. If you think something will make you happy, go for it. Remember that you pass this way only once!

You weren't BORN shy. Shyness is not an inherited trait. It's something that is LEARNED. It's a skill that is DEVELOPED over time. In short: Shyness is UNNATURAL! --Joseph Matthews

It's easier to start from scratch with new women than it is to fix up old problems with the women you're pursuing now. "Mystery Method"

"The best way to find the women of your dreams is to become the man of your dreams."

**IT CAME FROM THE...**

## THIS MONTH: BIGGER FISH TO TRY

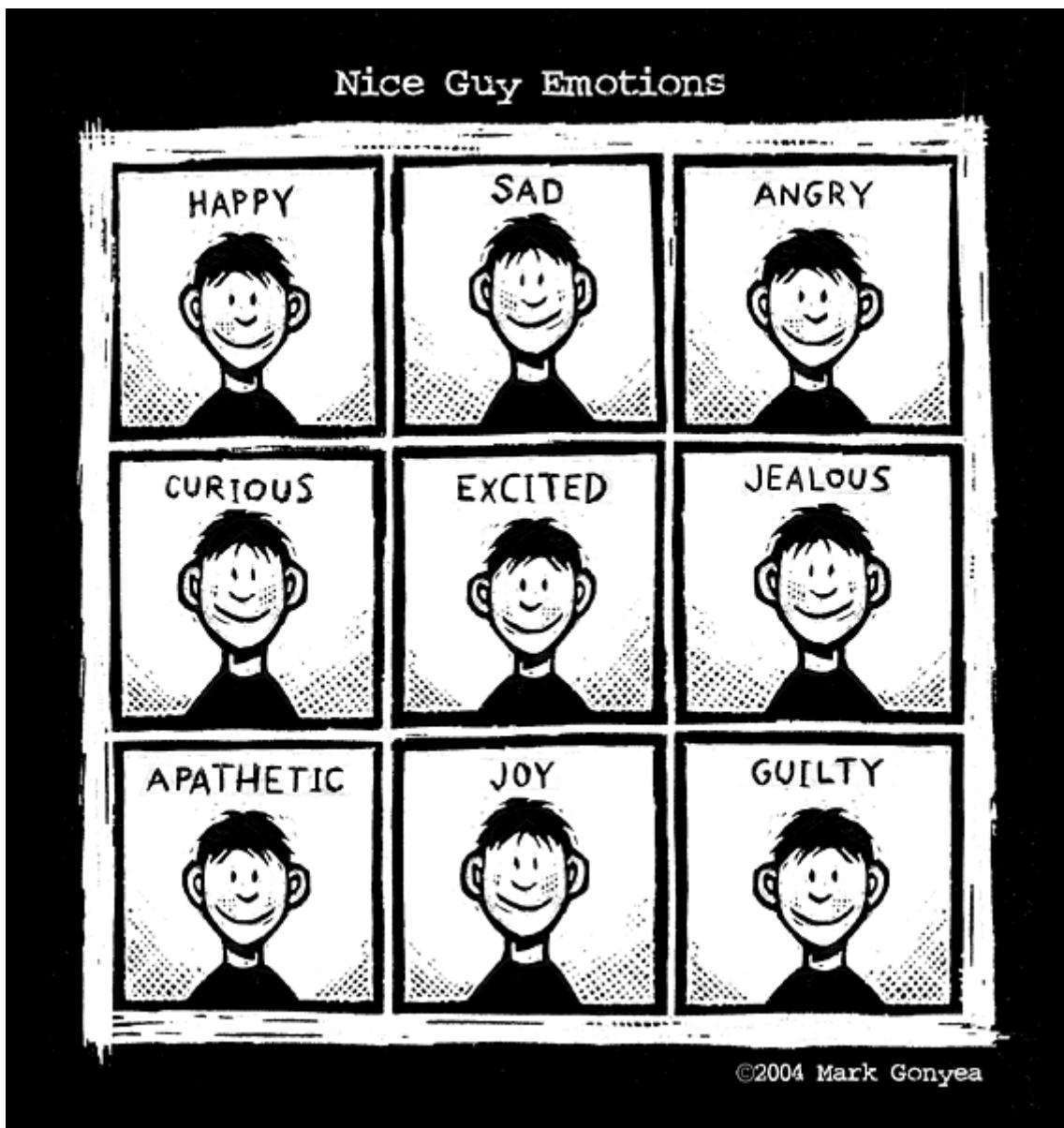
Send your friend off the deep end by growing and shrinking his pet.

**THE PLAN:** You make your buddy think his ordinary goldfish is really a mutant hulk-fish by causing it to explode in size. Then you crush his hopes by shrinking it back down to regular Mrs. Paul's proportions.

**THE SETUP:** Buy 8-10 goldfish ranging in size from tiny to huge. Sneak one larger than your pal's into his house, and when he leaves the room, pull the switch. Be sure to keep his fish alive back at your place.

**EXECUTION:** Switch the fish week by week until you're stuffing a hammerhead into his tank. Agree that his pet is an ichthyological marvel as he calls the Guinness people. Then guppify his fish back down again.

# CHAPTER ONE: CHANGING YOUR ATTITUDE



# Chapter 1: Changing your Attitude

As I mentioned before, this book is going to be a lot more detailed and different from the other ebook. This book is going to go in more detail on the ways to develop confidence, the ability to brush off rejection and the ability to change your attitude.

## Don't be a woman's puppet by Soetefl

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Remember when you were a chump, and women would manipulate you, make you their slaves, have you bend over backwards for them, and then as a reward might give you a platonic hug (which you would take as the greatest gift you could ever receive), and then run off with some jerk? And then she'd continue to use you.....

Well, women have their shit together. They know how to work it, they're just natural players. They have tricks to make guys fall at their feet. The difference between females and male players is that women are natural at it, but because of this, they don't notice when others are using their very own tricks on THEM! Guys, however, because they have had to learn the tricks manually, are much better at seeing and stopping the tricks. You too, can learn how to manipulate women, and make THEM your puppets!

But, what are these tricks that women are so good at using?

Let's see...

### **I think she likes me!**

Remember thinking that? When a girl, in whom you had NO interest in whatsoever, started to show interest, suddenly your mind burst with wonder. Just because you thought she liked you, you started to like her.

I have had this happen to me countless times. About 95% of the girls that I had crushes on, I only had crushes on them because I thought they had crushes on me in the first place! However, the most important thing is that I **thought** they had crushes on me. I wasn't SURE. And this drove me crazy. I was suddenly incredibly interested in her, and tried my hardest to make her like me. Already I was her puppet.

Use this! Make women think, "He's interested in me!" and then make them think twice "or is he?" by the time they're wondering "or is he?", they've already started to be interested in you. *However, this interest will fade the moment that they are certain you are interested in them unless you play your cards right.* Timing is everything, mystery is even more.

**Is that my imagination, or is she touching me?** Women are masters at Kino, and they're even better at using it to get what they want. Ever had a girl touch you, and make you go crazy just with that?

USE THIS! You all know how important Kino is, but it's important to use it strategically. Remember, you want to create the mystery! Make her think that you like her. Tease her.

**Ooooh, she asked me to do something! This is my chance to get brownie points!!**

Women just love to get guys to do what they want. And we are suckers because we love to do it for them! It makes us feel like we're being useful, like we're helping; and they'll love us for it! Of course, the only thing they love about it is the control. What did you ever get in return for being overly helpful to a girl? A smile? A hug? And how \*excited\* were you to get it? Pretty damn happy, right?

Don't fall for this shit again! Make women do things for YOU! Ask THEM to go pick something up from McDonald's for you. Make THEM carry your shit. Just remember not to do this unless you've already created at least SOME interest beforehand, otherwise they'll just get irritated with you and think you're a lazy jerk. So, the "secret" to taking your game to the next level, and to get the most desirable girls around, is to start allowing them to demonstrate their value to you, and to reward them (whether it be with compliments, time spent with you, etc.) for proving their worth. Have the girl drive to pick you up (especially if you live a bit far away)... just structure some opportunity where she can prove her value to you. And then reward her. Compliments are wonderful here.

**Wait a minute..... now she's doing the same thing to other guys? What does that mean about me?"**

Women don't ever have \*one\* puppet, they have armies of them. Any guy they can get their hands on they will try to manipulate. When other chumps see this, they start to get jealous and curious.... "Does she just do that to ALL guys?" "Is it more special the way she asked me to do it", "Did she touch me in the same way or was it better?" Again, the mystery is building up! And so is the jealousy! Two very lethal adjectives.

Let her see that she's not the only one you ask to get your morning coffee. Show her that you touch other girls' arms, not just hers. It will create more mystery. "Does he REALLY like me or not?" and it will make her work harder for you! These are just a few examples of the tricks women use to manipulate men, make them burn with desire for them, use them, and use them again.

It's important to know these tricks for two reasons...

- 1) Women rarely see their OWN tricks being used against them, so their defenses will be lower.
- 2) You'll be less of a chump for it. By knowing women's tricks, you can try to detect them, stop them, and never become her puppet.

Use their own dirty tricks against them, however, and you will see, you can be an even better player than they are.



## **The Traps of Life** by Viva Las Vegas

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This article is very long, but it's one of the most motivational posts I've ever read. Lots of people have placed this article in their blogs. Not a lot of people know that this article came from a playa. It's about five pages long. This article is solid.

### **Trap #1: The Trap of Tomorrow**

Tomorrow. Tomorrow can be feared, or desired. Tomorrow could be anything. Tomorrow could be nothing. This unpredictability of tomorrow is why we must live in the present. You could die today. You could die tomorrow. Wasting your time thinking about tomorrow is a terrible idea. Fearing tomorrow is just as bad as wanting tomorrow. Whatever tomorrow has in store for you will happen. Tomorrow will come soon enough. In fact, tomorrow will come too soon. Screw tomorrow. Live for today. Tomorrow will come whether you like it or not, so stop worrying about it. It's pointless. Living for tomorrow is a veil that can blind anyone; be strong, don't be blinded by it.

### **Trap #2: The Trap of Yesterday**

Yesterday. Was yesterday good or bad? Why do you even care? Are you ever going to feel what you felt yesterday again? Probably. BUT are you going to be in that EXACT situation ever again? Hell no. Yesterday is over. Whatever happened yesterday is done and over with, and is a part of your life forever. Live for today, yesterday could have been the best day of your life, it could have been the worst day of your life, it could even have been an average day. What difference does it make? It's over no matter what. Live in the present no matter how terrible the present is. Don't forget about those great memories of yesterday, they are all you have. But don't dwell on them. Look to the past only when you want to remember an old friend, or an old place, or an old feeling, or an old situation. Remembering a great feeling every now and then is completely different than living in that feeling, or trying to make that feeling last longer than it was meant. Again, live for today. It's all that matters.

### **Trap #3: The Trap of the Closed Door**

There are millions upon millions of chances, choices, and opportunities we as humans have. It is impossible to take advantage of every one. Most of the time we don't even see a hundredth of them. When one door in your life closes, always remember there are a million more open ones. Always remember that there are still millions of doors that are always open in your life. Focusing on that one closed door will waste your time on this planet. Every thought you spend on that closed door will bring you closer to the end of your life. Look at the possibilities, not the impossibilities. Why worry about something that never was meant to be? Something that never could be? Never forget that closed door, it will make a nice memory, but do not focus all of your attention to it. It's pointless, don't let this trap in life hold you back.



### **Trap #4: The Trap of Change**

Think about how your day went. Now compare that to yesterday. How were the two days different? It is likely they aren't different hardly at all. This is because we as humans get into the classic routine thing. Well this is unavoidable. It is impossible to get a new job every day and it is impossible to do something new everyday. But what happens when we get into those routines, is we end up fearing change. We actually go out of our way to avoid change. Change is the spice of life. Change makes our lives exciting. Do not fear change. You should seek change in your life, not avoid it. I believe we fear change because once we are "happy" and once we have a "purpose" we are afraid of losing it. Can anybody say lack of risk? Live it up baby!!! Change is coming. You are changing everyday. Right now you're changing as you read my words. I am changing you right now. Don't be afraid of change!!! Change is good. Change will make your life fun and exciting. Do you not want a fun and exciting life?

### **Trap #5: The Trap of Giving up on Love**

Love makes the world go round. We have all had disastrous love experiences. By letting that pain you felt during that hard time will only make your life less of an adventure. If you keep trying, you will find a person who you love, and who you would die for, and a person who would die for you, and who loves you. Keep looking, Keep loving, keep searching. You'll find her. Do not let the pain of the yesterday hold you back today. NEVER give up on love. Love is why you're alive today. Your parents probably loved each other at some time if they do not love each other today. Think about it. Someone has loved you, return that love to the world. Hate will only drag you down and destroy your life. To Love is to live. So keep on living.



### **Trap #6: The Trap of not Fighting**

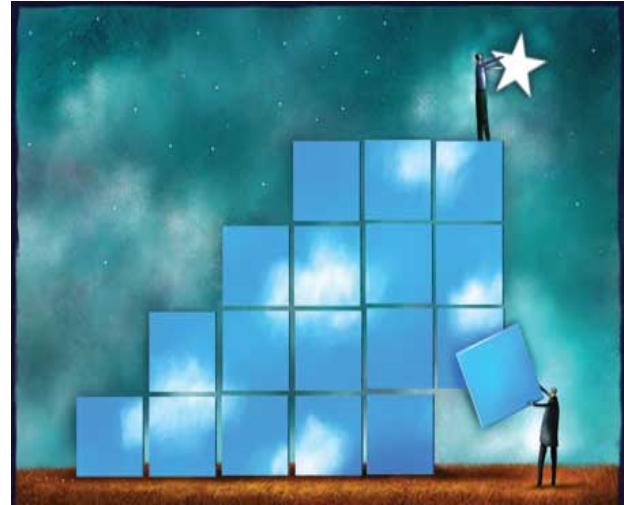
Ever want to give up? Of course. We all want to give up. We all want the easy way out. If you give up every time you will fail to live your life to its fullest. Keep fighting through it. You'll get out. I promise you'll get out. Whether it is by death or with life, you will get out. You must keep trying to achieve what you want. If you give up now, all the time you spent yesterday will have been in vain, and tomorrow will be forever changed. Keep fighting through the toughest times of your life, they will pass. Keep going!!!

### **Trap #7: The Trap of Fighting**

This is contradictory to the trap above. What you must understand is that you must achieve equilibrium between fighting and not fighting. You must know when you have been defeated. If you fight for something you will never achieve then all the time you spent will be spent in vain. Fight for the possible, not for the impossible. You must know when to throw in the towel, and when you do, hold your chin high and have pride because you did one of the hardest things to do, admit defeat. We all lose in life. We also win every now and then too. The key is to treat every loss as a victory, because for every loss you encounter, you will leave the situation with more experience. Is that not a victory? It's always win-win.

### **Trap #8: The Trap of Dreams**

Dreams are wonderful. Everyone has dreams. Everyone has wished at some point in their life they were someone else, or could do something they can't do. The power of dreams is a strong one. Chasing your dreams is an act very few of us do though. Most people live in their dreams. Most people are actually content with just dreaming something, and not living it. If you do not chase after your dreams, then your dreams are holding you back. The power of dreams is pretty strong huh? They can guide you through your life, or hold you from achieving anything. Chase your dreams. Go after what you dream about. Unless your dream is to walk and you have no legs, then don't tell about me about how it could never be. If it never could be, then so be it, but how will you ever know for sure if you never try? At least try to follow your dreams, if you physically cannot achieve them, then at least you tried.



### **Trap #9: The Trap of False Hope**

Some things were never meant to be. It's a fact of life. Some things you will never have, and never have a chance to get. You must accept this. If you keep living in your wonderland and if you keep thinking that it will happen when you know in your heart it never will, then there goes more time of your life wasted. Believing something that isn't true may make you feel better, but it will only hurt you in the long run. Accept the truth for what it is. Stop giving yourself false hope.

### **Trap #10: The Trap of the “Perfect” and “Normal” life**

Think about what you want your life to be like. You probably want a house, a nice job, a beautiful wife, maybe a few kids. Who knows? Only you do. We all have these ideas of a perfect life. We all have ideas of how we want our lives to be. This “perfect” little “normal” life is an illusion. You can't define normal. No one can. Normal is a word used to confuse people into believing something is right. You will never be normal. No one is “normal”. Every person is different and so how can you be normal in a world full of diversity? There is no perfect and normal life. Your life is what you make it. People also mistake the world boring for normal. Spice up your life. “Normal” people have no idea what in the hell they want. This is why they call themselves “normal”. They have been led to believe that what they are doing is the right thing, and that anything else would be “weird”. “Life is a journey, not a destination”--Aerosmith. There is no perfect life, there is no such thing as a normal life, and there is no such thing as the right thing. You and only you can decide these things for yourself.

### **Trap #11: The Trap of that Perfect Girl**

You have an idea of a woman. We all do. There is no such thing as a perfect woman. You must understand that there are so many wonderful females out there that there will be a ton of "perfect" ones. You must keep an open mind when searching for the one, or you will blind yourself of what you really want. That perfect female is just another person, but a person who you have literally forced yourself into loving because you believe you must love anyone who has long brown hair, a cute face, a nice body, etc. Keep an open mind while in the world of females. You'll find the one, but quit forcing yourself to love.

### **Trap #12: The Trap of Depression**

Don't even lie. You have been depressed in your life. We all have. We have all had our days. In fact there are many in this world who are depressed right now. Try to remember back to when you were depressed. You actually didn't want to feel happy huh? You avoided having fun and you avoided smiling. You were trying not to be happy. If you do not make an effort to get out of depression then you never will. You must find it within yourself to love happiness and try to end those miserable feelings. Always fight depression. NEVER let it win. Fight it until you either defeat it or die. Do not give in. If you trust me on this, then you have nothing to worry about and you will feel better in no time at all. This is one of the most common traps.

### **Trap #13: The Trap of Forgetting Nothing Lasts Forever**

Nothing lasts forever. When you enter anything, you must remember that it won't last forever. Accept this. Do not fear this either. If you do then it will be over and you won't have spent any of the time you had well. Spend the time you are given well, because tomorrow will come and sometime in the future it will end. The only thing you can do is accept this. When it ends, give it up and move on. That's all you can do. Good luck, this is a hard trap to avoid.

### **Trap #14: The Trap of Fear**

I don't care who you are. I don't care what you have done in your life. You have been scared. There is not one person on this planet who can truthfully say he has never been scared in his life. There is a nice quote I know. Here it is. "Courage is not a lack of fear, but is acting in spite of it"--Mark Twain. If you let your fears run your life, then your life will have been in vain. Face up to your fears. Look them in the eye and tell them you aren't a coward. Never back down. You run your life, not your damn fears. Put your chin up and walk straight to your fear, look at it, and just do it. Do the thing that has scared you for your entire life. Just go for it. You are not a coward and you are in control of your own life. Fear is just another one of the many obstacles that stand in the way of living. Don't let it defeat you.



### **Trap #15: The Trap of Being “Mature” Instead of Having Fun**

I see people do this all the time. You'll know exactly what I'm talking about too. You know that person who always avoids having fun? Why do you think he does this? He in his little mind thinks he is being mature by not having fun. There is a fine line between maturity and having fun. Listen to the Webster definition of maturity. Mature: having completed natural growth and development. Where in the hell does it say anything about not having fun? Stop using the excuse, “I'm too mature for that”. You are only making your life miserable. Have fun. Being mature and having fun are two entirely separate issues, but for some reason in our society today, people link the two of them. Don't be another one of society's \*\*\*\* ups.

### **Trap #16: The Trap of Fearing to Get Close to a Person**

You have probably been afraid of opening up to a person, as you have probably have met someone who is afraid of opening up to another person. Don't be afraid. Get close to people. Don't worry about the pain you might feel if something happens between you two. Get close, enjoy that time you spend close to each other. Sure if you stay away from people, you might never feel pain, but you also will never feel this little sensation called love.

### **Trap #17: The Trap of Not Looking for Personal Problems**

Every person has flaws. They do not eliminate 100% of their flaws by the time they die either. It is impossible. We look at ourselves and find everything we can possibly find wrong with ourselves and aim to fix it. We do this until we die. Most all of other people do not even believe they have problems. They believe they are fine the way they are, because they can accept a mediocre life. Thinking about living a mediocre life makes me sick, as it should most others. Accept your problems, but ALWAYS try to fix them. To become a man of greatness means to attempt to achieve perfection, even with the knowledge it cannot and will not be achieved. “When you reach for the stars, you may not quite get them, but you won't come up with a handful of mud either” --Leo Burnett

### **Trap #18: The Trap of Lack of Risk**

You have to take risks to enjoy your life. Without risk there is no fun. Without fun there is no reason for living. All the life wasted because of depression, suicide, and stupidity makes me sick. It makes me sick that I used be depressed, didn't see my flaws and didn't try to fix them, and finally that I didn't take any risks. I don't even see how I was so dumb. Take risks, live your life, and just freaking do it. When it comes to women, you literally have NOTHING to lose. Do you HAVE that woman you want to approach? HELL NO!!!! If she rejects you then you walk away with exactly what you had before. If she doesn't reject you then great! You gained something. You see? You cannot lose something you never have had. Take that risk and do something exciting, you won't regret it. Live. Live your life!!! Stop looking for a purpose, stop looking for answers, and most importantly stop believing all those lies you have heard about what's normal. Stop worrying, stop analyzing, stop all of your complicated thinking. Close your eyes for a minute and just stop thinking. Then I want you to take a deep breath, and GO OUT AND LIVE YOUR LIFE

There's a lot of advice about confidence, but none as detailed and as true as this one.

