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PRESENTS**

Get a
Girlfriend
FAST

**GET A FUN SEXY GIRLFRIEND
IN YOUR BED - AND IN YOUR LIFE
-IN 30 DAYS OR LESS**

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Get A Girlfriend

Fast Track Coaching Kit

Month 3 Cheat Sheet

Hey, this is Carlos Xuma, and in keeping with our theme this month, we are talking about how to text message or how to use texting. Texting is a very deliberate mechanism, obviously, for communicating. It's one that has gotten a lot more popular over the last two years.

I had to admit when it first came out, I was one of those guys that said, "Dude, I'm never going to text chicks. I can't believe that anybody would do that. Why wouldn't you just pick up the phone and call her?"

Well, the truth is that on a certain level, a lot of girls or women or whatever, they actually resist that on some levels. This is kind of like trivial way of communicating. It's like passing notes in math class. It's the way we can communicate without getting all caught up in the communication.

It's flirty, it's fun, and it's meant to be very, I guess, the word is trivial in a lot of levels. You want to be able to do it and do it well, but not put that much emotional investment into it.

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Talking with women via texting is not like talking via any other mechanisms like talking in person or emailing it. It's very, very frivolous. It's not meant to be taken seriously, which is all the more reason you should know exactly how to do it, and that's what we are going to talk about today.

So let's talk a little bit about how to talk to women via text message. First of all, using a first name basis is lame. In other words, if she's calling you by your first name in a text, that's not a good thing. That's what she does with her friends.

You want to do something that actually involves using pet names to put a little smile on her face with things like sweetie, darling, sexy. Now, use adjectives like that, make sure they are playful, make sure they are fun, make sure they are flirtatious and make sure they are sexual.

You want to do this because, again, first name basis is not what you're aiming for here. It's not familiar. Familiar is using pet names. We are doing this in person too, by the way. A lot of these things do translate into flirty communication when you're talking with women, whether it's bars, clubs.

However you're meeting women, make sure that you're using these techniques across the board because they are very effective. You want to assume the familiar. Assume the familiar, that's what I'm asking you do to here.

Assume the familiar means that you are assuming that you are at a certain level of familiarity with her, that you're already there. How would

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you behave with somebody that you've already known for several years? Well, you'd be a lot more familiar with them, wouldn't you? You'd be playful, you'd be a lot more relaxed, and you'd be a lot more inclined to just shoot the breeze, tease a little bit, have fun with the person, not be so serious.

That's what you have to do, you have to jump to that level of familiarity with somebody as soon as possible. It's the only way really to start up that kind of attraction. If you treat her like a formal "I just met you" kind of friend, well, you're going to get those kinds of results.

All right, so let's move on here. Here's another example. "Hey there, gorgeous." Simple, isn't it? It's very easy. It's a great way to open a conversation and it's also a great way to get what I call "engagement."

Now, what you want to do is the best part about using a cellphone and using texting is that once you got a little bit of playful texting going back and forth, you know what she's doing. She's got a phone in her hand, you can then escalate it into a phone conversation, a voice conversation if you want. That's the beauty of it.

If you are a tech geek like me, you also know that texting is also what we call half duplex, meaning that you're basically having two-way conversation, but only one of you can talk at one time, or at least one of you can get one message across at one time.

It's very important, you want to use text, of course, to create that kind of qualification. You want to have self-value and creating desire, and one

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of the ways to do that is, of course, just make it very playful and very simple and very fun.

Qualification is something that I'm going to talk about. You've got to have some attraction and interest going first, but you want to have that self-value that you're attaching with the messages. You're being fun and playful, but you're also showing that you value your time, and I'll come back to that.

All right, next up, you've gone through years of school, but the least you can do is to spell things right. Don't be with what they call "leetspeak" or a "leet." Make your messages easy to understand and not very cryptic. Make them easy to understand and not cryptic.

What do I mean by that? Well, don't fill them up with a bunch of funky custom little ways of saying things. In other words, do you see this example at the top here, the don't, "I l c u tom. Dn't sty up lyt." It's interspersed. That doesn't really create what you want.

The do is "I'll see you tomorrow, don't stay up late." Be verbose. I call it verbose where you're actually spelling out the words. It's actually much more impressive to a woman and it has a better effect. It doesn't matter how old she is, if you do that custom talking, and that also a lot of people fall into with texting.

I get a lot of emails from guys. Over a course of a month, I will get at least 20 messages from guys using this funky custom speak of shortening things down, acronym-ing them in email, not texting me. They email me like this. So you're saving a few letters that so obviously

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you couldn't be troubled to type. That's what you're saying, "I'm too lazy to type this all out."

All right, moving along here, don't make them guess who you are. When it comes to identity via text messaging, you don't want to make this a guessing game. Include your name in your first messages that you send to her. Just add a dash or hyphen and then your name at the end of the message.

