

**CARLOS XUMA.COM  
PRESENTS**

*Get a*  
***Girlfriend***  
***FAST***

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

# Get a **Girlfriend** **FAST**

## 1-Introduction

Hi, this is Carlos Xuma, and I'm very proud to present to you the Get a Girlfriend Fast Program. Now, there is a lot of content we are going to be covering in this program, so I want to dig right in as fast as possible and getting you results as fast as possible.

But first, a really quick background on me. I've been teaching this stuff to guys for well over ten years now. I'm probably one of the most – I don't want to say respected or revered because it's going to sound like I'm patting myself in the back – but I'm probably one of the foremost authorities on attraction and getting women, getting the kind of women you want in your life, and at the same time also conquering that elusive part of our lives called the inner game with a confidence that men need to have to live something I call the Alpha lifestyle.

The Alpha lifestyle is getting everything in life that you want, the success with women, the success with money, the success with your friends and family, your career, everything it is that you want to have in your life.

So this stuff that I'm teaching you is not just tricks, not clever little techniques, although there is a lot of that in here that you can use. This is stuff that you can use to create a natural attraction with women, and not being a fake guy, not being a pickup artist. This is going to get you real results, results that endure and last. So I want to be very clear that this stuff works. That's why I'm here in camera with you is because I know this works, and I'm fully prepared to give you everything I got to get you where you want to go.

So let's go on to the introduction here. I'm going to tell you a little bit about the program, what we are going to cover in each of the modules, and then we are going to dig right in because we've a lot of stuff to cover. Each module will probably take you, I would say on average, maybe a little less than an hour to go through. 00:01:49 It's not a lot in

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terms of time commitment. The commitment that you have to make is to put the stuff into action. Put it right away into working into your life. That's the most important thing you can possibly be doing.

The faster you take action, the more success you will get. 00:02:06 That's exactly how success works in life. The guys that are the fastest implementers are the ones that get results the fastest. You have to do this stuff right away.

So I'm going to give you tools to implement right away. Now, we are going to jump right into the introduction here. We've got a lot of stuff to cover so get out a pen and paper or open up a document on your computer and you want to take some notes. There will be a lot more content along the way and things for you to do to enhance this content as we go.

First of all, the what. Your goal and my goal for you is to have a cool attractive girl in your bed in 30 days or less. That's what this is or a lot of what this program is all about. So what is a girlfriend? Well, it's somebody that you've been on at least three dates with. Typically, I call it at three dates because that's where you've established a connection with her. You've got some kind of romantic thing going on and it's about to change into the territory of "will this be consistent or will this just kind of fall off the face of the Earth?"

There is a kind of a critical tipping point there that you have to watch out for, and the prospect are solid that she also wants to keep it going. Again, a big problem for guys is they can't keep it going because they lose her interest, and I'm going to show you exactly how to avoid that.

So their goal, and this is the goal we want to have, is have a cool attractive girl in your bed and in your life in 30 days or less. We are not going to change who you are in this program. I want to be very clear about this. We are not doing some sort of intense identity makeover here. We are going to upgrade and enhance your software. That's what

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we are doing. We are adding plugins that will make it a lot easier for you to get the results you want. So this is not a drastic personality change program, not in any way.

I want you to watch out for your comfort zone. I've got a module that I cover in our monthly program that I want you to definitely review. If have not enrolled in that, by the way, you should definitely get on that. I'm hoping that you did as part of this program.

In the first month, we are going to be covering this exact area, the comfort zone, because it's the one thing that will kill your game faster than anything else is trying to stay comfortable all the time and not go out and get yourself in that zone where women will actually be interested in you. That's really where it happens, and we are not talking about freaking out. I'm not talking about putting you or throwing you into the cold shower of approaching women cold on the street. Nothing like that at all, but where your success lies is almost always just outside of where you feel comfortable right now.

We are not going to teach you relationship skills. This is not a relationship program. This is how to get a girlfriend. After that point, you can use one of my other programs to maintain that or enhance that, but right now we are just doing relationship skills because once you get her, you probably will need some other skills. But the truth is that many of these skills are exactly the same, you're just going to keep doing a lot of things that I'll talk to you about in this program and that's what keeps the whole thing going with her. That's how you keep a girlfriend.

But you do need more than that, there are other different relationship-type things you need to have. The GTP, my Girlfriend Training Program is the program for you to get that done. You can also take a look at that at <http://gtp.CarlosXuma.com>. Instead of www, you put in <http://gtp.CarlosXuma.com>. I'll talk more about that later in the program. For now, let's get you the girlfriend.

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Everything I'm about to teach you works in the real world. I want you to be very clear about this. Everything I'm teaching you works in the real world. I've been doing this for years and years and years, there is no theoretical bullshit in this program. I don't have any tolerance for that, and I hope you don't either. This is not one of those gimmicky little programs out there. This is real stuff, real practical stuff that I use all the time.

Think about getting a girlfriend as being a process, not an event. What do I mean by that? Well, most people never see the process behind the events that happened in their lives. I'll give you an example, a clear example of this. I play guitar. I've played guitar now for well over 30 years. When people see me play guitar, they are like, "Wow, dude. That is so awesome. I can't believe you play so well. Blah, blah, blah, blah, blah." And I admit I do play pretty good.

What happens is that they don't understand. They think that I just picked up a guitar one day and I was instantly able to play this stuff. It doesn't happen that way. They don't see the hours I spent in my bedroom as a teenager or growing up playing guitar, and doing nothing but sit there for four hours running through scales. That's what people don't see. They don't see the process. They see the event. They just see me playing the guitar.

The same is true in any endeavor that you do. There is a process behind it, and it's not just an event that happens, and a big mistake guys make is they see something and they imagine it as being an event and not a process, and that's where we get caught up in the lottery mindset. The only way you get rich is to suddenly win money, to suddenly become famous. It does not work that way.

There are years of work that goes behind that. Even for actors and actresses that seemed to come out of nowhere, that's the way it works. It's true for meeting women, it's true for the financial areas of your life

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with making money as well as learning any skill. So remember, this is a process not an event. Getting a girlfriend is a process, it's not an event, although it will feel like when it finally happens, and well, it will happen if you follow the process. It's that simple.

Profound change, that equals transformation. Profound change equals transformation, and again I told you we are not going to change you. What I want to change is I want to radically change the way you think about women, not who you are, but I want you to change the way you think about women, the way you think about dating, the way you think about sex and the male/female dynamic.

It's very important you start to let go of old belief systems that are probably holding you back because nine times out of ten the reason you don't have a girl you want or can't get a girlfriend as fast as you'd like is not because of anything wrong with you. There is nothing wrong with your looks. There is nothing wrong with the money you're making or any of that stuff, it's something you are believing that's holding you back.

Success is simply avoiding the fatal attraction mistakes, and I'm going to tell you more about these fatal attraction mistakes throughout the program, but the success that you want in getting a girlfriend, it's avoiding the fatal mistakes that I'll show you and keeping her in the game. That's it. Keep her in the game. Keep her going. Keep her connected. Keep her from date 1 to date 2 to date 3. As long as she's in the game and showing up, avoiding those flake areas, she will be there and you will have a girlfriend.

That's it. Isn't it nice when it's just a simple formula? But there are things below it. There are other things in it. It's simple, but not always necessarily easy, and I'm here to make it easy for you. All right, so that's the what of what we are going to be learning here.

Let's talk about a little bit about the why, as if you need a why. First of all, this is not about pickup or pickup artistry. The same stuff you use to

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pick up women can work in what we are talking about to get a girlfriend, but very often, it will not. What I mean by that is it's in the vibe that you give off. You might be a guy that's an aspiring pickup artist, and there is nothing wrong with that at all, but if you want to get a girlfriend, you have to give off a different kind of vibe. You have to lose the player vibe and you have to come across as more genuine and authentic.

Now, I'm telling you that from experience because I've been on both sides of the equation of both being a pickup artist and being a regular guy. I've never really actually labeled myself a pickup artist, to be honest with you. I'm a serial monogamist. I always liked having a girlfriend around. Playing the field was never really my big thing, except for if I wanted to take a break for a while and then, yeah, I'd spend a few months just having fun.