### **Confidence is key**

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Women like confidence far, far more than men do. Think about it - shy "nice guys" legendarily get passed over. **If you ask 10 women for what they're looking for in a man you'll likely get ten quite different lists, but probably at least 9 in 10 of them will mention "confidence" or something equivalent.**

When you want to date a woman, don't do things that would make it look like you aren't confident. I'm going to mention some below, but it's not magic, and the main secret is to build your own inner confidence. Easy to say, almost impossible to do... or is it?

**Confidence is \*not\* about expecting success, or about being successful. It's about \*not fearing failure\*.**

You can be completely confident about doing something you'll probably fail at, if you know it's not a big deal and you can move on. Dealing with rejection is a skill that takes practice. You have to go in with the attitude that even a total stud would get rejected by the majority of women if he just asks a whole bunch of them out, so you *\*will\** get turned down. Even when there's absolutely nothing wrong with you. It's still going to sting the first few times anyway, but if you keep in mind that rejection is natural and dating is always a gamble, you can learn to deal with "no" as an, "Oh well, that's the way it goes sometimes, everyday event."

In contrast, guys who have the attitude that "no" means there's something wrong with them, that they don't understand women or women don't understand them, and so on will eventually get really bitter.

**The best way to display confidence with women is not to put them up on a pedestal.**

A lot of "nice guys" go to a lot of effort specifically to win a woman over, treating her much better than they'd treat anyone they were just friends with. Being extra-nice to her, trying not to offend her, trying to be the kind of person she'd like them to be, giving her flowers, paying for absolutely everything, and so on. **Basically they throw all this effort at her, to "win" her, and they try to get the "reward" of her going out with them.**

This gives all the power to the woman - the guy makes it clear that he'll go far to get her, and all she has to do is decide whether to say yes or no.



If you think about it for a minute, you'll realize this isn't a confident thing to do. A really desirable guy doesn't have to go that far - he can be himself, he can even be a demanding jerk, if he asks women out they'll say "yes" without being showered with flowers and inoffensiveness. Now, you're not Brad Pitt, but that actually doesn't matter - the most important way to become desirable is to act as if you are already desirable. In other words, be casual. Just ask women out as if it were a completely everyday thing (even if you are really scared inside). And *\*don't give them things unless they're willing to give in return\**. And I

don't mean some disgusting bullshit like if you pay for dinner she should sleep with you. If you do something nice for a woman then you should expect her to be nice in return. If not you can move on, you can legitimately get annoyed, you can call her on it. But whatever you do, \*do not\* keep doing more nice things in the hope that she will go out with you or like you better. Doing that makes you look like the sort of person who isn't confident in their own attractiveness, and tries to be extra-nice and extra-giving to compensate.

"Don't go out of your way to be nice to a woman in order to win her over" is contrary to received wisdom in North American culture.

**Tradition and movies tell a guy how to be "romantic" and how to date, and what they say is basically to be giving and try to win her over. That's crap.** With most women, it actually \*decreases\* your chances. Instead of starting the relationship off on an equal footing you're giving her all the power - and it's hard for a powerless guy to seem confident.

### **Don't worry about offending her, within reason.**

And that really is key - \*don't worry about offending her\*. Within reason, of course - don't insult her or tell the most extreme gross-out jokes you know. But think of how you probably act with guy friends - if one of your jokes goes over the wrong way you just say oops, didn't mean it that way and that's it.

If you talk about a controversial subject and don't agree, no big deal. But most guys worry a lot about offending women they date, and so they try and play it "safe" and uncontroversial. Instead, treat her like a normal person whose opinion isn't a matter of life and death to you. If you express an opinion she doesn't like or tease her in a way she doesn't like, generally her negative reaction will be \*far\* outweighed by the fact that you just showed yourself to be much more self-confident than other guys. And you've showed that since you're willing to kid around and be open about what you think, she can do the same things in return. This will create bonds of trust and lead to deeper conversations earlier in the future.

### **Women don't want jerks. Jerks just have what women want.**

Why is it commonly said that women like jerks rather than nice guys? Well, keep in mind what I said above. A jerk doesn't care what a woman thinks of him, so he doesn't fear failure with her. That's the most important element of confidence. And he's not going to put her on a pedestal, worry about offending her, or any of those other things that make women see typical "nice guys" as underconfident and unattractive.

Basically, that confidence is enough to make lots of women overlook the fact that the guy happens to also be a jerk. Just like how many men will overlook huge personality flaws in a really pretty woman.

Once you learn to treat women like your bratty pal and not fear failure with them, you can have the same skills that "jerks" do. Except instead of being a jerk, you're someone who actually cares, who may tease her or offend her but doesn't mistreat her.



## Cat Theory inspired by Mystery Method

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*"Why do you suppose we only feel compelled to chase the ones who run away?"  
Vicomte De Valmont*

Cats don't take orders, but they can be tempted to chase. If you tie a feather to the end of a string, and use it properly, you can get a cat to perform acrobatics. But it isn't interesting that if you put the feather down in front of the cat, she will turn up her nose?

Cats are always curious, especially about shiny new things such as the ball on a rubber cord, the catnip, the treats, the feather on a string, etc. She can be easily distracted but once she is invested in trying to catch something, it can be her single-minded focus.

There is a lot to learn from cats. If you push a cat off of you, she jumps back into your lap. If you want to hold her, then she wants you to put her down. If she is feeling nasty, she might bite or scratch. She craves attention and she gets jealous of other cats. Sometimes she'll just rub against you and purr with contentment—you can really tell when a cat likes someone.

*A cat sees the feather from across the room, but continues about her business. Then the feather slightly moves and her gaze is drawn. When the feather jumps once or twice more, she starts to steadily creep in its direction. Jerk the string at just the right time, and the cat suddenly goes crazy, running circles around the room, flying over furniture to catch that feather.*

As the player proceeds with talking to a girl, he keeps validation and attention just slightly out of her reach. If he is too easily acquired, then she will quickly grow bored and lose interest. But likewise, if he is completely unattainable, then she will also lose interest and give up.

Therefore, keep the bait just barely out of her reach and then continually entice her in small increments.



This article is 4 pages long, but it's one of the best articles that I forgot to put in the other Ebook. This covers a lot of ground in just four pages. You cannot miss this one!

### **Kill that desperation** by Pook

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Being a Don Juan is not a net sum of smooth maneuvers and methods but of your outlook on the world and women. Anyone can memorize 'techniques', but few can change the way how they think. Women will be able to sniff out the former. But with the latter, women will be clawing each other for you. A Don Juan is a state of mind, not a list of methods and tricks.

This must be stated because it brings us to the subject of 'desperation'. In the end, we are all desperate with desire. We wouldn't be looking for tips and answers if we did not desire a girlfriend or MULTIPLE girlfriends (being a bit ambitious, aren't we?). We all want a woman (or women), but our desire and feelings brings out the desperation traits within us.

Where I work, I asked the women why they found a certain co-worker to be so desperate. Here were some of their answers:

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*Always giving the women attention.*

*Calling all the time* (and calling immediately once getting the number, immediately returning a call, etc.)

*Taking every opportunity to talk to them* (and telling everything about yourself)

*Always available.*

*Never willing to walk away* (NEVER willing to disagree, ALWAYS supplicating).

What theme can we find in the above? It is that the man puts the woman on the pedestal rather than himself. Imagine if a woman did all of the above to you. Imagine if a woman was obsessed with you, always calling you, always available, and always spending her free time for you. Any interest you had for this woman would soon evaporate.

Why?

Because in your own mind you are thinking two things:  
"No one else must want her."

"If I can get her OBSESSED about me, I know I can get BETTER girls to be *interested* in me." Her desperation is turning you off. The same is true for women.

**Women are not attracted to desperate men.** Period.  
I've told my co-worker this and his response: "Well, that is just who I am."



Eventually, he will realize that the only common denominator in his pattern of crash and burns will be HIM. **So if anyone has told you that you're desperate, consider that it's true.**

There is a key to removing desperation forever. There is no simple 'trick' that will kill the desperation. It will not be in how you dress, how you talk, or where you go for dates. No, the key is in how you think.

The key to killing desperation (and attracting crowds of women) is to think and believe that you are The Great Catch. Desperate guys do not do this. They see the woman as the prize rather than themselves. They see that the woman must be 'wooed' rather than them. They will, thus, supplicate and become a 'nice guy'.

(And nice guys finish last!)

If you start treating a woman like precious gold, she will believe she is gold. **And once she believes it, she will dump you because you have given her the sense that she is better than you!** Once she thinks that, she will want to replace you with someone better, because you have given her reasons to believe that you are unworthy of her greatness!

After all, if we think we can have someone better, we will. This holds true for both men and women. The last thing we want is to settle for a mate when we could have gotten better. (This is why the element of challenge is so important in the Dating Game.)

The lesson: **Don't give her a reason to think that she is better.**

The first step in becoming the Prince Charming every woman dreams of is to think of yourself as a prince.

When you believe you are that prince, that you are The Great Catch, all the 'desperation' signs you were emitting vanish and an aura of attraction will surround you. Combine this manner of thinking with all the skills you know, and you will become irresistible

**Let us look at the desperation signs again:**

**Always giving the women attention.**

Now that you're The Prince, you don't have time to give women attention. A Prince is kind, enthusiastic, smiling, yet you have things to do. A Prince's time is precious. A woman must win your attention; you shall not give it to them.

**Calling all the time** (and calling immediately once getting the number, immediately returning a call, etc.)

The Great Catch simply cannot call all the time because he has tons of other numbers. The Great Catch is not competing for a particular girl. The girls, rather, are competing for him.



### **Taking every opportunity to talk to them (and telling everything about yourself)**

Why would Prince Charming tell everything about himself to a woman? No, the woman must justify herself to him because you are the goods! The Prince would reveal things about himself only as a reward. The woman loves the mystery in this and sees knowing the Prince as peeling layers of an onion, knowing him gradually.

### **Always available.**

The Great Catch is busy with many, many women! She must fight for your time, NOT the other way around.

### **Never willing to walk away (NEVER willing to disagree, ALWAYS supplicating).**

Prince Charming wouldn't accept any disrespect from any woman. If a woman gave him such disrespect, he walks away. The Prince knows all these women want to be with him so he can eject at any time.

Now, I know what you're thinking, "I can't act like a Prince Charming or The Great Catch. I don't have tons of women after me." This is reversing cause and effect. ASSUME you are the Great Catch. **Think that you are, and as you think you shall become.** It becomes a self-fulfilling prophecy. Treat your hobbies as if they have more value than the women do (or treat your hobbies as if they were other women). When you think you are the Great Catch, you will act like it and the women will KNOW that you are.

Women love certain traits in guys. When you believe you are The Great Catch, it allows you to emit these traits NATURALLY and without any effort.

### **Good looks**

You cannot change your genes. But you can change the way you treat those genes. Does Prince Charming wear raggedy T-shirts? Does the Great Catch walk with his head down? NO! You will wear nice clothes and walk with pride BECAUSE you are proud of yourself. After all, you ARE one of the best. So treat yourself accordingly.



Anyone can wear a suit. But few can wear a suit proudly. Few can wear a suit that seems to fit them naturally and creates an aura of importance. Good carriage, excellent threads, are the consequence by how you think of yourself. Women know this and is the reason why you are judged by this criteria.

### **Humor**

Girls love humor. Prince Charming and the Great Catch are funny because they know that they, themselves, are fun. They don't worry, "My goodness, she is really cute! How can I attract her?" They ASSUME she will be attracted and they have fun in the meantime. Don't be shy. Let your personality SHINE. When you think you are the Great Catch, this should come more naturally because you have nothing to fear.

## Dominance

You are the man. You must be in charge. Desperate guys will try to be 'nice' in every which way to win the girl (and fail, of course). But Prince Charming and the Great Catch will sweep women off their feet. When you think you are the goods, you realize that it is ridiculous to treat a relationship and flirting as walking on eggshells. You set the rules, NOT the other way around.

After all, you are the prize to be sought. Look at the soap operas and romance novels for grounds of this. **Women like to be in the presence of a MAN, not a boy, not a chump, and certainly not a 'nice guy'.** Dominance is also being sure of yourself. Do not speak in a soft tone. Speak STRONGLY and behave STRONGLY. After all, do you think Prince Charming worries about making mistakes? No, so neither should you.

I know, I know. I can hear you saying, "But I must worry about mistakes or else I'll have another 'learning experience' on my hands."

This is a GOOD THING. Let us say that, in a normal conversation, you came across a word you did not know how to pronounce. Most people will utter the word softly for fear of criticism. This is stupid. Say the word LOUD! Let me repeat, say the word LOUD! If you are wrong, you will be corrected. Clearing up mistakes is ALWAYS a good thing and should NEVER be feared.

The same applies with dating. Do not date with hesitation and shyness; date with all conviction.

**Remember, the biggest risk you can take in life is not to take any risks at all.**

## Ambition

When you think yourself as The Great Catch, you KNOW women are not the priority of your life. After all, the Great Catch knows he can get any woman whenever he wants. When you feel good about life, you cease to fear success and demand Life show all that it has. Aim for the moon. If you miss, at least you'll be among the stars. So in the end, too often men think they need a girlfriend to have their life 'complete'. The consequence is that these men will emit signs of desperation. Success is achieved first through the mind, then through the world, never the other way around.

**Kill that desperation!**



This is a 2-page article. I had to put this one in, because this one really opens your eyes. It really lets you know the difference between insecure guys and secure guys. Girls aren't everything!

### **Insecure men and getting the right girl** by Rttek

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**Insecure men date beautiful women mainly to impress their friends. Insecure men want trophy women mainly to make themselves look better.** Insecure men want to drive hot sports cars to impress their friends or solely to pick up chicks, even though they may not know what kind of engine it has.

Insecure men want motorcycles to impress their friends or pick up chicks. Insecure men want "Paris Hilton" type women mainly so that their friends will be jealous. Real men on the other hand, date women who are good companions, who really turn them because they're interesting and attractive. **Looks are very important, but not the most important.**

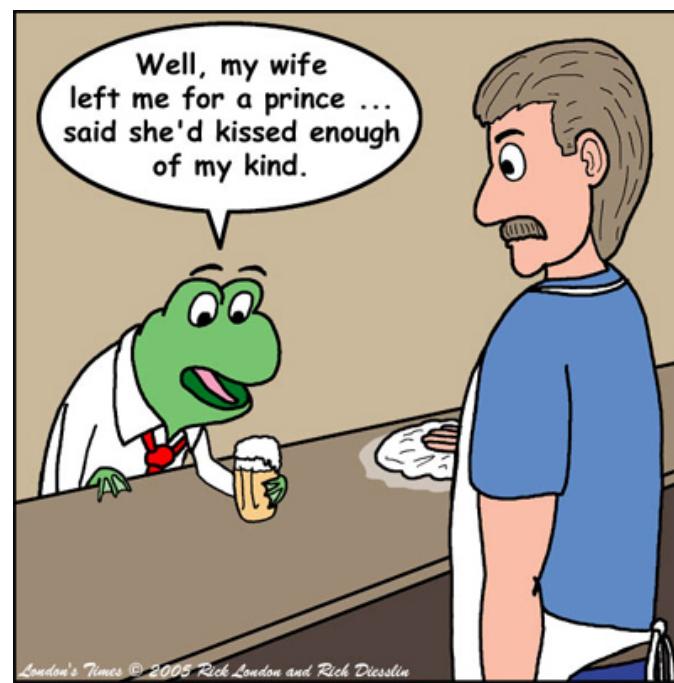
Real men have sports cars because they enjoy tinkering with them on the weekends in addition to being fun with a woman. Real men have swoopy motorcycles because they belong to a motorcycle club, love working on them or race them in addition to occasionally giving a girl a joyride. Real men know that Paris Hilton is very likely to be a spoiled demanding brat. Finding a Paris Hilton look-alike who loves you and is completely loyal to you is like winning the Pennsylvania Power Ball Lottery. It can and does happen, but don't give up your day job just because you bought one ticket.

Note: if you inherited 5 million dollars, and your sole activity is driving around in your new Ferrari, getting sun on your Donzi, checking the time on your Rolex President and jetting to Ibiza only because there's a beach bar that makes the best Mai-Tais, you WILL get a girl. But the possibility that she really likes you for you will be small. If you really do have money and show it up front, you're an idiot, and this little opinion letter doesn't apply to you anyway.

The best girl is a 'cute' girl with a decent body with a happy personality that will grow to love you. Many guys are so intent looking for that fabulous diamond, they don't see the basket of pearls at their feet!

The healthiest mindset for you to have is that the prettier the girl, the worse she will be, only so that you will not be blinded when someone adorable but less glamorous comes along. Girls that appear on the cover or pages of Maxim, FHM and Stuff do not exist. You may see them in public, but it is an illusion.

**If a girl ever "disses" you, call her on it immediately.** Be tactful but let her know you've just heard or seen something that you dislike and it will not be tolerated. If she continues, dump her. If you're driving in your car, pull over, and ask if she wants to get out now. Do not, under any circumstances



tolerate dissing, games, put-downs or the like. If she's a bitch and walks away because you called her on it, all the better for you. You're rid of her. If she's just testing you, she might walk away, but she'll be back. In either case you must let her go and do not look back. If she leaves, good.

**If she does come back, she will have even more respect for you.** Either way, stand up for yourself, and either way in the long run you win. At all times, a woman must believe that you can walk away from the relationship and not look back. She must believe that you care for the relationship less than her. If you are in a relationship right now and your woman thinks she's got you by the short curlies, you need to dump her and get a new girl. It is imperative to start out correctly otherwise it will never be in your favor. The one who cares less, has the most power. Always.

**Listen to your gut.** If something, even if it is the slightest thing, bothers you, stop and notice this. It is not important that you identify exactly what is bothering you at that point, but notice that the girl just did or said something that seemed odd, and make note of it for later evaluation. Most men suppress their intuition. Learn to listen to your gut. It is your important first line of defense.

Going back to previous jobs or girlfriends is a losing proposition.

The girl of your dreams may not be the girl you dreamed of. "Love at first sight" is dangerous.

The girl of your dreams may not have appealed to you at first.

The girl of your dreams may not be the girl you wanted, but you find that she is the girl that you needed.

The girl of your dreams will pursue you and there will be no mistake about it, even if you at first seemed uninterested.

The right girl for you will make it very obvious she wants you.

The right girl for you will soon prove easy to talk to. She will surprise you with how interested in you she really can be. It will gradually, very gradually dawn on you that you don't have to be on your best behavior all the time.

I have to repeat this again.

**Many guys are so intent looking for that fabulous diamond, they don't see the basket of pearls at their feet!**



## General rules on attitude

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*Who controls you? Who decides what you do? Who influences your decisions? The answer to all of these questions should be you. In order to have anything in life, you have to be in control of yourself. You have to be in control of your goals, your money, your personality. Nothing can stop you now except yourself. You now have the power to do what you've always dreamed*

### Confidence is built slowly.

The first step is the willing to change. You have to be willing to change your thinking, and wanting to become better. Keep yourself motivated

**You should enjoy the things that you have now and don't wish for tomorrow,** because tomorrow comes so soon that you don't even see what hit you, and then you are upset you spent all of yesterday wishing for today when it would have came no matter what. Don't wish you were 21, Don't wish you were older, trust me when I say there'll be plenty of time for drinking, sex, and being on your own in the future. What you don't see is that right now is the time of your life, that right now you have no responsibilities, and that now you have the world. Tomorrow will come no matter what you want, so all you can do is savor today with the most mature taste possible, and avoid falling into the trap of wishing for tomorrow.

### Avoid the friendship route!

When you see a woman you are interested in, go for her **romantically**. For if a friend she sees, a friend you shall always be."

Many women **take advantage** of men who constantly supplicate to her. A woman will not respect a man that consistently supplicates to her very whim. If she wants something from you when *she has done nothing to deserve it*, make sure you make her earn it first!

### Always respect yourself.

When you do not respect yourself, no man will respect you. And if no one respects you, no woman will respect you.

### You should not pursue women. Let them pursue you.

If you have the mindset that you are pursuing women, or are trying to get into a particular woman's pants, you will lose. You must have your own life through which you find happiness regardless of whether you have a woman or not. When a woman sees you and likes what she sees, very often because you don't seem to notice her, she will find a way to meet you. She will find a way to talk to you.



You cannot be yourself without truthfully seeing yourself  
 You cannot control the situation, but you can control yourself,  
 your emotions, and your life.  
 You cannot have women love you until you love yourself.  
 You cannot grasp the female nature until you grasp your male nature.  
 You cannot win her until you focus on her winning you.  
 You cannot obtain love by giving yours away for free.  
 You cannot fulfill your desire by letting it trump your integrity.  
 You cannot be yourself by denying your dreams *and what it takes to achieve them.*

**Don't waste your time and energy on people who do not meet your standards.**  
 Don't settle for less than what you desire and deserve. And don't apologize for having standards. Have fun, use humor, be playful but most of all be yourself. Remember the best presentation tool you can have is a genuine curiosity about this person you want to seduce. Learn about them. Because if you do, then even if you do not seduce this person, you will gain knowledge that will help you next time.