It's very simple. It's very easy to do - and not very difficult. An example of this could be, "Hey there, gorgeous, Carlos." I used the simple example I gave before, "Hey there, gorgeous," and I put my name after it, "Carlos." Now, what did you get? What you got is a very simple complete message. She knows who it came from. It's flirty and there is no guessing involved.

You have sent what I call the "perfect little mini-message" to her. So keep that in mind. Use your name in the first couple and don't go past two or three and sending your name at the end of it, because then it seems a little weird. Now, it's like, "Do you remember me? Do you remember me? I'm Carlos." Now, then it gets a little bit weird.

Just the first couple, so that if you do engage in an ongoing conversation, she can eventually put your name in her phone any ways or she's going to recognize the number as it is, or she's going to go and look back in the history of your text conversation and obviously be able to figure out who the heck it is. All right, that's all you're looking for, establishing a little bit of attribution there.

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Next step is to add your name. Oh yeah, I want to repeat this again, add your name on at least the first two messages to make sure that she knows who you are.

Now, another part about texting is you should be playing hard to get. It's the uniform rule of the bad boy as far as I'm concerned and that is you should always be playing hard to get on some level. Women do it and why do women do it? Because it works. It works. Just remember that playing hard to get works.

Most guys, especially most nice guys like I used to be, you might be, you might have been in one point in your life, what we end up doing is we feel like we are always on the desperate side of the equation, the demand side of the equation that wants women.

So what do we do? We do anything we can to get women, which means we put ourselves in a frame of thinking that says, "Please, I'll do anything I can to get your attention because I know how hard it is to get women to pay attention to me."

Do you see where that message is coming from? It's coming from that place inside where it's kind of basically a self-devaluating, I guess, that's the right word, place where you're not really feeling your own value, and then she's going to pick up on that. The best thing to do is, of course, play hard to get. Make it so that she doesn't get what she wants all the time.

And if I have to really explain playing hard to get at this point, I'm going to have refer you back to one of my other programs because we are well

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passed that at this point. I think I even talked about that within the *Get a Girlfriend Program* as well as many others. You've got to be playing hard to get.

Another thing you need to do is be accusing her of hitting on you. This is the classic role reversal scenario, and it works with women all the time. It works every time, and it's so funny because everybody knows it, but it works.

What you do is you just send her a text saying something in the effect of, "Oh, you're the chick that's been hitting on me all week," or something like that. It doesn't take much to be able to turn those tables because once you do that, what it does psychologically is it allows a woman that liberation she's looking for to be herself, to be the woman that can be the pursuer instead of the one who has to be chased.

She wants both, but that other half of giving her permission to be the one to chase you, to let herself out a little bit and go after you, that's really important to women. Don't underestimate that.

Occasional random thoughts, this is something that I invented, and I think it's very particular to me, but it works really well. Occasional random thoughts are things I like to text women.

For example, let's say I've had a conversation going with a woman and we are past the point of just being introductory. We've actually had a little bit of texting going back and forth. If there is a break in the conversation at some point, what I'll like to do is to reinitiate or restart the conversation again via texting by sending her something really

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random and kind of also a little bit weird. Not totally weird, but a little bit weird.

For example with this one here, “I like fries and gravy, guilty pleasure.” And you kind of pick up on it a little bit there. There is a little bit of a sexual edge even in that little random thought about fries and gravy. Gravy, what do you think about gravy? Oh sinful. Guilty pleasure is what I put on the end.

Always do these little random thoughts with a little bit of a sexual edge, but make them just kind of random things you’re thinking throughout the course of the day. They don’t have to be about her, and especially they actually should not be about her.

They should be things about you that you’re thinking, and it’s kind of like you are broadcasting and not caring who hears it. That was the point where I figured out this little technique out was. I’m basically sending my messages out like they are reading my blog. This is my text blog, and they are reading it and they are finding out more about me.

I’m pretending, “Hey, you know what, I’ll give up a few things about me here and there.” And that’s where that little fact came from, the “I like fries and gravy.” We used to actually do that in high school, by the way. That’s one of my favorite texts.

What it does is it gets her reciprocating. She’ll send something back. She’ll definitely respond to it, or she will go, “Huh?” And then you’ll go, but then you know what, actually, I don’t even like to respond to women when they try and play the “huh, justify yourself what you just texted me”

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sort of game. I just won't even respond, and it's actually a good way to do it.

Most women will pick up on this and will play with it. If a woman challenges you on it, the best thing to do is just let her go and just not bother with it, and then come back with another random thought at a later time in the day.

Okay, so what about these guys? Yeah, you know these. Make use of smileys. Just the smileys and emoticons and punctuations. You can use the punctuation ones. You can actually add the actual characters like you see over here on the right. I use these.

