

**Dennis Miedema &
Win With Women Present...**

*The Simple
Inner Game
System*

**\$225
bonus
package
FREE**

**Quickly Build Your Confidence And
Let My System Get Dates FOR YOU!**

The Bad Ass Introduction

As a kid, one of the first things I learned was that success is achieved by those that last the longest. The strongest don't win. The smartest don't win. Those that persist win. Period.

And there's no area of life where this is truer than in the dating game.

Take me for example:

It has taken me seven long years to learn all of the things that you're about to discover about yourself and women within the contents of this ebook right here.

I've tried the dumbest pick up lines and techniques to meet women. Hell, I tried everything I could think of to see how women would react to it before I managed to create any attraction at all!

Can you imagine how many times I've been rejected by ruthless witches, I mean, women?

Can you imagine the number of dates I went on where I crashed and burned because of one awkward silence too many?

Let me tell you, I screwed up a lot of times. I've probably survived more blows to the ego than retired boxers who get back into the ring to fight one last time and lose.

Because of my slow pace of learning how to meet and date women, I've seen many men struggle and fail too.

And as soon as I knew how to help them? I did so. That's why during the last 2 years, I have helped at least 2,321 men approach 18,568 women, get 4,642 phone numbers, and go on 1,547 dates. If not more.

I myself have met and dated everything from singers, sporty chicks, and models to actresses, girls next door, and career women.

Nowadays when I think back to what I did wrong and what I see the vast majority of men on the entire planet still do wrong?

I can only come to one conclusion and it's this:

Most men are TERRIFIED of approaching women, let alone talking to them! Here's why:

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- They can't find the courage to step up to a woman they're interested in to start a conversation
- They don't know what to say to her if they would find the courage to approach her
- They end up choking up while talking to her and then suffer the humiliation of awkward silences...
- They're scared that she will find out they approached her with a sexual interest
- They're scared that she will reject them and act all nervous and awkward because of it

And the list goes on and on.

The sole purpose of this book is to STOP all of the above from happening to you, because it's extremely unnecessary once you understand how women REALLY think.

And once you see how you limit yourself in getting the success with women you want?

You'll realize that, right now, you are NOT being yourself around women. You take on a different role around them just like you behave differently when among friends compared to when talking to your parents.

I'm here to STOP you from behaving differently around women. I'm here to help you be you around women, and to "get the girl" in the process.

Quite a promise I'm making here huh? And I hope that when you finish this book, you can conclude nothing but that I delivered on my promise.

To accomplish this feat I'm throwing almost everything I know about psychology, sociology, self help, and dating at you.

I hope you will use the book smarts from this ebook and turn them into street smarts!

To help you on your way, I've broken down complicated concepts into easy to digest chunks of information that will help you meet more women more easily. Plus, I've also added techniques to help you take action with what you learn.

Are you ready to take action with what you'll learn?

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You are? Well, the first step to taking action with my insights is that you be realistic:

Success with women is NOT like pushing the on and off button of your computer. It's more like learning how to drive.

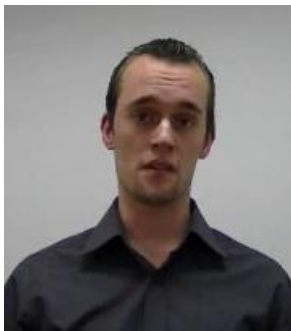
You almost hurt yourself or someone else by accident at first, but after good practice? You'll be able to grab the wheel and steer the conversation anywhere you want it to go and get any outcome you want to get with ANY woman.

So consider this book to be your instruction guide. You'll come back to it often and re-read the parts you forget or want to get better at.

And like I said in the beginning: never stop trying what you discover inside this book, because success is for those that persist the longest in this world.

Now... let's get started shall we?

To More Dating Success,



Dennis Miedema
Win With Women

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Chapter 1: On Being A Man

Why Meeting Women Is Hard For Many Men

The sole reason for feeling like a total wussy for not approaching a woman, and then beating yourself up about it afterwards, is a LACK OF CONFIDENCE.

It's feeling insecure in the presence of women or during confronting situations, but it's also a mistake in the way you think about yourself, the world, and women. Allow me to explain...

The biggest mistake men make is how far their lack of confidence actually goes.

One of the basic human drives is seeking pleasure and avoiding pain. The things we've been doing over and over feel the most comfortable and safe to do, which is why most people keep on doing them.

The collection of the things we feel comfortable doing is called our "Comfort Zone"...

Because everything we do OUTSIDE of this little bubble of ours feels unsure, unsafe, and uncomfortable... and since we'd rather avoid pain we want to avoid risk.

That's why it's so hard to change habits, because they're in the dead center of our Comfort Zone.

I'm willing to bet though that you got this ebook to make a CHANGE for the better because you're not happy with the results you've been getting with women & dating.

But do you understand what this means?

It means you'll have to step OUTSIDE of what feels comfortable, safe, and sure for you if you want to achieve better results...

Because doing what you've always been doing inside your little bubble will get you the results you've gotten so far, and those are NOT the ones you want or you wouldn't be reading this ebook in the first place dude!

Here's a juicy secret: the things YOU think aren't possible to achieve are often nothing more than things that lie outside of your comfort zone. Without knowing it, you talk yourself into believing bad assumptions about

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the world around you that limit the success you can achieve: LIMITING BELIEFS.

If this sounds too vague, let me be a little more to the point: you screw up your chances with women because of insecurities and fears YOU create.

It's like you're your own worst enemy, so believe it or not... it's time to kick your own ass! Because if you expand the limits of your self-image (your "Comfort Zone"), you expand the limits of what's possible.

But how can you know if you still suffer from insecurities or fears and need to build your confidence?

What Is A Confident Man Anyway?

If you can't honestly say that you can do all of the things below without feeling anxious, without hesitation, and without awkward silences... then you'll need to start building more confidence.

That's okay by the way, because when I first started to learn how to meet & date women I had ZERO confidence.

The 15 qualities of the confident man:

- 1)** Feeling comfortable when you're alone in a room or at some place with a woman you think is attractive
- 2)** Acting in the same way at a birthday, a party, etc. with your friends or family when an attractive woman you don't know is there
- 3)** Not becoming jealous or losing control of any other emotion when a woman talks about another man or mentions her ex
- 4)** Not losing the control over your emotions when a woman says something you don't like or criticizes you
- 5)** Not getting carried away in other people's emotions, especially those of women. Example: not end up feeling negative when she feels bad, because you're in complete control of your emotions and other people's emotions can bring you down.
- 6)** Not hesitating when you see an attractive woman and want to approach her, because when you want to approach her you just go ahead and do it

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- 7)** Not "over-thinking" what you're going to say to a woman you want to talk to because you're not worried about what she'll think of you
- 8)** Not needing looks, money, clothes, power, fame, an important job, or any other crutches for confidence or to be able to "get the girl"
- 9)** Not fearing you will lose a woman as soon as you've been on a date with her or ended up being in a relationship with her
- 10)** Not feeling unworthy of a woman's time, love, or attention
- 11)** Not losing control over your emotions or feeling insecure when someone, and women in particular, complain about how you haven't done something or haven't provided them with something (like a drink at the local club or bar)
- 12)** Not worrying about whether or not you'll be able to satisfy a woman's needs, whether it's mentally, emotionally, or sexually
- 13)** Not feeling worried, insecure or the need to chase her around to "keep her" when a woman doesn't reply as fast as she usually does or can't see you when she usually does...
- 14)** Not losing control of your emotions and getting angry when a woman doesn't get back to you and not almost stalking her with emails/phone calls/text messages about why she didn't reply, who she's with, where she's been, etc.
- 15)** Not trying to get back your ex back "by any means necessary" by chasing her around which only makes her run away from you more and more because you're such a desperate little wussy

Here's the bad news: only a handful of men can truly say they possess all the qualities of the confident man, while most guys suffer from the FEAR OF REJECTION, the FEAR OF FAILURE, and INSECURITIES such as being overweight, becoming bald, wearing glasses, and so on.

Here's the good news: if you belong to the 99% of the men who still have some wussy in them, I can help you permanently change that...

And it's important that you start working on improving yourself or it'll be like I said earlier on: keep doing what you did and get the same result you got.

You don't want those same results as before or you wouldn't read this ebook right now, so make a commitment to improving yourself. No

excuses. Do it.

A Man's Gotta Do What A Man's Gotta Do

What you have to realize first though, is that you need to *stop being apologetic*. Stop saying sorry for being a man, stop feeling ashamed of displaying "typical male traits" such as dominance, being territorial, and being aggressive in defending what you have and getting what you want.

Men are way too self-conscious when it comes to approaching women: "yeah but what if she finds out I'm only talking to her because I want to have sex with her?" My answer: so??

Newsflash: men are supposed to meet & date woman or our species would simply not survive. From a genetic point of view we're here to reproduce.

If your father wouldn't have successfully approached a woman, YOU wouldn't be here today.

If HIS father wouldn't have successfully approached a woman, HE wouldn't be here today...

And so forth.

But what do men do?

Guy A: "hey there! How are you? What's your name?"

Girl X: "I'm doing fine, I'm waiting for my boyfriend!"

Guy A: "SORRY, I didn't know you had a boyfriend!"

Men actually say sorry for doing what men are genetically supposed to do: meet, date, mate... but why?

To show you how ridiculous that is, I always use my lion metaphor:

Lions, proud looking creatures that have featured in many films, hunt their prey on the plains of Africa. They have to if they want to survive: they need to feed and for that they need to kill. It's them or the gazelle... survival of the fittest.

Does the lion sit down and contemplate whether or not it's "ethical" to approach a gazelle? Does he worry about what the gazelle will think when it understands he's approaching to eat?

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Hell no... it does what it needs to do, and so should you. Stop saying sorry for what you're supposed to do, for what every man would do if they were you and had a chance of "getting the girl".

What's more... women EXPECT you to approach them with a sexual interest and they WANT to be seduced.

Everyone who has a need can be seduced, because they're automatically attracted towards the person or situation that can fulfill their needs.

Someone who's completely happy with where they are, who they are and where they want to be can't be attracted because there's simply no value you can add to her life.

But almost everyone on the planet has a need, and what's wrong with making a woman happy by fulfilling her needs and thereby fulfilling yours?

So do what a man's gotta do.

There's another big limitation for men that prevents them from getting the results with women they want.

Hell, it's closely related to stopping with being apologetic.

What is it? *The fear of criticism.*

You see, most men (and people in general) decide what they will and won't do/say based on what other people will think of them.

Simply put: people subconsciously try to avoid getting other people's disapproval. All this is, is a survival instinct.

When humans still lived in tribes on the plains of Africa thousands of years ago, guys better made sure the tribe liked what they did and said or they would be kicked out.

Being kicked out of the tribe meant being on your own in a world filled with wild beasts, Mother Nature, hostile tribes, and other dangers. Chances of survival when flying solo were practically zero.

Do you see why getting other people's approval was important back then?

But now? Nothing happens when Cindy is jealous when she sees you talking to Stacy. And even if she starts gossiping and Stacy hears horrible stuff about you, you can still meet Susan from that other town.

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See where I'm going with this? Not getting people's approval doesn't equal death anymore. Meanwhile, you still care just as much about approval. Too much.

The result: you become a product of your environment, because you do and say everything your environment would approve of and you avoid what it doesn't like.

This KILLS your confidence, because you're not in control of your own life.

Plus, how you feel and how you feel about yourself is based on other people's opinions and feelings. Opinions and feelings can change faster than the weather, so your confidence will be very fragile at best.

Improving your confidence and staying confident means getting rid of your fear of criticism. It means that your environment becomes a product of you.