**If you want to change the way you feel, you must first understand why you feel the way you do.** Feelings can lead you to act in self-defeating ways. If you fill your head with depressing and negative thoughts, and you allow yourself to feel shameful and angry feelings, you will never be able to act confidently.

**Eliminate your desperation by focusing on your dreams and passions in life.**  
 Know that women are not what make life good, what makes life good is recognizing, following and working towards your dreams and passions. Achieving dreams is the ultimate source of happiness.

### **Embrace your sexuality**

There is no other way. Embracing your sexuality means using **kino, eye contact**, and not being afraid to talk about sexual things. Make sure she knows you are a male, with male desires.

### **Be a challenge**

Because you and your dreams are your number one priority in life you are dependent on nothing and nobody apart from yourself. So why would you put her on a pedestal like a queen? If you think of a female as a queen or some sort of supreme being, you will act like she is. If you act like she is, then she will know that you think of her that way. Once she realizes that she has been able to put you under her spell she will think, "Hey, if this guy can become so obsessed with me, imagine what other guys I could get." She will quickly run away to a more confident jerk.

### **Provide a challenge for women**

This is very important. Just like men, women need challenge and they need to feel like they are working for something. It increases your value in her eyes if she's had to work hard to get you and to keep you.

### **Scarcity increases value.**

Don't answer every phone call, don't see her every day, and don't be available every day. Be busy and unavailable; let her wonder what you are doing!

**The confident man goes through life with the path of an arrow.**

He does not bend himself to fit into other peoples' lives; he does not twist himself to appease the whims of others. He lives his life for himself. This does not mean that he is an uncaring jerk. He does take others needs into consideration but if others needs disrupt his purpose too acutely he will walk away and continue on his path.

**Expect women to hate your change.**

If you do it correctly women will initially seem to scorn you. But if you do it correctly, women will have a little voice inside that piques their curiosity and find you irresistible in spite of themselves, and they'll pursue, but they'll also test you relentlessly to see if yours is just an act. If you do it right, you'll find yourself doing things your way and seeming to swim against the popular culture and current.

**I learn something every time. Every approach becomes a brick in my palace.**

**I make no excuses for my desires as a man.**

**I do not supplicate to women because they find it unattractive.**

**Rejection is a good thing. The more I get rejected, the more I will succeed.**

Watch your thoughts, they become your words;  
 Watch your words, they become your actions;  
 Watch your actions, for they become your deeds;  
 Watch your deeds, they become your character;  
 Watch your character, it becomes your destiny!

**Nobody is teaching boys how to be men, nobody is teaching them how to be in tune with their masculine nature.** Mothers, try as they might, cannot do so adequately, because they don't know HOW to teach masculine nature, because their nature is feminine. With more boys being taught how to love by their mothers, they pick up the feminine nature.

**Ask yourself truthfully, do you ever...**

- Crave attention and feel anxious when you don't get it?
- Worry about a woman's interest level?
- Strategize to keep a woman interested?
- Hope for or expect sex from a woman?
- Feel the need to compete with or prove yourself to others?
- Say or do things to try and impress a woman or increase interest?
- Hold conversations with an outcome in mind?

The harsh truth is if you do any of these things you are not ready to handle women and you are setting yourself up to be hurt. Forget everything you know about seduction and maintaining interest levels. If a woman is interested in you, you will find your relationship with her easy, natural and enjoyable. If it's not, back off and find something else to occupy your mind.



*For the first time in ralph's life his Birthday wish came true. However, it wasn't the big, hairy beaver he was hoping for.*

### **Doubts are worthless illusions**

If you ever feel insecure or unworthy around a pretty gal, then it's high time you kicked that negative shit to the curb, took a deep breath and realized that most of these chicks put so much effort in their appearances because they are only trying to mask their insecurities. The status you place on them is also an illusion. Though they pretend to be annoyed by it, the truth is that they thrive off the daily validation offered to them by anonymous men. I was always baffled by this behavior. They have the nerve to complain about horny guys in the street as they squeeze into skin-tight jeans and wear almost nothing at all.

-Before you attempt to conquer the world, you must conquer your own mind.

-Before you can command respect from the world, you must respect yourself

**You really have to ask yourself, if you died right now, would you be happy with your life?** What would you regret? What would you wish you had done? Live your life to the fullest and take opportunity when it arrives. Don't let your mind get the better of you. Making a mistake is better than regretting something you never did. When you get older, a regret will make you wonder about the past and make you wonder. It's better to make a mistake, than to not make any action. For when you regret something, you can only wonder. At least if you make a mistake, you have no regrets, because you did it and you knew the outcome. Don't ever wish! Don't ever wonder! Just do it!

### **Your personality is the one thing that you have complete control over.**

You can control your appearance to a degree (image is more like it), but what makes the biggest impact on this world is a man who stays true to his beliefs and makes the most of his virtues.

### **Think of it this way. If you do women favors, ask them lots of questions and kiss their asses, then they don't have to earn the pleasure of your interaction.**

You are giving your attention away free of charge, and your attention becomes CHEAP! You are subliminally telling her that you don't value yourself enough to let your true personality shine, instead you have to manipulate her with your favors and ass kissing to win her good graces. This is repulsive behavior!

**The truth of the matter is that women are not attracted to a man who tells them how great they are all the time,** talks about his feelings for them and agrees with everything they say. In fact they are usually repelled by this behavior because it is SUBMISSIVE! They are attracted to a man who is the center of his reality and has the balls to speak his mind. He doesn't feed into her desires or emotional states. Instead he flips the game with humor and tension so that she feeds into his.

### **Waste time and time will waste you.**

### **Whatever you believe, with conviction, becomes your reality.**

If you can keep your mind clearly focused on what you want, and refrain from thinking about what you don't want, you will attract everything you need to achieve your goals, exactly when you are ready. Change your thinking and you change your life.



**The mind can play tricks on you.**

It can convince you to doubt yourself and your training. For this reason, you must train the mind to work for you, not against you. You must use your mind to give you confidence. The only way to achieve this state of mind is through experience and hard work. Experience comes from actual competition. You must fight and continue to learn.

People perceive you only in the way you allow them to experience you.

False confidence is fake confidence. MANY girls can see through this. If you're insecure, you will show it in body language, or even what you say. Girls pick up on subtle details.

So when it comes to women, put away your EGO, eliminate desire for self-gratification, stop worrying about self-improvement for the sake of attracting women and become complete on your own.

**YOU SEEK A LADY FOR YOURSELF.**

**YOU DO NOT SEEK TO PLEASE A LADY FOR HER.**

If a female has initially a low interest in you - you move on.

If a female has initially a good level of Interest - keep her

If a female has initially a good level of Interest but it is falling – you move on.

If a female has a high level of Interest - keep her



This article doesn't have anything to do with macking on women. I just had to put this article in because I was laughing my ass off. Really read it, it's hilarious!

### **Man flogs wife's box on eBay (Hilarious!)**

By [Lester Haines](#)

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**NSFW** You know how it is: you've got a 30-inch cock but your wife's box is only six inches. The only intelligent solution is to offer the box for sale on eBay, as this Wisconsin vendor attempted to do:

**I'm selling my wife's box, my cock won't fit NR!** Item number: 9503239627

Bidder or seller of this item? [Sign in](#) for your status


Current bid: US \$5.50 [Place Bid >](#)

End time: Apr-01-06 22:37:06 PST (3 days 9 hours)

Shipping costs: Check item description and payment instructions or contact seller for details

Ships to: Worldwide

Item location: Central, Wisconsin, United States

History: [11 bids](#)

High bidder: [eggleif \(54 ★\)](#)

You can also: [Watch this item](#) [Email to a friend](#)

**Meet the seller**

Seller: [powertoburn \(27 ★\)](#)

Feedback: 96.6% Positive

Member: since May-06-01 in United States

- [Read feedback comments](#)
- [Ask seller a question](#)
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**Buy safely**

1. **Check the seller's reputation**  
Score: 27 | 96.6% Positive  
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**Description (revised)**

Up for auction is my wife's box. I'm selling her box because my cock won't fit in her box. I wanted to try and put my cock in her box before we got married, but she would not allow it. Now I find out my cock doesn't fit in it, and as you can see in the picture if I shove my cock any further in I will tear her box, and she doesn't want that. So I am selling her box and looking for one that my cock will fit in. Thank you for looking. My cock is only pictured as reference and not included with her box. I have tried to get rid of her box several times, she gave her box to the neighbor twice, but he returned it. She tried giving it to the mailman, but he said he rather have my cock. We even tried to give it away by putting a flyer on the church bulletin board, but it was taken down for some reason. So I am at wit's end to try and get rid of this thing, please help! Shipping will be determined at end of auction, actual cost at most!

Hello! [Sign in](#) or [register](#). POWERED BY [Back to item description](#)**Questions from other members : I'm selling my wife's box, my cock won't fit NR!**

Item number: 9503239627

**Question & Answer****Answered On**

**Q:** I have a free range cock and he tends to get dirty. Would it be a problem if he got the box dirty? Mar-29-06

**A:** Once you own her box, it's yours to do with as you please.

**Q:** Wazup G, MC\_Ake here, I was wondering if UR wife's box can be used to store my ghetto-blaster? Mar-29-06

**A:** Assumind that your ghetto-blaster is small enough.

**Q:** How heavy is your wifes box? I wouldnt want it falling over and breaking my cock in half. Mar-29-06

**A:** Her box is VERY light, less than a pound!

**Q:** Does this box have any bad odeurs we should know about? I'd hate for my cock to smell. Mar-29-06

**A:** She has kept her box maintained very well, in fact I would say it smells Spring time fresh!

**Q:** Has this box had anything other than a cock inside it or has it been used with any other items, including kitchen utensils and various vegetables Mar-29-06

**A:** As far as I know other than the failed attemts of my cock the only other thing that's been in her box is a candle.

**Q:** how much is s/h to boca raton, fl 33431? by the way i love you Mar-29-06

**A:** Priority mail is \$4.05 to any of the lower 48. I love you too, but I do feel I need to see other people.

**Q:** There looks to be some staining in her box, there are no problems, with seapage or leaking from her box is there? Mar-29-06

**A:** It's not really staining, it's more of a discoloration.

**Q:** Thanks for your earlier reply. The photos do not show the interior of the box, if you can assure me there are no signs of rot I may well be interested. Thanks for your time. Mar-29-06

**A:** Her box does not show signs of rot at all.

**Q:** my cock is very messy. Would you say yor wifes box would contain this mess or does it leak Mar-29-06

**A:** I would have to say I have not tried storing anything in her box. I would suggest not storing liquids in her box.

**Q:** im flying over to Wisconsin soon with my cock. Would it be possible to try to see if it will fit in your wifes box before i buy Mar-29-06

**A:** I don't see any harm in that.

**Q:** Will you be putting your wife's can for sale? I do rather like the sound of it. Mar-29-06

**A:** I might, or I might just ship her can with her box, you never know!

**Q:** I'm very dubious about paying good money for what amounts to a second hand box. Has it had a lot of wear and tear? Also are all the folding flaps still firmly attached? Thanks. Mar-29-06

**A:** As you can see from the pictures, her box is in nice shape and yes the flaps are firmly attached.

**Q:** English. The flaps of your wifes box look ok in the picture. Can you tell me if they all tuck in properly when its closed or are the a bit tatty Mar-29-06

**A:** All flaps on her box are in great shape and fold nicely.

**Q:** English again! If i am the winning bidder and you ship your wifes box to the UK how will it be packaged. I would hate for it to get damaged or abused on its way to me or i should find that some one else has been inside your wifes box as my cock is particular where he goes Mar-29-06

**A:** Her box will be packed tight, for whoever wins it.

**Q:** Hi its english again. The dimensions you gave me of your wifes box are quite tight and i also think my cock will be too big. However i have a couple of friends who both have small cocks so do you think your wifes box could accomodate 2 smaller cocks? Mar-29-06

**A:** I don't see that being a problem, as long as they are small enough cocks.

**Q:** Perhaps you can try putting your cock in to the box when it isn't excited? Mar-29-06

**A:** As you can see by the picture my cock is pretty stiff. I have never known it to get any softer.

**Q:** Can you confirm this box is her front box or her dirt box? Mar-29-06

**A:** As far as I can tell there is no dirt in her box, and I believe there has never been any in there.

**Q:** how big is your cock? i have a 10 inch one and i was wondering if i can fit mine in that box... otherwise i would have to keep looking for something bigger..... Mar-29-06

**A:** My cock is about 30 inches, around and about 9 inches at the base and about 6 inches at the head.

## CHAPTER TWO: SELF IMPROVEMENT



# Chapter 2: Self Improvement

## Self Improvement by Unregistered

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Self-improvement is the focal point of any man's existence. It shouldn't be women, or wealth, or pleasure – these things should come as a result of your life accomplishments. The best thing about life is that we can transform ourselves into what we want to be, through sheer force of will. Here is my system for goal-oriented self-improvement, based on what I've read and experienced firsthand.

It's very important to write down what you want to accomplish.

### 1. General Goals

I like to start out by writing several very general, non-specific goals. "I want to be stronger" "I want to be more knowledgeable" "I want to be financially stable", etc.

### 2. SMART GOALS

Then, I re-write these goals using the SMART principle. SMART equaling:

**S**pecific ( instead of simply "I want to get stronger", try "I want to add strength to my arms, chest, back, and legs")

**M**easurable – your goal should be quantitative. ("I want to add 20 lbs to my incline bench press", or "I want to gain 15 lbs without raising my body fat")

**A**ttainable – know your limitations. A goal is worthless if there is no chance of actually reaching it. Remember, though, it is better err on the side of difficulty, rather than giving yourself an effortless goal. Push yourself.

**R**ealistic – pretty much the same as attainable.

**T**ime-Oriented – all goals must be set in a specific time period. This should be tied in with attainability and realism.

Using the **SMART** system, we'd write under our general goal of "I want to be stronger" "I want to add strength and mass to my chest by adding 20 lbs to my incline press in 6 months. etc. You could probably have dozens of goals just underneath this general one, all building on one other to reach the main goal.

### 3. Daily Tasks

Look at your general goals again. Ask yourself, "What can I do every single day to help me reach these goals?" If you want to be more knowledgeable, maybe you should read 100 pages every day. If you want to be more confident, talk to a stranger every day. For our original strength goal, it would probably simply be to follow our workout and diet regimen completely. The key is to write these daily tasks down, post them the wall by your bed, and review them right before sleeping. If you failed to perform any of them, make a point to execute them the very next day, at the earliest possible opportunity.

#### **4. Daily Variable Tasks**

Make a time-ordered list of everything you are going to do on a specific day, preferably the night before. By time-ordered, I mean if you are going to wake up Monday, April 17 at 8:00 A.M., how long is it going to take you to eat breakfast, get dressed, etc.

Figure out how long a task should take and write it down. This will help prevent you from stretching out a particular task. It will eliminate waste. As the day progresses, keep your list with you and check off your tasks as you complete them. Make a point of finishing everything you've written down. At the end of the day, you'll feel a sense of satisfaction looking at a list with every single job having a line drawn through it.

#### **5. Weekly and Monthly Goals**

In addition to your previous goals, which will probably be more long-term, first ask yourself "What exactly do I want to accomplish this month?" or "What do I need to get done this week?" Write down your answers, and incorporate them into your daily variable tasks. At the end of the week/month, review your goals.

### **MOTIVATION**

It's rather simple to write down what you want to accomplish; it's a much greater chore to actually do it. Most people fail.

*Perhaps the very best question that you can memorize and repeat, over and over, is,*

**"What is the most valuable use of my time right now?"**

Ask yourself that question all day, over and over again. If you find yourself sitting on your couch wasting time, ask yourself:

**"What is the most valuable use of my time right now?"**

Whatever your answer is, make sure that you are doing it. It's important to realize that, as human beings, we have inherently conflicting desires. Why can't people lose weight when they really, really, really want to? There's no question about their desire to lose weight, but they still can't do it. It is because they have other, stronger desires – "the desire to eat sweets" "the desire to be comfortable and sedentary" and most of all "the desire to feel pleasure/avoid pain" that override their desire for self-improvement.

Having knowledge of our conflicting desires can help us accomplish what is best for us. For example, whenever I'm tired, unmotivated, and tempted to sit on my ass all day, I ask myself

**"Which of these desires is really more important to fulfill? Which one will give me greater satisfaction when I wake up tomorrow?"**

It's important to look past the present. Learn to deny yourself easy comforts and temporary pleasures in favor of things that will make you a better person in the future.



### **The King** a tip submitted by Disciple

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Well, I'll let you in on a little secret that few men know. Really attractive women who are put up on a pedestal secretly have a strong desire for a man to come along that is powerful and dominant enough to make himself a king in her presence and not a servant like most of the men around her. You have to learn how to be a king or prince in order to get these little princess types of chicks because they will ONLY submit to a man who displays more personal power than they have.

Being a king is about power. Women are attracted to men who exude power and dominance. It is a natural biological and psychological thing.

**The first step toward becoming a king is to recognize that as a king, NO ONE is above you.**

**Secondly, to be a king, you must have a kingdom.**

So what is your kingdom? Your kingdom is your life and all aspects of it.

That includes your personal relationships, career, finances, interests like sports, or anything that has to do with you directly.

What this means is that as a king, your first job is to build a great kingdom, which means building a great life. In other words, your FIRST focus should be on improving every aspect of your life and always looking to find things or people that will help to enrich it and make it better and more enjoyable.

Also, stop caring about anything that doesn't directly have to do with you and your kingdom (life).

So stop worrying about the guy you see that drives a flashy car and is a jerk and seems to "get all the girls".

Why care about what he's doing or what he has? He doesn't give two shits about you or your life and anyway what he does can't limit you from getting what you want.

The only person who can limit you is YOU.

All great athletes from Michael Jordan on down have this attitude. This is the attitude that separates winners from losers in life.

So f\*ck him and his chicks. That is HIS kingdom. You have to put all of your time and focus on YOUR kingdom so it can grow.

**Third, a king puts his own interests and that of his kingdom first and elevates no one or nothing above that.**

Fourth, if a woman wishes to become a princess or queen or a servant within his kingdom he will treat her as a subject (that doesn't mean disrespectfully) who will recognize his authority as the master of his domain.



He will NEVER tolerate disrespect or rebellion within his kingdom and if a subject proves to be too much trouble he will IMMEDIATELY exile them from his kingdom and elevate another subject in her place.

**Fifth, a good king knows that he is worthy of the best:** The best food, the best drinks, the best entertainment, the best clothes, the best homes, the best cars, and also the best p\*ssy available.

Now if you take just these five attributes or characteristics of a king and make them a part of your attitude and outlook concerning women and life, then you will be seen by those women as a king and these princesses will be compelled to submit to one who is greater than themselves.

I've had girls say that I was stubborn, or difficult, or my ego was out of control or whatever. Don't listen to any of this.

This is nothing but game designed to challenge you to see if you're the real deal.

If you stand strong and be a true man and a king in every aspect of your life, you will notice many changes.

You will automatically walk more confidently and with a sense of purpose and power so that when you enter a room you will begin to notice people taking notice of you (including women).

You will begin to treat your time like it is money and only invest it on things and people that benefit you and not waste your time because it precious and irreplaceable.

You will begin to care much less about trivial things like worrying about what someone else is doing and focus on important things that directly affect you and your life.

You will begin to shape your life according to your own will and you will discover that you have much more power than you ever imagined.

You will also begin to take an active interest in your health and well-being and maybe change your diet or work out more in order to improve this area of your kingdom.

You will begin to ask less questions and figure more shit out on your own because now you have limited your dependence on other people.

Another thing about advice. A king has advisors who provide him with information and can give him their viewpoints on various things to help him to make decisions. Your advisors will most likely be family or friends or someone whom you admire or who is very knowledgeable.

First, be very careful whom you choose to listen to. A king has to make good decisions for his kingdom and bad advice has destroyed many a kingdom and life.

Listen to what they say, but make YOUR OWN DECISIONS without anyone's interference or influence.

This is an article about how a real man should act. Listening to your mom and other women about advice about women will make you the kind of "nice" guy that repels women. There's a reason why jerks have a lot of beautiful women.

### **Be a man** by Pook

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I ask a group of women, "Ladies! Do tell me, what do you define as a Man?"

With devilish tongues, the women answer:

"A Man is someone sensitive to me."  
 "A Man is the guy who will take care of my needs."  
 "A Man is the one that is in tune with my feelings."  
 "A Man is one who doesn't have an ego."  
 "A Man is the guy who will sit and watch chick flicks all day with me."  
 "A Man is the guy who will go shopping with me."  
 "A Man is the guy who will share all his feelings with me."

Such are the common answers! The males listen and actualize what the women say. They are constantly declared 'sweet' and 'wonderful' and 'nice', oh 'so nice'. Mothers and older women are proud of them and tell them, "If I were younger, I would go for you!"