They were created for a reason. These emoticons were created to show how you feel to express emotion in something that is inherently emotionless, which is bland text. That's why we still have that saying back in the early days of email has no tone.

In other words, you can't really tell what somebody means without adding some kind of emotional awareness on the end of it. That's why you stick smiley faces on the end of things that are meant to be taken with humor. Sarcasm doesn't communicate well, so you got to make sure to stick those in.

So for you guys out there that have an iPhone, which is my mode of operation, I'm a big iPhone guy, you want to add the Emoji language. It's an extra language you add to your phone and it allows you to add all of these little emoticons that you see here, all these clever little smiley faces and a bunch more. I mean, there is a ton of stuff.

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I actually learned about this from a girl that was texting me, so I didn't even know about it until she did it, and I did a quick Google search on it. All you've got to do is google that. Google add Emoji iPhone, and I think you should be fine. It will give you instructions on how to find it and where to add it.

It's easy to do, and believe me, they are very fun to use because you can actually use them in combination. I've used them. There is like little hand gestures you can use, and well, let's just say you can get pretty darn creative, and that's what they were made for.

The best part it has too is that when you use these little guys, you're not actually texting it. It's like a little symbol language you're using to flirt. It works really well so make sure you're using those. If you don't have an iPhone, then I know there are other options out there as well.

Okay, here is a do and don't. Do is, "I miss you already. :)" This is how to use these little smiley faces. If you don't have the actual character set, you can use a colon and the half parenthesis like this. That's a do.

This is a don't, "I miss you already. :):)" And then put the extra characters in and do a couple in a row. That can get confusing, and she's going to sit there and think about it. If you're going to text her brain, this is not the way to do it. Make it simple, keep it with one emoticon per message if at all possible, or separate it with a couple of lines.

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Another even better option is, “Do you miss me yet? ;-)” And then do a little winky smiley. I do a winky smiley on almost all of mine, that or I use instead of that parenthesis, I use the p, the lower case p or the upper case P, and it looks like a little tongue sticking out. That one is my favorite.

So again, be descriptive. Don't limit yourself with things like, “Oh, I'm fine. I'm doing great.” These clichéd responses that just do nothing to get any kind of emotions going. Remember, it's all about emotions. That's why those things are called emoticons. That's why we are having so much conversation and discussion about expression within your text messages.

So use something like, “I just had the most delicious burger I have ever tasted. I love it.” Something like that is very descriptive. It gets her engaged and it gets her feeling like, “Oh, this guy has got a little bit of passion behind him. He's got a little bit of emotion going on.”

Believe it or not, 90% of guys are not capable of sending the text that you see there. The one about “I just had the most delicious burger I've ever tasted. I love it,” so get that emotional in an email or text and you've got to separate yourself there. You've got to be willing to do that.

Go out on a limb. You know what, don't limit yourself with these really bland responses that everybody thinks. I remember this classic George Carlin routine where he's really good with words so he always makes fun of how we use words, and one of the things he was making fun of in this particular routine was, “I really hate it when I ask somebody, ‘How

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are you?' And they say, 'I'm fine.' Do you know what I say? 'Fuck you! The hair is fine. How are you?'

I thought that was hysterical. He's right. I'm fine. What does fine mean? Fine is one of the worst, most blasé words in the English language. You've got to do something that's a little bit over the top on occasion. As a matter of fact, I recommend whenever a woman asks you how you're doing, you should have an awesome response picked out and ready to go.

One of the ones I love when I'm asked how are you doing, I like to say, and I got this one from a friend, "I'm doing so good I might as well be two people, or any better and it would be a sin." Those are two of my favorites that I like to send, and you can invent your own. I highly recommend you do.

Be careful if you're teasing via text. Whenever you're in doubt, always add a smiley on the end of it. It's just a rule that works every single time. It will keep you out of trouble and trust me it does help.

Just be careful, because a lot of guys like to try to tease via text, and I mean it's easy for me to do even at this stage in the game, I still catch myself writing emails where I read them again and I'm like, "Oh, I said that? I should have said something else in there to kind of buffer that a little bit because it seems a little harsh."

We are caught up in our heads all day long, and especially when you're texting, you are really texting from your head to your phone. You're not

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saying it out loud. Do you know that saying, “That sounded a heck a lot better in my head”? Well, that’s where that comes from.

We often think these things in our head and we don’t hear them in the real world and we don’t realize that they are not as positive as we thought. So again, be careful if you’re teasing women and when it doubt, make sure you add a smiley to the end of it.

And some ambiguous answers are another really good technique. I like doing this all the time, and it’s really effective, especially when women ask you a question since you don’t want to always answer her. It’s just like real life flirting, it’s part of the hard to get thing. So give her ambiguous answers when texting.