When you stop caring about how people react, you will regain control over more areas of your life. More control means self-empowerment, and self-empowerment means more confidence.

Here's more proof, in case you have doubts about whether you should stop caring about what other people think of you:

What's the most attractive type of guy on the planet for women? The bad boy. What's the most recognizable trait of the bad boy?

He doesn't give a f*ck about what other people think.

Hell, when others say or do stuff he doesn't like he probably punches them in the face... and he goes ahead and does it anyway.

Do you want to be one of the most attractive types of guys on the planet? Yes? Then stop caring dude!

"Yeah but Jack is the most popular guy in town and he says I'm a loser!"

Who cares? There are plenty of other towns and Jack isn't the master of your universe.

And besides, let's see if people believe in gossip when you laugh at them when they ask you about a rumor that criticizes you...

Nope, because THEY still care about other people's approval and change their behavior when they notice it isn't approved.

Don't let this be you. Let it be them. Stop fearing criticism and start following your own path, no matter what others say about the path you're following.

Make your environment a product of you and not the other way around. You can only do that and truly be 100% in control of your life if you refuse to be driven around in life by other people's opinions, push the driver out the car, and start driving yourself.

I own a drivers license for many years now, but when will you? ;-)

This RUINS Your Chances With Women

Now we got worrying about whether or not women or on to you and your sexual interest when you approach them out of the way, it's time to look at the SERIAL KILLER of your chances with women: the limiting belief.

Limiting beliefs are treacherous little bastards because they creep up on you. You try to start a conversation with a woman in a bar. Result: rejected.

You approach another one. Rejected. You try approaching a woman in the supermarket. No luck. You can't get her phone number at work. Damn it!

After only a few of these experiences, you STOP thinking there's something wrong about what you're doing... and you START thinking that there's something wrong with who you are.

You attach your self-worth to the desirable outcome, with *disastrous consequences*: you become cautious, are too careful when taking action, get more poor results because of it... and it reinforces your limiting belief!

You become insecure about the things about yourself you're the least happy with and insecurities are born, while they really are nothing more than bad assumptions.

Some examples:

- Women are repulsed by me because I'm bald
- Women are repulsed by me because I'm overweight
- Women are repulsed by me because I'm poor

Inside their book Mind Lines, Michael Hall and Bobby Bodenhamer give us

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a number of questions that FORCE us to reframe the limiting belief and to see it for what it really is: a bad assumption, a load of crap we need to get rid of a.s.a.p. I highly recommend you check it out.

For now, I'll use the limiting belief above about being bald to show you how these questions work. Afterwards, I want YOU to take a piece of paper and a pen (or open a Word file) to write down your own limiting belief.

There are always 2 components to a limiting belief:

- The action or state of being that causes a negative feeling (example of a state of being: being bald). This is called the *external behavior*.
- The feeling itself is called the *internal state* (example: women feel repulsed)

Now let's take a look at the questions with the being bald example. I answered them to give you an idea of in what direction the questions want to point you.

And when you do this exercise yourself? You fill in your own insecurity. Example: with the Allness example (number one below), you would fill in this as your question if you're insecure about wearing glasses:

"Do you think every guy with glasses in the history of the planet spent his whole life without finding one woman who likes him?"

And then you answer it.

So, let's take a look at the reframing questions and example answers if I would be insecure about going bald:

1) Allness – Do you think that every bald guy in the history of the planet spent his whole life without finding one woman who likes him?

"Off course not, duhhh. Even abusive egomaniacs with a drugs problem that are absolutely unfaithful to a woman can get the girl. They're called rock stars. So why would women dislike me because of a little less hair?"

2) Outcome – what will happen with the amount of success you'll have when you keep living with this limiting belief? What will your life be like in 10 years? And in 20?

"The amount of success I'll have if I keep thinking bald men can't get women will be really low, because I'll talk myself down, I'll get insecure

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even if I get a woman to go out on a date with me. I'll probably retire and die all alone if I keep believing this."

3) Reframe the external behavior – some women find bald men to be sexy, so why don't you shave your head, grow a goatee, and become a chick magnet?

"Now that you mention it, it's true! Bruce Willis went bald, Eddie Murphy too, John Travolta in that From Paris With Love Movie as well, etc."

4) Reframe the internal state – it's not because women don't like you, it's that you don't get their attention the first time around. They don't care either way (which is a GOOD thing)

"Maybe you're right... because why would a woman dislike me when she doesn't even know me?"

5) Counter-example – can you think of a time when a woman DID like you? Or can you think of an example of a woman who liked a bald guy?

"Yes! Bruce Willis is an example of a bald guy who got the girl: he got Demi Moore out of it."

6) Chunk down – how does the exact sequence work where a woman goes from not knowing you... to not liking you because you're bald, without you having anything to say about it?

"It can't happen... I will have to say something bad that insults her or do something that'll ruin her day before a woman will hate me. I decide what I do and say so no, I always have a say about how a woman will think of me."

7) Model of the world – you have quite an interesting way to give things more meaning than they actually have! Did you know where you got this map for "1 situation of a woman not liking me equals ALL women not liking you"? Did you know that most people don't walk around with a map like that to torture themselves? Because the map is not the territory, and it never can be exactly like the territory because you would have to make a map as BIG as the territory to include every little detail. And that's the whole point: a limiting belief is a flawed map of the territory of life..

"You got a point there! There a 3 billion women on the planet, and even if only 10% of those were of my age group (300 million), only 10% of those, in turn, were available (30 million), and of those 30 million only 10% would be my type? I still have 3 million women to choose between all over

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the planet, and 5 or 10 or 1000 women doesn't equal all those 3 million women hating my guts. I should stop making a rule out of the exception!"

8) Identity – how interesting that you're identity is so dependent on behavior. Do you always IDENTIFY people with their behaviors? Do you really think people are their behaviors, while they act differently when they're mad, when they're sad, when they're drunk?

Is someone who becomes aggressive after having too many drinks an aggressive person? Of course not! So don't identify yourself with your behaviors or other people's behaviors...

"So what you're saying is... if she acts pissed off when I approach her, it's not because I'm bald. It could be because she has a bad hair day, her period, didn't have much sleep last night, just had a fight with her parents, etc."

9) Have-to – how would it feel if you stopped considering whether a woman would like what you're doing or not? What would happen if you stopped caring about that? Would it allow you to feel more comfortable? Would it allow you to be yourself more?

"Yes it would! So I should stop caring less about what women think or say about what I'm doing because it would make me feel more confident and comfortable."

10) Ecology – how would this belief help other people who are just starting to learn how to meet and date women? Would you recommend them to have this belief installed on their hard drive, because it will allow them to achieve success faster, more comfortably and with positive feelings? Does this belief empower your actions or LIMIT them?

"It doesn't empower my actions at all; it severely limits them which is exactly why I need to stop believing that women don't like me because I'm bald!"

Technique #1: now write down your own external behavior and internal state to make your limiting belief, and then go through these 10 reframing questions one by one.

Take your time to do it and you'll learn a whole lot from it. When possible, get a friend to do this exercise with you because you'll have different insights on both of your beliefs.

I've done this exercise many, many times... once a week I would confront my limiting beliefs one by one until there were none left.

I've had amazing and consistent success with women because of having no limits in my life anymore, and so can you if you use these 10 simple reframing questions to improve your own life as well.

No More Fear Of Rejection!

I like where this is going: we kicked some what will they think AND some insecurity but, now it's time to get down to business and see what the FEAR OF REJECTION and the FEAR OF FAILURE are all about.

They're two of the last obstacles to overcome if you want to be better at approaching women.

Brian Tracy talked about both of these fears in-depth in his super good book *The Psychology of Achievement*. I highly recommend you read it.

He talks about how when we are growing up, so during our formative years, the people we look up to the most and who are our be all, end all... are our parents.

Getting their approval, love, and attention is all that matters to us. And mind you, during the formative years we're highly impressionable so any habit we will be programmed with will stay with us for life.

And one of the most cruel things that can happen to us and which scars us for life is experiencing conditional love: when we obey, when we listen, and when we're quiet we are loved by our parents...

But when we're too busy to their taste, don't listen immediately and don't obey or don't obey immediately? Our idols get angry and sometimes even punish us while we don't really understand what we're doing wrong and right at that time...

And that's why we start to fear the WITHDRAWAL of love: we're scared that we haven't met the conditions for receiving love and attention, because no parent ever told us that we would be loved no matter what we would do or be... they gave us conditional love instead of unconditional love.

THAT'S where the fear of rejection comes from: it's the fear that we won't meet the requirements for being liked or being loved and that we could end up getting hurt because of it.

This negative habit pattern that gets programmed into our minds will slowly but surely make you feel really uncomfortable as soon as you're not SURE of meeting those requirements to be loved, in fact, it could lead to

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you feeling unworthy of all love: thinking you'll NEVER meet the requirements.

It's the #1 reason for men to never approach a woman, but it's silly when you think about it. You're worried about meeting someone else's requirements, how someone else values you...

And yet you attach your SELF-worth to getting the outcome you want?

How she values you is HER worth, but your self-worth is the value you decide to give to your damn self... she has nothing to do with it, so why let your self-worth suffer from her worth?

Do you also do that with opinions... that if someone else has a different opinion than yours, your opinion automatically sucks?

No? I thought so.

Now you know how ridiculous letting someone else decide your worth really is. We aren't in the Middle Ages anymore dude, you can't buy people and ship them to a foreign country anymore... they determine their own value now.

And then there's the FEAR OF FAILURE... thinking you'll never get the digits to call her and ask her out on a date.

One of the first things we learn from our parents in our formative years is:

"Don't go there"

"Stop it!"

"Don't do it, it's dangerous!"

"Don't talk to strangers!"

And so forth...

In other words: we're continually warned about possibly dangerous or risky situations and over time this develops into a full blown negative habit pattern...

Meaning that we start to AVOID unknown or new situations altogether because we think their outcomes could be dangerous...

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And as such, whenever we DO go right ahead and try something new, try something that we're not sure about or where the outcome is unpredictable?

We FEAR that we won't avoid danger and get the outcome that we want... and THAT'S all what the fear of failure is. It's noticing your acting outside of your Comfort Zone.

Meanwhile the world really does belong to the bold, because failure is not the END of anything, it's part of the learning process.

Think about it: you make a mistake, correct your course accordingly, you try again, make another mistake, and you correct course until you get it right... so a mistake, or "failure", is actually FEEDBACK...

Why?

Because the more you fail, the faster you will learn because you can figure out where things went wrong and then correct course faster than everybody else...

Which is exactly why you should try to fail as fast as possible whenever you try to learn something!

Here's a short example straight from college: remember when you had that important language exam, messed up, saw what you did wrong later on, and never did it wrong again in future exams? There's your proof right there!

You can use rejection in much the same way: she turned me down because of ...? And it's tempting to think "because I suck" but if you think it's hard to find your feedback then chunk stuff down just like with reframing...

How was your body language when you walked up to her? How did you say what you said first? What was she doing when you approached her, did you rudely interrupt her during a conversation or was she hanging out in the lounge all bored? Did you need more topics to talk about? Etc.

That's how I analyzed what I was doing wrong and right with women 5 years ago when I wanted to learn. And be honest about yourself man, because I criticized myself to death and was seeking fault in almost every situation, which made me learn from EVERY situation!

Technique #2: FEEDBACK. Next time after you go clubbing, sit down and chunk down what you did during each conversation and

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try to give yourself as much feedback as you possibly can. See the sample questions above for ideas. Say your body language totally sucks, then Google for body language and try to learn a thing or two, apply them next time... and do that for all your "weak areas."

Did your improvements work? With both yes and no, search more about it and you'll learn more about it.

The results of using this simple technique have been quite amazing for me and I'm sure they'll BLOW YOU AWAY.