But on the whole, I'm pretty much a girlfriend kind of a guy. I like having a girlfriend. So it's in the vibe. Remember that, it's in the vibe.

Success with women is a symptom of success in life. Success with women is a symptom of success in life. This is really important. The beauty of what I'm teaching you, again I teach something called the Alpha lifestyle, and it's what makes you successful on every level of your life, and that's the cool part of this.

You might think that once you have a girl, that life will just open up for you, but the reality is that the skills that got you the girl are also the same skills that gets you success socially, financially, career-wise, every area of your life you can think of, and that's the why. That's the most important why for me, and that's why I want this to be a real eye opener for you. We are doing so much more than just get a girl. We are getting you that lifestyle that you dreamed of and that you as a man deserve.

Now, how are we going to do this? The how. I'm going to talk about some principles here. These are very important foundational principles

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that will get you ready for the rest of this program. Let's go through them quickly.

The principle of truth. First of all, I have a saying, "Don't suntan in a thunderstorm." What do I mean by that? Don't set yourself up for failure by trying to go against the laws of reality. If you go on trying to take a tan in a bathing suit and just stand out in a thunderstorm, are you going to get much of a tan? Probably not. It's going to take a long, long time. You can be a very unhappy guy and probably get struck by lightning in the process.

The same thing is true in your dating life. You can't do things that are contrary to reality. You can't sit in your living room playing games in your Xbox and expect the woman of your dreams to come into the front door. It's not going to happen, and yet the funny thing is many guys, and I've gone through this too, have this magical thinking that says, "It's going to happen that way." We don't logically connect the two situations, but that's what happens. So don't set yourself up for failure by believing things. They just simply cannot happen.

You're going to see where this comes out every so often when we talk about some of the belief systems, and we are also going to talk about things you actually have to do. You're just going to turn and go, "Well, you know, I can't do that." "Well, what do you mean? You can't talk to a woman? Well, we are going to fix that." But at the same time, if you honestly believe you can't talk to a woman and still think you're going to get a girlfriend, we are talking about two opposing realities there, and that's what I mean by this when I say, "And then blame the rain." A lot of guys, they'll do this sort of thing. They will work against reality and then they'll blame the situation instead of their misplaced belief.

If I go and get a suntan in a thunderstorm and then I blame the rain because it's not giving me my suntan, that's crazy thinking. You're sitting there and go, "What the hell? What's the matter with you, dude?"



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But at the same time we do this same sort of thing all the time in our social life and in our romantic life.

The principle of cycles is another important principle. Everything in life is a cycle, including getting a girlfriend. Your energy has a cycle. You're going to have higher energy at certain times of day, lower at other times of day. Sexual attraction is going to be a cycle for you. You're going to find ups and downs in that. Your confidence is going to go through a cycle. Your moods are going to go through a cycle. All these things cycle, and the point here is to recognize this and to leverage the ups, and what I call "stop loss" on the downs.

If you're in down state, if your mood is low, that's not when you want to go out and try talking to women cold on the street. It's just not going to happen. You're just going to mess it up for yourself and leave yourself with a bad taste in your mouth. That's how slumps are created, by the way. When guys push their way through a low part of the cycle instead of just waiting it out until things naturally come back.

This falls in line with a lot of psychological principles from somebody that I encourage you to read. His name is Richard Carlson. He'd created some incredible books. Unfortunately, he passed away several years back. He's a brilliant guy. He's the guy that wrote the book called, Don't Sweat the Small Stuff. It's awesome stuff from him, and I'll give you more recommendations on that if you'd like to get more into the inner game.

But the point here again is to leverage the ups and stop loss on the downs. Don't do things when you're in a down cycle. Your energy, your willingness to do some of these things will go through cycles. Just recognize those, and don't be all down on yourself if you're in a down cycle.

The principle status, attraction is sexual desire. The two are intertwined. Sexual desire is also a function of your sexual status, and what I mean

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by that is you must be dominant. You have to have a certain level of confidence. These are all contributing factors to your state of sexual status, by the way. Your assertiveness, and assertiveness is your persuasiveness to other people as well as your social influence on the whole.

So individual persuasiveness and being socially influential. Are you a survivor? Do you have that survivor instinct? Well, believe it or not, every man does. Most guys just ignore it and try to push it off, but it's there.

Then there is the Alpha male side of it, which kind of rolls up all these other stuff. The Alpha male is the guy who is the dominant, the confident, the one that gets all the girls, or that we liked to think of it that way, but sometimes we also think of them in a negative context. He's the guy that's a kind of a jerk. He's a guy that's getting the things that we aren't getting and we don't want to be that guy sometimes.

But the truth is the Alpha male is probably not what you think it is. There is another concept that I call the Alpha man. He's the guy that's at the top of the heap, but he does it the right way. He's not a jerk. He's not aggressive. He's assertive, but he's not aggressive and he knows exactly what he's doing.

So again, sexual desire is a function of your sexual status, and we are going to talk more about status and how you increase that on the whole as well, because women are looking for that key indicator. Your sexual status is what they are looking at. Sexual status is basically where you are in the pecking order. Are you the guy at the bottom of the heap? Or are you the guy that's, if not at the top, but at least climbing up that ladder of social hierarchy, and it's not hard to do. It doesn't mean you have to be adversarial, and again it doesn't have to mean that you change yourself or turn into a dick in the process.

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It's no longer real. I want you to keep this in mind. We are now communicating with women on mostly at signal status. We communicate with signals instead of having to do things like "beat up, drag, the caveman is trying to steal her away." We do it now by signal, so I'm going to show you what those signals are.

The cool think about being a guy, a human man anyways, instead of an animal guy is that they have to do things physically. They have to do it by really brutal methods. We as guys can do these things subtly through social signals, and it's really cool when you understand what they are, and again we will talk about those signals and how to demonstrate them. So remember that status is really everything for you, and we are working on getting that to the top.

The principle of thinking, the reality is that you are attractiveness to women is a function of what you're thinking. If you're thinking down thoughts or thinking about yourself negatively, can you imagine what impact that has on your appearance to women? It's pretty obvious. It's a duh, it's a no brainer.

Well, your level of Alpha that I was talking about is not about your size or being aggressive, it's about being the guy that is thinking the thoughts that basically puts you at the top of the heap.

The good news here is that this means that any guy can be the Alpha and get the women he wants because he doesn't need to be the big guy. He doesn't even need to be brutal or the bully or be aggressive and be a dick to everybody. That's the cool part of being an Alpha as a man. It doesn't require the same sort of things.

Now, we've gone through the principle of thinking, now we are going to go into talking a little bit about what my role is for you in this program. I'm going to be your drill instructor. I'm going to your DI as they call them, the drill instructor. I want you to follow along with me in this program in a way that's going to be the most successful for you. I want

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you to trust me. It's the number one most important thing, you've got to trust me. You've got to listen to me. You've got to do what I tell you to do.

The reason that drill instructors work in the military is because, for the most part, if you put yourself in their hands, they are going to break you down a little bit, but they are also going to build you right back up to be something much more powerful and effective than you were before. That's what the military does.

Okay, on my role, I'm going to be doing the same thing. I'll break you down a little bit. We are going to come bringing you back with full power, much further pass than what you could have done before based on what you were doing before. Just do what I say. If you do it, it will work. That's why I'm here on camera presenting this and not just being a disembodied voice for you because I really believe what I'm teaching you here.

We don't have a lot of time for the whys. If you want to contest me on whether or not something is true or not true, look, I don't have time for it. I've been doing this a long time, you've got to trust me. I'm going to give you what you need to do and the right stuff. But I'll explain where I can why this stuff works and why you need to do it. So for you guys out there that really need the whys, you're going to have to put a little bit of faith in me because what I'm showing you does work, and you can't get into a session of constant discussion of why does all this stuff works.