Poor Nice Guy! The women his own age avoid him like the plague and jump for the jerks. The Nice Guy becomes an emotional tampon to be used and discarded. The Nice Guy, being so nice and sweet, listens to the woman vomit her feelings about men and bleed her problems of her boyfriend on him. He listens with baited hope when he hears, "Oh, why can't guys be like you! You listen and understand." Then she turns around and gets abused by another jerk! The vicious cycle repeats again and again.

The Nice Guy hides his sexuality. What is sexuality? Do I mean rock hard abs and rippling muscles? That is not what women find sexy [it's a contributing factor, not the core]. A type of PERSONALITY is what women are looking for. Someone they can depend on. A man who has a backbone, someone who will be successful [has ambition], and someone who is decisive [has charge].

Nice guys have no backbone because they think women are frail things that will break in confrontation; nice guys reveal no ambition because they fear being seen as arrogant to women; nice guys are afraid to be decisive for fear of being seen as 'oppressive'.

It is all simply in the way how you think and *as you think you shall become.*

**So what makes a man?** What is the Nice Guy doing wrong?

***A Man is a guy who is not scared of his testosterone!***

A Man follows the passion in his life. Passion of women? Of course not. A Man has goals and desires that goes above that of chasing chicks. After childhood, there are TRUE winners and losers in life. A Man desires to be the winner. A Man WANTS to



win in what he does. Because of his passion, a Man can sometimes come off as arrogant and egotistical. He does not apologize for this or for his desires.

No, gentlemen, the disgrace of men is in not embracing your true nature: following your passion and, thus, loving life. Women are to enhance your life, not to be your life. Don't spend your time chasing girls, INVEST it by putting it into your interests and desires, thus the whole of your life.

When you do this, all of a sudden you have what every woman wants: **Ambition, charge, decisiveness, backbone, kindness, stakeness, and confidence.**

### **So what makes a man a man?**

**He must also have deep convictions: he should NEVER give up his ideals or morals for anything.**

A Man has character and deep convictions. He has PASSION in life about something. It is this passion that transforms his life, gives him confidence, and gives him joy. It is this PASSION that will give you that right mindset for you have goals and dreams that go beyond chicks.

**Remember, if you cannot command respect, you cannot attract love.** If you cannot be respected, women will ignore you and/or abuse you.

### **The man does not go through life walking on eggshells.**

Nice Guys think, "Does she like me? How do I get her to like me?" Nice guys think, "Should I like her? Should I go for her?" The Man doesn't think about the girl's interest until they're dating. The Man looks at all the girls and TAKES what he wants.



### **The man focuses on his dreams.**

No, this does not include the chick. You must have passion for something in life, something you even want to do for the rest of your life. *Your romantic life is an echo of your regular life.*

### **The man does not apologize for his testosterone, for his desires.**

"Oh, I am so sorry, ladies! I am afflicted with this disease known as M.A.L.E. It is natural for me to glance at you, your oh so curvaceous body. I am soooo sorry. Please, please FORGIVE ME!"

Would a WOMAN apologize for her feminine acts? So why should YOU apologize for your masculinity?

### **The man tries to always win in what he does.**

(After childhood, there are real winners and losers in life.)

Men build towers; women build webs. If you aren't constructing your tower or aren't even planning it, why should she cast her web at you? If you want worthy chicks, you, yourself, must strive to become worthy.

### **The man has deep convictions that allow him to be a possible leader.**

This is crucial because one day you will become the leader of your own household. Yes, we talk of 50/50, of everything being equal, but Nature's laws surpass that of Humans. Women naturally submit and nurture, Men naturally lead and provide. If you were a woman, would YOU want a Nice Guy in charge of your household? Or would you want A MAN?

### **The man seeks to solve problems then to place blame.**

If there is a problem, you solve it. You do not go, "Oh, BOO HOO! This was because of HIM." A woman naturally wants a guy who deals with problems, not pass them along. (Would you want that in your woman? Of course not!)

### **The man sees failure as only a temporary setback to the inevitable.**

Statistically, you're more likely to be REJECTED then to be ACCEPTED. So how do you become more and more accepted and have lots of girls? It is when you increase your trying so much that the acceptance rate satisfies you and you don't notice the rejections.

*Destiny puts out these trials and failures to TEST the men if they are proper and FIT for their role in shaping history.*

### **The man knows where he is going in Life.**

True seduction isn't calculation or painful discipline, it is the same as with everything that makes a success: **A Passion for Life.**

### **He never loses his passion, for that would be the death of his soul.**

Nice Guys HATE bachelorhood. They HATE, HATE, HATE it sooo much. Some even wish for the old days of arranged marriages so they wouldn't have to put up with all the games.

Jerks LOVE bachelorhood so much they can't see anything else in life. While women love guys that can get women, jerks offer nothing worthwhile long-term wise.

Alas, the women always try to change the Jerk but never the Nice Guy. Why? Because a Man is STRENGTH and a Jerk displays strength on some level. Nice Guys never do.



**The man never feels he has to prove himself to anyone.**

Flowers, candy, poetry all can be good additions to a relationship, but so many nice guys use them to BUY the relationship as if they must prove themselves. They flood with the poor woman with gifts to show they mean it.

Flowers and gifts should be used as a REWARD, not as an item to BUY her affections.

When a woman treats you with indifference, you challenge her. When a woman treats you with disrespect, you punish her by withdrawing your affection and time. When a woman treats you well with respect and the affection you want, you reward her.

So away with the flowers, those dead plants as tokens of affection. Away with the chocolate, the candy, and sweets, those sugary pursuits to purchase love. Away with the poetry, those rotten verses of declarations of love.

**Attraction is an emotional and physical RESPONSE... and you can't "convince" a woman to feel it with logic, gifts, and NICENESS.** David Deangelo

Away with the quest to prove YOURSELF and let her prove HERSELF to **you** for YOU are a MAN.

Be a Man! And with it, you will advance in your career, your social life, and even your dealings with women. Men are very rare these days so if you become one, you will be in HIGH demand. Your career will become better as people look at you as a leader. Life will re-develop before your eyes for you will obtain the most single quality that men, not trophy husbands, not nice guys, not tactful players, but **men** have a monopoly on: *Respect.*

YOU are the MAN! For if you don't **STAND** for something, you shall **FALL** for everything!



## **General rules on self-improvement**

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I have a rule of thumb in life that I use... it takes about 2-4 years just to get 'good' at something. And I mean JUST TO GET GOOD. Then, I think it takes another 2-4 years to become a 'master' of whatever you're doing. At the 10+ year level is usually where the Genius level really kicks in... Deangelo

**"Never go to sleep at night without knowing something new".**

Apply this to your own life and it will naturally extend to your romantic approach.

**So many people limit themselves in regards to whom they interact with based on social stereotypes or looks. Don't do this.** Hang out and talk to all types of people. When you open yourself up to all kinds of people you won't believe how many people will be attracted to you. And we all know that attraction works with a snowball effect.

**Go out, and practice making and sustaining eye contact with strangers.**

It is very unnatural at first. Some women seem born with an innate ability to stare down a stranger. But don't creep anyone out. Staring should be seductive, interesting, light and playful. The eyes convey emotion. Eye contact is merely a mechanical exercise. Again, this is something that is best learned by watching someone who is good at it for a few minutes

**Practice smiling.**

Find other players and emulate the way that they smile at women. Smile at crowds. Most guys walk around in a crowd with scowls on their faces, or at best, a blank stare. Think about it – if you are the player, if you have your choice of women in the crowd, you are going to be a pretty happy guy.

**The high standards you apply to your desires must be applied to yourself.**

Do you want a woman who is not overweight? Then you shouldn't be overweight. Do you want a woman who is intellectually brilliant? Then you must hit the books, read the classics, think, and expand your mind. Do you want a woman who is athletic? Then you too must become athletic. Try, if you want, to get a woman who is better than you in these traits. You may or may not succeed. But only demand that which you can reflect as well. This forces you on the path of self-improvement.

**What really works is having your internal conditioning set right.**

Every action you take, every mental state you enter and show, every way you interact and every dynamic you introduce between you and a woman is going to be determined by your inner beliefs and being. Faking it just won't fly. The mask you put on will crumble at some point startling the woman you are interacting with to the opposite state of mind about you that's desired.

**Visualize**

There is a law in psychology that if you form a picture in your mind of what you would like to be, and you keep and hold that picture there long enough, you will soon become exactly as you have been thinking.

**If you want to be successful faster, you must double your rate of failure.**

The more you have already failed, the more likely it is that you are on the verge of great success. Your failures prepare you to succeed! When in doubt, double your rate of

failure. The more things you try, the more likely you are to triumph. You overcome your fear only by doing the thing you fear until the fear has no more control over you.

**You must show her that you have ambition, motivation, or job/financial security.**

In other words, you must have a life and goals. You must demonstrate to her that you have stability and ambition. You don't have to be successful; you just have to show the potential to be successful (unless you're in your 30s, at which point you should have achieved something).

**When you start to change your life, people will notice it.**

They will *not* like it. We all get used to placing people in certain 'categories'. You're showing them that there is more to you than they thought.

**Work hard to excel in all areas of life.** (health, wealth, relationships) Make your dreams happen and most importantly, realize that **happiness is a choice!**

**Improve on what you can (health, fitness, style) and embrace the things you cannot change** (height, race, etc) Insecurity is an ugly thing, so confront the roots of your warped self image and banish this negativity from your mind. No excuses, dude! Only you can make yourself worthy of the best things in life

**Let people see you. Let people notice you.**

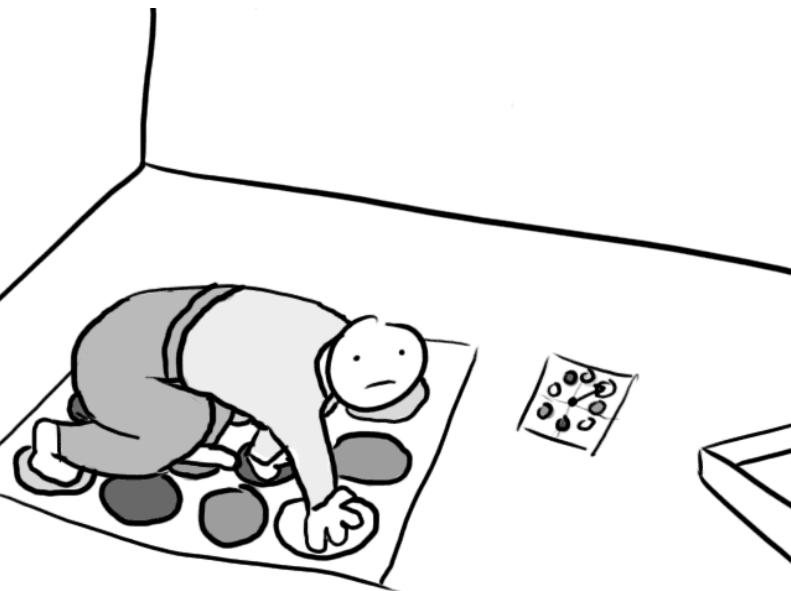
The average Joe goes through life just to get by. Don't just get by. Get going. Be outgoing, extroverted, gregarious, social, affable, and friendly; be the person that everyone talks about, that everyone is jealous of, because you are everything they wish they could be. That's the honest truth. People despise those that are better off than they are. They think those that get ahead are just "lucky." When you routinely put yourself in positions to prosper you are bound to strike it big. Be that person. Live in your ultimate vision.

**Improve other aspects of your life**

You must have something going for you. You must have at least one of the following: a solid hobby that challenges you physically and mentally, a musical talent that you enjoy, a good job, a good major in school that reflects your true life ambition, a super charismatic personality, etc. Something. If you are nothing, you will attract nothing. All of these things must come from within you. It must be your core personality. You cannot have a certain hobby because you think it will attract girls. You do not choose a major in school because you think girls will be impressed. You do not affect an outgoing personality just to pick up girls. You must BE someone/something.

**Be social.**

The problem is that some of us are trapped in our own heads due to extended periods of isolation. We work and study alone, get worn out and go home to plug into the television or internet...alone...again! We have to make a conscious effort to be social.





**Studying gives you so much long-term pleasure.**

- you become more intelligent
- you become quick witted
- you gain a dominance of words
- you can control other people with your mind.
- you become more valuable to your employer
- you have the ability to make more money.
- you have the ability to understand things about life that others cannot comprehend.
- you rise above the shower of idiots who walk this planet
- you gain so much more confidence in your abilities because you have worked hard to create your life
- you will have more success with women since your skills in conversation, creating rapport will all improve because your power with words will improve immensely.

**Do something great or entertaining in public and you generate instant value.**

**You will write a list of everything you don't like about yourself. And you will write beside each, how you can improve it.** Its all down to baby steps, it will not happen overnight, it may take weeks, months, even years, but if you never give up and have the determination to follow it, you will improve and gradually turn into this guy. You will write down all you want to achieve in your life, bringing it from years down to what you want to achieve in the next few months, to what you want to achieve in the next week. And you will figure out how you can achieve each. You will set time aside for rest and relaxation. You will watch TV less, surf the internet less, waste less time and see every moment as vital for your growth, etc. Search for constant improvement.

**Start doing exercise.**

Lift weights. Lose weight if you are overweight. It will probably be the hardest point to accomplish but believe me, the rewards will be many to mention. Some of the benefits are: lots of confidence, you feel desired, better health, more stamina, more physical attention from women, and overall a high self-esteem because there will be less resistance from the woman.

**The difference between successful people and unsuccessful people is this: the former INVESTS his time while the latter SPENDS his time.** Most young people don't realize that they are at a golden moment to plant seeds of talent to harvest throughout their lives. Some think, "When you get older, it gets harder." That's only if you SPEND rather than INVEST. If you INVEST your time, life keeps getting easier and more fun.

Be in overall good shape. Keep cardio up by running, soccer or whatever.

**Learn to dance and develop your rhythm.**

Take salsa or tango classes. Move those hips and surprise her with slow strokes, shallow, deep, fast etc. Predictability is BORING!

## CHAPTER THREE: HANDLING REJECTION



## Chapter 3: Handling Rejection

### **Don't think every girl has to like you** a post by a playa

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One of the biggest mistakes that aspiring players commit, is that they think they must spark up the interest of EVERY girl they come in contact with. Whether they actually have some interest in that girl or not, whether she is pretty or ugly...doesn't matter, they want her to like him at least in some way.

So he will try out his developing techniques on her, and if she doesn't respond, he feels like a loser!

No! What you must understand first and foremost is this: Your goal is not to make the world fall in love with you. This will never happen anyway.

Second, you must not base your success and failures on whether or not a girl was interested in you. You will have more girls not like you than you will have like you. And that is just plain normal.

With women, you must always look at every situation as a win/win scenario. If you get with her, great! You can say that is a win. But if you don't get with her, that is a win too.

What?

Yes, a win! Because you have, or should have, walked away with EXPERIENCE. A knowledge of what to do and not to do next time. Plus, that is one step closer in your quest to not be afraid to talk to women anymore. And that, my friends, is a big win!

So, don't think to prove to yourself that you are a stud, you must somehow make every girl who crosses your path fall head over heels for you. Sometimes you will have nothing but ugly girls interested in you while the pretty ones seem to want nothing to do with you. Other times you will have incredible babes all over you, while, for some reason you can't understand, that not quite so good looking cashier keeps snubbing you. That is just how things go in life.

What you must do, as a playa, is simply NOT CARE. Don't expect them all to like you. In fact, don't even try to make them all like you. Never quite focus all of your energy on just one girl, but at the same time, don't base your success rate on how many of them actually went out with you.

As soon as you stop worrying about whether they are all liking you or not, you will begin to spot, and react to, all those great opportunities that always seem to just pass you by!



I really liked this tip. It's very true. This was one of the tips that propelled my confidence to approach women.

### **Handling Rejection by Paradox**

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*I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.*

--Michael Jordan

It is common knowledge that pick-up's are a numbers game. The first girl says no, the second says yes. What is important in the game is bouncing back. A rejection can really hurt. The ego, depending on how fragile it is can become damaged.

The good news is that you can bounce back it may take minutes, hours...even days or months.

Even the best Pick up artist is not always on top of his game. Using his best field proven lines and tactics sometimes does not work for the master pick up artist. The difference between a regular pick up artist and the master is that the master always bounces back.

When a basketball player goes to take a shot he feels that it will go in (or at least he tries to get it in). Sometimes they miss. The great players shut out the misses and concentrate on scoring. How can you score when you doubt yourself and your abilities?



Injury is common in the game. You are going to get hurt. All players know this. Risk, pain and injury are part of the game. Can you imagine how many times Michael Jordan was knocked to the hardwood floor, or elbowed in the face? How many times has he come down hard in the paint? He and other great players just get up and limp down to the other end of the court, waiting to get a chance to try again. The greats know that when they go on court that they might get hurt but they still play hard. The greats play to win.

I went to a club recently and the first 2 girls who I asked to dance said "No". The third girl who I asked said, "Yes" and we danced together all night. What if I had stopped after the first 2 "no's" and gone home? I would have missed out on the "Yes".

Courage is being scared to death--and saddling up anyway.  
--John Wayne

Courage is an essential part of a DJ's arsenal. Without courage there is no approach. It's like seeing the hoop and being afraid to take the shot. In the pick up you either get a yes or a no. You have to have the courage to take the shot. If it is a no you have to have the courage to continue with the game.

Always go for the goal. If you miss, don't worry they'll always be another shot.

## **How to have the best revenge on the girl that dumped you**

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What to do after your heart was stomped on.

Maybe she cheated, found someone else, or just needed space. You're pissed as many guys are when their heart gets ripped out. A lot of guys turn into women hating bastards. You feel like punching the wall, or his face, or even hers.

So what's the best revenge?

Screw as many chicks as you can? Mess up her car? Beat up her new boyfriend? Light her house on fire? Throw acid in her face?

No. Although these things might be fun and make you feel better for a minute or two, this is not the right type of revenge.

The best revenge ever on the ex that dumped you is simply **LIVING WELL.**  
**Living your life to your best capability.**

What a slap in the face it would be for your ex to run into you down the road and there you are, better than you've ever been! Kicking ass on the rest of the world. Kind of like "Thanks for dumping me, cuz look at me now!"

You've got a new and improved girlfriend, better job, new car, new clothes, you look great. You've got new friends, you're doing new and exciting things that you never did before. You don't even have time to stop and talk to her. Your life is better, more complete, and you are happier than you've ever been.

The above are just examples but the point is to improve yourself and your life in every possible way.

Now you'll say "But, shouldn't we be doing all that stuff anyway?"

EXACTLY. That is the beauty of it.

We've all probably had our hearts broken at one time or another. We all know that feeling like you can't go on.

Life seems meaningless. You feel like you'll never find another one like her. You can't eat, can't sleep. Blah, blah, blah. You end up moping around all depressed.

Well it's going to take some TIME before you can get yourself together and get back on the right track. It might be a few months, it might even be years!

But when you head out looking for Revenge in this way, you'll be WAY ahead of the game.



God damn. This one hit me the hardest. There were so many girls that I was just "friends" with. I won't name any names. But, I've finally learned to move on and I'm a lot happier now. It's easier to start brand new. Don't waste your time in the friends box cuz once your punk ass is in the "friends box" you ain't crawling out.

### **A friend that you find attractive**

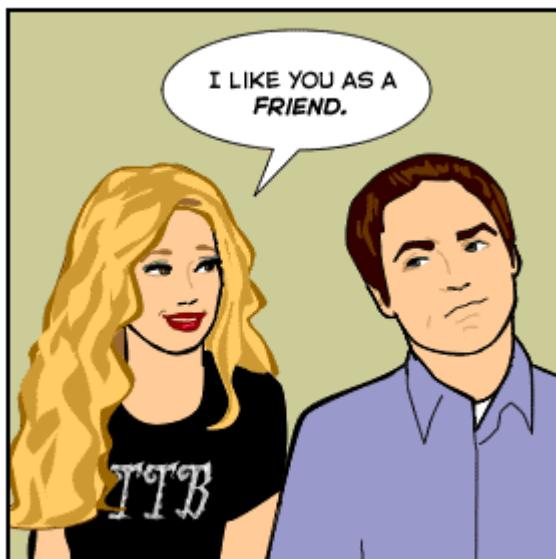
Don't be "just friends" with girls that you are sexually attracted to, it's not healthy. Friends and Lovers should be kept, more or less, separate. Your friends are the guys you go out and have a beer with, or watch the game with. This conflicts with a girl that you find sexually attractive. So what do you do with that beautiful girl who only sees you as a friend?

So you've realized you need to get rid of this cancer in your life. This is the hard part, the painful part. You're friends, she's great. Of course she is. You wouldn't have been interested in her otherwise! Chances are, she's going to try to talk you out of it. This is the Moment Of Truth. You don't have to like this part; you just have to do it. You're not going to let her use you. Every time she meets another guy, she's telling you that you just aren't good enough. Every time she has sex with another guy, she's going to come back and tell you about it. She is going to date other men. You and her are NOT going to date. Do you really want to hear about all the ways he's perfect for her, and you aren't?