Why?

Because of getting feedback, you'll learn more from the times you did stuff wrong (a "fail" and a "rejected") then when you did something right. The result: you'll attach WAY LESS value to both of these fears because they're now actually helping you!

Something I myself have used a lot of times as well to STOP caring so much about getting a woman's number and to START caring more about having fun... is seeing the bigger picture.

What most men do when they think of the outcome they want is: I want to get her phone number, I want to go out on a date with her... and it'll be all they think about during their conversation with a woman.

They attach massive amounts of value to those outcomes because of it, which makes you put the pressure on your own shoulders. You'll get tense, anxious and you'll start hesitating as soon as "the moment of truth" comes closer and closer. And it's lame.

The Italians have this old saying that goes like this: "aim for the moon while shooting for the stars" and what it means is thinking about every outcome as another stop on your road to success that knows many stops.

When it's time to get the number, you think about getting the date. You always think about the outcome AFTER this one.

It will make you BELIEVE you already got what you want.

Assuming attraction, so assuming that you already got what you want (that you already have her) means you'll be more confident, more open, more social, and have more balls when you want to take action... and these qualities are ALL attractive to women.

So by assuming attraction, you actually create it! It's a self-fulfilling

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prophecy.

Technique #3: ASSUME ATTRACTION. Don't think about how to create attraction, think about her number in your pocket. Don't think about the phone number when you've got her interest, think about dating her already.

Don't think about how to kiss her on the date, but about how she'll chase you after 3 dates, etc.

Maybe the most important thing to know about rejection is that you need to *stop being such an egomaniac*. Stop making everything about you, you're not the center of the world dummy.

Why I'm saying this? Guess what most men do? As soon as a woman says "no" or doesn't seem to be in the mood, you act like it was because of something you did or are.

In reality, women can have a bad hair day, can have their period, can be flat broke, could be fired today, could just have a fight with one of their girls who just walked away all angry. And sometimes their friends just got them to come along while they didn't even feel like going out.

And that's THEIR problem. When you walk away from a woman after a "no", you usually feel defeated, like a sucker, like your ego or feelings have just been hurt... while it's HER problem that made her refuse.

So next time a woman rejects you, stop thinking it's about you and make it her problem. Keep your honor and walk away with your shoulders straight and your head held high after saying:

"I understand, but it's not my problem. If you don't mind I'm going to go over there where the fun people are at, you have a great night now okay?"

The result: you won't feel hurt, or irritated, or desperate, or defeated... because it wasn't YOUR problem that she wasn't in the mood, and that makes every time you get rejected sting a lot less than it used to.

Technique #4: KEEP YOUR HONOR and make rejection her problem. Think what could be wrong with her day: bored, broke, bad hair day, has her period, was dragged along by her friends while she didn't want to go out, her ex just broke up with her, etc.

The fact that she doesn't want to have fun with you is her problem, SHE'S the boring chick, you're the cool, fun guy. Walk

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away after saying it's her problem, and rejection won't mean a thing to you.

And now for one of my favorite parts... which is about most guys not even having a freaking clue about what attraction is, let alone about how to create attraction.

Chapter 2: What Attraction Is And Isn't

Where There's A Need... There's A Way

Attraction ISN'T based on logical reasoning. We can't choose who we'll feel attracted to and we can't choose who we'll fall in love with.

The perfect example: although settling down and having kids with a nice guy may be "the right thing to do" for a woman, she'll fall madly in love with a bad boy instead...

Even if he is abusive, not around the most of the time, unfaithful, and has more freaking drugs and alcohol than blood in his blood!

Whether we hate it and try to prevent it or not, attraction is a feeling based on irrational emotions... and triggered by certain fitness indicators that increase our value for the opposite sex.

And that's DESPITE of what they may think is best for them (like a rich guy, a guy from the same culture, and all that other wish list, knight in shiny armor type crap).

In fact, most of the time women WON'T BE ABLE TO TELL YOU WHAT THEY WANT because when you talk about attraction, you're talking about an age old sexual selection instinct that only takes place on a subconscious level.

And it isn't like people are conscious of what takes place on a subconscious level, that's why it's called SUB... conscious: below consciousness.

Duhhh.

But do you understand what this means?

That you should NEVER pay much attention to what a woman says, not even to what a woman thinks... because all that matters is how a woman feels, so if you push the right buttons to create attraction... the buttons that spark that chemistry and sexual tension.

And that takes me back, because I've met a lot of women who were angry at first because of my "sexual aggression"... but who later ended up sleeping with me because what they said was very different from what they felt. Push the right buttons and a woman can't help but feel attracted, even if she's not looking for a man, has a boyfriend, or initially

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rejected you.

Whether your goal is social success or dating success, or even success career wise, if there's a need... then people will be attracted to you if you can fulfill that need.

Women who are happy with everything they have, are, and do can't be seduced... but almost no one is perfectly content with the life they're living.

And that means... that EVERYONE can be seduced, because the only thing you need to know is how you can add value to their lives. If you fulfill their needs, they'll fulfill yours.

An example of a psychological need: most women never get to GO somewhere interesting, MEET someone interesting, or DO something interesting. They're caught in a serious trap: everyday life with all its mind numbing routines and obligations.

Have to pay the bills, have to pay the rent, have to do grocery shopping so I can eat, have to brush my teeth, have to go to the workplace and do the tasks of my almost meaningless feeling job... not only women, but 99% of the population, is totally BORED.

People are looking for an ESCAPE from this boring ass lifestyle... which is exactly why movies, TV, music and so forth are so popular: they provide a temporary escape from the daily dullness.

And guess what? If you can BE the escape you'll attract more women than the number of bees that are attracted to honey. GO somewhere with them they (almost) never went, DO something with them they don't usually do, BE the adventure for them.

If you're living a lifestyle that's exciting and far from ordinary, you'll be a woman's escape from the daily routines. It's exactly why women go absolutely crazy over celebrities, because they think they live a super exciting lifestyle.

Scientists did a research project during the 70s where they looked at what single quality attracted the most women to a guy. It wasn't looks, money, or social status... but the level of novelty seeking.

Let me repeat that: the guys who were the most successful with women where the guys that did unordinary stuff, went to unordinary places and said unordinary stuff... because they provided the biggest and best escape from daily life!

And all of a sudden, achieving consistent and massive success becomes a matter of changing your lifestyle as well, wouldn't you agree?

The Origins Of The Battle Of The Sexes

The most important thing to remember about what attraction is though, is that women and men are fundamentally different: they're NOT attracted to the same things... but most men think they are.

I call this "Attraction Circuitry Projection."

Men are visual creatures: we're attracted to materialistic things, physique, beauty, youth... and as such we think women are attracted to external things as well. Looks, money, status, fast cars, big houses... we think that's what they want because WE'RE attracted to it.

Meanwhile, women are emotional creatures that are attracted to internal things like personality and charisma... character traits, humor, and how you make them feel. Because they're attracted to it, they think we're attracted to it too.

The result: both sexes end up feeling pretty damn disappointed because they do the WRONG things to attract each other! It's what the entire "battle of the sexes" is about my friend.

Now don't get me wrong here, women ARE attracted to looks and men ARE attracted to personality to a certain degree...

But that's only 10% of someone's success with them at best, the other 90% is looks and youth to men and personality and charisma to women.

In short: women AREN'T attracted to your Ferrari or to pretty boy looks, and after reading the next couple of pages you'll get more than enough proof to make you see the brutal truth behind attraction.

But I first want you to realize just how deep the rabbit hole goes, because you've been raised with the belief that materialistic crap is the way to go.

It's called capitalism my friend. Like it or not, but men (and women too) are taught that women want flowers, candy, to be taken to a fancy restaurant on a date, and so on.

As such, men give women all that stuff on a first date and especially on Valentine's Day. The flower shop keepers, restaurant owners, and so forth make a nice little profit.

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Meanwhile, we already know that women are attracted to personality and charisma. The result: you'll come across like you're trying to buy a woman's approval. That you're trying to make her like you with gifts.

Hell, women see it as "there's something wrong with him and he's making up for it with these gifts. Because why else would he give them to make me like him?"

In short: all these gifts don't work, but men and women are taught that women are supposed to get gifts because teaching them this is good for the economy.

Juicy secret: look it up on the internet some time, how Valentine's Day came to be. It exists because it's marketable. That's it.

The rabbit hole of making men believe that women like materialistic stuff goes even deeper, but I think I made my point here: women like personality and charisma.

What Makes Bad Boys So Attractive?

Being unordinary equals being unpredictable, because you do stuff that no one's doing... and being unpredictable is the KEY to why bad boys are so attractive to women.

Why? Because bad boys are FULL of contradictions:

- He is the dangerous, extremely confident man who doesn't give a crap about society, rules, or any form of authority and is full of adventure... BUT he's also the small, innocent boy in a big man's body that needs saving in a moment of weakness because he can't help himself
- He's the perfect escape from boring everyday life filled with its routines, nagging and obligations BUT the escape is only temporarily, sooner or later a woman knows that her heart will be broken, and she accepts... because he was only an escape, he "doesn't count"
- When a bad boy is with a woman, he lives in the moment, and makes love to her like it's the last thing he'll ever do: raw, passionate sex and always making her feel so very CLOSE to him... BUT there are also the times he vanishes into thin air, nowhere to be seen, and nothing to be heard. Who knows if the rebel in him will ever want to come back to you...
- When you're with him as a woman, he's oh so sweet and caring BUT when you disagree or argue with him? He's stone cold, harsh, full of

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criticism and downright abusive to women

- If you pay close attention to his posture, his gestures, how he moves and his entire body language? Nothing seems more natural, and in control than he does... superbly dominant over his surroundings BUT get him angry and he loses all that control, he turns into a living hell...

But how can you start being as attractive as a bad boy without becoming an abusive drug addict? Good question!

It's using a bad boy's traits to your own advantage.

The Four Bad Boy Traits That Always Attract Women

The first one is **Being Close versus Being Far Away**. Why does being really close to her at one moment and being unreachable to her the next moment work so well?

The moments you're not there make the moments you were intimate with her that much better. Think about it: if you're there every day, then every day is an 8 to her on a scale from 1-10.

Now imagine you're gone for a day and she has WAY less fun, her day was like a 2 or something. The difference between day 1 when you're there and day 2 when you're gone is HUGE, so gosh... would she value the days you're there more?

Duhhh.

Even if you haven't been on a date with her you can use this to your advantage: have large amounts of fun with her on day 1 and do something else without talking to her on day 2 and I can guarantee you that she'll come asking for more the next day by texting, calling or trying to see you... SHE'LL CHASE YOU.

And once she has noticed that she has way more fun and is happier when you're around than when you're gone, you're in for a treat! It's the economy at work really:

if there is more demand than there are supplies, the value goes up... in this case YOUR value goes up. So don't be around every freaking day and try to talk to her every day because then there are more supplies than there is demand, and just like with the economy your values drops until your worthless.

And most men wonder why women don't feel attraction anymore, it's

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because of what I just explained.

That doesn't mean women are evil demons that come from the depths of hells, or that the world is satanic, it's simply a matter of if you give someone too much... they get spoiled.

I know from experience that being gone more than being there **DOUBLES** the attraction, becomes she'll have to make an effort of keeping you around... you're a challenge. She'll have to work for you, chase you around.

Does that make you more attractive than 9 out of 10 guys? YES, because a woman almost NEVER has to chase, so the one she has to chase is the most interesting guy to her...