Now, you should be taking notes at all times. I want you to have a journal. I don't care if that's electronic journal where it's a text pad or word pad document, but you better have something opened or book opened. I prefer a handwriting, by the way, because it's tactile. It's physical and kinesthetic. You can feel it. You need to be taking down notes. You should also be journaling the things that you do and the observations you have as you do them in the real world because this is a real world program. You're not here to just, in a vacuum, come up with

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this idea of getting a girlfriend. You're here to do it for real. I want a woman in your arms, in your bed in the next 30 days.

You need to have a support team. After you get the journal going, you've got to have a support team. You've got to have guys in your life that are good with women. This is really important. You may not have them right now, but when you see them, you must keep them in your life and leverage them for what you know they are good for, which is teaching you more.

You need female friends. These are necessary ingredients for this whole formula. You've got to have female friends that will give you perspective and they can also help you. They can help you by giving you insights that you cannot see yourself as well as even hook you up with other chicks they know.

You need a mentor and a teacher. I think that's mostly the role that I'm providing for you here, but if you can get a guy that's good with women who will also help you, you will find that you will rapidly, rapidly move forward with your skills, and then a therapist or counselor, and then this may be necessary for some guys. This is possibly necessary if there are deeper issues at work.

For some guys, you may have issues. I know I had some issues at some points in my life where talking to somebody or be able to talk it out with a professional to get you past it can do an awful lot. But this is usually only the more extreme cases where you have a stumbling block that you just cannot get over on your own. That's where therapist or counselor can fit into that for you. So make sure you have your support team in place. Every successful person has a support team.

Let's go through assumptions really quick. The assumption here is that most girls want a steady guy. I think we can all agree on that. It is true. Most girls do want a steady guy, and age doesn't really change this. Younger women are typically going to have a personality, and when

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you're younger, most likely you're going to have more personalities. They are going to clash and it's going to create what is known as serial monogamy, one girlfriend to the next girlfriend to the next girlfriend. You might be a younger guy, you might be an older guy, but you've got to realize this is the process.

The younger women also have more volatility and extreme emotions. They are much more wild on the emotional scale. I call this the "passion factor," and it's a good thing. That's why I call it the passion factor and not the crazy chick syndrome. I really believe that women are wonderful and awesome, and this is not a manipulate women program. This is about really understanding women on a real level.

So there is a passion factor. There is a volatility to how she behaves and her emotional cycles. Now, remember, that's really important when they are younger. As women get older, they're going to be much more geared to settle now for children, and for family. They are going to want to settle into that role a little bit more. There is also going to be better relationship skills that will make it work easier for you.

So recognize these things going in. If you're looking for a younger woman, you're going to get more of the volatility and probably less of the relationship skills. You're going to have to have more skills in that situation. The older woman is, typically the more settled she is, the more relationship skills she has. She's been through more and it will be much easier for you. But again, for guys, we are geared to want younger women. It's okay.

There is also the virility factor. Most guys want a steady girl, but at the same time, what else do we want? Well, we still want the ability to have many women in our life, and that's okay. That's a fantastic thing to have. The ability to have many women in our life is really important too. So there are ways of doing this. There are ways of reconciling the two so that you don't have to cheat, you don't have to do things that are

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dishonorable in any way, but recognize that the virility factor is the man's deal. That's the thing he's got to manage and control and understand.

There are also levels of learning. This is really important because what we are talking about is going to again transfer to other areas of your life. I want to briefly go through the levels of learning that people go through and exactly how they work.

So what are the levels of learning? Level zero is where you're having an epiphany or realization. You're going to have this happen a lot in this program. You're going to have those aha moments where you're going to want to write it down and make an observation. Those are important. This is increasing your awareness because that's the first step in any kind of growth or change in your life. You have to become aware of it. What you don't know, you can't change.

Level 1, and there is a little asterisk here is because this is what we are changing in this program. We are changing behaviors.

We are not changing who you are. We are changing some of the things you're doing. Hopefully, by doing a lot less and getting you focused on the things that really do work with women and really create the attraction and get you that girlfriend. So behavior change is level 1. So we go from an epiphany or realization, we change our behavior.

Level 2 is transformation.

This is where we make character change in our life. Now, this is something that guys should be thinking about on some level. We all need to go through some sort of transformation or character change to make ourselves into the kind of man that we want to be. I'm constantly working on transformation. I encourage you to do the same thing. It's not necessary for this program, but this is a level that you should be aspiring to in your life. Because once you make a transformation in your

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character, behaviors change automatically and you become more aware on a different level, and I'm sure you've experienced this in many areas of your life.

It means that you may not realize it, but when you make a transformation, a quick change in your character or something drastic might happen to you. For me, it was the death of my mom. Certain things will just change your character so profoundly that you can't see things the same way ever again, and that's where real growth happens in your life.

Level 3 is a level you don't need to go to, but if you aspire it too, you can, and that's called meta change and that's the ability to understand and change in the big picture. You can facilitate change in other people. This is the big picture skill. This is what I've had to acquire to do this work with men for so long now, for over ten years, and I've helped thousands of guys get success by doing this one thing, by being able to help them facilitate change in their lives. So those are the levels of learning you're going to go through in this program. Watch out for them.

The next thing is women are understandable. This is an important assumption that you must start to buy into. Women are understandable. A lot of guys like to say, "I can't understand women. Blah, blah, blah." Because mostly there is no romance for anybody without the mysterious.

Without it being somewhat mysterious, it's no longer romantic for them. Once you can suddenly pin it down and understand it, it ceases to be as romantic. So what I say is a little mystery, man. I want to have skills that can get me results. I don't need it to be mysterious or romantic. I want the results. The results speak for themselves. So nail down the skills to repeated success. That's it. That's all we are going to do. Nail down the skills that give you repeated success. That should be your mantra.



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You can't control women. We are not talking about controlling women here. We are not talking about hypnotizing them or subtly influencing them in weird ways. We are talking about how to influence her by how you control yourself.

You influence women by how you control your own behavior, how you present yourself, what you say, how you interact with her. That's how you can influence behavior and again create the attraction that gets you the girlfriend you want. So those are some well defined assumptions you need to have.

I also you want you to remember a few things. The two big enemies of learning. I learned this recently and that they are very true. The two big enemies of learning are, if you find yourself saying these in the program, be very careful, "I disagree."

This is resisting at level zero. You're resisting the ability to have an awareness or have a breakthrough of any kind in your awareness. You're actually holding back on it and you're holding yourself back in the process. Beware of saying, "I disagree." It's an ego protection mechanism, and it's very deceptive and it hurts you.

The other big enemy of learning is saying something like, "I know that. Dude, I know this. I've already heard that before." You may find yourself saying that even in this program, but again this is somebody that's stuck at level zero. Maybe they've already had the epiphany, but they are not willing to actually work and go further to use that epiphany to change their behaviors.

If you find yourself saying, "Dude, I know that. I've already heard that before," keep in mind I'm giving you a complete blueprint here. You may have heard it out of context before, but now you know which parts fit together. Some parts are not compatible, and this is why I'm giving you a complete system so that you don't have stuff that breaks your game down the road. So beware of the "I disagree" and the "Dude, I already

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know that.” You don’t know it because if you knew it, you’d be using it to get the things you want. I’ve done that one before all the time.

Recognize also that we are always looking for reasons to not do something. Natural laziness is actually a survival mechanism. It conserves energy. It totally makes sense in the grand evolutionary scheme.

But it will hold you back and you need to understand that. If you consistently resist any kind of effort, if you fall victim to your laziness, you will be in a bad place. You’ll never grow. You’ll never be able to get out of the rut you’re in, and that’s pretty much you’re here about. So remember, natural laziness is a survival mechanism, but please watch out for that resistance to doing something.

If you feel resistance to anything I’m telling you, I want you to stop. I want to review your assumptions and your beliefs. I want you to stop for a second. I want you to review your assumptions and beliefs when you run into them because they will happen from time to time.

I may say something you don’t quite entirely believe in, but that’s okay. There will be stuff in here that you do not want to do, and that’s natural, but successful men do them anyway. Successful guys do what is necessary to do and they frankly just get it done. They do it.