She doesn't want you. If she really wanted to date you, when you asked her out initially she would have said yes. Do you really want to emotionally commit to a relationship in which your girl essentially said, "Well, I guess if I have to choose between having sex with you and not ever seeing you again, I guess I'll just have to buckle down and (ugh) have sex with you.. Can I keep my eyes closed?" It's just not worth it. By not making the healthy choice and moving on with your life, you're asking for a world of pain, stress, and depression. For what? You already have friends, ones who aren't using you, and who will still be there for you after this woman is gone.

You can't be friends. It's not going to work. Make the right decision, be a Man and move on. There are billions of people on this planet, and you WILL find someone who is what you are looking for and is interested in you too.

The Joy of Tech™



Worst insult for a guy.

by Nitrozac & Snaggy



Best compliment for a girl.

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## **General rules on handling rejection and difficult women**

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### **The confident man sees failure as only a temporary set back to inevitable success**

He knows that he is statistically more likely to be rejected than accepted. He also knows that if he increases his rate of attempts (without diminishing quality) the success will come, and he will barely notice the rejections. You can only have success, once you can accept failure.

**Experience is the best teacher.** The only 'mistake' is when you don't learn from your mistakes. Always take every opportunity as a chance to learn. If you don't learn, you are always going to be bound for failure.

**Don't try to fix things in the Damage Zone.** Figure what went wrong and fix them for the next girl and don't get in the damage zone. It's easier to find a new girl than to fix a pick up that falls into the damage zone.

### **Learn from your mistakes.**

Everybody messes up now and then, but very few ever take the time to understand why they messed up. So they never discover what mistake they made, and then they keep doing it over and over. Mistakes highlight areas that need improvement, and thus allow you to know how and where to focus your energy.

### **If she flakes on you, don't confront her about it next time you see her.**

Are you the guy who sat around and got upset? Or are you the guy who called over another girl and then forgot all about it?

### **Walk away from difficult women**

The real hot ones have probably never had a guy walk away, ever. So they have themselves on a pedestal. If you walk away because she isn't "playing fair", it destroys that pedestal, and her fantasy land is replaced by a big slap in the face, a dose of what men deal with daily from women: Pain, reality, rejection, loss. It may not prevent them from playing games or trying to manipulate you, but it damn sure will frustrate and confuse them. It is a power naturally bestowed upon an attractive woman, and they think they are the only elite group that has it. If you utilize this same power that you DO have, she sees that you have the same if not better "weapons" than she does. From then on, if she is interested, no more games or manipulation, she will be "on her toes" and attentive, likely working harder than you to salvage a chance for the two of you getting involved romantically.

### **The difference between mistakes and experience is this:**

Mistakes are made when one has not achieved his desires whereas experience is made when the desires are achieved. If you still are making mistakes, keep making them, and at some point all those mistakes will morph into "experience".



Jane knows Connie.  
She doesn't care to know Dick.

# BAT OUT OF HELL

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# NIGGAS GETTIN' BLASTED



**Mutha fuckas betta step the fuck off**

- Bitches come half steppin' and get their asses tore the fuck up
- Mutha fuckin Iraq bitches cryin' like hos in their bitch ass little hidey holes
- United States be whackin' niggas sensless like Elvis at a hempfest

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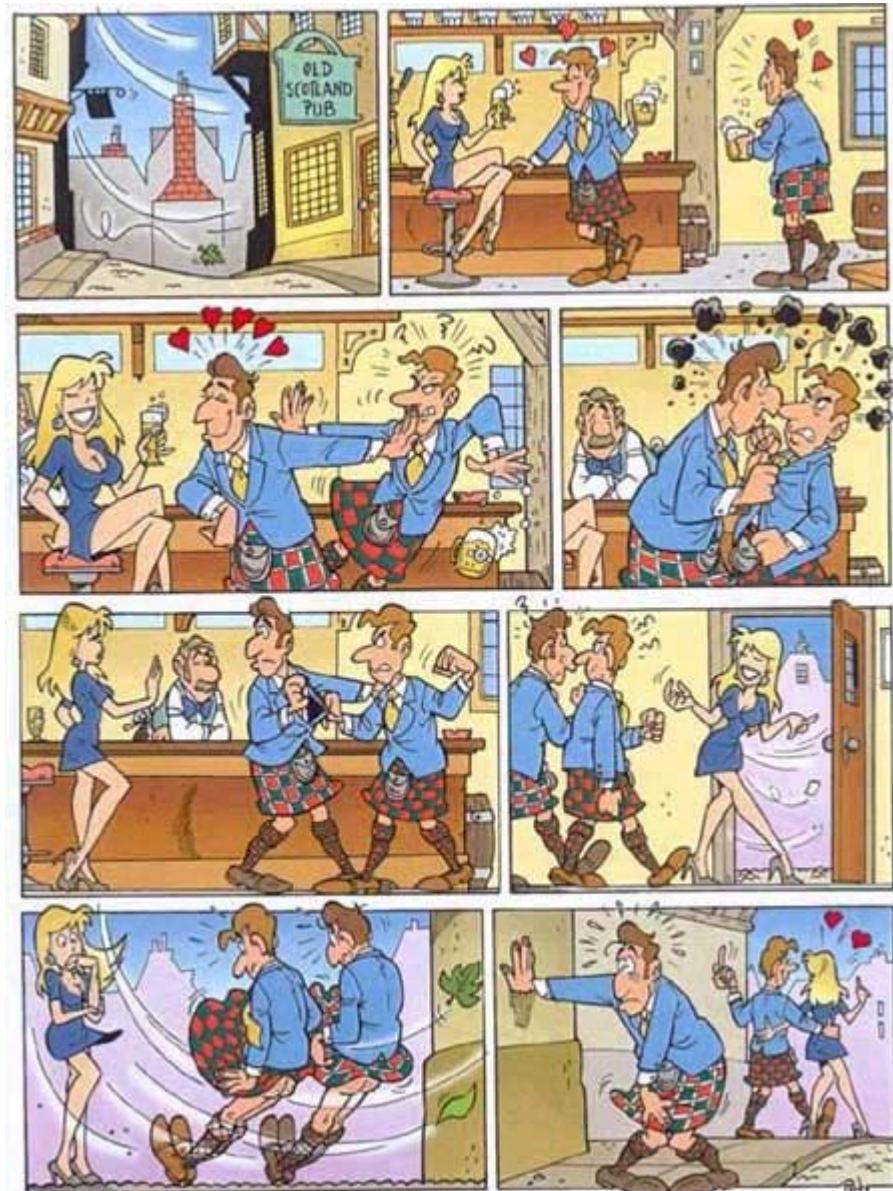
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## CHAPTER FOUR: WHAT ATTRACTS THE FEMALE



## Chapter 4: What attracts the female?

This is an interesting article. Very creative and very true. You gotta do something that makes you stand out.

### **Be a diamond by Giovanni Casanova**

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Take just a quick minute and think about something.

What makes gold so great? Or diamonds? What makes a diamond so much more special than a cubic zirconium? Both are shiny. Both are "pretty." So why is a diamond so much more expensive? Why is it so valuable?

#### **Because it's rare.**

People want things that they see as rare. Diamonds are rare. If amethyst was more difficult to find than diamonds, I guarantee people would be getting on one knee with an amethyst engagement ring. Diamonds are rare and therefore, valuable. It's the law of supply and demand.

What does this mean to you?

Be rare. Be a diamond. Be different than the others. Amongst all the other lumps of coal (other guys) you are the diamond. You stand out, above and beyond all the others. Learn to play an instrument, learn comedy, learn a foreign language. Do something that will make her say, "Here's something different."

Once she sees how interesting you are, pull back. If she wants you, she's going to have to work for you.

Ever go to college? If so, you can pick out the ones whose parents are paying for their school versus the kids who are either paying for it themselves or are on scholarships that require good grades. The ones who have things given to them don't appreciate what they have as much as the ones who have to work for what they want. If she has to work to get to you, she'll appreciate you much more once you \*LET\* her have you.

Remember, to be valuable, you have to be rare. People take for granted the things that are always there. Don't always be there.

Be rare. Be a diamond.



## **Things that women look for** by Mystery Method

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**Looks and height.** Women are attracted to taller and better-looking men. However, you don't necessarily have to have these attributes to succeed with women. There are playaz out there who aren't very tall or attractive but they can still hang. Looks and height are important but they are not deal breakers.

**Being healthy and in shape.** Men who stay fit are obviously more attractive to women. People who exercise look a lot better, but also have a lot more energy in social interactions. However, don't be fooled.

Women don't want a guy who's too big and too muscular. Rather than the wrestler, bodybuilder look, women actually prefer a guy who's toned and muscular. They don't want a massive monster.

**Hygiene and grooming.** Stay clean and well groomed and keep your breath feeling fresh. No scrubs here!

**Fashion sense.** You want to dress well. Dressing poorly shows a lack of social intelligence, which is a demonstration of lower value. Anyone who isn't being regularly complimented on his clothes should look to fix this problem.

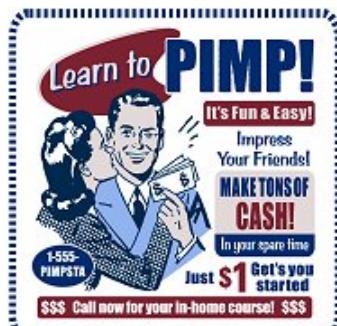
**Smiling and a sense of humor.** Men who don't get laid usually don't smile. Be the guy who is having a good time and who makes other people feel good. Read the article on smiling on the Playaz Handbook.

**Being comfortable.** It is often stressed that one should be confident. But the best way to mack on women is just to be comfortable with yourself. When you are comfortable, people feel comfortable around you. Relax and chill out. Lean back and take it one step at a time. Women approach guys who are having a good time, not the ones that are out LOOKING for a woman.

**Not being needy.** Know that you don't need women. If you keep thinking that you need women, you are having the wrong attitude and this attitude won't get you anywhere. Don't be needy. Women don't sleep with desperate, low value guys.

**Ambition and self-improvement.** Be ambitious and stay in shape. Have a strong purpose in your life. Have friends. Don't focus your mind solely on women. What you want to do is work on other areas of your life. When women see that you are a guy who has a lot of ambition and a lot of things are going well in your life, they will notice you. The trick is to attract them. Amateur players work on seducing women but advanced players know that the best way to get a girl is to attract them.

Let them come to you and by improving your other areas of your life, women will notice you.



### Body Language by Badboy

A girl once said, "I can see if a guy is good in bed, just by the way he walks." A woman can tell a lot about you, just by the way you look, speak and act. It comes from all those years of experience of guys hitting on them.

If you go out dressed like you do not care about your image at all, you probably don't care, and women will notice this. On the other hand, if you go out dressed as a socially cool guy, you'll notice different results. As for the woman, she really doesn't want to hook up with some low self-esteem loser, or some boring guy who doesn't know how to give her some fun in her life. So they screen you and try to find out as many things about you as possible in a very short period of time.

Now let me ask you who the really confident men in our society are, the ones with an attitude larger than life. Who are they? Rock stars, company directors, successful managers, doctors, politicians etc.

Take a look at how they walk, how they sit, how they speak, and you'll notice something really interesting. They are totally calm, like they control TIME. They are not in hurry. The way they move and how they speak completely radiates with super-confidence.

Let's take a look at what the most common mistakes are when somebody tries to pick up a girl:

- Talking too fast, indicating nervousness.
- Talking too much, trying to impress her.
- Not knowing what to say next
- Drinking, to become comfortable
- Asking too many questions (you create rapport too soon, but she doesn't want your rapport unless you have attracted her first)
- Buying her drinks (trying to buy her over, or even worse, trying to get her drunk)
- Not being comfortable talking with strangers (social anxiety)

Does any of this radiate with any confidence? Hell no!

Take a look and see that every action here projects insecurity!

Ok, let's correct this poor body language together. Here is list of things that you must FIX...

- Keep your hands out of your pockets.
- Stand with your feet wider apart.
- Never look down when you walk, look above the horizon
- Stand with your chest pushed outwards
- Keep your shoulders relaxed and back
- Walk confidently and slowly with bigger steps
- Pay attention to how you dress

Touch people when you talk with them (non-sexual), because you must create conversation on all levels, not just verbally.



Most of you guys do this rule without even knowing about it. But for those of you who don't, you should do this tactic when you are certain that a girl is interested or attracted to you. Kino means subtly touching a woman. For example, softly touching her shoulders or hugging her when she leaves, etc. It works! This article goes in very good detail about how to use kino effectively. In a survey with over 100 women, most of the women have said that they would like the guy to touch them playfully sometime within their relationship. But many women said they felt NO ATTRACTION to a man who did not initiate touch.

### **Kino by Afterbuz**

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Kino is one of my favorite techniques, because it bypasses a lot of the verbal crap when talking to women. The best kino areas for me are the arm and the back for 'first contact' situations, and the hands and the top of the upper legs for more 'intimate' touches. The trick is in the timing and the duration. The easiest is to use it as an extension of a request as in: [stand within arm's reach of a girl you want to ask out to lunch]"Hey [reach out and touch upper arm], feel like a quick bite to eat for lunch?" [release touch]

As a tool it can be used to indicate your sexual interest in a girl and to gage her interest in you. There is a single purpose for Kino: to show that you are a *Sexual Being*. Light touching on the arms, shoulders, upper back, forces her to think sexually about you and gives her permission to touch you similarly or to up the ante.

Girls LOVE Kino.

**If she was turned off, she never liked you and you never had a chance with her.  
You just did yourself a favor by finding out ASAP.**

**However, giving a woman \*way\* too much kino or unwanted kino can turn her off and more importantly \*inhibit\* her touching you.**

I read an article in Men's Health written by a woman. She said guys need to touch women as early as the first date. It lets them know you're into them. I think how women view it varies depending on the woman. I often touch a girl first and with positive results. Just to see her reaction, I mean an innocent touch like on the arm or back and lightly and quickly. If she seems repulsed, I move on, forget her.

If you do not initiate Kino and wait for her to do it, you are Mr. Nice Guy. This is what Nice Guys do and why they lose. They are too 'nice' and think that touching a girl will 'scare' her or show that he is too interested (by touching her it tells her that you are interested in her sexually).

Failure to do this will land you right into the "*Let's Just Be Friends* Zone. The girl will see you as a nice personality but sexually as a mannequin. Why? Because mannequins don't initiate Kino.

*When we are both laughing for instance, I'll lean my body close to hers, or invade her personal space at opportune moments. This type of kino I do without reservation.*

*If she is cool with you then she won't step back or react negatively.*

*To start with kino, go for light brushes or touches of the hand, arm, shoulder or back. The arm and hand touches are the safest, are least likely to be offensive. Use these touches as you're talking, to emphasize a point or elicit a response from her. The touch should be in passing and not linger more than a second. In the hand touch, if she responds and holds your hand, don't pull away, go with it. Get bolder as time goes on. Try to stay non-sexual with your touches until she initiates a sexual touch.*



After you touch her, judge her reaction. If she touches you or smiles then you know your touch was acceptable and you can continue to use kino. Increase the frequency of your touches and move a little closer to share some personal space.

Women who casually touch you when you converse with them. You should take this as a sign that she is interested in you (at least at that point, anyways) and that you are making progress with her. Yes she may just one of those few touchy types, but why assume that when the odds are in your favor that she isn't.

If she reacts badly, like pulling away, opening a larger area of personal space between you two, or spraying you with mace and then kicking you in the balls, then chances are your kino was unwelcome, too early, too clumsy, or she is just not interested in you. Actions speak louder than words. However, no damage is really done, so don't worry about it. In fact you just did yourself a favor and found out what her interest really is. My advice would be to thank her for an interesting conversation and then move on.

Tread softly, but use it with every woman you know or meet. You may get awkward reactions at first, from girls you already know, because they are not used to you using Kino with them. If your use of Kino is correctly done and is imperceptible then this awkwardness will be reduced to a very short period

## **General rules on attraction**

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### **Confidence and Charisma are more attractive than looks.**

Display your confidence. Think of yourself as the Great Catch, the one that all girls want to be with, the one that attracts girls like magnets. If you think of yourself this way, so will others. Don't forget to smile.

Women are attracted by men who are challenging, interesting, unpredictable, stylish, not needy, good looking, humorous, capable of building strong rapport, secure, trustworthy and conversational.

**One thing is for certain, women go nuts over a guy who keeps his boyhood charm as women want an ESCAPE.** They do not want to hear your views on the world. They want to have the happiness and fun of their childhood back (as everyone does!). They will FIGHT for the rare men who truly live like this.

**You must show her that you're different than the other guys,** that you are not generic or boring, that she can learn something from you or grow with you, that you have a sense of adventure or creativity or spirituality. So you must show her that you HAVE something to offer, even if you don't give it to her in the moment.

### **Let's get something straight, girls judge by looks.**

No ifs ands or buts about it, they simply do. There is nothing wrong this. They also want someone that can fill an emotional vacuum as well as provide them with an emotional stimulus. Girls judge by two criteria (well, actually more, but for the sake of simplicity...), which are looks and your ability to affect her emotions. Or, in lay man's terms, your "personality."

### **If you are not good looking, then you must convey your personality to a girl in order for her to find you attractive beyond just the physical aspects.**

You can think of yourself as the most fun, exciting, intellectual, sensitive guy, but if you cannot convey it, if you are some wallflower that sticks to the shadows, then you cannot deploy your verbal game and create the attraction in her. Then you are depending on luck and hoping that she somehow magically sees those amazing aspects of you based on no observational, supporting data.

**The three characteristics that woman universally respond to emotionally** is challenge (not psychologically needy or weak), control (able to not let passions overwhelm a person) and confidence (able to take charge of the situation and respond assertively).

She automatically assumes a good-looking man is a player who has his 'pick of the litter', but if he were to pick her over all those other women, it'd make her feel special.

Importantly if you show that you have high standards this will alienate women, because they know deep down that they are no different to all other women. If you have loved many women then any individual woman will feel as though you love her personally. Behave like you find all women attractive and that all women find you attractive.

**A woman will find you of value if she thinks other women find you to be of value.**  
 Nothing makes a woman see you as desirable, more than another woman finding interest in you. It piques her curiosity as to why other women are interested in you.

For example, if you have never set foot in a specific restaurant but you witness a bunch of people lining up to get into that restaurant, you may assume that this restaurant could be of a certain quality. Similarly, according to social proof, if a woman sees a man who is desired by other women, she automatically assumes he must be of some type of value. In other words, she relies on other women to judge for her.

**If a woman considers a man to be sexually attractive to other women, she will instantly feel an attraction towards him.** Stand by yourself at the bar and you will not appear nearly as attractive as you would if you had two women hanging off your arms.

**Woman are lazy and won't take the time to get interested in EVERY guy and get to know them. There just isn't enough time.** They'll let other woman do the work for them. If woman see a guy with woman falling all over him they tend to want to get to know him too. They know in at least someway the guy is attractive. They are at least curious.

**Remember: chicks love to FEEL.** Good or bad, it surprisingly makes little difference. They are designed to FEEL, above all else. They are feeling MACHINES. The entire world is a soap opera and they love the melodrama of ecstasy or tragedy.

If you ask her how she **feels** with a tall man, she may say she **feels more secure**.

Are you ugly? Are you beautiful? It doesn't matter. Women do not see beauty; they see only sexuality. So how does a sexual male LOOK?

*Women are attracted to status.* A man that stands above a crowd of mediocrity. You demonstrate this status by the way you carry yourself and interact with others. Your whole attitude should be that you are the show.

**I think about the most attractive people I know and they possess the following characteristics:**

**Socially Adjusted** >> Comfortable talking and relating to anyone. Make friends easily.

**Confident** >> Believe in themselves. Healthy self-esteem. (not to be confused with arrogance)

**Genuine** >> Completely sincere and direct

**Playful** >> Fun-loving and Flirtatious.

**Creative** >> Filled with imagination and great ideas

**Talented** >> Naturally blessed with impressive skills

**Passionate** >> Emotionally alive and uninhibited.

**Intuitive** >> Able to read situations and people with ease.

**Ambitious** >> Driven and hardworking in their pursuit of goals and dreams

**Laidback** >> Free from unnecessary stress and drama

**Witty** >> Able to provoke laughter and thought with their mental agility.

**Positive** >> Gives off good vibes. No complaints or negative gossiping.

**Unpredictable** >> Interesting, original & stimulating.



### How can I be a challenge?

Here are a few quick tips:

- Don't call often.
- Make sure she knows that you have other options.
- Be a tease! Don't give her what she wants, make her earn it.

**Glamorous people move with grace - meaning smooth and confident, as opposed to jerky, uncertain and tense.** The posture of the charismatic is tall, but not straight or puffed up. If you raise your chest up to make yourself seem taller because you feel short or you want to impress then again you look false, pretentious, a try-hard. Tallness comes from relaxation, and being able to trust your body. It is not that it makes you tall, it is that if you are confident and give-off a feeling of strength, then you can give off a glamour which gives the impression you are taller than you actually are. without cameras and spotlights. You want them to know you are interested in what they are saying, really focus on connecting emotionally with people.