Here are some examples of using this contradiction:

- Approach a woman in a club or bar, leave, and come back later on. Nothing displays confidence more than being willing to leave. And the effect of being gone? Well, see above for why this works dummy!
- Women have stuff to do, they actually have a life, but they enjoy talking to you. So quite often they'll talk with you although they have stuff to do, and insisting she goes ahead and does it and that you won't talk anymore until she has done it... it will make you come across like you're a 100% NOT desperate, and again it gives her the gift of missing you. Btw: this works every time a woman can choose between doing something with you and doing something else.
- Got her phone number? Send some text messages back and forth the next day and start teasing her, getting to know her more, etc. do the same thing the next day, but don't do anything or reply to anything on day 3.

Works with emails, MSN Messenger or Yahoo messenger, with text messages and with calling her. It always works: the next day she'll approach YOU first (just wait and see).

- Always be the first one to leave, hang up, and go offline and always be the one who has less time to spend with a woman than she can spend with you.

Don't even start with "but won't I lie to her then?" No, because even if you have no friends to see... then just enjoy yourself with a movie, a game, a book. Whatever. Enjoy yourself **WITHOUT** her.

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And also don't give me the "won't I hurt her feelings then?" No, because she will enjoy the times you are there WAY more, she'll enjoy your company WAY more... so you're actually doing her a favor.

Technique #5: use Being Close – Being Distant to your advantage. Not only will it make a woman want you more and chase YOU around, it will also make sure you don't become a desperate little wussy who just HAS to hear from her today... which is a HUGE turn off.

Next up: the contradiction of **Being A Pain versus Being A Pleasure**. Let me get this straight: being a pain doesn't mean hurting her feelings, bitchslapping her, and so on. Allow me to explain...

Most men are yes men with the women they're interested in.

She: "Do I look fat in these jeans?"

You: "No honey, it looks good on you!"

They ALWAYS try to please a woman, but you can bet your ass that if you reply in the way you did above that she said something along the lines of "You're only saying that because you love me!" Am I right?

My point exactly. If you continually nod yes, agree with everything, and always aim to please? Then you're not being yourself... you're FORGETTING yourself, and a woman will lose respect for you and interest in you. You'll be extremely predictable.

To prevent that, Being A Pain is perfect... because it keeps her on edge. You simply disagree, say no, tell her the truth, or you're selective about what she likes or wants to do. It's best if I show you some examples:

She: "Michael Jackson is a hero!"

You: "Well, he's a good artist... but heroes aren't accused of being pedophiles honey."

She: "I want to go to the mall today..."

You: "I don't, I'd rather go to the beach with you."

She: "Do me! I want to have sex with you right now!"

You: "No, you'll have to work for it."

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Did I just say you should refuse horny women? YES, at first! Why? Because women are used to men giving in immediately when they're horny, that men will be all over them once they say or hint at something like that.

But guess what makes her want you even more? What creates attraction even more? That she'll have to WORK FOR IT.

In fact, making women work for it always works because the more time and energy they'll have to *invest in you*, the more value you'll be to her. It's called Investing.

She: "Can you help me with my homework?"

You: "That depends... what do I get in return?"

Funny thing is: you can almost ask for anything in return. If you just met her, a kiss on the cheek will do. If you're on a date, demand two kisses. If you're about to have sex, demand a full body massage first. Are you catching my drift here?

Technique #6: Use Being A Pain versus Being A Pleasure by making her work for everything most of the time, and sometimes agreeing with her.

You know Darwin? The guy that "invented" evolution theory? He was a genius, because the man brought us sexual selection: that females of any species prefer certain traits in men over other ones, and mate with the male who displays the most of a certain trait.

They did a study with peacocks once, where they had 2 peacock males and several female peacocks. They put a fake, female peacock next to 1 male and the other was left alone. Guess which male peacock the females chose? The one that already had a woman!

That's why you usually get WAY more attention from women when you're walking around with another woman, because there's nothing that signals good genes, knowing what women want and so forth... than already having a woman.

This is called "**Pre-Selection**", or put in simpler words: the effects of jealousy.

And here's a juicy secret: most men are scared shitless of being seen as players, of having a reputation as a ladies man, a womanizer... while it actually is the biggest proof of pre-selection EVER!

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Other women will think:

- If you already had so many women, then they're must be something about you that is so seductive, so good...
- If you showed interest in those women, but not in me... then what's wrong with me? Am I not an attractive woman? Am I "not good enough"?

I'm all woman and I'm an attractive woman so you HAVE to be interested in me because you want to be with all attractive women...

And this makes women curious to find out what is so attractive about you, and eager to prove that they're just as much of a woman as the women before them. Plus, knowing they have competition makes women fight that much harder for you (and over you!)

So here's what you do.

Befriend the women that don't have a sexual interest in you, and hang out with them. Then as soon as you meet a woman you want to be with and she asks you about your weekend, you'll tell her about how you had so much fun with a female friend...

Better yet: get your new female friend to introduce you to HER female friends, but nothing says "pre-selection" more than being introduced by an attractive woman. That's the power of meeting women through your social circle right there: pre-selection!

Technique #7: start using pre-selection already! Mentioning other women's names on your Facebook profile, having photos of you and a female friend on MSN Messenger, when they ask what you're going to do this weekend you're obviously hanging out with your female friends, etc.

I touched on the subject of fulfilling **a woman's psychological needs** before and I know...

It sounds really complicated, it can't be pulled off when you just got to know a woman and – insert lame excuse #3 here – right?

WRONG!

To give you an example: when I first met my girlfriend, I asked her what she wanted to be when she was a little girl. First of all it's fun to talk about for her because no one ever asks that, and it's useful for me as

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you're about to see...

She told me she wanted to be an actress most of her youth but never had the chance or the guts to do it. What did I do?

I got her a book about acting that all the greats used to learn how to act AND to land an acting job... and she couldn't be happier. We went all the way on the first date.

Here's another one: one of my students, Tom, met a girl who had always wanted to be a singer. She told him after he asked for her long lost ambitions.

So on his second date with her he took her to one of his friends, a producer who needed some female vocals, and he let her record the crap out of that day. Guess how she repaid him? I think you already know ;-)

The KEY to discovering a woman's secret psychological needs, are her long lost ambitions.

When we're young we're full of energy and ambition and dream about doing or being something, but as we grow older we become disillusioned and never end up doing it... and those ambitions of ours become shattered dreams.

All you have to do is find out what HER long lost ambition is, her shattered dream, and help her live that dream... even if it's only for a day.

There isn't any other way for a woman to feel so much respect and attraction for you than this technique right here... because you just fulfilled a need NO ONE has ever fulfilled, plus by doing it you showed a genuine interest in her.

Women aren't attracted to guys who randomly pick up women, they're attracted to men with a genuine interest in them.

To discover her lost ambitions, you can ask her what she wanted to be or do later on when she was young... or ask her to imagine that if anything was possible right now, what would she be or do? And there you go!

You don't need 10 dates for date bro, but one GOOD conversation... and she'll come back and back to you because nothing is more attractive than fulfilling someone's secret needs.

Same goes for building a social circle btw, but the obvious difference is that you don't sleep with them.

But WAIT – there’s more...

Next to helping her live out her ambitions of the past, there’s also something called the present buddy... and we’re living in it. To cut right to the chase: everyone has something or someone they’re totally crazy about.

Me? I’m a total basketball junkie, but a woman could be totally into Italy, gangster movies, and so forth... or be crazy about horses, or cats.

Put a little thought into it and you can easily find out what a woman’s ultimate fantasy is: a man who likes the same things she does so she can do them all the time... or, even better... a man who IS what she likes so she can do HIM all the time!

If this sounds difficult, here’s a simple example:

My ex was totally crazy about salsa, Spain and everything that has to do with the whole latino culture... so what did I do?

I catered to her fantasy: instead of baby, I called her mami or bonita or mi corazon... instead of “yes” I said si, instead of going to some r&b venue on Friday, I took her to a salsa night.

When driving the car, salsa or reggaeton was the only music being played. I connected everything I did and said to Spain so she started associating all the good feelings she has always felt about the Latin culture with ME. You won’t believe how fast she wanted a second and a third date.

My girlfriend, mobster movie junkie, loves to eat pasta, loves Italy. So what did I do? On the first date, I showed up in a suit..

We ate together (had her make pasta with my instructions), I talked about my adventures during vacations in Italy, I used typical Italian slang, and we watched “Goodfellas” at the end of the date.

Why do this? Don’t make me remind you of the economy my friend: you simple give women what they want, because THAT’S the most valuable to them and thus what they’ll be attracted to the most. You are who they want you to be 😊

“Yeah but that’ll cost me a whole lot of time and energy to pull off...”

Are you crazy? Do you know how many women have a thing for mobsters, gangster movies, etc.? They’re bad boys, and almost every woman is attracted to bad boys...

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And take women with a traditional culture who were brought up in a very strict environment: religious women, women from the Middle East, women from India/Pakistan etc. Because they've been limited in everything they could do, say, and think so much... guess what their ultimate fantasy is? Freedom, adventure, risk...

And with women from these traditional cultures, mostly with women from the Middle East or Hindu women, they're brought up with a sense of how social status is super important, they have to marry well so the family will benefit, and bla bla.

Catering to it: showing you have an above average interest in the Islam or Hinduism, showing up in a suit for a date, wearing jewelry. Funny thing is that every time I'm walking around in a suit, the interest coming from Middle Eastern and Hindu women DOUBLES.

And you don't even have to make it an expensive thing: when it's cold, people wear a shawl... if you're going for Middle Eastern women, then why not wear an Arafat like shawl? Costs 10 bucks if it's not less then that, and you'll get interest exactly from your type of woman.

Go on vacation on a country that's poorer than yours and women will be all over you, because in their eyes you're their escape... they have the fantasy that you can give them the lifestyle that they want.

Do you know a woman who's father died when she was really young or who ran away from his responsibility?

There are many women out there that unfortunately come from a background like that, and all they've wanted all their lives is a father figure. A father figure is extremely dominant, but also a protector of loved ones, he's wise but he can also be very strict and picky.

Display these traits more than any other one and she'll be attracted to you because she's subconsciously drawn to it, in fact, did you know that most women usually end up with a guy who closely resembles their father (in personality and charisma) and men do the same but with a woman who closely resembles their mother?

I rest my case: catering to a woman's fantasy is easy, it works, and it's way more effective than anything else because you fulfill needs that no one could... up until YOU showed up.

It's also way easier to meet and date your type of woman, because you're catering to it with your Arafat shawl for example.

I have a thing for Middle Eastern women so hey... that shawl is what I used and it worked like a charm!

The easiest fantasy in the book that bad boys have been using since the beginning of time, is that they're the perfect escape from everyday life boredom, from the annoying daily routines and obligations.

Cater to a woman's fantasy and work on being her escape just like bad boys do... and you will more than double your dating.

Technique #8: find and fulfill her long lost ambitions and her fantasies. It's easy, extremely effective to do so, and works with all women.

Not only that, it will teach you so much about women that you can practically throw this ebook away if all you learn from it is how to cater to lost ambitions and female fantasies.

And if you want to know more about fulfilling needs, long lost ambitions, and secret fantasies then I highly recommend you read *The Art of Seduction*, a book by Robert Greene.

He originally gave me the idea, I just put it into practice and made it work... work really, really well.

What Women Want

Isn't that what every guy on the planet wants to know? And let me get this straight:

I won't pretend like I have ALL the answers, but I can certainly point you in the right direction because I've read pretty much every book about psychology and evolution that's out there.

By now you already got some clues about what women want... personality and charisma, but what kind of personality does that mean?

Most women will tell you to "just be yourself", and most men are annoyed when they say that... while there's so much truth in it. It's just that women don't know how to explain it.

What does the vast majority of men out there do? They shower a woman with compliments, gifts, expensive dinners, chocolate, roses, and so on... thinking that it'll make a woman like them.