I like to say things like, “Hmm, maybe, maybe not, or we will see, or you’d like that, huh?” And sometimes it seems like it almost comes out of nowhere. Like she’ll ask me, “Oh, you’re probably one of those guys that’s in the cheeseburgers.” Or something ridiculous like that, and I’ll just send her back, “You’d like that, huh?”

What she’s going to say? She’s going to be like, “What, what?” It’s almost like it doesn’t follow, and that’s what non-sequitur means, it doesn’t follow. It doesn’t seem to connect to that, but that’s what makes it fun, and you can again put a little smiley face at the end of it and you could get away with it.

In the process, just by virtue of not giving her clear understanding sometimes, I’m not talking you totally confuse her, I’m just talking about

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leaving things hanging a little bit. These ambiguous answers also serve the function of playing hard to get. That's what makes them so cool.

Play her game. But what does mean, play her game? Play her game of texting. In other words, if she starts the game or if she goes off on a certain tangent, go with it. It's like the rule from improv.

Comedy improv says that you basically accept anything that you are given. If the guy next to you, an improv, says, "Hey, that's a nice hat. It makes you look like a penguin." Now, you're wearing a hat and you look like a penguin and you've got to roll with that. You can't say, "Oh, no. No, I'm not wearing a hat. No, no, that's not a hat."

You can't do that. That's not what improv is about. It brings everything to a screeching halt, and the same effect happens when you don't play her game in texting. It's like denying her the fun she's having. Don't do that.

Another thing to remember is don't respond right away. I like to leave little pauses like occasionally you can get into a back and forth where it's like text, text, text, text where you got that back and forth energy going, and then at the right time when she's texted you, don't let it go too far, you wait. You don't respond right away. You might let five minutes or ten minutes go.

Hell, you might not even respond at all. That's one of the best rules, by the way, of texting is let her be the last person to say something because now she's wondering if there is going to be response.

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When it's the other way around and you're waiting on her response, what does that do to you? Oh, you know what it does, don't you? Yeah. It drives you crazy. Don't be on that side of the equation, and of course, add in some dramatic pauses along the way. It's not a very complicated formula, but it works.

Remember, text messages must be short. They should be very brief. They should be fun. They should always be fun. They should be cute, and so that can be cute and/or flirty in some way or another. Not every single text, but try and aim to make each conversation at least following along these guidelines. It's really important.

If you want more texting tips, I got more for you. Go on over to CarlosXuma.com/magnetic. It's a great resource that I think you're going to really enjoy on texting and it gives you something that's called the "key lock sequence" and it's a great technique for using text to really attract women. You've got to know how texting works these days.

You simply can't avoid it. There was a time when you can avoid, but guess what, that time has long passed, and who knows what's going to happen next in terms of the revolution in communication.

But remember, well, I checked the statistic recently, most texts, I think it's well over 60 to 70% are actually sent by women, and there is a reason for that. Women have made this really popular because it falls right in line with the way they like to communicate.

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It comes off the top of their head. They don't have to wait for a response, they send it out. It's kind of like stream of consciousness, and it works if you know how to use it for yourself. Most guys don't, but you can separate yourself from the pack.

Go on to www.CarlosXuma.com/magnetic and get a little bit more on the techniques that you can use for effective text messaging for women. I'll be back again with you in a short while to give you more fast attraction tips in this coaching series.

3 – Facebook 1

Hey, this is Carlos Xuma, and we are going to be covering Facebook attraction, and this is going to be some really good stuff. It's going to be a little bit of an ongoing series because there are so much to cover related to this.

There is a lot of underlying social networking ability. Obviously, the technical part is probably the easiest part. Just open up a Facebook account, for God's sakes.

Believe me, this is one of the best ways that you can establish yourself, and not just for dating, you want to have Facebook running in the background, so to speak, not just as an application on your computer, but you want to have a Facebook profile and use it as a hub of your social presence.

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It's really easy to do, really easy to use, and it's basically a necessity these days. I don't care what age you are. Hey, look, I came around the text messaging, so if anything that happened in this world, you can handle Facebook, trust me.

So repeat after me, Facebook is a fun, social network. The operative words there are "fun and social." If you're going at Facebook with the explicit purpose of trying to nail chicks, it's going to fail you because you're going in with a wrong intention.

We were taught in the martial arts that intention is everything. When we used to punch the bag, if you're punching that bag with the intention of that being that could be the strike that defends you against some attacker out there, then why bother hitting it all?

So you've got to be focused on what you're doing, make everything you do count for something, and this counts for being fun and social. Don't unnecessarily burden it with that thought that you've got to be dating every chick you talk to on Facebook. That's not what we are doing. What we are doing is we are starting out with a very fun, social network presence and then it's going to expand into major possibilities as far as dating.