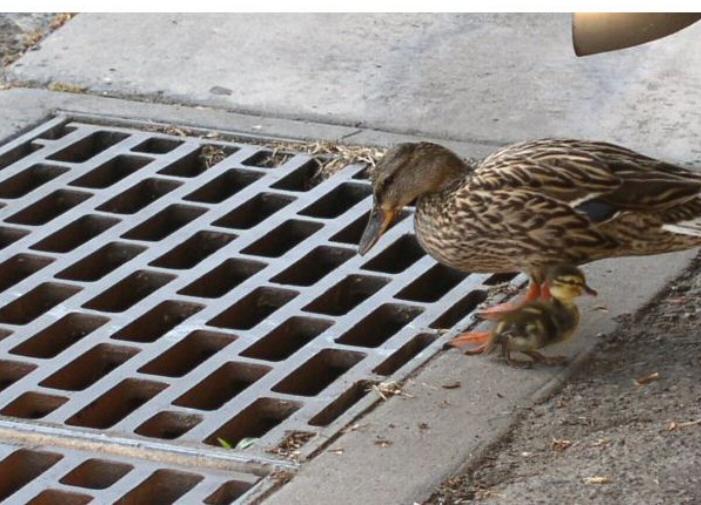
### Eye Contact

But once she is in your presence, you have got to be subtle. Keep the eye contact on her face. Center on the eyes and break away for furtive glances at her lips. Challenge her dominance by making her look away first. You don't have to be a psycho about it but make sure she knows who rules the eye contact game! By the same token I also realized that there is a difference between eye contact and STARING. Remember to break your gaze and look at something/one else in the room for a few seconds to avoid that stalker-on-probation look.

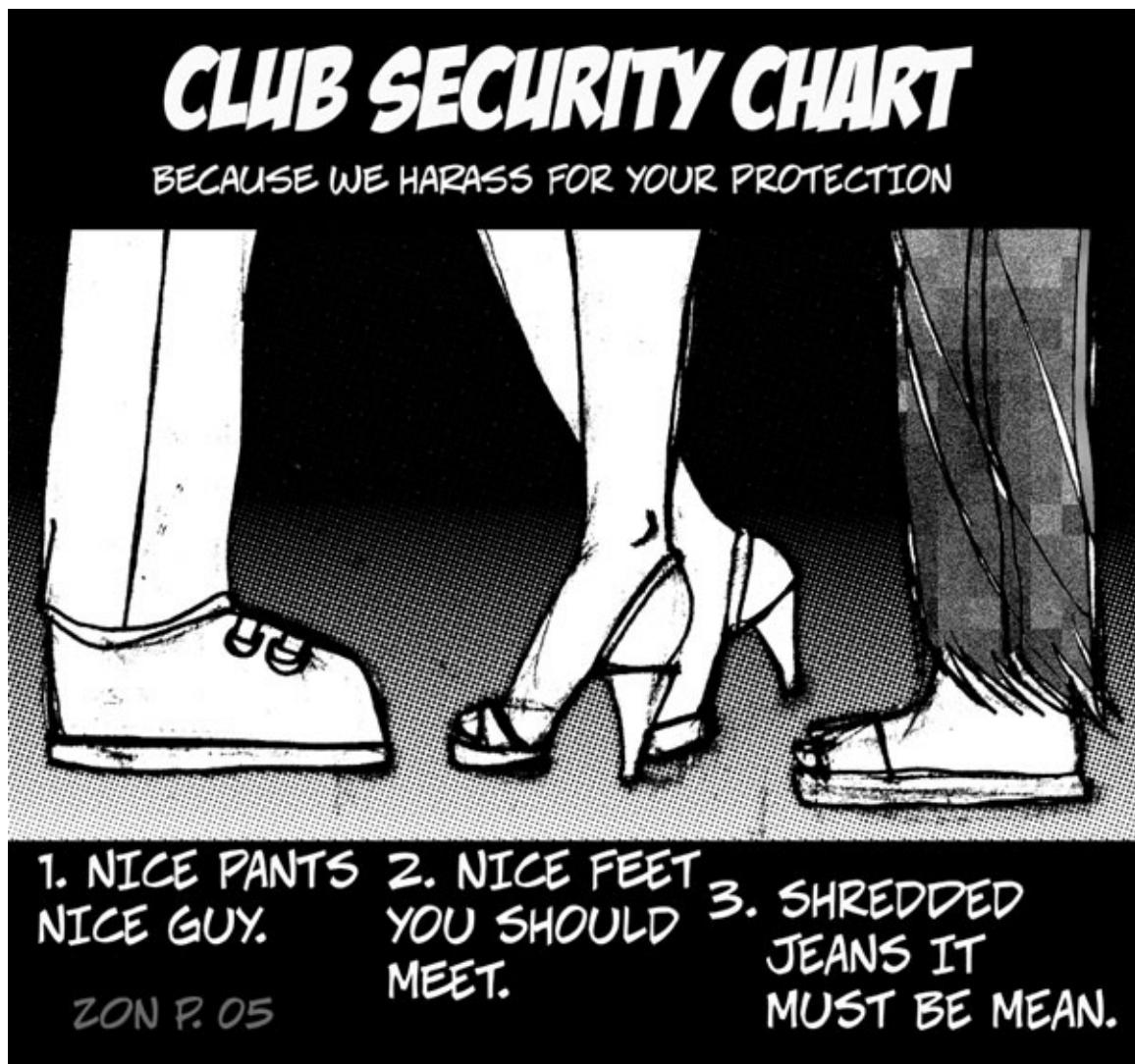
If a woman is attracted to a man, she probably looks up to him in some way.

Most women are not attracted to men that they don't respect (conversely, if they respect a man, that does not necessarily mean they will be attracted to him)

It is in the very nature of women to seek a man that she respects.



## CHAPTER FIVE: THE APPROACH



# Chapter 5: The Approach

[A simple and practical guide to an approach](#) by Adonis

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## **1) It's you and all you**

Obviously you need a lot confidence to approach women and how you gain this confidence is up to you. The easy way to gather confidence is to really put more effort onto yourself. What do I mean by this? Well, spend time building up the things that make you a unique person. What makes you stand out from the rest of the world? Why would she choose you over millions of other losers out there? Focus on your strong points and support it at all times.

## **2) Appearance**

Dress up like a decent character and spend time grooming yourself. Your body is your shrine. Go to the gym and start putting some effort into staying fit and looking good. Women really do put more emphasis on looks more than they'd care to admit. First impressions comes first when she looks at you, so it should be obvious that she is judging you by the way you look.

## **3) No fear of rejection**

This is the biggest problem for most guys - caused by lack of #1 above. Just don't take this personally. We face rejection throughout our lives - rejected from a job offer, parents, school, etc... When you're approaching a woman, you're approaching a stranger and she doesn't know you. If she rejects you, don't take it personally. There could be variable reasons why she would reject you and you'll never know why. Don't take it personally.

## **4) Things to know before you go**

The true experts of the approach are women. Why? Because they've seen it all. Women get approached by the sleaziest guys out there and are therefore on the defensive. Knowing this, when you do approach women just know that you are invading their personal space, so show some respect and make it light fellas. Besides, regardless of how you mask or hide your intentions she already knows what you're after. Some girls are just out to have fun. Even if they elicit the attention of men, women are just out with their friends to have fun. They're out to have a good time and to forget about men in some cases, so more than likely they don't want to be approached – so you have to know when to approach and when not to.



## **Approach, approach, approach**

Don't be intimidated by beautiful women. They eat, crap, and sleep just like you and me. They have feelings, desires, and problems just like normal people do. So take them off that pedestal and put them on your level. Approach only when you get the initial eye contact. If you walk up to her without her noticing you first, you're setting yourself up for the big R. After the eye contact show her your beautiful smile - when she smiles back that's your que, have at em' Cassanova. Just do it. Even if you know women hate to get picked up, just do it. Use humor and confidence to your advantage. If you say something funny it will break the ice and get the conversation going. Don't be serious; she's out to have a good time and so should you.

This is a great article. I am currently looking for a career in sales and it's true what they say. A good salesman is a good listener, knows how to assume the sale and knows how to close the sale. A lot of good salesman with decent looks are players with women. My friend, Ivan is a mack with all the ladies and he's a salesman....and there's a lot of guys like him that use this rule below. I've done this one below. It works.

### **Assume The Sale** by Master of the Universe

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One of the first things they teach you in sales (and which many people forget and extremely few apply to asking girls out) is that you should never ask a potential customer if he wants to buy the widget, but rather if he wants a blue widget or a red widget, a 4" widget or a 6" widget, etc. Basically, as long as you don't ask him if he wants to buy a widget or not, he cannot decline to purchase. You never gave him that option.

So how do you apply that to your dating life? Simple. First you find a girl who is giving you the signals that she might be interested. You go to her and start talking about whatever you want. Now, the most important part of the whole process is the approach, since that allows you to "put your foot in the door." However, other than the approach, and in some cases more important than the approach, is the close.

Most guys go to the perfect girl, goes and talks to her (if he gets this far), and finally asks the girl if she wants to have dinner. If you were to do this, which just about everyone does, then at that point you would have lost control of the situation. You have given her the option of dismissing you. Bad idea.

Instead, let's assume you've spoken with her. You've picked up on some positive vibes, and you think she might be interested. Don't ask her if she wants to have dinner. While being sincere, tell her "I enjoyed our conversation. Why don't we continue it later on this week? Would you prefer to have lunch or dinner together?" **AND DON'T SAY ANYTHING AT THIS POINT.**

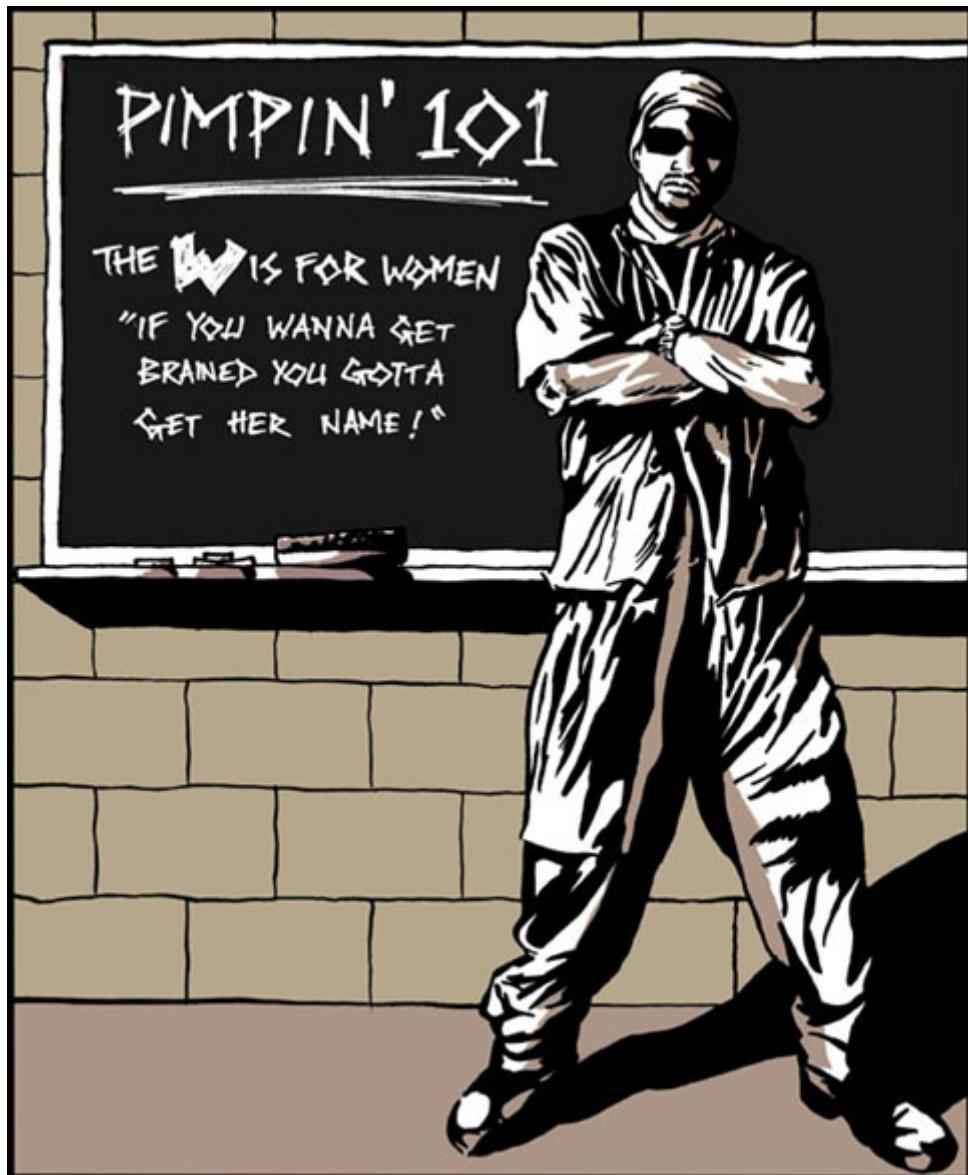
This is important, as the first person to speak "loses," Even if it takes a full minute, just look straight at her confidently and sincerely, and preferably in her eyes until she answers. In 70% to 80% of the time, if you have read the signs right, she will choose one or the other. Congratulations, you have a date. Get her number and call her a couple of days later to make arrangements (and when you call her up on the phone, don't tell her "So are we still on for lunch?" Instead say, "I look forward to our lunch. Would you like me to pick you up, or would you like to meet there." Or "Do you prefer Mexican or Chinese?" You get the hint.

If for some reason she starts making objections when you give her the option between lunch and dinner at the initial encounter, don't lose faith. Objections are the human way of saying "I'm interested, but not yet sold." That's okay, don't push it. Just keep up with your conversation, showing her how cool of a guy you are, and when you feel the time is right ask her, "Let's go do something together in a few days. Do you enjoy bowling more or miniature golf? Bowling, then it's a date! Give me your phone number and I'll call you to finalize the plans."

As you may have noticed above, I didn't ask her for her phone number. I **told** her to give it to me. Respectfully yes, but I didn't ask. Why? Simple, people are trained from school

to follow directions. If you ask her for her phone number, then there is a chance she might still change her mind about bowling. But by politely telling her to give you her number, and by having the confidence to fully expect that she will give it to you, she will have no choice but to do just that.

As you can see, the principal of "Assuming the Sale" not only works when selling cars and stereos, but when asking girls out. In six years of using it, it has failed me only twice. The biggest tip I can offer in using it though is that you must have conviction in your eyes and in your tone of voice that she will accept one of your two choices. As the saying goes, "he who hesitates is lost." Well, I hope you get as much benefit from this as I did. And if at first it doesn't work like expected... that's okay, just keep practicing... believe me, it's worth it.



This is a very motivational post. Take every opportunity you get.

### **Take opportunity by H20**

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Go through one complete day and note all the times that you could have made conversation with someone and did not. I bet there are tons of opportunities.

Everything is a game. You have the choice of entering the game and playing or sitting on the sidelines.

How many of you when you get on an elevator:

- A. Look at your feet
- B. Look straight ahead
- C. Look at the numbers
- D. Start talking to people around you

If you choose D, then you are the type of person who enters the game. Everything you encounter is a transaction. You can enter it or not.

If you're in the line at the grocery store you can enter the transaction of (being in line) and make it to your benefit or you can do A through C. Thereby missing opportunities to grow. The key to a successful approach is timing.

### **Take your time. There is no rush.**

Take time to make eye contact, to smile then converse. It's not rocket science, if you do it enough, you won't even think about it. Start observing your surroundings. Look for an opening or think of something you'll open with.

**Don't take yourself so seriously, do it with the intention of enjoying it and just relax.** Also, who cares if it's a hot girl or an ugly hag? Talk to everyone! I've found that sometimes it is more enjoyable conversing with the ugly old gag than with the super hot chick, who is so messed up by society she almost 80% of the time thinks that just because you talk to her that you want to fuck her, and thus, lacks personality or refuses to show it.

### **You also need to constantly expand your comfort zones.**

The more you go somewhere and interact socially, etc, the more comfortable that you will become. Some people say that "when you walk around somewhere you should act like you own the place" in order to project confidence. Well that is complete bullshit. If you're not comfortable, then do not fake it until you make it. However, when you truly extend your comfort zone to somewhere you were not originally comfortable, you will feel like you naturally own that arena.

### **You have to be interesting to genuinely attract someone.**

Let's repeat that again. You have to be interesting to genuinely attract someone. For example, if you are in a library or a bookstore and you see a girl reading a book, be sure you have a good reason to disturb her. Do you think just because you want some pussy she's going to stop reading and be all eyes and ears just because your boring ass said so. Nope. You must offer something better than what she is currently engaged in. Your presence must be interesting, and you should offer her something more interesting than

what she is interested in at the moment. In other words, she's very likely to reject you if you are boring.

### **Don't live your life covering up a lie or hiding the secret that you are really a fake.**

In order to attract women, you must change. If you're sitting there, playing video games, unshaven, half-eaten pizza on the floor, room messy as hell, you are no longer the prize. The girl will lose a significant amount of interest. You must change your life.

### **Add some substance to your life.**

Stop being mediocre. Get some hobbies. Start having fun. If you're in school, join some clubs/activities. If you're not in school get involved in community clubs or activities. Join a gym and remember to go. Fill your daily/weekly/monthly schedule with interesting, fun activities. Have something fun to do and make sure you choose things that will help you excel with respect to your goals. Will a certain opportunity help you excel socially, mentally or physically? Take it then.

### **Meet people and lots of them.**

Unless you are socially challenged because you are seriously mentally retarded, you will meet new people, guaranteed. You can't not meet people or have a social circle if you get out and have a life. It's simply impossible.

### **One final thought. Expect failure.**

If it's not in you, you can't be it, so just face reality. If everyone here was awesome with women, do you think the world would work? Nope. For some to successful, others will have to fail. If you don't see that on a daily basis, you need to learn to accept it soon enough. For you to succeed, others will fail.

### **So what should you do?**

I realized I would miss so many opportunities to approach girls. I would make some excuse to myself as to why I shouldn't approach, that I'd wait until a 'better' opportunity came along. I guess I was hoping that the 'perfect' opportunity would arise and then I'd be able to approach no problem. But the perfect opportunity never came. (By 'perfect' I mean all the right signals from her, nobody else around watching, girl who isn't in a group or with friends, etc...all lame excuses).

There is no such thing as a perfect opportunity, only lots of chances to meet girls that you must grab immediately and turn them into an opportunity for you.



## **General tips on approaching women**

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### **It's all about timing**

If a girl finds out that you are attracted to her, **before she is attracted to you**, then she'll think you are creepy and sleazy. If, once she is attracted, she realizes that you are also attracted, then you are the perfect guy. Therefore, during the attraction stage, you should only make a passing interest in her. You are playing with her for your own amusement, and she is holding your attention only for the time being.

### **Opportunities are brilliantly disguised as impossible situations!**

Having the knowledge of women is nothing if you don't approach. You must be willing to take risks. Having good looks and a sense of humor doesn't do anything for you, if you don't have the confidence and courage to approach a woman. You MUST be willing to risk! The higher the risk, the higher the reward.

The more attractive the girl, the more likely that you are not the first guy to come across and try to talk to her.

### **Don't worship her good looks**

Beautiful women are nothing special, just lucky. The truth is that a lot of pretty people let their looks do all the work for them in life and beneath those great genes they are actually spoiled, under-developed children. Don't let good genetics impress you, instead make that chick WORK for your stamp of approval! You must rewire your mental circuitry so that instead of trying to impress her, you approach to see if she meets YOUR expectations.

**A woman will assume you want to have sex** - you must confuse them into thinking that you actually don't care about that. That is in fact a difficult thing to do.

**It is impossible to turn off all emotions in rational decision making.** A girl can be hot but what does that matter unless you *mentally* acknowledge it? Ever have a particular girl you kept thinking about? Lust is not just fleshy. Lust is both mental and fleshy.

### **Rejection is better than Regret**

#### **Don't offer to buy drinks for girls.**

If she asks you to buy her a drink, turn her down. Women like to get free drinks from guys. Many guys supplicate by giving a girl a drink. What you must realize is that giving drinks, giving chocolates, giving flowers will do nothing for you. If a girl never liked you in the first place, offering drinks, giving flowers, gifts, chocolates, etc will not change her mind. She won't like you if you offer these things for her.

*You can be the smartest person in the world, the most talented, the most persistent, but you will never win in the world or with women unless you embrace the glory of RISK!*

*The man who fights with courage and honor unarmed is more worthy than the soldier who cowers in fear completely clad with the finest of weapons.*

**Women can tell right away if a man has chosen her by reading his eyes or eye contact** and his body language, not to mention the fact that most guys make their interest obvious through their behavior and also by the drool hanging from their mouths.

**Interact in a fun, positive fashion with people around her** and once she sees others enjoying your company, she'll be thinking..."Hmm, who is THIS?" Why? The fact that you confidently approach everybody sets you apart and creates an intrigue about you. It also disarms her a little when you speak to her. She can't immediately frame you as trying to pick her up because you are not giving her special treatment.

**Women can tell when a man is approaching them because of genuine ATTRACTION**, or because of a desire to gratify his ego. Women WANT to be appreciated for what they are, not desired as a way for you to get your rocks off and be happy. When they see you appreciating them as WOMEN, as ends in themselves and not means to an end, then they will become more attracted to you.