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The only thing you'll be doing when you try it this way is coming across like you're trying to BUY her approval... but attraction isn't a choice and woman can't say "yeah I've had enough flowers now, I think I'll love him from now on."

Idiots. They don't listen to women when they tell them to just be themselves. You probably think you ARE being yourself when you do stuff like this, but let me ask you:

Do you give flowers to your male friends to get their approval? Do you shower them with compliments, gifts, and food to make them like you? No you don't, so you're not being yourself when you do that with women!

The sad part is that the things that instantly create attraction can be found in all of us:

They're basic instincts that ensure the survival of our species.

There are character traits that create attraction and display that your genes have a high chance of survival and if no man would have these traits while women look for them, our species would become extinct.

These character traits are:

- Being unpredictable
- Being a novelty-seeker/risk taker
- Being a "socializer" (someone with a large social circle)
- Being a playful teaser
- Being a protector of loved ones
- Being selective (being picky)
- Being indifferent
- Being dominant
- Being mysterious
- Being confident

Don't even start the "I don't want to pretend like I'm someone else" crap, because the brutal truth is that up until now you probably HAVEN'T been yourself because you haven't been using what's passed down through generations, your basic instincts...

The things you've been carrying around all along but just didn't develop.

Fun little side note: we only use 10% of what our brains are capable of, so are you pretending to be someone else when you use the other 90%? No... you're only trying to reach your full potential.

But the big question becomes: WHY are these character traits that I mentioned before attractive to women?

The Character Traits That Create Tons Of Attraction

We already covered being unpredictable and being a novelty seeker, so let's move on to **Being A Socializer**.

Thousands of years ago when we only just began to come together and live in cities, resources like food, clothing, and money were still limited. WAY more limited than today where you can get products from Brazil and from Spain in the same store: bananas and orange apples.

Because resources were scarce, having connections meant having more access to more resources. As such, being a socializer who easily made connections within the city and outside of it meant having genes with a higher chance of survival than someone who greets who he knows and that's it.

It also meant that socializers over time would develop the connections to trade thing A for thing B when they needed it, so they could even get access to resources that weren't available to them nearby.

It's how trade, commerce, and the economy started: trading something you have plenty of for something you need but don't have.

Having a large and/or high quality social circle had several other advantages for men as well: knowing more people meant having access to more potential mates via a friend, and it also meant that if a socializer would befriend a more successful guy that person's success would rub off on him.

Why?

Because people are much like sheeple: they have a tendency to follow the herd, and if the herd so happens to be more successful than you are?

You start copying what they do, and end up being more successful yourself because of it. So by knowing the right guys, the chances of survival for a socializer would become even higher.

That's why women started sexually preferring men with connections, socializers, people with social status: if they would mate with them, they had a higher chance of survival as well and so would their offspring.

Over time this turned into the more social someone was, the more

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attractive he was to women.

Do you see now why the cutest chick in college wanted to be with the most popular guy, just like the rest of the women? Access to a larger social and that's it.

THAT'S why being very social creates attraction.

Technique #9: build your social circle. Befriend the women that don't have a sexual interest in you, because it's like Dale Carnegie says in his famous book How To Win Friends & Influence People: everyone is your master in some area.

That means you can learn from everyone, so there are no enemies... only friends and people you haven't befriended yet.

Being A Playful Teaser. It's my favorite character trait: they don't call me Dennis The Menace for nothing. Why is teasing women so attractive?

Since the beginning of time men have chased women.

Men have been the hunters... and by playfully teasing women you show them that you're not impressed with their looks, that they have to bring more to the table!

It means they'll know they have to make an effort of getting you, which is way more interesting than the 9 out of 10 guys who practically offer themselves to a woman on a silver platter... no effort needed.

And I don't know if you remembered Attraction Circuitry Projection, but it's a process where women believe men are attracted to the same thing as they are and vice versa. With women that means they think men are attracted to personality and charisma.

By teasing a beautiful woman other men would suck up to because she's so pretty, you cater to the Projection:

You display an attitude of who cares if you're pretty, what else do you have to offer? And after looks comes personality, so women will assume you're attracted to personality and charisma just like they are... making you the one man that doesn't disappoint them!

So how do you playfully tease a woman then?

1) Exaggerate – if she's shorter than you are, she's a midget. If she's longer than you are, she must be a famous NBA basketball player. If she

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has a big but, you call her J. Lo. If a really fat woman walks by, you tell the woman you're talking to that she needs to watch out for Free Willy.

Other examples: if she says she's tired, you accuse her of being a zombie, and she denies, you tell her she's lying and that ALL the damn zombie movies in the world combined don't have SH*T on HER! I think you get the point.

2) Tell her what she doesn't want to hear – smart academic like chicks are dumb blondes and mongoloids, dumb chicks are brain surgeons, athletic sporty women are outrageously fat or have love handles, tall women are midgets, midgets are giants, fashionable women are fashion crimes, the small purse a woman carries around looks like a body bag, etc.

3) Imitate – if she says she hates a certain girl you go "I mean oh...my...GOD... she is like suuuuuch a bitch. Whatevrrrrr."

Key word here: think how a gay guy would say it and make sure she knows you're pretending to be her. And if there are two objects lying around, two glasses or a phone and a pack of cigarettes doesn't matter... pick them up and pretend like one of them is her:

"Hi my name is Linda and I'm sooo stuck up, a total brat! What's your name?" and then the other one is you: the overly masculine Rambo wannabe. Also seriously funny: watch how Cartmen from Southpark does it. As soon as someone complains he says: meh meh meh meh with a really childish voice. Use it!

4) Nickname the crap out of her – if she so happened to be wearing a lot of red, call her "bull detector", "bloody Mary", "communist" and so on and stick with it, mention it later during the conversation by asking: "so what are you going to do tonight, communist?" If she wears blue, call her a Crip, a sea lover, sea world junkie, etc. White? Klu klux klan! Black? Satanist! Witch! Goth chick!

Need I say more? Nicknames are what close friends give to each other so by giving her nicknames and using them constantly, you create a connection with her because only you two know how she got the name.

5) Anything she says is a sexual hint – anything long, thick or hard? Guilty! Anything that has to do with balls, sausages, sticks, wood, poles, lips, bed, sleep, plastic and so forth? Guilty!

Accuse her of being a nymfo, of being a super freak, of only wanting to take advantage of you while she could at least take you out to dinner first,

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etc. Key word: role reversal! If she gets a drink, accuse her of trying to get you drunk so she can take advantage of you. If she gives you a compliment? Tell her she only said it because she wants to get you in bed. You get the picture.

Technique #10: start playfully teasing everyone. If you don't have a sense of humor (yet), you better get some in-field inexperience then dude! I'm talking man, woman, and child... tease them all. Start seeing women as your spoiled, bratty little sister and you'll know how far you can go.

Moving on...

Being A Protector Of Loved Ones is easy to explain: the men who protected their wife and their children the best in earlier times, had the highest chance of survival... so women sexually preferred men who could protect their loved ones the best.

In modern days it's a loss let obvious though because we usually don't throw a spear at someone else anymore, unless you're a serial killer off course.

These days it's all about showing that you stand up for your friends and family and telling her about it whenever the opportunity presents itself... that you tell her about what you did to save their asses.

Another way is developing a bit of a "mobster persona" as I call it.

For example:

She had a presentation at work, her boss criticized her, and she just told you that he was being unfair, then you can come across like the protector of loved ones by saying:

"What!? Your boss treated you in an unfair way? Do you want me to go and have a "friendly" word with him? Because no one can treat you in an unfair way but me!"

It may remind you of territorial gorillas, but in all fairness, being territorial is attractive to women because again: the one who protected his turf the best had the highest chances of survival in earlier times... and besides, you're never visiting her boss but just showing you're willing and able.

Technique #11: start being the protector of loved ones. If someone treated her unfairly or if she despises someone, throw your "mobster persona" on the table. Be territorial whenever she's

around or when you're talking to her and you'll create HUGE amounts of attraction.

Being Picky... or being selective. Whatever you want to call it, if you don't take everything for granted, are judgmental, not easily satisfied, say no whenever you want to, and let your opinion be heard as soon as she says, does, or wears something you don't think is 100% okay? You'll create attraction.

Just like with being a playful teaser, it shows a woman she's going to make an effort of getting you, pleasing you, and keeping you. She'll have to chase you and that's way more attractive than a man who chases her.

There's also some genetics involved though: when we were still living in tribes, the most selective men knew exactly what they wanted which allowed them to make quick decisions.

Quick decision making was very important back then, because when foreign invaders, natural disasters, or animals threatened the tribe? Action needed to be taken FAST and gosh... do you think knowing exactly what you want would make a difference? Yep! Again, higher chances of survival.

It's the same for being confident btw: having confidence meant not second guessing decisions you made, which would definitely benefit the tribe when in danger... and that meant higher chances of survival.

There are also advantages to knowing what you want: scientists did a study where they sent two groups of people out on the streets of the same city, where one had to bring back anything they found on the pavements and roads... and where the other group had to bring back as many pennies as they could.

Guess which group found the most pennies? The second group...

Do you understand what this means? That the more selective you are, the more women that are "your type" you will find.

Technique #12: start being pickier. Disapprove, say no, disagree, be judgmental, and know better what you want and you'll get more of what you want... duhhh.

And here's the juicy secret: if you disapprove of something a woman says, does, or wears?

You'll know when she's interested the moment she either tries to qualify

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herself by denying or explaining herself after your disapproval. If she makes an effort of qualifying herself, then obviously your opinion of her matters wouldn't you agree?

Next up: **Being Indifferent**. Being indifferent means not attaching ANY value to someone else's opinions or actions, being in control of your emotions, and staying calm when most people would freak out.

But why does it create attraction?

First of all, if fewer things have an effect on you, it means a woman will need to work for you and by now you know that means she'll be attracted.

Secondly, let's go back to tribal times again: the guys who kept their heads cool and their emotions under control in a time of crisis were the ones that survived a crisis the best because they could think straight and act calmly. Higher chances of survival. Again evolution scores a point in the women & dating department.

Finally, if you're indifferent then you simply don't care or care less about the outcome of any event... and that means having the balls to take more risk and to go further with women than most men would. Obviously, this is a good quality because you're less desperate and get more result faster than everyone else.

The trick to becoming indifferent: reality is a subjective perception my friend, because YOU decide how you're going to feel about 10 people killed in Afghanistan, a bad score for an exam, getting fired, etc.

Emotions come from within, which means they can be controlled, and since reality is what are opinions and beliefs about the world are... we can change reality by changing how we feel about things.

You can do this with an easy affirmation "I am responsible." If you use this affirmation every time negative emotions are about to take over, you'll gain more and more control over your emotions because you take more responsibility for them.

Here's a simple metaphor for it:

When you go outside, do you get angry, upset, and all hot and bothered when it rains and do you blame the world for the rain and think that your life sucks really bad? Or do you, instead, look for an umbrella to solve the problem of getting wet?

Negative emotions have no use: they stop you dead in your tracks and

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cost you precious time. I'm not saying you should neglect them, I'm saying you should look for solutions to problems instead of feeling angry about it for a freaking year when being angry doesn't SOLVE the problem.

Technique #13: become more indifferent. Say "I'm responsible" when a woman says "No" because you really are responsible for how it's going to influence your night.

Will you decide that she's worth it to screw up your night, or will you think I won't let my night go to waste because of one chick? Will you get upset when someone tells you something you don't want to hear, or will you see if you can use it as feedback to learn more?

It's your choice... your responsibility, now start being responsible because the more responsibility you take on your shoulders, the more you control you can exercise and the more power of where things are going you'll have.