Keep in mind, everything I'm about to tell you about Facebook is actually applicable and works for any online dating sites. So we have a lot of cross over here between what we are doing on Facebook and anything else you're maybe using, whether it's eHarmony, whether it's Match.com, PlentyofFish. Those are the big three. Really, it's all applicable across the board.

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Now, first of all, do no harm. Okay, keep this in mind. It's really important to understand. Do no harm simply means don't go out there and get yourself blown out.

Don't become one of those crazy lurker dudes, one of those guys we basically used to know with the clubs, he would be the guy that was there every Saturday night and he was basically burning everybody out in his presence because he was just a little too there.

Don't get yourself kicked off Facebook for being too aggressive because it could happen if you do anything weird these days. People are going to pick up on it. So I'm just trusting that you're a normal guy, and you know how to handle this stuff.

So don't get yourself kicked off Facebook for being too aggressive with women. You've got to go at this again indirectly. We are not going directly for dates, but they will happen as a result of some of the things we are going to practice.

Second of all, lifestyles are attractive, and I'm going to say again, when it comes to guys, your lifestyle is what is attractive about you. It's not so much your looks or the clothes you wear or the Ferrari you drive. No, you don't need to drive a Ferrari. It's your lifestyle that is ultimately the most attractive part of you with women.

Women are looking for lifestyles. They are not just looking for a one-dimensional player, so let's get that straight right off the bat, and always,

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always be positive when it comes to your social networking. In another words, don't get on Facebook looking at a way to use it for social ranting, being a negative presence. It will basically come back to bite you on the ass. Always, always be positive.

Facebook attraction, that's what we are talking about. Now, remember, what lifestyle really means is lifestyle is equivalent to your friends and your social value, your personal attraction level, your location which is not necessarily your job, and the means that you have.

There is a lot of different elements. There is much more than these obviously that we are also up in the lifestyle, but I want to give you the most important ones.

Friends and social network is at the top of the list here because that's what we are talking about with Facebook, and that's why it lends itself so well to this. You're proving your value to the friends you have and the social value that you have.

Your networking ability, your ability to connect with other people. Now, I have to admit, I'm an introvert and I don't always connect so well with other people. I have to go out of my way to be a little bit more personable and social sometimes. I admit it, it happens.

I know what you're saying is like, "No, Carlos, say it isn't so." But it's true, I'm more of an introvert. I have extrovert qualities, but on the whole, I just prefer to be quiet and keep to myself.

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But doesn't serve me. It doesn't serve a bigger purpose, which is what you have to serve for yourself and I knew that I have to break that habit, and I know you can too. You can stretch, you can go out of your comfort zone and be a social connector. It does happen. It does work, and it's not as hard as you think.

Personal attraction level simply means what is it about you that's attractive. You have to keep in mind that almost every single woman out there will look at a guy and think, "Oh, he's cute." But it's kind of like in the back of her head right after that where she says, "But I got to know something more about him." She's got to know more about you. That's what makes women attracted to you.

Your personal attraction level is a combination of factors, what you wear, how you look, your grooming, the way you carry yourself, your body language, your vocal tonality, things like that. That what's rolled up in that.

Vocation, when I say it, it's not a job, but what I mean is your vocation is really your calling or what it is you do that makes you distinctly you. That's what the vocation side of this means.

Means is simply your ability to get where and what you want in life, to get to the places you want to go and the things you want out of life. It doesn't mean riches. Guys have to understand this. We are really caught up in this concept of women being gold diggers and guys having to provide like that.

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But in some ways it is true. It is not necessarily a lime. I'm not going to sit here and tell you that it doesn't matter. But now, if you're a poor dude living in a refrigerator box on a corner of 3rd and Main, I'm going to tell you right now, you're going to have yourself a little bit of a tough time, especially when it comes time to come back to your place for a little hoochie fun.

But you've got to understand that you have to be focused on that because it is part of your definition as a man, not because it has anything to do with women necessarily, but because you as a man, your definition of who you are does rely to some degree on the means you create for yourself, because that it is a physical reflection of not only your inner state but your lifestyle and how you conduct your life. Are you ambitious? Are you going after what you want? Are you a self-improving individual? These things roll up into that means.

All right, so let's get off the philosophy here. The key is your profile when it comes to Facebook. You have three goals on your profile.

Number one is to communicate high social value. Everything you do must communicate that you have and can basically also give high social value to other people. High social value means that other people like you, they respect you and they are friends with you. That's it, and that you also represent that ability to connect them to other people.

That's really a big part of it too. Make it a point, and this is a little exercise for you, I want you to make it a point this week to go out and try and connect two people in your social circles that you think would be good together. I don't mean romantically necessarily.