This stuff is deceptively simple. You’ve got this program for the result. You want to have the girlfriend. That’s your result you want to get and I want to get you that. This system gets you that result. If you don’t get the result, it’s because you refused to use this system. You believe in it enough to purchase it, and I commend you for that and you’re on the path to glory. I love that word, glory. You’re on the path of glory. You’re on the path of success. You’re on the path to getting the girlfriend you want, but again if this doesn’t work for you, some guys are kind of be saying that. I mean, it happens every so often, or they say it that other

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people's stuff doesn't work for him. It's not because the information is flawed. It's because most of the time, the guy didn't do it right.

Now, I don't want it to sound like a "you're wrong, you're a bad person." That's not what it is. It's we have to recalibrate and retry. That's where learning comes in. You have to recalibrate and retry slightly different than what you did before. Chances are you may have used exactly what you were told but not exactly right, and that's where it breaks.

Anybody can do this system. Any guy can do this, and it will only be your choices that fail you in the long run, so don't make those bad choices. Don't make the "I disagree" choice. Don't make the "Oh, I already heard this before." I'll do this so they can work for me. Or dismiss it out of hand. A lot of guys are just looking for a reason to fail, and I don't want that to be you.

You can't solve your problems in the mindset that created them. It's a very important saying. It actually came from Albert Einstein. You can't solve the problems you have right now with the same mindset that created those problems. Otherwise, you already would have, but you have to get out of that thinking. You have to get perspective. Perspective is what we are going to give you.

There are no yogis in the forest. This is an old saying from a sales mentor, Dan Kennedy. What happens is, the reality is that we all desperately want to believe that we and that situation is special in some way. It's different. What you're saying won't work for me because of this or because of that, and we come up with reasons all the time on why it won't work.

It's **not** different. It is no different, and the sooner you realize that, the faster you can get past it. We want to believe our situations are special, but they are not. Come to grips with the fact that you are unlikely to ever go through anything in your life that is truly unique.

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Everything has happened to almost every person on this planet. It's an illusion that's created by your mind, and it blocks you from learning because you want to believe that you're special and that solution won't work because of this and this and this.

The reasons that you come up with are pulled out of the back pocket that you've got. The faster you let go of this illusion that you somehow have a special case, the sooner you're going to be able to learn from those people who have already conquered that same situation.

If somebody else has gone through it, your situation is not special. I know we want to believe that, but it's not, and I want you to be careful about that one because it does trip people up. I get it in business coaching. I do life coaching and business coaching as well. You're unlikely to ever go through any situation that somebody else hasn't gone through. You're just resisting the work that you have to do.

Remember, you're not special and she's not special. This is again another branch of this exact same problem. The woman that you're after or chasing or trying to win back or whatever the case may be is not that special. She's not special, and this is important for your attitude. This is nowhere more true than for guys who have what I call oneitis. You know what oneitis is, right? "Oh, she's the one. She's the special one. I really want to win this one girl. I'll do anything. Oh, that won't work on this one girl because she's special, because she's different." She's not special. She's not different.

There are over like four billion women on this planet right now. Let's just assume that half of those are already attached. Let's say that half of those are of legal age, so again another one billion women that you have around on this planet. Come on, dude. There are so many women out there that it's unfathomable. She's not special. What you've got to really realize is that again it's another mistake your mind is trying to make.

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Don't try to make a quantum leap here. Don't go trying going from zero to hero instantly. It's not going to happen. We are going to move quickly, but don't try to make it happen instantly. I want you to get a girlfriend and you will get a girlfriend. I will get you that girlfriend, but real life long change does take a little time. If you're looking to make a little bit more of a transformation in the way that you approach this, it's going to take a little more time, but it's okay.

But think about it this way, how long is too long if you get what you want? That's an important question to ask yourself about anything. How long is too long to get what it is you really want? Remember, all sexual attraction is created by sexual tension. Sexual tension is the key here.

The more you appear to be **the man**, in other words, the masculine part of the equation in her eyes, the more attracted she's going to be to you. This involves creating polarity and something that is inherently uncomfortable to nice guys. I should know, I was a nice guy for years. You don't want to be trying to avoid tension or anything that feels like tension. That's going to kill your game with women. It's so bad for your game.

Remember, if you learn one thing that improves your game with this entire system, everything I'm going to teach you, I'm going to teach you a lot. You have gotten more than your money's worth out of this system. Because without that realization, you'd still be stuck as the guy that you were before you got the program, and that alone is worth is and you'd be just that much further ahead of the rest of the guys out there trying to accomplish the same thing and most of those guys don't have this kind of guidance. They won't do it. They won't take the steps that are necessary.

So I want you to become a warrior dating women. Whatever imagery empowers and motivates you, go with it. I like the warrior metaphor. You get the skills. You do what needs to be done. You ignore the fear.



*Get a*  
***Girlfriend*** ***FAST***

That's part of being a warrior is you ignore the fear. It's there, but you don't let it stop you and you bask in the glory when you get what it is you want. The measure of a man, this is one of my sayings, the measure of a man is his ability to act in spite of his feelings and do what needs to be done. The measure of a man is his ability to act in spite of his feelings and do what needs to be done, and that, my friend, is what you're going to do on this program.

So there you go. Little words, little bit of a rah-rah to get you going. That was the intro. That tells you and sets the stage for what we are going to do, and next, we are coming up with fast flirting tips to get you moving forward faster. I want you to get onto that module right away.

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## **GGF – MODULE 1 – Fast Start Flirting**

Welcome to the first official module of the program. This is Fast Start Flirting. These are the tips that are going to get you in the field, in action, and getting results as fast as humanly possible. The way I want you to use them is, first of all, remember, these are the fast magnets. These are the magnets that will get you the most success in the shortest period of time, but the important part is that you must use them right now. Right now, don't wait for the rest of the program. Don't wait to go through the rest of the program, but implement them right away as much as humanly possible.

Remember, your purpose right now, and this is the entire theme underneath the concept of getting a girlfriend fast is you're trying to show her boyfriend material. Boyfriend material is what makes women kick in their competitive drive. It makes them engage that mechanism that wants them to take over basically in the process of courtship and things like that. It's been proven time and time again.

Now, you're showing your boyfriend material without ever saying boyfriend. This is a very passive switch you're making, but it's a very important one. It's active to you, but it's passive to her and that's the important part. You never want to say boyfriend. You never want to insinuate boyfriend. You never want to directly put that out in front of her because that will scare her off.

It's the fastest way to the bedroom. Bar none, the fastest way to the bedroom is to show her a guy that she would consider to be boyfriend material. That's all there is to it. Once she sees a guy like this, once she sees a guy that she considers a quality man, what is she going to want to do?

She's going to want to lock him in and she will not want to let him get away. She will start to take over and become the active chaser in that

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sense basically, the pursuer, the hunter. Women will compete and do just about anything to lock in a guy who shows these signals.

Now, if you've ever experienced this in your own life, I know I've experienced it many, many times seeing women on how they react. I've talked about my experiences with Mindy and how she basically did the exact same thing to me, and there have been several other women that have done that once I learned how this worked. You'll see that women are extremely competitive, and they are extremely aggressive about it. It's almost kind of scary sometimes how women can become a little cutthroat.

Now, she knows it might not work out, but she's still driven to do it. So the rational part of her mind is still accepting the fact that this doesn't mean she's going to marry you. This doesn't mean that you're pledging your eternal fealty to her, that you're going to be eternally loyal and devoted to her.

What this is, it's a trigger. It tells her that it's, A, okay to sleep with you, and B, this is something she wants to hold on to or at least stay with and not flake out, because the not the flaking part is a really big part of the process. If you can keep a woman engaged and she's there in the process, you've got her. She's sticking with you.

## **Girlfriend magnets**

Remember the girlfriend magnets, and the girlfriend magnets are the signals, basically that show that you are a keeper, that you are a boyfriend material, and that she's got that in front of her. She has to recognize it, and the process is just like magnetizing a piece of metal.