Being Dominant is a character trait that creates attraction with women no matter where they live on our little planet. Note though that being dominant is different from domineering... one is leading her, the other is being a paranoid psycho who demands to see her latest text messages to see if she cheated on you.

The funny thing about dominance is that some men are naturally dominant but don't know that it works really well with women... I was one of them once.

But WHY does it create attraction? It has to do with human evolution my friend.

Here's the story:

We didn't always live in cities, in fact, most of our history consists of us living in small tribes on the plains of Africa and Asia... tribes of a couple dozen people at best.

And when a male of a tribe was more dominant than other males, he would be able to gather more resources (food, shelter, clothing, etc.) whenever he wanted by taking it with force or exercising his influence.

That meant that because he had access to more resources, his genes had a better chance of survival than that of any another male and that if a female would mate with him... SHE and her offspring would also have higher chances of survival.

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The result was that after thousands of years women started sexually selecting dominance as a character trait, because the more dominant a male was the better her genes would survive and the more offspring she would be able to support.

So from a survival of the fittest perspective, the character trait of being dominant has been a fitness indicator for a loooooong time.

Conclusion: if you want to create more attraction, be more dominant.

An example of getting a woman's phone number...

Instead of ASKING her "may I have your phone number?" which is not dominant at all and just plain stupid because the chance she says no is 50%, it's easy to say no...

You TELL her "let's exchange phone numbers, so we can talk more tomorrow" or the even more dominant "give me your phone number, so we can talk more tomorrow."

I know from experience, and genetics, which one gives me more success with women...

Do you know now too?

So please, take the lead. BE THE LEADER and tell her where you two are going because it creates attraction.

Not only that, being dominant and deciding where you two are going, how late and so on will make YOU feel more confident in the situation you'll end up in... and being confident is attractive as well!

Although feminists want to make you believe otherwise, women instinctively WANT TO BE LED...

Feminists saying dominance is not a male trait but a human trait and them demanding equal rights for the last 100 years is no match for women sexually preferring dominance for thousands and thousands of years, PERIOD.

The perfect example of how women want to be led that is easily recognizable for most men:

You: "what do you want to do today honey?"

She: "I don't know, what do you want to do?"

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Classic boyfriend-girlfriend interaction which proves my point.

Technique #14: be more dominant and don't ask for permission. Can I get your number? May I ask you something? Could I? Are the wrong things to say.

I want to see you, let's exchange numbers, give me your number, let's go there and there... then you're talking! Never ask a woman for permission to do anything, she's not the master of your destiny or your life. You are.

You're not her love slave, you're the leader whether you like it or not: women lose respect and feel less and less attraction for you if you don't take the lead.

Being Mysterious is closely related to being picky and playful teasing because a woman will have to work for you, only this time it's to get to know you better. Being mysterious is being more than meets the eye. It's creating curiosity and anticipation for what's coming. It's never putting all your cards on the table and this always leaves her wanting more.

You can be mysterious either because you don't tell her everything there is to know about you, because you can do what most people can't (example: magic), or because you're highly spiritual.

Either way, you'll be VERY different from your average guy who watches the average football of his average club with his average friends, while drinking average beer. Much of the "thrill of the kill" with attraction is because a woman won't know everything about you, or what's next... and you can easily use it to your advantage:

- Say you're about to take a woman out on a date two days from now, then an easy way to make her look forward to it and to create even more attraction than you already had going for yourself is by creating ANTICIPATION.

Drop little hints like "yeah I'm taking you to this place that's really awesome and where they have this..." or "guess what we're going to do?" and then let her guess for it, only to NEVER tell her what you've got in store for her.

- Whenever you're telling an exciting story on the phone, on MSN, or even in person and right in the middle you just... leave! And if she wants to hear the end of it? Make her work for it: "what do I get in return when I tell you the rest?"

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- Use stuff like palmistry, tarot cards or The Cube (it's a fun little game, Google it!) to not only create mystery about how you can know her so well in such a short period of time, but also about where you learned that stuff... and in the case of palmistry, it's a good way to start physical contact by touching her right before you kiss her.

Being mysterious has also something to do with leaving her guessing: with being unpredictable. And the great thing about it is that if you leave pieces of the puzzle missing, the human mind tends to fill in the blanks in the only way it knows how: with wishful thinking, with positive images.

Example:

Say a woman asks you what you do for a living and you answer "I'm into marketing..." then your answer leaves so much of the puzzle missing that she'll wonder: in marketing? Do you have like your own company? Are you a manager of some kind? What's the deal here... and she'll want to know more.

Technique #15: be more mysterious by not giving an answer right away, by letting women guess and anticipate... and by always leaving them wanting more. After the examples I gave you above here, I'm sure you can come up with your own ways to do it.

Last one up: **Being Confident**. I already mentioned how confidence served a man well in ancient times and how it increased his chances of survival. If you want to learn how sexual selection works and why these character traits create attraction, then I highly recommend you check out a book by Geoffrey Miller called The Mating Mind.

Let's talk about what happens when you approach a woman while feeling insecure, anxious and full of doubt. Because YOU are uncomfortable, it will make HER feel really, really uncomfortable. It will make her want to leave.

If you feel comfortable going into the situation however, she sees you're relaxed, open and feeling just fine and safe... so SHE'LL feel that way too. Remember what I said about people being sheeple, followers of the herd? Same thing goes for confidence...

Quite often, being a little more confident than you should be is VERY attractive. A simple example of how to do this is when a woman gives you a compliment like "you're sweet!" don't say thanks, but say "I know!" they love that stuff.

Here's another one: say she says she's going to pay her family a visit then

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you can respond with "you should pay ME a visit instead, because I'm much more fun than they are."

A quick exercise to start feeling more confident right before you go out to meet women, whether it's in clubs and bars, on the street, or even online... is "The Circle Of Cool". Who do you think is the coolest guy on the freaking planet? The baddest motherf*cker around?

Whether it's president Obama or Neo from The Matrix, next time before you go out ask yourself: how would he move? If a woman says so A, B, or C what would he say and how would he say it? Imitating people who you think have supreme confidence will make YOU feel more confident just like how imitating successful people will make YOU more successful.

Another obvious but overlooked tip: listen to the music or watch that movie that gets you pumped up and ready for action. This kind of stuff motivates you and makes you feel more confident, which will show itself as soon as you approach a woman. You will feel better while doing it!

Technique #16: start building your confidence by working on your insecurities and your fear of rejection and failure. Secondly, use The Circle Of Cool and "motivational media" to get you going just before you go outside to rock the world.

Now you know exactly what women want, it's time to look at how to approach them easily and successfully...

Chapter 3: From Approaching To Dating

Approaching Women 101

When you want to know what to say to women, the first thing you should do is attach no value at all to the first thing you say. Why?

I've opened many, oh so many conversations with a simple and plain "Hi" or a "Hello there, what's your name?" and then walked away with that woman's phone number in my pocket.

The reason for this is simple: what you say first is a means to an end, a way to start a conversation and it really doesn't matter how you do it...

Because a woman's first impression of you is based on how you react to what SHE says or does after you started the conversation: the character traits that you display.

If this sounds vague to you, here's some proof that shows you how it works:

You: you see a woman who's trying to make eye contact with you, you hold eye contact, smile, and she smiles back, and so you approach her and say "Hi there, what's your name girl?"

She: "Hihi hi! I'm Isabella!"

This lady was making eye contact with you first and she even giggled when you said something to her, which obviously shows she is interested in you. Imagine what would happen if you would try to come up with all kinds of fancy crap to say to her or to tease her, while she already showed her interest... do you know what kind of a first impression you would make?

Like you're a total moron who has NO social intelligence AT ALL. She's already interested, so all you have to do now is take care of logistics:

"I saw you looking at me and thought to myself: you can't look at me like that without introducing yourself! And now that I know your name, I'd like to get to know you better. Let's exchange numbers, so we can grab a cup of coffee soon".

In doing so, you show her you're interested too, and that you're a dominant guy who likes to get what he wants (and being dominant is VERY attractive). So don't try and come up with some over-the-top story

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or question to say to her just so you can start the conversation, because more often than not when you've finally come up with something witty to say?

She's already gone.

Don't be locked inside your head over-thinking things, over-analyzing things, but seize the moment and start that conversation... even if you only say "Hi" you already won because you DID manage to approach her!

Approaching women is as easy as you want it to be ☺

And now that you know that it's not what YOU say first, but how you react to what SHE says first... let's take a look at playful teasing.

You: "Hello there, what's your name girl?"

She (hesitates a sec): "Uhhh..."

You: "Uhhh? Is that your REAL name, or are you suffering from Alzheimer at such an early age that you've already forgotten who you are!?"

And BOOM... you just created attraction! Let's have some fun with another example:

You: "Hello there, what's your name girl?"

She: "Hi! My name's Rashiva!"

You: "Rashiva? Isn't that one of those Hindu gods with 8 arms? Hey... wait a second... what happened to your other arms!?"

You just created attraction part 2!

Don't over-think approaching a woman by asking yourself questions like "will I bother her when I approach her now?"

There's only one way to find out, and that's by approaching! You're thinking yourself almost to death there my friend, and most men do that when they see a woman they're interested in.

Meanwhile, women practically open themselves! What I mean by that?

There are probably a thousand ways, if not more, to use a situation to your advantage... and using the situation gives you an easy way to start the conversation. Some examples below...

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A woman is staring at a pair of boots that's being displayed in the window, but walks away from it all of a sudden... so you can say:

- "No I wouldn't buy those boots if I were you either, you have more style than that!"

- "Did the price tag of those boots scare you there? I wouldn't buy them either for that price, unless they give me a plane ticket to Africa to go with them!"

Or...

You're waiting for the bus, train, taxi, boat or some other kind of public transportation and it's late... which always bums people out, including women...

- "Let me see... sorry boss I'm late because the bus didn't drive. Do you think he'll buy my excuse? And what's YOUR excuse missy?"

- "And then they wonder why they can't get everyone to use public transportation... well, maybe because they never drop you off where you need to be on time! Don't you agree?"

The standard reaction to these "situational openers" are always a laugh and a nod in agreement, after which you can take the conversation anywhere you want it to go...

Why not go ahead and use the playful teasing by accusing that chick from the boots that she's broke and probably going to hustle someone for money so she can come back and buy them?

Why not accuse that bus depot babe that the bus isn't late, but SHE is... by sleeping way too long being the lazy ass that she really is?

And there you go: you'll create attraction on the spot because of the situation!

All you have to do is OBSERVE what is happening all around you to find the opportunities for approaching women...

Here's the juicy secret: see what a woman is doing then and there and imagine what she would think right now... fill in the dots and comment on it.

Say you're in a club and you see a woman standing there with her arms

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crossed, looking bored and like she's about to leave... why think of all kinds of fancy crap to say when you can just say:

"Let me guess: you're thinking about leaving this stinking place because you're not enjoying yourself at all over here, right?"

With women who are late, women who are looking for something, women who look bored, women who are shopping, women who are trying to make eye contact with you... all you need to do is "comment on their status" and go from there. Use the situation to open a conversation with them.

If you've been paying ANY attention up until now you already know what to do after starting a conversation: create attraction! Here's a little recap of how to do it: use one of the character traits to create attraction or find her long lost ambitions and fantasies and go from there.

Approaching someone you don't know is crossing an imaginary boundary for most people though, and you should LOWER it by doing a little warming up.

What I mean by that is: approach some random people and women you're not interested in... 5 people or so to get in the mood, to get used to talking to strangers, to having conversations with zero background info to use. It will help you out and conditions you to get used to approaching itself.

The biggest challenge with approaching women is not what to say to them, but actually walking up to them and starting a conversation. So when I had only just decided to get the women & dating part of my life handled, I FORCED myself to start conversations with women...