**You see a chick you want. Then suddenly, some doubt enters your mind, "What if she rejects me? What if I don't get the number?"**

**Next time that happens think about it this way....**

- 1) You don't have her number.
- 2) Worst case scenario, she doesn't give you her number.
- 3) If you don't do anything, you are basically just walking right into the worst-case scenario. Screwing yourself over!

So why not give it a shot? If you got the number, that's great. If you didn't you didn't lose anything. But if you don't do anything, you are already down for the count. You rejected YOURSELF.

**Do not stop to think, never hesitate.** Does a confident man stop to think about what could happen? No. A confident man strikes decisively without hesitating and should never regret it. An unconfident man (the nice guy) does this, and consequently the unconfident man is left to think about what could have happened if he had taken action.

**Drinking dulls your edge and makes you appear stupid.**

Cultivate an outgoing, charming, and humorous personality while sober. More than one drink generally doesn't help. It will bring down inhibitions, but too quickly leads to sloppiness of body and mind. If you just want to drink with the boys, then don't try to mack at the same time.



**"I need to get going, let me give you a call...what's your number?"**

Say this line when you want her number and you want to leave or end the conversation. Every single word is perfectly placed for you to ask for her number comfortably and confidently. Say these exact words and there's an 80+% chance you'll get the number

**Be in a playful mood when asking for her number.**

Don't be shy, don't be nervous. I know this sounds easier said than done, and yes, the first couple of times you probably will be shy and nervous. Don't let that get to you, after a number of number closes, you'll feel a lot more confident.

**Experiment with different ways to get the phone numbers.**

**Practice overcoming objections.**

Think about it, attractive women get approached all the time. In order for them to have a life at all, they develop automatic objections that they deliver to guys who ask them out. Don't let these objections get to you. In fact, as long as a person isn't rude or even worse, apathetic, I'll try to overcome at least a few levels of objection in order to get her to give her number. And remember the most important rule of all, you ask for numbers from girls that you think are attracted to you, have given you plenty of eye contact, and have given you the signs of attraction.



**Bad Timing!**

## CHAPTER SIX: CONVERSING WITH THE FEMALE



## Chapter 6: Conversing with the Female

### How to be a better conversationalist by Poet

Have a real curiosity to find out about the person in front of you, that's:

**#1** The mind is full of thoughts and dreams, how can you not find things to talk about? This perplexes me to no end when people say they can't think of things to talk about with chicks. The funniest part is to get into their little heads and open up all those closed drawers and just let the thoughts come tumbling out like so many clothes that she has not tried on in ages. Yes, they still fit and it feels good to get them out and try them on for size. You make her feel good by letting her do that.

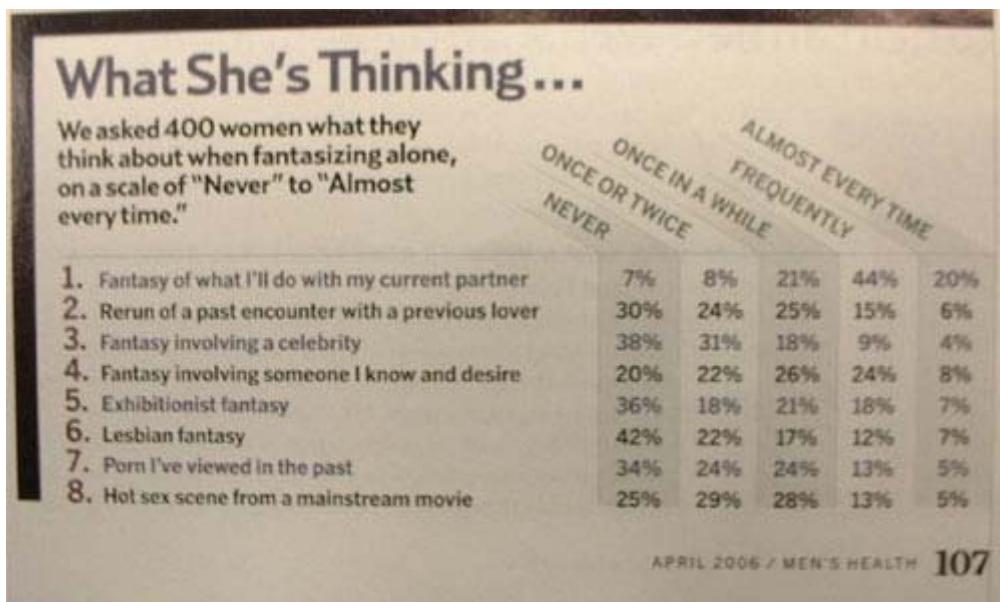
**#2**, Be a good listener and hear what she is saying, this will lead to numerous topics to discuss. You pick up the topic thread, you lead, she follows.

**#3**, Intrigue her, make her think, ask "daring" and "silly" questions. Just open up the topic and make her laugh about it.

**#4**, Ask about her opinions on the: present situation, her clothes, her work, her hobbies, her likes and dislikes, kissing, sex, food, whatever! There are a million topics, the future, dreams, the past, family, relationships, sports etc.

**#5** Have fun and it will all work out my friends. Think of yourself as a talk show host, keep it going and also let there be moments of silence, goad her to start a topic by clamping up for 20 or 30 seconds, see where she leads it to, this will tell you a lot about her. If she says nothing this also tells you a lot about her. You have to elicit more conversation. If she is totally devoid of initiating conversation she is either not interested, not in a good mood, or not very bright.

**#6** Let her respond and do most of the talking, you just prepare her and let her go, she'll take care of most of the words, You come in when you need to and keep it rolling along.



## **Empower your voice** by Senor Fingers

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"It's not what you say, it's HOW you say it"

Two people can say the same exact words and get totally opposite reactions. Why? What makes others embrace or reject your words? Well there are several elements of successful delivery and they are very subtle! One of them is how you speak with your body, but we will get into that in a bit. On the vocal tip, there are a number of ways that you can communicate more effectively.

### **Projection**

This was a huge problem for me. Even when I had something interesting to say, people would ignore me because my voice was weak and nasally. I knew something was wrong with me, but it took the help of one of my good friends, who is an actor, to pinpoint the problem. He taught me this simple yet effective exercise that transformed my voice from dud to stud.

1. Take a deep breath using your diaphragm. You do this by paying attention to your gut. When you breathe in, your chest should not rise, rather your stomach should rise. Envision your belly button moving AWAY from your spine as you inhale. Breathe in slowly and deeply.
2. Once your lungs are filled, open your mouth and say "ahhhh" at a comfortable pitch, as you are making this sound, close your mouth so it becomes "Mmmmm"
3. Sustain the sound of your voice but gradually lower your pitch. When done correctly, you will feel a vibration travel from your throat all the way down to your gut. Change your pitch up and down until you can feel a line of vibration stretching from your belly to your throat.

When you have honed in on the strongest vibes, you are generating what scientists refer to as "Sympathetic Frequency". It is the optimum vibration that makes your body resonate with the sound of your voice, giving it a much fuller and richer sound. I did this exercise everyday until I got comfortable with my frequency and it made a HUGE difference! Everything I said took on a new meaning and I found that more people wanted to listen to me.

### **Dynamics**

Fluctuate your pitch. Nobody wants to listen to a monotonous drone! The most engaging speakers modulate their voices and their speech becomes almost song-like. Listen to any great talk show host, actor or comedian and try to mimic their "song" by humming it. This exercise opened a new world of communication for me!

### **Pace**

Try not to talk too fast and bunch all your words together in one breath, it is unnerving and makes whatever you say seem trivial. Keep your tone slow and deliberate, let those words pour from your throat like honey. Pause for effect often throughout your convos, especially before the high points. Watch politicians, preachers and great storytellers and you will see that dramatic pauses are a great way to make people ..... anticipate your words! I highly recommend recording your voice and listening to yourself. It's a great way to improve on your weaknesses.

## General rules on conversation

*As, alas, you might know, you can do all the affirmations in the world, but if you don't have the social skills to attract women, you're out of luck. –Swingcat*

### Listen when she follows with her deep story.

Leave comments aside. Don't interrupt. Just listen. Don't criticize or judge her whatever she says. Ask a question if something is not clear to you. When you finish asking, shut up and listen her for a while. But know when the conversation is straying towards the "friends" box.

### Charisma

Think of all the great leaders in history. Martin Luther King Jr., JFK, Adolf Hitler, etc. These people had charisma. Charisma isn't about others liking you. Hell, many people hated Martin Luther King Jr., Hitler, and even some didn't like JFK. But you know what? Even though they may not have ideas that everyone agrees with, everyone gives a damn what they say. Charismatic people have an aura around them, that makes people care, and makes people want to be close to them.

I can't stress this enough, but *learn to be a good listener!* The worst thing you can do is feign interest or simply "uh-huh" someone to death.

### Women often look for the “real meaning” behind what you say.

For example, if you tell a story about your "friend," she will usually assume that you are actually talking about yourself. She'll assume you really are talking about someone else if you give him a name.

### Women like compliments

Have you ever sat down and listened to women talk to other women? You'll notice one thing. Each girl will compliment another girl's things. Whether it be her shoes, her beauty, her clothes, etc. They compliment back and forth. Why is this? Women compliment other women because women like to receive compliments. So, keep this in mind. Compliment the girl, but on things that she's not used to.

### The less emotions you show, the better.

Always keep something in reserve. Always have a bit of mystery. Always be slightly unpredictable. With experience you'll learn how to be mysterious without being weird or unpredictable without being unstable or flighty.

### Be a good listener

When men have a problem, they want to find the cause and resolve it. Women don't want to solve their problems. They are more emotional. They want to vent the problem out in the air. So when a girl tells you her problems, don't try to offer solutions. Just listen. Look her in the eyes when she's talking to you. These little steps add up.



**Don't discuss problems with her.**

If you discuss her problems, you become one of them.

**Find out what she is looking for in a lover, and then look at your life to see which of these qualities you possess.** Try not to qualify yourself to her using adjectives to describe yourself (I am smart, funny, sensitive, etc), instead use stories and anecdotes of your life to convey these values indirectly. This way she can reach her own conclusions about you, instead of being spoon-fed your own perceptions. The best part is that this works both ways...tell her precisely what you look for in a woman and watch her do the exact same thing!

**You connect with her like this for various reasons. To name a few:**

1. It makes her see that you are not JUST after the sex and actually value personality.
2. You touch on parts of her life that some of her closest friends don't know about.
3. You engage her emotions so that she can rationalize the two of you hooking up
4. You are screening her and deciding whether she's right for you.

**While women are interested in looks to some degree, they are MORE interested in how you make them feel.** Even if you don't understand this, you have to believe it and start acting as though it's true. You must behave as if you confidently believe that you are the best thing for a woman, and that you are going to make her feel wonderful inside. Women can pick up this particular belief, and they respond to it. Ask yourself:

"How would I walk if I believed that I could make any woman feel great inside?"

"How would I talk if I believed that I could make any woman feel great inside?"

"What would the expression be on my face if I believed that I could make any woman feel great inside?"

"How would I act differently if I were the kind of man that women dreamed about?"  
Then start doing these things.

**Sincerity**

Show her that you like her the way she is. You want to make her feel comfortable. If you haven't noticed by now, women aren't happy with themselves. Lots of women have low self-esteem and are insecure about themselves. Talk to a woman about what things she would like to change about herself and she'll name about 20 things. When you let her know that you like her way she is, she'll be more comfortable around you.

**Never get stressed out, discombobulated or worried that things aren't going right.**

Always remain calm, relaxed and reactive in positive way to any challenges. Always act in a slow, calm, powerful manner. Don't react when she gets mad, just smile and chill out for a while she steams. When you talk to her again, just keep smiling, don't act like a dick, but don't supplicate to her either. If you didn't do anything wrong, then there's no need to apologize for anything.



**Whatever the case, don't fall into the trap of being too eager to talk about yourself.**  
Let her fill in the blanks sometimes.

**Make sure not to these in your conversation:**

- Talking/moving too fast.
- Not maintaining eye contact.
- Not talking at all, lost in my own thoughts and spacing out.
- Nervous fidgeting, closed body language.
- Censoring my words, being insincere.
- Getting offended when people poked fun at me.
- Worrying about the impression I was making.
- Over-selling myself, trying to be "cool"

**What a girl wants out of life will tell you more about her than anything else.**

**The single most common mistake many men make in conversation is asking too many questions.** Questions are necessary and play an important role in conversation but they must be used wisely. Asking too many questions makes it sound like an interview, while asking too few questions can make it seem as if you're not very interested in what she has to say.

**Her friends influence her decision of your value, which partly is why it's said you're not dating her, you're dating everyone;** why often it is said women are committees, why women don't think for themselves. Her friends diss you if they don't like you, praise you if they do; and her friends are her eyes and ears when she is away.

**Emotions/feelings are the key to how many women behave!**

**In general, it is bad form to apologize.** For anything. You can admit you were wrong, you can offer to make things right, but don't apologize.

**THOU SHALL FLIRT.**

Let your eye contact and physical touch show her that you are a sexual being. But don't stop there, keep upping the ante and don't worry about being offensive. Be persistent and quite often you will be surprised to see just how much she will let you get away with!

**You want to show rather than tell when you tell her a story or when you are speaking to her.** So why do most men fail when talking with women? It is because they are using words, not feelings. Stop dividing yourself from your emotions. If you're happy, let yourself be happy. The women will smell it and love you.

**Do not bore her.** Make her happy, make her angry, make her laugh, ANYTHING but bore her. That enemy, boredom, is back and women are looking for you to strike it down. Embrace your youth and live again for the first time.



**Women love to be flattered.**

But the man must know the correct way to flatter in order to achieve his goal. A man must start off slow, building the flattery to a fine-tuned crescendo. To do this a man must understand a woman's needs, which are simple and constant. Women need to:

**Feel young**

**Feel skinny**

**Feel sexy**

**Be playful. Tickle her. Spin her around.** Make fun of her quirks of character or style of dress. Accuse her of seducing you. Give her conflicting messages by telling her she is cute as you withdraw, and that she is not your type as you feel her up. Treat her like a child, but remain respectful.

**THOU SHALL CONNECT**

A more virtuous woman has to feel a connection in order to share her body with you. On a certain level she has to know how REAL you are before she will open herself for you.

**When dealing with women who are your friend, don't tell her that you see her as more than a friend.** It just does not work like this. The only way you make the change is by HER confessing her feelings for you, or you taking the initiative and kissing her like it was some crazy accident of passion.

**Questions are the backbone of conversation and will allow you to set off a chain of rapport when combined with comments and disclosures.**

The general strategy can be summed up in four general steps:

Step One: Ask a question (or follow up question)

Step Two: Try to follow up with a comment

Step Three: Try to follow up with a disclosure

Step Four: Ask a follow up question

If a women starts touching you, she is actually saying, "I like you." You can smile, touch her back, or whatever. Get out of your mind all these hidden signals and look at women in the context of FEELINGS. She will try to FEEL you and throw FEELINGS at you

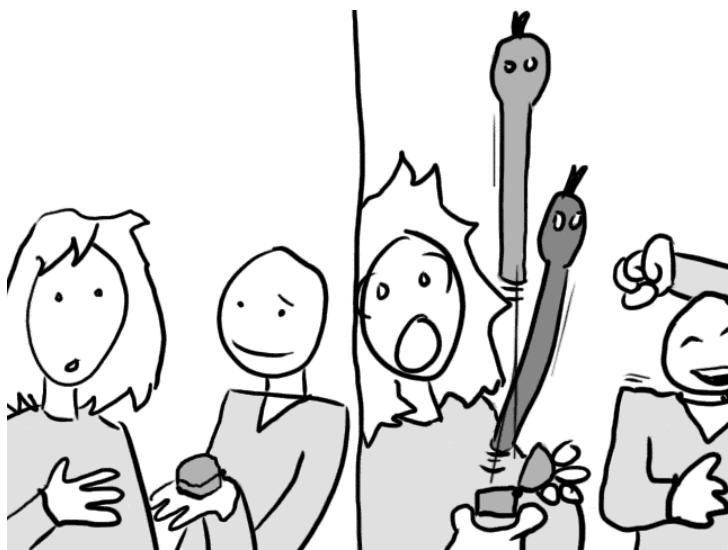
**Don't talk negatively about others behind their backs.**

**I CANNOT stress this enough. The first date should ALWAYS be an action date**

**Charm is like treating women like little girls.**

When dealing with beautiful women, you shouldn't try to be too serious. Women are used to guys supplicating and praising her beauty.

They aren't used to a guy teasing them. When you are funny, confident and cocky at the same time, women find that more attractive than a chump who just stands there and compliments her. Don't look at her as someone greater than you. Look at her as a child does. Tease her and have fun.



**Remember, what YOU feel, SHE feels. She will ALWAYS be trying to FEEL you.**

If you feel frustrated, she feels frustrated.  
 If you feel despair, she feels despair.  
 If you feel happy, she feels happy.  
 If you feel playful, she feels playful.

**Show her the best time she's ever had and then VANISH.**

Don't sit there by the phone counting the days you should or should not call her back. Be busy and ambitious enough in your life that you don't have time to call her the next day. Have other prospects in your life. Even if you are looking for something long term, play the field so you get to pick from the best of the best. Weed out the ones that don't reciprocate your communication. Remember, she has to meet you halfway! Let her ass call YOU for a change!

**My general rule is if I call a girl more than 2 or 3 times and she doesn't try to contact me once, it's a wrap!** Why waste time on a flake? I got better things to do, finer girls to meet!

**Be cocky and funny with a woman. It does several great things for you.**

It shows that:

- You are not a pushover
- You place a high value on yourself and your time
- You are comfortable around beautiful women
- You have a great sense of humor and like to have fun
- You are confident and even (gasp!) LIKE yourself as a person!
- You are not needy
- You don't put up with shit-tests and can defuse them with your humor
- Most importantly it screens out the psycho bitches who can't laugh at themselves

**When dealing with fine women who are accustomed to constant male attention, you have to realize that their screening process is different from yours.**

These chicks get hit on every day by tons of dudes. She has the power to be selective and she does not hesitate to use it. If a chick is attracted to you, often times she will run little tests on you to see if you are worthy of her affections. You want to be cocky and funny when dealing with the more beautiful women. You want to tease them and you want to show them that you aren't deterred by their beauty. You want to show them that their beauty doesn't affect the way you think. You want to show them that you don't supplicate and glorify her beauty like the other guys have. She starts to wonder, "Why doesn't this guy just automatically choose me because I look good like all the rest"? Now she is curious. She doesn't know anything about you (assuming you play it cool and remain mysterious). You become a puzzle that she has to solve.

**HER:** Can you put this in the trash for me?

**CHUMP:** Oh, of course! Do you need anything else?

**YOU:** No! Haha just kidding. Sure I can, but what's in it for me?



**HER:** Could you do me a big favor?

**CHUMP:** Your wish is my command!

**YOU:** I dunno (pause and look her up and down) aint nothing for free in this world, honey. You gots to earn favors!

**The trick is to show tentative interest, as in you like them but aren't totally sold.** Don't go out of your way to impress them. Give THEM the chance to sincerely win you over. In order to pull this off successfully, you have to feel 100% comfortable with yourself and approach with the unshakeable confidence that you will always get what you want from any interaction, be it a number, sex, or a learning experience. Things get so much easier once you learn to flip the game and get these women seeking your stamp of approval instead of the other way around.

Tease and flirt with her and you will notice her get turned on and touch you or hit you playfully.

**Keep in mind that often times, a sincere "thank you" is the best way to return a compliment.** It really depends on the nature of the compliment itself and the dynamic between you two.

**Probe her soul and learn to ask the right questions.**

Avoid technical crap like where she lives, works, etc. Find out her passions, her most embarrassing moments, the craziest thing she ever did. Remember you are screening this girl to see if she is cool enough for you! Let her ask you questions but leave them half unanswered so she is always left wanting more.

**Want her to feel relaxed in your presence? Then try relaxing yourself.**

Lean back and chill out and she will follow suit.

**On the flip side of this, there is a time for kind words and a time to lay down the law.** If you see someone close to you fucking up somehow, you must let them know. If anyone tries to disrespect you, show them you won't tolerate their bullshit and do it without getting upset. You have to be everyone's Dad. Nourish them with love and compassion, but exert your authority when necessary. Whether with kindness or firmness, it's the alpha's job to help others learn and evolve.