If you've ever done this, I remember back in grade school we did this. We took a needle and we basically rub it along a magnet. 00:03:24 The more that you do it, the more you magnetize the metal, and what you're doing is you're aligning all the different molecules of the metal to all be in



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the same direction. You turn that needle into a mini-magnet, and then what you do with it? Typically, you'd put it on a cork or something and you make that little funky homemade compass.

It's the same process. What we are doing is we are, if you'll forgive the analogy, stroking ourselves past this woman to magnetize ourselves to her. She's going to feel that attraction. It's just like you did back in school, and it's the same kind of process. It's the magnetizing process.

Now, normally a woman is passive. Again, once you show her these magnets, she will turn her "compete and conquer" mode on. It's like a button, "Beep," and she becomes immediately engrossed in the "compete and conquer" process because that's what she wants to do. She'll flip on that program and she will actively and aggressively – and I do mean aggressive in a lot of ways – aggressively pursue you.

And of course, not only showing the chick these girlfriend magnets, but avoiding the chick-repellent things that men do. Oh, and there are so many of them. When you do those repellent things, and I am sure you've experienced this, if you take two magnets and you try and put them together the wrong way, when you're trying to do that, and then trying to get them to touch, it's hard.

Two little pieces of metal that are magnets and you have to force them really hard to even touch, and even then, what happens? The second gets forced up, and boom, they push it right away. That's what happens when you demonstrate the negative qualities, the repellent qualities, these fatal attraction killers, that's what I call them.

Fatal attraction killers, I want to highlight them. Throughout this program, I'm going to tell you exactly what you're doing and when you're doing it that creates that situation. These will appear throughout the program, so they will appear on their own special segments as well as in certain segments to highlight the mistakes you might be making there.

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Remember, this is about doing less, not more, because success is less, not more. This is a big sticking point because a lot of guys have been programmed in this pickup artist mentality that, well, most guys add in more stuff to overcome their sticking points. “If there is something wrong, oh, you don’t have this. You don’t have this tool. You’re not doing this.” In reality, this is wrong, and it’s one of the biggest lies and one of the unfortunate things that has hurt so many guys’ game.

When you’re doing too much, she senses that you’re being a trying hard. She senses that you’re trying too hard to get her, and that is in itself girlfriend repellent. It will push her away. It’s immediately like turning the magnet around on her.

So what you do is you use the things that I’m going to be teaching you where you’re using the magnet, where you’re using this stuff as spice. All of these fast start flirting magnets I’m going to teach you here are spices to be throwing into the dish. They are not the main dish, but are the things you add in to give you better results.

Some will not yield immediate results, and this is an important thing to understand. A lot of attraction happens when you are not there, when you’re not around. I’ll zoom in a little bit here to make sure this is still really visible for you. A lot of attraction really happens when you’re not there, when you’re not physically present, and it goes back to the investment principle in a lot of ways, and this is the psychology that you have to take with this.

It’s basically what I call the “waterfall principle,” and that is you want to have multiple streams of female income. This is a principle that works right alongside my waterfall principle. If you’re seeing multiple women at the same time, you are accounting for a lot of different factors and you are multiplying the likelihood that you will get in the bed and get one of those girls as your girlfriend.

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I have always made it a process since I learned how this worked to have at least three women aligned or in my funnel, if you will, at any given time and that ensures and guarantees my success. Number one, because I'm not in scarcity mode. I know I have abundance. Number two, the women can sense my attitude is a little different and I've got options. Once she can sense you've got options, that's one of the girlfriend magnets.

Number three is the waterfall principle simply states that if I've got each woman at different stages in the whole courtship, if you will, courtship ritual, maybe I'm dating the first one for the first time and the second one on the second date and the third one, maybe I've been seeing for a little while, each one of those women is at a different spot but each woman has the chances stacked up that one of them is going to come through.

Maybe Girl 1 drops out of the picture and she flakes out, which won't happen to you once you've gone through this program, by the way. Maybe Girl #2 is kind of in the edge of being really, really sexual, but she's holding herself back. Girlfriend #3 is ready to go, but she's looking for some kind of confirmation from me or something.

There is always a different situation for each woman, but they stack up and they give you success, and that's the waterfall principle. It comes from a project management thing that each step naturally lends itself to the next when it comes to both attraction and anything you do.

Most of what you will learn in this program is about how to stop working so hard. I want to be really clear about that because I'm not trying to add more work for you. I'm trying to clarify what does work and tell you what not to do. What not to do is really important because those are actually more of your failures than you think. It's not what you're not doing, it's what you're doing and you shouldn't be doing.

So be coachable, this is a really, really important thing here, and I want to tell you a little bit about this. 00:08:57 There are two obstacles to

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learning. The first obstacle to learning is saying, “You know what, I’ve heard this before. I already know that. I knew that.” But not in this context, especially when it comes to this program. If you find yourself saying that in this program, you may think you have heard it before, but you have not heard it in this context.

This program is the big picture and the small picture all rolled up into one. So you may have heard it before, but you’ve heard it out of context. You’ve heard it in a different place, and it may not pertain to the same way here. So remember, in every area of your life, you’re blocking yourself from learning when you say something like, “I’ve heard that before. I already knew that.” It’s a block to learning.

Only work on the next step. You can’t fix it all at once. You can’t fix everything at once. So only be working on the next step, your current hurdle or obstacle. It maybe, for you, it’s the opening and talking to women and really getting that interest going. You work on that and you hammer on that until you get it good, and then you move on to the next thing.

When you have that lined up like that, when you have those problems lined up ahead of you, it can look really daunting, but as they say, inch by inch by inch is a synch whereas by the mile is it will take forever. So take your time and be coachable. That’s what this program is about. You need to be coachable and learning this stuff.

### Fast Start Flirting, Why?

Why do we do this? Well, you want fast results. Duh! Who wouldn’t, right? And that’s what I want to give you. Fast results also ensure that you’ll stick with this system. They also ensure that you stick with it in general. I’m going to give you an example of this.

When I’m teach guitar, one of the first things I teach is I teach them how to play a little bit of a song, and it’s important because when you get the

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gratification of, “Wow, in just 20 minutes I learned a good part of the song. I can play that song.” That gives you a sense of accomplishment that nothing else can compete with.

But if I sat there and taught you scales and theory and you walked away going, “I didn’t... I don’t think I really learned anything. I still can’t play guitar.” And then you’re going to still want to sit down with the radio on and your guitar and try and play it and you’re going to be frustrated. So fast success is the key to overall success, not slow, not the tortuous method.

What?

Okay, here is the different things, the different flirting magnets that we are going to talk about today. These are the fast start flirt magnets.

Number one is to start stacking your opportunities. That’s what I’m talking about with the waterfall principle. Line them up. You want to line up as many opportunities as you can at once. So here is what I want you to do, I want you to develop a plan of attack on where you’re going to plan on meeting women.

Number one, a lot of guys’ game plan is online, but it’s also the one that falls off really quick when they can’t get results. I will tell you more about how you can get more results with online dating, but for now recognize that online dating is really, really important to your game. You need to have it in there.

Singles groups are very important. Get on their mailing list. You’re never going to ask where do I meet women again after this program, and you shouldn’t.

Speed dating. This is a hidden gem in my opinion. A lot of guys resist this one, but it’s great because you’re going to get basically micro-dates and a lot of practice in the process. Go for the speed dating system

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within the shortest time period, but the most dates. There is one that does I believe eight-minute dates. One does ten-minute dates. You don't need that much time because she doesn't need that much time either. You want the woman in the shortest amount of time that gives you the least opportunity to mess anything up. That's really what it's about.

Give yourself the least amount of time to mess anything up, and anybody can be a gem in the rough even for a three or four minutes, even up to eight minutes. So that's all you're doing is you're working on those little small blocks of time that you can present yourself. This is micro-dating essentially. You're getting a ton of things done in a very short period of time. There is nothing more efficient with your time and your life than that.