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You might connect two guys that might be good business contacts or connect a girl with another girl who you think would be a good friend for her. Stuff like that is a way for you to create value in your social circle. The guy that does this, that really gets nothing out of it other than helping other people, you'd be amazed what happens for you. Seriously, it really does help.

So okay, the first goal in your profile is to communicate high social value. The second is to avoid the negative factors. In other words, simply avoiding any negativity in your profile. Any of the things that count against you is probably one of the most important goals to do because if you just don't have those things, you automatically become socially attractive.

The third being ongoing networking and social circling, meaning that you want to communicate with your profile or actually using your profile that you can do this ongoing networking, connecting to other people and social circling, which is the cool part about Facebook because you can connect yourself to people who basically don't even know you and you might never even meet except for connecting with them on Facebook.

Communication, you are preselected by women. This is what you want to communicate in your profile that you are preselected by women. What does that mean? It means that women already dig you, that you're already connected and women have chosen you and said, "Yeah, he gets the stamp of approval," because nothing is more attractive to a woman than to know that you are already preselected or pre-approved by women.

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Have you heard of preapproved credit? That's what you want with women. Preapproved credit with women is simply the fact that you hang out with other women, that women hang out with you, and you've got to make sure these women, of course, carry the appearance of credible women at the same time. I think that goes without saying, but you know what I mean.

So get a lot of pictures if you can of you with other women whenever possible, and hang out with them, not in a creepy lurker sort of way, but in a functioning friendship sort of way.

Now, you also want to communicate that you're an Alpha man, that you're able to protect other people, that you're honorable. It's an important part of the communication aspect.

You also want to communicate that you're a leader or that you at least possess the ability to lead. There is a big distinction there. Not a lot of guys catch that one. You don't actually have to be a leader, but you definitely want to possess the ability to lead, and that can be communicated in a lot of different ways, and we will talk more about that.

So you want to communicate adventurousness with the things that you describe about yourself, the pictures that you show about yourself, and the things you communicate through your profile or on your wall and things like that.

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Some just note here, by the way, as I think of it, that Facebook's interface will probably change quite a bit when we get around showing the screens and things like that. Don't worry about that, it's just the form, not the function.

You know what Facebook is there for, and whatever may replace it even in the future, what we are talking about right now is just the function of what you're trying to do which translate to any tool. It can be Facebook. It can be MySpace. It could be anything.

Sense of humor, sense of humor is a good thing in all places. That's why positivity is a good when you can relate positive humor. If you're typically a negative dour kind of guy, or what I like to call an Eeyore, you're going to have to get a hold on that. You're going to just get a control over that and work on it. That's all I can tell you is work on it.

Because I used to be pretty negative, and I'll be honest, I also used to be pretty sarcastic and a little bit hard to handle in conversation because I would just have too much of an edge, and I took at the job and I've actually gotten to be pretty good at it, I'm okay, and so I got over it and it's not that hard.

Oh, I'm saying here, relax to vibe. The relax to vibe means are you a tee shirt guy or are you the starch Oxford knit guy. You want to be relaxed. Women have to know they can relax around you and be cool around you and that you're not one of these "stick up the ass" guys.

So communicate a relaxed vibe about you that you're not hung up on a grammar or spelling or any of that, even if you are, because you're

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relaxed about things. Don't be uptight, that's really what I want to say there. Do you want to be the uptight guy or the relaxed guy? You want to be the relaxed guy.

These stories that you can communicate, and believe me, you can communicate a story in a very short amount of time, you can communicate it in just one Twitter post or even on something you put on your wall. Stories that you put in your profile will communicate this.

Let's talk about photos because these are really, really important. It's probably the most important part about the entire online experience when it comes to you, and it's not because of your appearance, so get that in your head right now.

It doesn't matter if you're bald, fat, old, lazy. I don't care. You can use photos to your advantage and it's not the looks, but it's what you're communicating in that picture, what does the picture communicate?

You want to appear active. You want a picture that appears like you're doing stuff. You want to always try to appear with other people in the pictures whenever possible.

If it's just you alone, that's a little weird and a little creepy, especially if it's one of those shots where the guy holds up the camera to the mirror in his bathroom and he's trying to show off his abs, it's weird. That's all I can tell you is that's teenage weirdness. Don't do that.

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Having fun, your photo should be about you having fun. It should never be pictures of you at a funeral. Just don't make it serious stuff. Have fun in these pictures. The more you can communicate value and status in your photos, the better for you.

No shirtless photos. None of the bragging photos. Nothing that looks like bragging like standing in front of a Ferrari, even if it's yours and it really is yours or if it's a borrowed one or you went to a car show and you want to look cool, don't do it. Just leave it out of the picture because you're trying to start with a lowest common denominator here of positive appearance.