I went to a supermarket at the other side of town that I hadn't been to ever before to get my groceries, which meant I HAD to start conversations to get some them foods and beverages in my cart.

Hell, I went to other cities as well.

I did the same when shopping for clothes: asking a woman to help me locate the good clothing stores in a mall where I couldn't find anything.

Anyways, say you see a woman that's walking at the other side of the street, standing on the other track at the train station or the other side of the club, sitting way over there and so on and you still want to approach her because she's hot and seems interesting... then simply wave at her and smile. If she waves back or so much as smiles? She's interested and

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you should GO for it! Any woman who smiles back when you smile is interested, remember that.

And hey... women that are looking your way are almost always looking your way on purpose, trying to make eye contact. Most men just think a woman accidentally looked their way but she wasn't, she was interested and YOU need to do something about it next time.

Men are always worried about if they're bothering a woman when they approach her but dude, if you started a conversation with a woman who's going somewhere, just join her:

Tell her you need to walk or travel in the same direction, and you'll have more than enough time to continue the conversation and to create attraction.

Worst case scenario: if you can't even comment on a situation and all other things fail, be honest and direct and tell a woman what you're thinking. "Here I was trying to think of all kinds of fancy things to say to you, but I just HAD to meet you... you seem like an interesting person."

And then it's matter of letting your character traits do the talking...

Please, start with women who are alone or with one friend, and worry about groups later. Approaching women in groups is harder than approaching women who are alone, for the simple reason that you need to divide your attention.

If you only pay attention to your "target" the other women will become jealous, bored, and think you're rude for not acknowledging them, and they'll COCK BLOCK you by leaving and taking their friend with them no matter how much bitching and complaining it takes.

By now I guess you're wondering how to use those good old character traits at the start of a conversation, right? Oh come on! Be honest!

Just remember this when starting a conversation: who's the most important person to you? The one you could talk about for ages? YOU are!

So let her talk about herself, because the more she tells you the more information you will have. And when it comes to information, be like a cop in one of those crime movies: anything she says can and WILL be used "against" her.

You can use anything she says to tease her with, be picky about, be indifferent about, be (too) confident about... and the list goes on and on.

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That's why it really doesn't matter what you say first, but how you react to the info she's giving you!

Your sole purpose is getting her to talk and closed questions won't get you anywhere? Do you live her? Yes/no. Do you like this music? Yes/no. Avoid the yes/no questions altogether and focus an open ended questions: "What's a girl like you doing in such a small city like this?"

Just an example to show you what I mean. People almost never REALLY talk these days though, I would say they're being polite.

You see, most of the time when you ask someone a question, they don't think you're really interested so they'll give you a short answer. With the above question that would be "my parents live here" for example.

It's only when you show genuine interest in what they're saying that they'll tell you the whole story: "really? So where do you live then, tell me more!" Those 3 words work like magic: tell me more, because they invite a woman to give you as much info as you need to create attraction.

Example...

She: "well I actually live in Amsterdam, it's WAY better over there and bla bla bla"

Me: "way better over there? Why aren't we a spoiled little brat! So tell me, brat, what are you doing walking around without your parents then? Where you lying to me? (while looking at her all suspicious)"

As you can see, using information to your advantage is so easy, a baby could do it! I've given you plenty of info on approaching, now let's move on to women being a pain in the ass.. uhhh sorry I meant women testing you.

Why Women Test You... And What To Do About It

When we're talking about attraction and dating, men are much like sperm and women are much like eggs. What I mean by that is that us men have a gazillion sperm cells waiting to be let loose and every single day we save up more and more...

Biologically making us want to fertilize as much women as possible to produce as much offspring as possible so our genes will survive.

Women however, only "produce" one egg a month and as soon as that egg is impregnated, they'll get pregnant and it will take AT LEAST 9

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months before the process can repeat itself...

Biologically making them selective about who they mate with because they can only produce so much eggs in a life time AND because they'll be more and more dependent on the man to provide resources (food, shelter, etc.) the longer they are pregnant.

And that's not meant in a sexist way... ever saw a 9 months pregnant lady be as agile, flexible, and as fast as a woman who's not pregnant? No? I thought so.

The consequences of a woman being biologically selective are HUGE: she can't just sleep with anybody, so she'll have to separate the good from the bad and the ugly.

Since telling you straight up that she's sizing you up means you can prepare for it and almost anyone will achieve good results or so to speak when he can prepare, she'll have to test you without you knowing about it.

Do you understand what this means? It means rejection is actually a TEST she throws your way. It's simple when you think about it: what if 9 out of 10 guys would go away if a woman says "fuck off" to them in a club?

Then saying that would be a pretty damn good test to separate the good from the bad, wouldn't you agree?

But that one guy that continues to try and talk to her, ahhh... now that's the winner because simply by staying he comes across like he knows that it's just a test, and because he isn't impressed by it... he passes the test!

Even by only passing a woman's tests you create HUGE amounts of attraction, remember that next time women are quick to blow you off.

In clubs & bars these kinds of tests are all too common: it's socially accepted to approach, and as such it's a really common place for women to be approached by guys over and over... and over.

Imagine you would be approached by salesmen 10 times on 1 day, for 52 days a year... and you'll have an idea of how much women are approached in clubs & bars a year. Off course they're quick to test you then!

But it's just their "Club Persona" when they reject you, a test to get rid of most of the guys that are bothering them... but you'll find that when you stay around, there's actually a sweet, interesting girl behind that bitchy

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behavior a woman showed you at first.

So in God's name: STAY!

Women also often test you when you ask for their contact information, like her phone number or Facebook or whatever... and when you ask them out on a date.

Next to staying, there are also things you can say to a woman that will make you instantly pass her test as soon as she tries to test you... because your words immediately let her know that you have the social skills to see through her tests...

Women hopelessly fall in love with men who are good with women, with men who aren't impressed by women or worship them like they're some goddess (like the desperate little wussies out there do)... and guess what you display by passing their tests?

That you're good with women.

Okay, do you remember last time you asked a woman for her number? If so, do any of these sentences sound familiar to you:

"I have a boyfriend"

"I normally don't do this/give my number to strangers/give my number to a guy I just met"

"I don't have a phone/Facebook/MSN/internet"

They do huh? It's because they're the most common tests women throw at you, it's like they all have access to a Universal Female Excuse Archive.

But why would a woman say she doesn't want to give you her number like this and not just by saying no?

Simple: women have feelings too, they're not insensitive biatches you know. They actually don't want to hurt your feelings when they say no I don't want to, so they'll say it in the least offensive way possible so your feelings AND her pride remain intact.

Don't be intimidated by these tests: if you create enough attraction by traits such as playful teasing and being picky, it's very likely she'll never test you. I haven't been tested by any woman for like, what, 2 years now?

The first reason for them to test is to separate the good from the bad and

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the ugly, the second reason is: they don't want to regret their decision to give you their number or to date you.

When it comes to dates, it's simply a matter of recognizing the fact that she doesn't want to waste her time and energy just like you don't want to, so if she hesitates to go on a date with you then make a deal with her.

If you and her don't enjoy yourselves within 5 minutes of the start of the date, you can go your separate ways... no hard feelings, just as good friends. Women really respect you for making this deal with you, just try it!

But aren't we forgetting something important here? YES: how to get a woman's phone number!

How To Get Her Phone Number

When it comes to contact information, women have what I call a Stalker Objection.

See, most men when they get a woman's number and send her a text message or call her without getting a reply, they'll text her again or call again... thinking she's playing hard to get. Then they get fed up with it and send her an angry text or call her 5 times on 1 day, hell, they even beg her to call back...

But by now you know that the more you chase a woman, the more she runs away from you... so she'll experience this type of behavior as STALKING.

And newsflash: women have a life, she could be busy. So wait at least a couple of days before trying again and please... don't do voicemails. The fact that she has a missed call from you is more than enough, leaving a voicemail too is DESPERATE.

As a test, ask a woman if she has ever been stalked... almost all of them will say yes, which makes them hesitate to give YOU their number because maybe YOU'RE a stalker too!

The easiest way of overcoming this objection, is accusing women of being a stalker. By accusing something of being A, you yourself come across like you're definitely NOT A. Makes sense doesn't it?

So here's how I ask a woman for her number:

"You know what? I have to go now, give me your number so we can

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continue this conversation another time. You have to promise me something though... NO stalking! I don't want 10.000 text messages on one day okay?"

Telling her to give you her number is being dominant, and accusing her of being the stalking takes care of her objections with ease.

Don't underestimate the Stalker Objection: since me discovering it and using it to my advantage, I only had 1 woman refuse to give me her number, and that was because her boyfriend was walking up to us as we were talking!

Technique #17: it's not really a technique, but more some solid advice. If women keep testing you AFTER you started the conversation, so when it comes to getting their number or going on a date with them?

Then it's a signal that you need to work on creating more attraction, because if you create enough attraction and use the Stalker Objection? Women simply won't test you, because YOU'LL be testing them!

It's probably a good idea for you to test if a woman gave you a fake phone number too. You don't want all your effort to go to waste, right?

How to test this? Immediately after she gives you her number, call her, and tell her she now has your number.

If her phone never rings, she gave you a false number. If it does ring, she now has your phone number too.

Women (and people in general) don't like to be called by strangers, so doing this prevents her from ignoring a call from an unknown number (YOUR number).

One more thing...

Remember that women test you to find out if you're genuinely interested in them, or if you're just a player.

So when a woman says: "Sorry, I don't have a phone!"

You say something like: "No problem, just give me your email address then"

And if she says: "I don't give my number to men I don't know, sorry!"

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You say: "Okay, well I'm (your name here). What's your name? (Her name) huh? Nice to meet you! Now we know each other, let's exchange numbers."

And even if she says: "I already have a boyfriend, so you can't have my number."

You can always say: "Wow! I'm honored that you think I'm a threat for your boyfriend, thank you! But don't worry, I'm just here to make new friends. What's your number, new friend number one? Let's hang out soon!"

The whole point here is: you can always get a woman's phone number, because no matter what cheesy line she uses to say "NO" with?

It's always a test that you can pass.

Persist and you show your genuine interest, which gives you her phone number.

But I can imagine you may still be a nervous when you're about to ask a woman for her phone number. Hell, you probably want to know what to do when a woman says no, how long to wait with calling her after you get her number, what to do when you call and get a voicemail... and so on...

And if you want to know more about how to get women's phone numbers, how to call them and how to text them? Then I highly recommend you check out my [Calling Women and Texting Women Program](#), because it shares all the secrets you'll ever need to get 10 out of... TEN women to give you their number AND to go on a date with you!

Let's continue...

Going On A Date With Her

Asking her out isn't that hard to do when you've created enough attraction and you need to get it out of your head that 1 no means no for life anyways, because with women?

No usually means not yet, which means you need to slow things down, create more attraction, and try again in 10 minutes... always escalate is the best advice I can give you.

That means you should also get as much out of a situation as you can get, because "yes" means go on, no answer means she doesn't have a problem

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with it and "no" means not yet.

But I'm getting ahead of myself here...

Because how do you get a woman to go on a date with you? I'm not saying "how do you ask her out" on purpose, because you DON'T ask for her permission. Be dominant and say: "let's go to bla bla, I know this great place where they..."

Take her out, don't ask her out.

What naturals, men who are naturally good with women, always try to do is getting the most out of every single situation.

They live in the moment and where most men ask for a number so they can take a woman out on a date maybe some time next week, a natural asks "what are you doing right now?"

It's the first thing I learned from naturals and it works really well...

Because if she has nothing better to do, then why not take her out on an "instant date" with you?