Parties, yes, parties. Network with your friends. I really can't emphasize this one enough. This is more than likely the way that you will meet somebody that you're interested in and it's also the way that women prefer to meet men, and it's networking with friends at parties with friends of friends, that sort of thing. It's not necessarily blind dates, but meeting randomly or by chance through those people, and it's not as random if you do that with the approach I'm going to teach you.

Hangout group. Make sure you have a hangout group that you hang out with. That's your guy friends that you can go out with. Maybe it's your local watering hole, or the pub, or the bar that you go to. Only the clubs where conversation is possible, not the clubs where everybody is just going crazy dancing and all that because you're not in that mode. If you want to do the pickup artist thing, or you want to do the bar and club hopping mode, that's fine. That's a great accessory to whatever you're doing, but for what we are focused on, only clubs where conversation is possible. Lounges, there may be music or live music, but it's not a big distraction to the socialization.

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Craigslist, again another great one, but there is the personals. A lot of people use the personals in Craigslist. Normally, I resist these, and let me tell you why. The highest quality women usually don't seek men actively. They don't go and actively put an ad out. The online dating is the closest that women will get to actively pursuing men in the initial stages, because they don't have to. The highest quality women don't seek men actively because they don't have to. Think about that, if you're a hot woman, you're already in demand. You don't need to be doing that. So go for the ones that these women will use. The more attractive, more confident women, the higher quality catch, they will use online and speed dating when it comes to this sort of thing, and that's what you should be using.

Create two online dating accounts right now. It doesn't matter which ones. I highly recommend you do Plenty Of Fish and Match.com. Those are two biggies. You could do an eHarmony account. This is another topic for another day, but those, one of those online dating systems basically has a different path, a different route and a different way to handle things. For Jewish guys, there is JDate and things like that. With online, Match.com and PlentyOfFish.com.

Plug into the local scene. Plug into music and clubs, the clubs that you know in your area. Get to know which ones are hot, which ones are not and which you can be dialed into and knowing what the events are and what's going on with them.

Join a few singles websites. There are websites out there that have newsletters of events and things that are going on. As a matter of fact, that's how I got a lot of my speaking engagements around the San Francisco area.

Locate local speed dating events. Again, it's really easy to do because sometimes there is a local speed dating events. There is also all kinds of local singles events that work on the same concept, so stack your opportunities.

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Number two magnet is sexualize everything. From now on, your conversations need to have a male/female charge edge to them. You're not conversing with somebody who is a potential work client or a potential friend, you're dealing with somebody that should have the feeling that there is potential to have sex. Male/female polarity has to be there. Think of how anything can be said and relate it back to being male and female. It's kind of having that play of the sexual edge.

One of the great examples I have is used to like to watch the reruns of the old show *Whose Lines Is it Anyway?* That's an improv show, and one of the skits that they were doing or one of the games, I can't remember the name of the game, but it was basically you have to turn everything into a sexually double-edged phrase. So they would set a scenario like they are working in a restaurant and everything has to have that edge and he'd say, "Well, I'll tell you, I finally chopped off that sausage. If you know what I mean?" And everybody had to like say something that would have sexual edge to it. "Well, you know, I really made that sauce and I put a lot of meat in it. If you know what I mean?"

Those little jokes that you can do like that, that's what you get. That's the kind of thinking you have to have, if you know what I mean, right? It's also a great way to put it. By the way, that alone is actually a technique you can use to inject humor in conversations. You want to recognize those things, in other words.

Use the radio in your car for conversation practice. A lot of guys miss out on this one. They don't realize this is a great way to do this. Especially on morning shows and afternoon shows where there is a lot of talk show stuff going on, you could interact with it. You might feel a little bit weird, but hey, we all sing in our cars anyway, you shouldn't feel that weird. Use their responses. Use what they say to feed your conversation to give you practice at turning something sexual or asking a question about it. This is all great practice for you. Every single day you should be using that, and again trying to sexualize everything you



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say. You want it to have a little bit of a sexual edge. Not an overt sexual edge necessarily, but it should have a little bit of that dynamic, even if it's only an attitude.

Number three magnet is double your exposure. I want you to expose yourself to twice as many social situations as you normally do this week. Go to more business functions. Business functions are a great way to meet people anyway, but anything you can do at work.

Become a yes man for a week. If you don't know what a yes man is, you should watch the movie with Jim Carrey. It's basically where he has to say yes to every opportunity that is put in front of him. If anybody offers anything, you say yes, and initially it's a little uncomfortable, but you're going to find that your life does open up a quite a bit and that's the great moral of that movie too. It's a good movie if you watch it.

Parties, again expose yourself to more parties. Ask your friends or call up your friends and ask them what's going on. Do they know of any parties? Do they know of any celebrations? Whatever it might be, see if you can get yourself hooked up with that.

Get networked. The networking element is really critical here because chances are, that's how you're going to meet one of these great women, and that's how you want it to be because she's going to find a lot more credibility in that. You've got social proof immediately because people know you. You will be able to really get in fast that way.

Practice strong eye contact. This is something we are using. I do this every day now as I do it at the gym. Like when a woman meets my eyes, I just keep looking now and wait until she kind of looks away, and it's not done aggressively, but it's done in a great flirty sort of way.

Here is an eye exercise for you. Mirror work, just sit there and look at yourself in the mirror and make eye contact and then just kind of like practice different expressions, different ways of holding your head, and if

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you can hold eye contact with yourself, some guys can't. For a long when I was a kid, I could not hold eye contact with myself. I had to break it. I was like, "Oh, this is weird." But once you get the hang of it, it's not hard at all. Mirror work is a great way to practice. It's part of the overall body language concept.

Centerfold, this is one of my top exercises for guys. Get yourself a centerfold out of a Playboy. Now, I'm not talking about pornography here. I'm not talking about something with a girl and the guy is entering her from behind. Not something like that. I just want you to get a very soft feminine portrait, nothing too sexual, where a woman is basically naked and you put it up and you try and make eye contact with her and not look at her body and use that self-restraint that you have and practice that eye contact because, hey, it just looks like another beautiful woman.

Your goal is to communicate with your eyes that you're both compassionate and confident, compassionate and confident, and softening the eyes helps quite a bit. If you feel like you have crazy eyes where you're kind of like glaring, you have to soften that up. The best way to soften it is to just kind let your eyes droop a little bit. It's almost like you're stoned, dude.

The confidence part is just being able to maintain eye contact and then knowing when to break it and how to break it. Like when you smile, you now, you look away and look back. Those simple things will increase your eye contact and effectiveness.

Number five magnet is instant body language primer. I'm going to give you a very fast, very effective body language primer. This is all you need to know, in fact, about body language.

The wall exercise, this is a very simple way to get your posture in place. What you do is you basically stand with your back to a wall. You want your heels, the back of your heels, your butt, your shoulders and the

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back of your head, all those points should touch the wall, and I want you to feel and experience what that feels like. That is a perfectly straight posture. It's going to feel unnatural because you are probably used to stooping or hunching a little bit, but get used to that. Walk away from the wall, see if you can still hold it and relax into it. Don't hold stiff, but relax. Again, back up to the wall and feel that.

Move through liquid. I do this when I'm swimming. I make it a part of my swimming exercise to do the running off the bottom of the pool, and when you're moving through liquid, you're going to feel a lot more fluid and you're going to feel like you're slowed down. That's the way you want to move in real life.

Like when I'm communicating with women, I'm just gesturing like this all the time and it's like I'm moving through water because I'm being resisted a little bit. I don't want them to have fast jerky hand motions or like as fast. You've got to slow it down and make it very smooth.

Expression training is the side of body language that a lot of guys miss out on, and again use a mirror. Emulate every possible reaction and emotion you possibly can. This is what actors do. They work on their expressions in the way they emote different emotions. You want to work on that too and being able to be like quizzical, surprised, a little bit disbelief. You're going to be able to work on that and show that, because again, most guys are holding back and containing, overly containing their emotions, the wrong ones.