Again, photos with as many other women as you possibly can. I don't care if they are friends. I don't care if they are women in your family, your sisters and your mom or your cousins, whatever. It doesn't matter. Get in pictures with other women because it communicates that preselected thing.

Confidence, communicate confidence. Make sure you look comfortable in your photos. You don't look uptight and you're not grimacing. You're not in the dentist chair. No toothy smiles. Laughing is better. If you're in the middle of a laugh, that's okay as long as you don't look goofy and you're spitting food out of your mouth and you're cool.

But no toothy smiles because actually toothy smiles are not as attractive as they've been made out to be in the media, especially if you hear that advice all the time, "You should be smiling in your photos." No, it's not necessarily true.

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As a matter of fact, the photos that typically are picked as being more attractive tend to have guys looking a little bit more sullen and occasionally like James Dean. Look at James Dean's pictures. If you want a good idea of how to take a picture, he's got that little hurt bad boy look on him. I'm telling you, man, that works. It really does. You can test this out too.

With animals, it's always good. You'll look good when you're with an animal. I don't necessarily mean an elephant. I'm talking about things like dogs and cats and whatever animals you might be hanging out with.

An emu might be a little bit weird, but with animals, it generally will warm up a woman's soul. Because if an animal hangs out with you, most women will. It seems like a crazy transference, but it works.

Be groomed, meaning don't go appearing in pictures with your hair in disarray and have nasty beard. Do you know what I mean? And no long fingernails. No weirdness like that. Appear as though you care about your appearance.

Take your camera everywhere you go. If you have a smartphone, you're already set. Get pictures whenever you go out meeting women in bars or clubs or wherever.

As a matter of fact, I usually recommend guys spend a few nights going up to bars not to pick up and meet women, but just to hang out with women and get pictures with them because it will go on your wall or it will go in your albums and it will only help you out.

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Leverage your social climb. In other words, what you do is you build on everything that you just did. If I go to a bar and club, what are my possibilities here? Well, if I'm starting from ground zero, like I just said, your best bet is to get some pictures while you're there.

Get a few connections. Don't look to pick up these women, but look to get into their social circle. Make friends with them. Play it cool. Don't hit on them necessarily or just be cool about it and don't be too aggressive, but just keep in mind, every woman represents a whole new social circle that you could tap into.

Profiles, when it comes to your profile or any information you put, whenever possible, only show the month and day of your birthday no matter how old you may be. I don't care if you're young, don't put the year on there. You just want to leave it up to the imagination.

You always want to pose that you're single and you also want to post that you're looking for friendship and networking, not dating. If you put the dating up there, you're immediately sending out a little bit of a creepy, needy vibe. If you don't put it up there, it's not that you eliminate the possibility, it's that you immediately set yourself at a better light.

Because if you're looking for friendship and networking, hey, if women come along, that's cool, but you're not going to be putting it out there right off the bat. Do you get it? I hope so. It's an important one.

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Avoid politics and religion in your profile unless it's a critical factor for you. It's like you absolutely have to be with a Democrat or a Republican or whatever it is. I really recommend you don't put anything in having to do with that.

What you're trying to do is not to eliminate candidates unnecessarily. People can get along perfectly with different political beliefs. It really does work and it's actually I think beneficial to have a little polarity like that in your relationship.

Leverage the Interest and About Me section as much as possible. Use it. Don't use it to pontificate. In other words, don't use it to go off on a sermon about the right and wrong and this and that. What you do is you use it for story time, for fun, and I'm going to give you a trick to do that right now.

I call it the horoscope trip. Go to Horoscope.com. I want you to pull up a horoscope. It doesn't mean it have to be yours because I'll be honest with you on this, horoscopes are loads of crap. If you're really in a horoscope, I'm not stomping on you here. I'm just having fun.

But for me personally, come on, there is no way that 12 million or billion people or whatever have the same exact day that you do, and if you read it, every horoscope is basically a cold read. It's so general that anybody could apply it to them.

But the fun of it is the horoscopes provide a great way to talk to women. So embrace it, have fun with it. What you do is you pull up a horoscope on Horoscope.com, and then revise it and rephrase it to your taste. In

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other words, you use that horoscope to talk about something interesting in your profile.

Use future tense cold reading. I'm going to give you an example here because I know this might sound a little weird. Here is the original version and then I'm going to show you the revised version.

Here is the original version, "Success in a project you've been working on could mean you want to go out and celebrate. You might feel guilty about doing it, but go ahead, Pisces, order a glass of wine and dessert. Tonight is the night to forget work and go out and share unadulterated pleasure. You have the break coming. Your efforts are finally being recognized and you're on your way. Enjoy your good fortune."