**Awkward pauses are your worst enemy.**

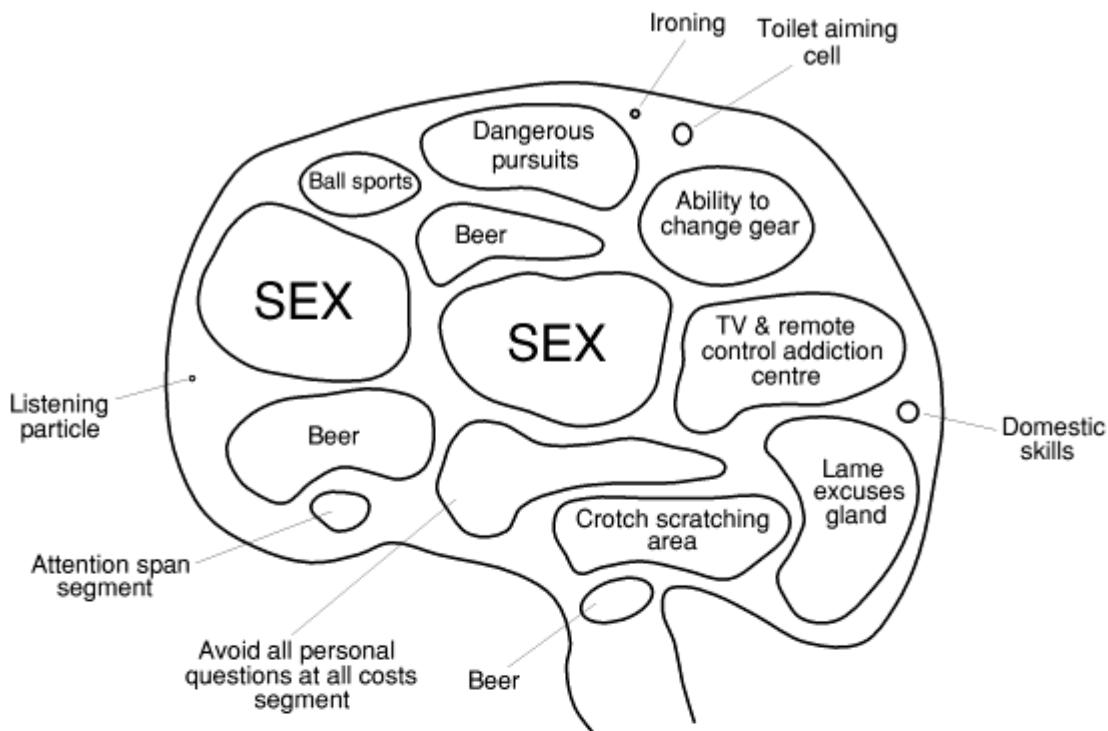
As soon as I feel a conversation is about to fizzle out, especially with someone new, I either start up a new topic or simply excuse myself to talk to someone else. First impressions are important, but last impressions even more so!

**Never complain about your life and stay POSITIVE!**

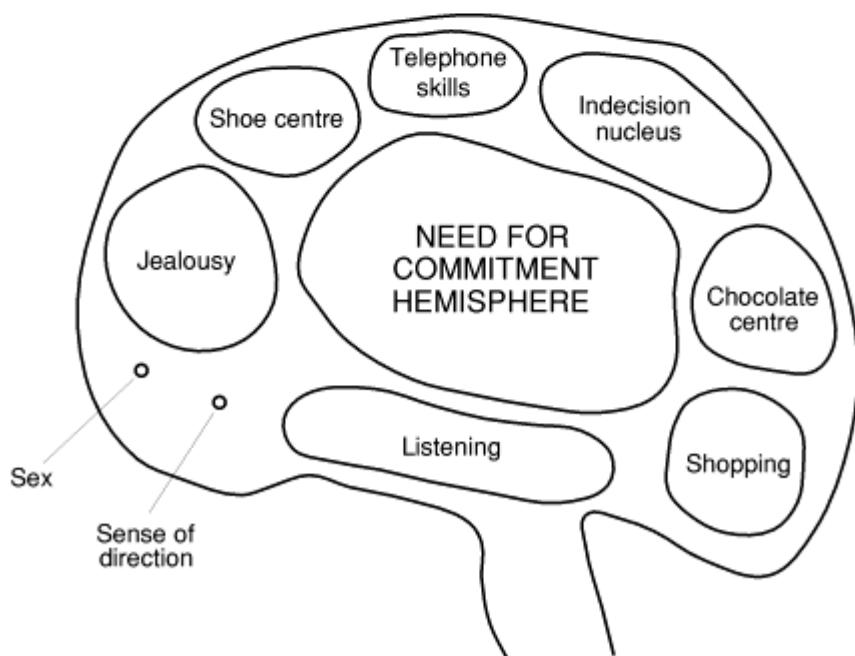
Don't ask too many questions, it's OK to find out where she lives, how old she is, etc. but try to get her to ask all the questions and never answer them directly.

**Once you start to get comfortable talking to and touching women, you will begin to see them as PEOPLE instead of sex goddesses.** They have as many if not more fears and insecurities than you and this should help knock them off that lofty pedestal of yours.

## CHAPTER SEVEN: THE FEMALE MIND



**THE MALE BRAIN**



**THE FEMALE BRAIN**

## Chapter 7: The Female Mind

This article was one of the most interesting articles I've ever read. It's actual quotes from women that say they don't like nice guys. This information was a revelation.

### **Opinions from women about nice guys.**

I don't like the nice guy. To me he's a definite turn off. He seems too timid to pursue intimacy.

The "NICE GUY" is often a man who doesn't have a life. And neither sex is attracted to this type of person. A truly nice guy is hard to find. A true jerk most women don't want. I think we try to make people fit into a category instead of getting to know them. You can't always know what a woman wants based on another woman's choices.

**If a guy pulls out a chair, that's nice, but it's not going to do it. I don't think you're so great just because you have manners. I don't like feeling as if a guy is just trying to impress me. Just be you.**

I've dated guys who are nice - JUST nice, and I get bored after about three dates. "Bad boys" are much more interesting, of course, although it's not a wish of women that these guys are REALLY bad. Misunderstood would be a better word.

The thing is, the nice guys who are with a woman are not out there complaining that women don't like nice guys. The nice guys who are not with a woman will express their loneliness, in a nice way, from time to time. The jerks who are not with a woman never complain about it.



**THE END**

I don't think that women are attracted to jerks, but they are attracted to men that illuminate power. Those type of men(powerful, strong and masculine) are sometimes jerks, which accounts for the confusion.

The nice guy sometimes is not strong or powerful and that's what turns women off. **So in essence, it's not the fact that they are nice, it's that they may be lacking other attractive qualities that out weigh the niceness.**

Ultimately, I love nice guys that illuminate strength and masculinity. There is no better combination.

**NICE GUY:** Male who is scared of his testosterone and seeks to sterilize himself with his niceness.

**JERK:** A male who merely acts male. He is controlled by his testosterone. This is why he gets into trouble.

**GREAT GUY:** A guy who can CONTROL his sexuality and acts male WITHOUT getting into trouble.

I'm totally for nice guys in a relationship, but when it comes to lusting or dreaming about a guy, it's usually the jerks, because most jerks have the nice bodies and have that something that's sexy about them.

By the time you realize it, you may have been dating this jerk for a while. When you ditch him, it's "on with the search." For the same damned thing. This is where guys will get the idea that jerks get all the women. They see us in the process of the search. What they need to understand is that we're not looking for some nasty idiot; behind it all is the wish to find that guy who can be trouble to everyone else but nice to us.

Nice guys vs. jerks isn't the real issue here, it is all about confidence. The major difference between nice guys and jerks is this: if a nice guy has the guts to approach a woman who has caught his attention, he is so worried about saying the perfect "nice" thing that he will totally flub it. The "nice" one ends up stumbling away from the object of his desires with his tail caught between his legs ... for those who don't already realize, this is NOT the impression you want to make!

A jerk, on the other hand, appears to have been blessed with ability to approach anyone and say just what's on his mind completely disregarding any of the repercussions. He just does it. I have no clue how he does it. But DAMN, the man who has the confidence to accomplish that has caught my eye for the night whether he wants it or not!

Don't think women don't like nice guys. There is an initial appeal to a jerk, but it doesn't last long. As long as you don't act desperate and have a little something going for you, believe me, a nice guy CAN finish first - and with the girl of his dreams

### **Important things to know about women by Unknown Don**

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- 1) Men remain in boring relationships out of sentimentality or financial convenience...but rarely fear.
- 2) Women generally do the selecting in the earliest phases of a relationship. Once a woman has committed herself emotionally, the balance of power shifts to the man (assuming he has some degree of self-confidence).
- 3) Contrary to the myth that "looks don't matter" to women, physical attraction may be the primary and key deciding factor for a woman. However, it is difficult to determine just what will be physically attractive to any particular female. Even though men also value looks, they are far more willing to initially compromise on looks in the pursuit of sex.
- 4) If a woman is initially physically attracted to a man, there is very little he can do wrong on a first date. If a woman is not initially physically attracted to a man, there is very little he can do right on a first date.
- 5) Always pay attention to a woman's actions. If she says she likes you but will not respond to kissing or touching, then she doesn't like you. Move on immediately.
- 6) All women have the same body parts. Don't obsess over one particular female based on appearance. It's a waste of life.
- 7) Above all, women crave attention. Women want to date rock stars not because they find the man himself exciting, but because they find the thought of sharing the limelight exciting. Ask any young girl what she wants to be. Top answers: model, actress, singer.
- 8) Never, never, never be afraid to approach a female. To reiterate: they all have the same body parts, and they are all composed of Carbon, Hydrogen, Oxygen, Nitrogen, and trace elements. There isn't a single woman on Earth who is "above" you, no matter what her affectations and social pretenses.
- 9) Always keep the ego in check. If a woman you are approaching for the first time is rude or obnoxious, simply go away. Tossing an insult or scathingly witty comment back simply demonstrates that your self-confidence is far lower than hers. Always, always, always take the higher road. This doesn't mean be a pushover, it means you bend with the wind (kind of a Zen thing!) The best way to disarm an obnoxious female is to treat her with courtesy and respect.
- 10) Self-confident men desire sex, but don't dwell on it.

Most reasonable, normal women will make it clear if they are attracted to you or not very early on. Period. If you have difficulty reading a woman's motives, or find yourself dwelling on what she meant by something she said, or you can't seem to pin down a date then move on immediately.

## **General rules on how a woman thinks**

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*"Even when a man understands a woman, he can't believe it."*

So when she asks herself, "What kind of a man am I looking for?" she naturally wants one who is safe like a friend but still sexually attractive to her like a stranger. Thus she says, "Friendship first." She doesn't want friendship; she wants to feel safe, yet excited. The problem is, most men who are good at making women feel safe do it by going the "friends" route --Ron Luis

### **Judge by her actions and not by her words.**

Judge by what she does than by what your mind wants to see. Our vanity will convert the image of every disinterested girl into secretly loving us (for women tell us what we want to hear). This is why we must judge by her actions and not by her words."

**Why do women dress so seductively at a club when they have no intention of hooking up with a guy?** Why do women who already have boyfriends dress to impress? It's because women want attention. They enjoy it when guys come to offer them drinks, and flirt with them. Although a woman may "act" annoyed by guys in a club, she actually enjoys the attention. Otherwise, why in the hell would she keep coming to clubs? Women love getting dressed up and like the attention that they get.

### **Keeping a woman around is an active process.**

After you win her over, you can't just put her in a box and pull her out like a toy when you feel like playing with her. She needs constant attention, stimulation, a firm hand, and several trillion other things. She will never be completely content, but it is possible to keep her coming back for more and get her "in love" with you.

### **Women rarely marry out of true love**

It is women who look upon man as one looks upon a plow-horse; for what does true love have to do with career, financial status, protection, and ambition? Women do not merely marry the man but the man's career, the man's fame, and the man's success; she adopts his name as she adopts his ego, his property of life.

Women are very unstable creatures. Never assume that she will like, love, want or anything else ten minutes from now, as she does now. {Ride the moment, for in a few moments its all going to change.}

### **Women dress up to compete with other women for male attention.**

For male validation. In other words, one of the reasons women put time into primping and preening themselves is to compete for who gets hit on the most by men.

**It is women who initiate the treatment of their bodies like a fresh ornament,** painting their faces with reds and purples (the colors of sexual stimulation) and showing off their body through clothing to stimulate sexual thought. Unlike all the animals of our distracted globe, the Human female must decorate herself. The male creatures give beauty to the world, showing off their colorful feathers, reveling in their protection and work. *However, women must give men incentive to mate.*

The point is that females value bravery above 'niceness' when selecting men for marriage, affair, or a platonic relationship.

**Good looks and social status are alluring to most people, but they are merely a novelty.** Good looks also become a curse when you become dependent on them. Most attractive women often rely too much on their looks and without someone to validate them they have no faith in themselves. Therefore, they tend to evaluate their entire worth through the eyes of others (or someone particular).

### **Food for thought: Most common female occupations.**

- *Sales workers, retail and personal services*
- *Secretaries*
- *Managers and administrators*
- *Cashiers*
- *Sales supervisors and proprietors*
- *Registered nurses*
- *Elementary school teachers*
- *Nursing aides, orderlies, and attendants*
- *Bookkeepers, accounting, & auditing clerks*

Notice, save for a few, all the jobs are socially orientated. All jobs are either socially or money-orientated, or both. Most common (actually, all) majors I hear from women: education, sports training, psychology, and business.



### **Beauty always finds the money and money always finds the beauty.**

**Underlining the attractive qualities in a man is a woman's desire to find a good provider: a powerful individual who can get the job done.** Women are extremely practical and they will go for the guy who can provide the most for them (as long as he is not a total genetic reject). Money is obviously a display of wealth and sometimes an indicator of personal success and high status (powerful man). However, I can imagine a lot of these beautiful women are simply mercenaries and are not actually responding to the individual at all but rather his income (money then becomes the powerful substitute for the powerful individual). Do these mercenaries really love (greatly emotionally responded) to their millionaire or billionaire boyfriends? Doubtful, I would guess.

A woman's fantasy is that her beauty and charm will ensnare great men, the politicians, the lawyers, the firemen, the doctors- in other words, winning the men who can have any woman. A man's fantasy is that his will and strength can overcome any obstacle heroically. You could even say that **femininity** is matter over mind while **masculinity** is mind over matter.

**If a woman in a relationship begins to lose interest, it is usually impossible to regain it.** The feelings you are having of confusion and fear mean something...trust your gut and move on immediately.

**If a woman has not gained some form of emotional stability by the time she is her mid-twenties, then it is too late.** Move on immediately.

Women dream of their wedding day precisely because it is the one day they are a princess and ascend to the highest social status, married.

*"Women enjoy making men chase after them during courtship because as wives they will have to carry the men."*

*"Women are so alike, that if a man can win the love and devotion of just one woman, he feels he has conquered the entire female species. And if he cannot, then the entire female species has conquered him."*

*"Men want to be the kind of persons that people look up to. Girls want to be the kind that people look around at."*

*Women like to attend weddings, to hear the big, sweet, juicy promises the bridegroom makes."*

Ambitionless men are those who live like women. Ambitionless women are those who live the equality of men.

*"Women get a life by getting a man; men get a wife by getting a life."* She is more interested in the societal value the man brings her; security, integrity, social status; things she *lacks*; than the actual man.

The basic principle: As compared to men, women are very much social and emotional creatures.

*"Men commit actions; women commit gestures. - Phyllis Chesler"*

Why do you think women spend so much time - sometimes hours - primping and preening themselves to go out to nightclubs and bars? Because they want to be hit on. There's a school of thought, though, that says: "Women don't dress up for men; they do it for other women. They compete among other women and like to see which of them get the most attention from men.

**Next time you view a group of women, with no guys around, watch what happens.** You will see the women feeling each other. They do this literally (putting lotion on each other, combing each other's hair, pampering one another) and communication-wise "I LOVE chocolate cake!" "I KNOW! It is SOOOO yummy!" The FEELING is the feelings of dating. She has no interest in specifics. She is reveling in the **feeling** of dating because that is what she imagines you and her doing!



**When a woman is asked, "what do you like in a guy?"** she doesn't usually say "Looks and good sex" or else be branded a slut. So, she grumbles the stock answer "A guy with a sense of humor". Which is true. She does like a sense of humor. However, although she likes these funny men; she doesn't have sex with these funny men unless they happen to be attractive as well as funny. Humor must be mixed with sexuality or physical attraction. Humor by itself won't get you anywhere.

**A woman's biggest influence in her developing years are her parents, and it is her father that has the most important influence.** It is through him that she acquires the ability, or lack of ability, to have an emotionally healthy relationship with men.

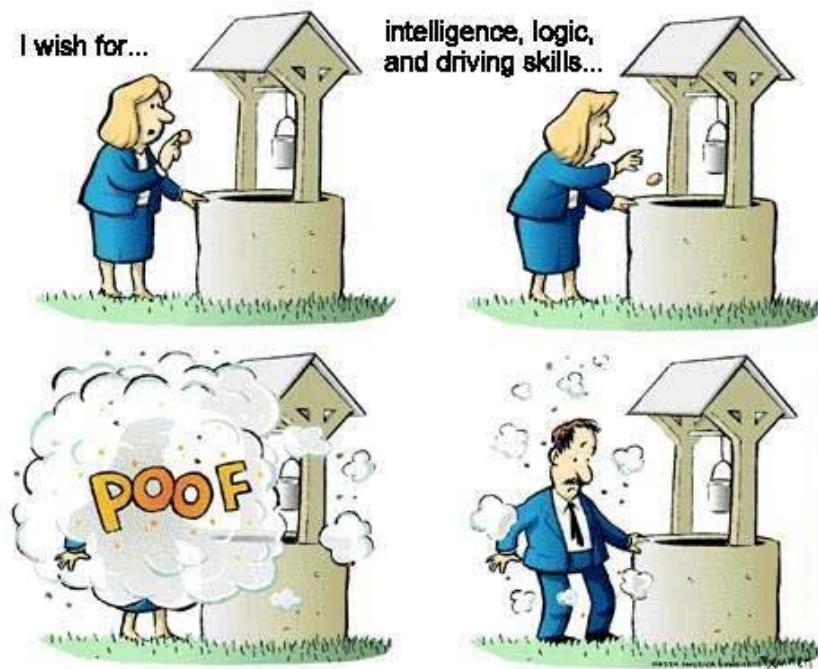
A woman who had a close and healthy relationship with her father when she was a little girl is one who has had a father who was loving and caring. He believed in her and supported her. He taught her to be self reliant, independent, and to believe in herself.

**Most women who have an abusive father, absent father or have a bad relationship with their father** are incapable of forming a deep emotional bond with a man. She has a bottomless pit of emotional need that can never be filled. She believes that she deserves to be treated poorly by men, though she expects being showered with attention and material gifts. Such a woman will be more likely to have more emotional baggage, will be insecure, has a higher tendency to have an abusive boyfriend, will grow to hate men, will have a higher chance to deal in drugs, unprotected sex, etc. Nearly every woman with a poor relationship with her father are termed "damaged goods." Prostitutes, porn stars and strippers have had poor relationships with their father or have been molested. Be careful with girls with bad fathers.

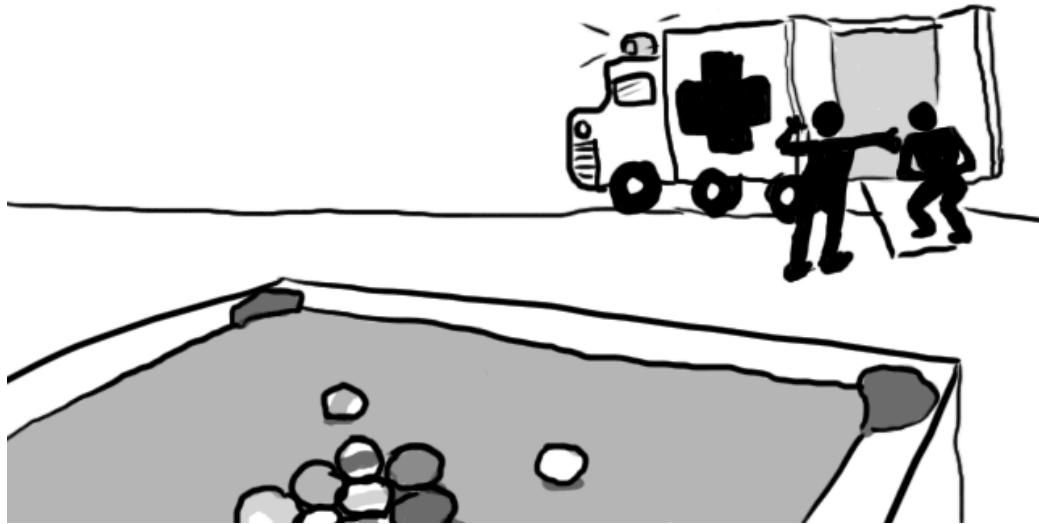
**When a woman talks to a man, she is thinking of his future (his earning potential, etc.), and when a man talks to a woman, he is thinking of her past (how old is she? her weight? her history?).** It just shows that you guys are free to make mistakes, as women will look at your future, not your past.

Do not underestimate the fairer sex. Women are more likely than men, to use you for sex or for anything else. They manipulate men through their vanity.

Women fear being alone more than being harmed.



You've always wanted to use your penis as a billiard cue!



## FINAL THOUGHTS

Well, that's all folks. This book focused more on developing you. If there's anything I hope that you get out of this book, it's that you've gotta respect yourself. If you don't respect yourself, others won't respect you. If others don't respect you, a woman certainly won't respect you. The key is confidence and respect. Do those two things and you can achieve anything. You can have all the tactics and tricks of a player, but it doesn't mean anything if you don't have confidence and respect for yourself.