Gesture more. Use your hands. Use your expressiveness with your hands. I'm going to tell you it's natural for me, but not always for every guy out there, so you've got to work on that because it cripples our attention. It's hard to not pay attention when somebody is talking with their hands.

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Practice touch with both men and women. Practice how you can touch both of them, like when you pat a guy on the back or shake his hand or give him a bear hug, do that to practice touch.

And of course, mirroring lightly. What that means is you want to mirror their expressions. You want to mirror their body language, but do it very lightly.

Real mirroring, by the way, is not a conscious process. Mirroring comes from the fact that it was observed that people unconsciously tend to emulate the body language of somebody that they are listening to or somebody that they are in rapport with. It doesn't mean that doing it consciously is going to make that happen, but you can do it very lightly, and that is to make it easier for women to relate to you, you assume a mirrored posture.

Like if she's facing you but off to the side over here, you want to face in exact opposite angle, that way you both feel like you're facing in the same direction. Maybe not direct, but offset. These little things that involve the mirroring, the way you're leaning. Now, which of you is holding the glass and which side of you is leaning, those little things can lead to a sense of rapport, and that where like lightly mirroring can help you.

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## GGF – MODULE 1 – Fast Start Flirting – Part 2

That's really about all you need with body language. I will be talking about body language again later in the program with some important things you need to know about that.

Display higher status. This is the single most important attraction magnet or trigger that there is, really, because it comes from your self-image and self-respect. People think that this comes from, these guys think this comes from their status in the community, who they are. Are they somebody higher up?

We seek out these higher positions of power thinking that what's going to give us the high status. Well, in fact, it's not. The guys the demonstrate high status are the ones that don't have it officially, but assume it by their self-image and the way they hold themselves.

Low status signals, these are the things I want you to eliminate. Again, we are trying to do less, so here are some of the things you're going to do to eliminate them. I want you to start, of course, to stop:

- Seeking women's or anybody's approval. That is a key indicator of low status.
- Reacting emotionally to things. Anytime you react too emotionally, usually negatively emotionally, to anything, it's a sign of low status because you're reactive. You're easily pushed around and it shows that you've never really come to grips or come up with coping strategies for that because it probably happens to you a lot, doesn't it? People push your buttons, push you around and bully you. That's what it shows.
- Defending yourself. You may feel like you need to be heard or you need to be understood. Don't worry about being misunderstood. It always comes out in the wash, but when you actively try and defend

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yourself and try to explain yourself, these two actually work together, when you are doing these actively, it comes across as very low status. High status people don't care what other people are thinking about them. Explaining yourself comes from this need to be understood and that in itself is a symbol of low status to women.

- Rationalizing. Rationalizing is another low status signal. You've got to eliminate it. Rationalizing is a way of making things better even though they are not really that good. It's like something bad happens to you and you've got to rationalize it away. You know what, let it be bad and then take action on it. Rationalizing shows that you're accepting things a little too quickly and maybe giving in too quickly too.

High status signals, what is the opposite of that? The opposite signals that you need to work on are:

- Leadership signals. Those are the magnets that women see right off the bat, and it doesn't mean you're a leader, but it means you're assuming the leadership role.

- Decisiveness, I'll talk about this one again too. Being decisive quickly and effectively is very, very attractive.

- Indifference. It's not reacting to what other people say or do, or just not caring. It's really important especially with women. There is a saying that the difference that makes a difference is indifference.

- Inner compass of control. You control your world, not the other way around. Really, a big one there. You control your world, not the other way around. You want to make sure that's what you communicate with the way you talk and the way you express things. You don't ever want to be the victim or express yourself as being the victim of anything.

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- Dominance is a very high status signal. Dominance being that you're the dominant one in the hierarchy. That's what we look for instinctively in our evolutionary minds.
- Strong body language which we talked about before.
- Vocal tone. Vocal tone is part of your body language. You've got to work on your tone. I can project my voice really well because I know where I'm communicating from, the resonant part of my chest where you resonate and it's where you feel when you're humming deep in your chest, hmmm. That part of your chest is where your voice should come from. Not from barking or from talking way up here nasally. Make your vocal tone very resonant.
- Communication patterns, how do you communicate? Do you feel your conversations have a lot of uhm, errr, uh, I, uh, well, like, all those little things with fillers. They demonstrate insecurity. So give rid of those and work on the active communication patterns.
- Purpose, do you talk about your purpose. Do you talk about what it is you're going after and pursuing in life? That's where most of your focus should be in conversation.
- Joking about low status signals, even sarcastically, and usually that's the way it is. When you joke about low status signals, these actually communicate high status. So I'll give you an example, "Yeah, I sure hope you approve me because I'm pretty desperate right now and I really need to date." You joke about those low status signals, and immediately where does that put you? It puts you in the high status bracket because you're joking about them. You're not making fun of them, of other people, but joking about those signals.

Status and respect is set by boundaries and precedent. Status and respect is set by boundaries and precedent. I know it's a big phrase there. What I'm saying is that you do not want to sacrifice your status in

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the short term in the hopes of reclaiming it later. A lot of guys do this. They try and be too nice, too inoffensive figuring that later on they will just kind of like muscle their way back up to the top. It doesn't work that way, especially among men. You can't be the real nice guy and then later on try and assume the role of leadership or dominance in the hierarchy.

Boundaries are really important because of what they communicate. When you're high status, you have a lot of boundaries that people can understand very easily. I'll give you an example. These are boundaries, by the way, that every guy should have.

Every single guy out there should have these as boundaries:

- These are expectations of women. No cheating.
- No extended aloofness or silent treatments or any of that garbage.
- No nagging or bossiness.
- No lying. You can't lie to me.
- No disrespect. An example of disrespect is lateness. When women are late or if they flake out on you, that is disrespect and it must be dealt with, and I'll talk about you deal with that properly later.
- No drama. No emotional drama where you're just trying to stir shit off to see what you've got.

Those are very solid. It's a starter point of any guy setting his boundaries with women. None of these are acceptable and you have to decide for yourself how you're going to deal with it should it come up. So these are some of your boundaries that you need to add right now,



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and I suggest you probably write those down and kind of make it your bill of rights, if you will, with women.

All right, so that was the high status section. Now, let's get into fatal attraction killers. I've got two sections of these. Fatal attraction killers, number one, and a lot of guys do this, reading about woman's body language and then becoming reactive to her instead of proactive. When we talk about body language, it's usually a misguided attempt to avoid rejection.

Most guys are trying to read a woman's body language as a way of avoiding making mistakes and knowing when they should stop because they don't want to get rejected. It's like preemptive rejection strike. They are trying to stop themselves from getting rejected.

Instead, when they watch a woman's body language looking for signals, it actually creates it because the feedback loop is this, if you take action, you create attraction. She displays attraction responses in her body language back to you. That the way it should work. You act first. You're not looking for signals. The first thing you do is you act. You create the attraction and then she displays those signals.

The fatal error of the guy is trying to do this, they try and read her before they've created the attraction. They panic at not having attraction on first sight or before they actually acted or did anything, and then she continues to lose interest as they go into a death spiral. Do you see the difference between those two scenarios? One, you start out acting, and the second one, you start out reacting right off the bat, and that's not the way you do it. So don't read body language as a method of becoming proactive with women.

Another attraction killer, another fatal attraction killer that's a repeller is not having a strong reality that you pull her into instead of the other way around. Again, this is action. I want you to define your reality. I'll give you an example of my reality.

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I do this on paper all the time. I do it in my head, but you can do it any way you like. I want you to define your reality. Here is an example of my reality that I pull women into.