Now, this is seriously a horoscope from Horoscope.com. I pulled it up just for this. This could apply to any person anywhere. This is why I think horoscopes are kind of a load of bull, but they are fun. It is fun because you want to read into this a little bit and have fun with it.

Here is the revised version. I took this horoscope and I changed it into something I could put on my profile, "I love to celebrate after going out and completing a project. I never let myself feel guilty about celebrating. Maybe I'll order a glass of wine and dessert and have it first. Today is the day to forget work and go for sheer, unadulterated pleasure. We all deserve to have our efforts recognized, enjoying my good fortune."

Do you see what a positive message that sends and how fun it is, and women will identify with this message, and that's exactly what you want, and you'll have a copy of this, by the way, as a download with the

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program. So you can go back and either replay this video, or I suggest to going to Horoscope.com and doing this yourself. It's the best exercise.

Leverage your status. Connect your Facebook to your Twitter. It's not hard to do. There is an app to do this, and when you do it, you can then Twitter and these random thoughts will not only tweet to your followers, but it will also go on your wall. It will go into your Facebook account.

What you do is use it to send random thoughts. This can be funny things you hear during the course of the day. This can be something you run across in an email, maybe in somebody's signature. It's random, it's fun and it's social. I do this all the time.

It's one of the things that I've really not spoken that much about, but this little random stream of consciousness thing is a lot of fun, and chicks love it because that's how they experience life, in kind of random stream of consciousness.

So if I hear something really cool like the other day somebody emailed me and he included this great quote from Machiavelli. It was something about, "If you're going to be strong, don't be strong just to endure suffering, be strong to go out in the world and make a mark for yourself and accomplish something," which is always an awesome idea.

I've never heard it phrased quite that way, but it's perfect because so many people in life, unfortunately, fall into that trap. They try and be strong just to endure suffering instead of going out there and either eliminating the suffering or making a mark in the world.

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But I posted that. I put it up on my Twitter, and it was really well received, and of course, those things you can do any time. If you just have a random thought, just pop it up there. That's what it's for.

Remember, your actions on Facebook will travel. So don't self-censor too much, but don't get too personal. So remember, everything online is there forever, so keep that in mind in the back of your head.

But your actions will travel in positive ways too. When you fan something, like when you become a fan of something on Facebook, when you become a fan of something, it will appear in your profile and that gets passed on, and when other people do that, it comes back to you. So fan something cool. Find something to be a fan of and that introduces it to somebody else.

I do want to caution you, avoid being a fan of something that women would frown upon, except, of course, Carlos Xuma. I think you should become a fan of me. You should go out there and become a fan of my page right now as a matter of fact. I'll give you more tips on how to do that later.

But don't be a fan of Roadkill Eaters Anonymous or something even funny, even in jest, or something that's really negative that could be taken a wrong way. Be careful about that. Have fun, be a little edgy at times, but you've got to have good taste and good judgment.

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Go to events as much as possible. Go to charity events and social events, sports events, or whatever. You're going to get a lot of content, a lot of pictures. Remember, that's what the point of that is in a lot of ways and not just doing the charity, of course. That is in and of itself its own goal as well as the social networking and the sports enjoyment or whatever.

But get pictures. Always be thinking, "I got to get pictures. I got to get pictures. I got to get pictures," because it improves your profile and you have more stories to talk about and more things to tweet about.

While we are finishing this video up here, I want to just give you one more tip. On your phone, if you have a smartphone, you can get this program, I have it on my iPhone, called TweetDeck.

TweetDeck is really cool because it allows you to tweet from anywhere and see who is tweeting about you and see who has mentioned you and see what your friends are doing and all that, it does it all in one app and it's really cool. I think it's available for most smartphones.

And oh yeah, while we are at it, there is also a smartphone application for yours truly, Carlos Xuma. I've got a dating advice app out there that you can pick up too. Go to CarlosXuma.com and you'll see the button there if you want to pick that up.

But this is the starting point for what is going to be an ongoing series on how to use Facebook to get women. So this is the baseline. I want you to start working on the things that we talked about here. When I come back with the next segment, you're going to get some more down and

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dirty details on how to get some of this stuff and how to start connecting with some of the other women that are out there that you spot.

For more texting tips, you would like to get a little bit more on texting and using that. I know it's not exactly on the same topic here, but it's a good way to start with the electronic communication medium. Go on over to www.CarlosXuma.com/magnetic. I got some good stuff for you there. You can get some information on how to do some good texting

I'll be back again next month with more cool, cool stuff on Facebook attraction and building on what we just learned here. So be sure to come back, we got a lot of stuff to cover. Talk to you soon.



Stay tuned for next month's content, where we'll be covering MORE on Facebook connections and how to use it to get the girl...

As well as tricks and tips for meeting and talking to women - creating instant sexual desire.

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A	Required for R.E.A.L. Men