She has nothing better to do and has the chance to enjoy more of your company, while it saves you a whole lot of time you would have otherwise wasted on getting her number, calling her, telling her you want to take her out, etc. plus, it shows a whole lot of confidence.

Not feeling brave enough for that instant date?

Then if you got anything less than her phone number, like her MSN or whatever, then push your luck and ask her number... live the moment my friend, and get as much out of each situation as you possibly can.

But where should you take her out?

Location, location, location... it's all that matters.

Make sure you always have a back up location in case the one you intended to go to isn't open yet, the owner is taking a vacation, and so forth.

Trust me... it will make sure your date won't get shut down because that shitty coffee place or whatever caught you off-guard.

Think about the logistics too: take her to some place that's not far from

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where you live so coming inside with you won't mean an hour long drive.

Next to this, taking her to some place YOU know means she'll be at your mercy... which automatically makes you the dominant one (which creates attraction), plus you'll feel more confident and more in control of things because you've been there before.

Be the novelty seeker and go and do something active with her, like roller skating, basketball, or any other sport or thing that will get her dirty.

Why?

Because you can race her there, make a bet out of it where the winner gets a kiss, it'll be new and a whole lot of fun for her... an escape from the daily routines, and remember why that's attractive to her?

But there's another HUGE advantage of being a "master of logistics." Let's see what it is in the next part below...

Sex On The First Date: Is It Possible?

It's also smart thinking to get her dirty: she'll feel all sweaty and what not and will probably want to change, so why not offer her to change at your place?

You have fresh towels there, you promise you won't look, etc. and guess what: you got her to come inside with you so all you have to do now is kiss her and let the magic happen...

Women have hang ups about sleeping with a guy on the first date though, not because they don't want to but because it's socially not accepted. They'll be seen as SLUTS for doing that, for basically having the same sexual freedom as we do, and they don't want to lose their reputation or their self-respect. To some women, even kissing on the first date isn't socially accepted.

The solution: most people go to one place during one date. Think about it: guy takes girl to nice restaurant or to the movies, and that's it. So make a journey of your day.

First grab a cup of coffee somewhere, then get her dirty somewhere else and in her mind, you two will already be on date 2 which makes her drop her objections altogether... especially if you use the time given to you to create attraction.

After your "mini-dates" it'll be easy to get her to come inside with you, but

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don't jump on her right away (unless she makes the first move off course)... and you completely catch her off-guard because she'll expect it.

Make her feel comfortable and safe inside your place, talk some more, kiss her, and then take her to the bed...

Say you're not too creative as to come up with an "active" date to get her dirty, then a much simpler way to get her to come inside with you is to recognize her objections against coming inside and using them against her:

"Promise me something: that you WON'T be a rapist and be all over me as soon as I close the door behind me when I ask you to come inside with me. I won't regret asking you to come inside, will I?"

Another way to lower the boundary to coming inside with you: make her get used to your place is telling her you forgot your wallet at the start of the date, letting her come inside with you and wait in your room as you grab your wallet... it will mean that the place looks familiar when she comes inside at the end of the date.

So there you are, she has come inside, you talked for a little while longer and you're ready to kiss her... but how do you know if SHE'S ready too?

Getting Physical With Her...

How do you get physical once you get a woman to come inside with you?

Use what's called the "Triangle."

It's done like this: look from her left eye, to her right eye, then look down to her lips, only to start with her left eye again. If you look at each for 1 to 2 seconds, the sexual tension will go through the roof. The best time to use this is when she's talking.

Why?

If she stops talking when you do the triangle, then you know she's feeling the tension and ready for action... and all you have to do now is kiss her already!

TIME OUT... and rewind a little...

Remember when I talked about going on an "active" date with a woman? There's another reason for that: it allows you to get up close and

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personal:

- You can strike a deal about the pay off the winner of the competition gets. Example: if you score a point with basketball you get 1 kiss, if she scores... she does. It gets her used to things becoming more, and more physical during the date...

- If you think she's cheating (and you always think that because...) you can accuse her of it, and give her a slap on that booty (her ass dude) as a punishment, or you can tickle her, and more... all to get more physical with her. Be creative!

Playful teasing has something to do with getting physical as well: women will give you a little slap, touch your hands, or push you a way a little when they think you're mean... make it all part of the program and sex is only a matter of time.

Two other good ways to ease her into getting physical with you are:

1) Dancing. Especially Latin dances that are more passionate are good, because you and her body are constantly close to each other. A kiss is only seconds away.

2) Giving a massage. If you can't dance, then there's always the massage. Every woman likes to relax, especially if it's through a massage of her back that works the stress right out of her muscles. The best way to give a massage a sexual mood is by using massage oil. Going from massaging to sex is easy...

FAST FORWARD

This isn't a porn bible so I won't even go there you pervert, but if you want to know more about sex techniques then I have two words for you: Kama... Sutra.

The Kama Sutra is a legendary book with an amazing amount of sexual positions. Read it some time, trust me...

Okay, let's assume you had fun in the bedroom. Now what? What's next?

Chapter 4: Looking Beyond The 1st Date

What's Next: A Relationship Or ... ?

What's next depends entirely on what YOU want out of life, but I do know that I've seen a pattern appear in the lives of the 140+ men I've coached up until now.

It's not really a pattern, but more somewhat of a cycle of phases they go through when learning how to meet & date women.

1) At first, when you're starting out, you grab anything you can with a sort of every man for himself mindset. I call this PHASE 1 THINKING.

Is that a bad thing? No, because you have to start somewhere buddy. If you have insecurities and lack confidence, it may be a good idea to start trying to attract and be more confident with a girl that isn't your perfect 10... because perfect 10s put you to the test.

It's a test that you aren't ready for yet, and if you fail it you end up becoming even more insecure. So it's probably best to start out with less... but DO NOT SETTLE FOR LESS. They're two different things you know.

2) After you get yourself some conversational skills, some social skills, and a bunch of phone numbers you grow a little more confident and have a little more faith in your abilities.

As such, you become pickier about what "your type" of woman is. Whatever you were doing that gave you success (playful teasing for example) now becomes your way to live if you will. You blindly focus on repeating that one thing that worked to get as much success as you can with as much women as you can. You simply skip the women that aren't attractive to you.

This is PHASE 2 THINKING.

3) After living out your playboy fantasy for a while, when you're at a point where you can get a new girl to come home with you almost with your eyes closed, some playboys become bored with that.

They want a challenge but getting just any woman isn't challenging anymore. Mind you, most men get stuck in PHASE 2 THINKING but some... like 10-20% of them want more. They want a challenge, forcing them to look for exotics. Exotics are exceptions to the rule that make things more interesting: having a threesome, a devil's three way (two men 1 girl but

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no gay sex... iell), sex toys, stealing someone's girlfriend, etc. These exotics make things more challenging, and I call this PHASE 3 THINKING.

4) Believe it or not, but to some even THAT becomes boring.

Instead of going long (with many women), these fellas want to go deep: go as far as possible with one woman or with a couple of women. They realize that keeping a woman attracted for years is more difficult than keeping her attracted long enough for them to sleep with her... and they accept the challenge.

This is PHASE 4 THINKING: ending up in a mutually exclusive relationship with your new found skills. I have learned more from this phase and being in a mutually exclusive relationship with my new found "attraction skills" than any other phase and I can honestly say that those lessons have taught me more about women & dating than anything else because it is 10 times harder to keep attraction going for years than for hours or days.

5) The last one: PHASE 5. FULL CIRCLE THINKING.

This means having so much experience and knowledge of women & dating that once you're done with your serious relationship you repeat the entire process but with a twist. All your knowledge and skills mean you do everything twice as quick and twice as fast... while seeking twice the challenge.

This is the area of having multiple relationships with women at the same time, creating love triangles where you sleep with 2 women separately OR have a threesome with them, etc.

So like I said before: what's next depends entirely on what you want out of life... do you want to come full circle or live the playboy lifestyle? The choice is yours.

Whatever you choose, what I've just shown you inside this Simple Inner Game System Ebook is:

- A way to approach women
- What to say to them
- How to create attraction
- How to get a woman's phone number
- How to go on a date with her
- How to get physical with a lady
- How to have sex on the first date...
- And my thoughts on keeping women interested.

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Take a minute right now to sit down, to grab a pen and a piece of paper, and to answer these questions:

What have you learned about yourself after reading the book? And what have you learned about women?

Final Words

Good luck with taking action with this book... and do me a favor will you? Email me to let me know what you thought of the book. Give me the good and the bad.

I can be reached at: support@win-with-women.com

I wish you get the best lifestyle you can get with the insights and techniques in this ebook, because I know I got everything I wanted with the same knowledge you now have!

In case you still have doubts about whether you can get the same results with women that I have had with these insights, then think about this for a second:

During the last 2 years, I have helped at least 2,321 men approach 18,568 women, get 4,642 phone numbers, and go on 1,547 dates. If not more than that.

Some of these guys were still virgins. With others, their confidence was so badly hurt in their last relationship that it took them months to overcome their insecurities. And yet still others needed several weeks to grow the balls to approach a woman.

But all of them improved their confidence, approached women afterwards, and got dates because of it.

So, no matter what situation you're in right now? You can do this too! There have been at least hundreds of guys I've coached that were worse off than you that still managed to get more results with women.

In short: achieving more success with women is easier than you think, just keep trying the techniques!

One more thing...

If you like what you've read so far, then you will LOVE my other work: dozens and dozens... and dozens of blog posts that give you free tips about any topic that helps you achieve more dating success, and more

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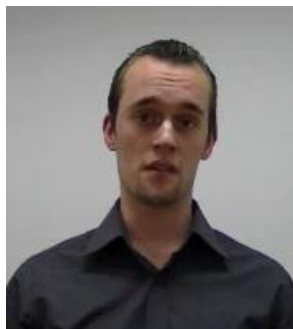
social success!

Where can you find all these blog posts with the free tips you say?

Simple: just go to www.Win-With-Women.com

Enjoy!

To More Dating Success,



Dennis Miedema
Win With Women

P.S. I have something for you that you might learn a hell of a lot from: the story of how I learned how to meet and date more women... so many women. It's the story of [how Win With Women got started](#).

P.P.S. If you're ready for more, then check out my other programs below:

1) The Calling Women and Texting Women Program

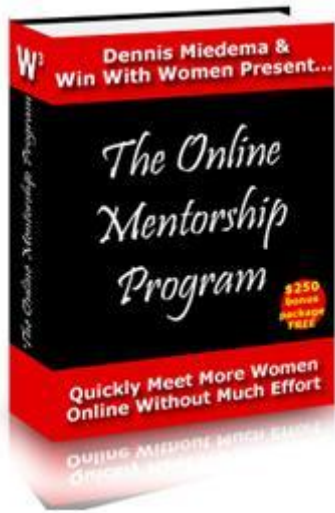


This program is the ultimate answer to ANY dating-related question about phones: how to get a woman's number, when to call her, what to do with voicemails, how to ask women out over the phone, and more. Best of all, you will not only learn call center secrets that make women instantly say "YES" when you ask them out during the first phone call... but you will also learn how to get ANY woman psychologically and sexually ADDICTED TO YOU, all with your phone...

[Learn more here](#) or you can [read reviews here](#)

*As a Win With Women customer you get a **50% discount** today only!*

2) The Online Mentorship Program



According to recent studies, 90% of the men who try online dating quit within 3 months because they don't get the results they want. Don't let this be you. Learn the exact steps to get EXACTLY what you want when you're meeting women online, no matter if you want to meet women on dating sites or on social network sites like Facebook. And after you've mastered the basics you can even learn how to turn profiles into chick magnets for your type of woman thanks to one simple secret...

[Learn more here](#) or you can [read reviews here](#)

*As a Win With Women customer you get a **50% discount** today only!*