- I'm way too valuable to waste my time on bitchy chicks. I'm simply too valuable. Time is so precious.
- My time is the most valuable thing on the planet. It's absolutely the most valuable commodity to me on the planet. It's more valuable than money, more valuable than anything else.
- I'm looking to see if you fit into my life. If you fit into my life, not the other way around. I'm not trying to shoehorn my way into your life.
- If you don't meet my needs, you're gone. If you don't meet my needs, you're gone. That may sound incredibly selfish, but let's be honest. It's going to come down to that someday anyways. At some point, you're going to have to make a qualitative decision, does this person really meet my needs? And if not, if you stick around and they don't anyways, it's going to be a really critical error in your life.
- You need to nurture me and add value to my life. This is what I think when I'm talking to women, and this is what I'm thinking about the woman, "I'll protect you to the ends of the Earth if you do meet my needs and add value to my life, but you need to..." That's part of the equation for me getting hooked with a woman. "Why else would I be doing this? Why, is it because I want to make a fairy tale out of this and make your life great? No, my life has to be good too." You've got to prioritize it.

So define your reality. I want you to do that right away. It's an important part of your attitude that again you can communicate to women and it becomes one of those magnets.

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Fatal attraction mistake number three, never give away your status to women as a trade. Always be able to walk away from a woman or from any relationship for that matter, and be able to communicate that subtly, not overtly. You don't want to flaunt it in somebody's face. Of course, never display the low status signals to a woman especially.

Number four in the attraction killers is never argue with her. Never argue with a woman, really. The process is you, number one, let her vent. Hear it out. Don't take it personally because God help you, you will want to.

That's why guys get sucked into this cycle every time every time, and if you wait, she will probably come back around. Most arguments from women are not logical, rational arguments. This is how guys lose them, they start fighting them as if they are actually out to debate. They are not. Most arguments from women are simply her need to express pent-up emotions and to test the strength of the relationship. To test the strength of the relationship, that's most of the reasons women stir up drama, so never argue with women.

Remember, women determine your sexual status in one of two ways.

- How you act and communicate.
- How others respond to you and treat you.

It's really important. You should write that down. Women determine your status, your sexual status, and your overall dominance in the ways that you act and communicate, your body language, your communication style, what you say, how you say it, and number two, how others respond to you and treat you because that reflects who you are. If other people push you around, what do you think she's going to think about you? Nothing good, right?

Number two, I want you to remember that women do not want to be responsible for their behavior. Throughout this process, you're not going to be putting it in her face that she's responsible for anything. She

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wants total exemptions. She wants plausible deniability 00:12:08 at every sense at every state. So don't ever call her or confront her on her behavior. This is a big mistake guys do. They feel like they have to set her straight, and that's really what being confident is about. But not really, in a lot of situations, that's not the confident part, unless it's bordering on mistreatment, and in that case, yes you do.

Your success will be how well you feed her the excuses she needs to be with you. You're going to be basically feeding her all the excuses she needs and she's thinking it's her idea, "Wow, he's great at this. Oh, I love him when he does that." And she thinks it's her idea, but it was yours. Remember, you're demonstrating girlfriend magnets.

Women flake because you made a fatal attraction mistake. That's simply it, and I'm going to be talking about flaking and anti-flaking tools throughout this program so that you don't lose her. But the reason women flake is because you made one of these fatal attraction mistakes typically.

So if you avoid the mistakes, you don't have to worry about it. Women do not flake on men they really want to see again. This is a rule. If she flaked on you, something happened that changed her desire to see you again or what she thought of you, so that's what the real problem is.

Women do not have a mysterious ability to resist their attraction for you. Some guys think that, "Oh, wow! She must really like me, but ahh, she's just can't let herself get over that other guy. I think she needs help or something." They invent realities for her that don't exist. If she wants it, she will act to get it. That's it. Think about that in your own life. Anything you've really wanted, you probably went and got.

All right, these final fatal attraction killers here before we go into the bonuses in this section. The anti-girlfriend magnets. This is basically what all fatal attraction killers are. I want to re-explain that to you. They

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are basically chick repellent. It's like having magnets with the wrong polarity.

Symptoms of the fatal attraction killers are flaking and losing interest. That's how you know that you are basically making one of these mistakes is that you're flaking or losing interest. Typically, it's not the woman. Even though women can be fickle and they can be up and down and up and down, it's our job as men to lead that.

Number one, don't be overly emotional with women. This is a big fatal attraction killer that guys make. Women are naturally suspicious and they avoid emotional men. Overly emotional men feel weird to women. They also feel weird to guys. Think about the guys you know that are overly emotional. It's a little weird. It's a little feminine. Actually, it's a lot of feminine. Women are naturally suspicious and avoid these guys. They want you to be a little bit more stoic, a little bit more of the strong, silent type.

Men's brains are wired for action during high emotion. This is a scientific thing you need to recognize in yourself because it's going to lead you to mistakes. I'm going to talk about those mistakes when I talk about panic. Men's brains are wired for action during high emotion. When we have high emotional states, men are pushed to action. We want to take action on it.

Women want to work through and chew on that emotion for a while, analyze it, look it over, turn it around, hand it to their friends, hand it back, give it to a friend, give it to their mom. They do all these crazy shit with their emotions, but guys, we just want to act on it.

So what ends up happening is we are more sensitive to emotions, or we are also more likely to avoid it, but at the same time when we feel it, we are more likely to take actions that are detrimental, very detrimental to your attraction status with women.

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Experiencing a lot of emotion without action is actually physically dangerous to a man's health. They've done studies on men that feel a lot of emotion, but don't take action on it. It's like the beaten down guy and all the diseases that these guys get, you literally acquire diseases based on having a lot of emotion, but not being able to take action on it, or not getting resolution on it.

Men act, women talk and feel. That's really what it comes down to and it sounds kind of generalization, but in a lot of ways, it's a true generalization and I work based on the rules that work most of the time. This one works most all the time.

Enthusiasm and passion are good. A lot of guys are being taught to be more expressive with their emotions. I'm going to tell you that you need to be careful about that kind of advice. Your enthusiasm and passion are what she needs to see expressed, not emotion. Enthusiasm and passion are the good emotions to display.

It's not that you can't feel any of these emotion. I'm not going to be one of these guys that's telling you that you've got to bottle it up and become a wreck, an emotional wreck, but you have to contain and control them, or act through them and be able to work your way through them. But if you can't do that, you're going to be in trouble and it's going to jeopardize every woman that you encounter especially the special one when she does.

The emotions you want to contain or at least control are fear, sadness, jealousy, shame – especially shame and shame is a killer for guys –, anxiety and feeling overwhelmed. Those need to be contained in a lot of ways and you have to be very careful about how you communicate them to women, especially women you just met or just in the process of courting. Be very careful about your emotional expression level.

Don't ever pretend to not want sex. I talked about this probably in the video that you saw for this program originally. Never pretend that you

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don't want sex from women. You never want to conceal your natural desires as a man and think that's going to be attractive to a woman because you're not like all those other dogs that women somehow don't want guys that want sex. That's not true.

Underneath all of your conversation, you should be thinking, "And someday, I'm going to be putting and taking you to bed and rocking your world. I'm going to be having sex with you nonstop. It's going to be unbelievable. Someday, don't worry about it. It will happen." It's kind of like that little footnote to every conversation that's underneath it. "Yeah, I really like that dress you're wearing. That's a beautiful dress. You have really good taste picking that out, and someday I'm going to be taking it off your body and banging you like a screen door in a tornado, yeah."

Shame, careful with shame. Shame comes into our lives, especially with guys when it comes to sex because fear is basically the emergency brake in your life. It stops you from doing everything. It holds you back. Shame is the cable that pulls that emergency brake. You've got to remove the shame and fear of being a man.

These days it's just not politically correct to be male anymore, and it's a bad, bad thing. I call this "male shame syndrome," and the symptoms of it are the fear of being thought of as one of those guys, the bad guys, the jerks out there, the ones that hurt, and it's a mistaken belief that women really want you as friends first. That's a mistake. Women do not want you as friends first. They want to know that you have the capacity for it, but they don't want you to be as a friend first.

Another symptom is the fear of being sexual or to act on those sexual desires, so you hide them. It turns into sometimes a covert porn habit. For a lot of guys, this is a big problem. A feeling of anger towards women because of their control over sex. The causes of this are typically like being raised by a mom who had tried to tell you what women want, maybe mistakenly like gender empathy, or being raised by

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a dad who suffers from the same shame syndrome, or he was weak. He wasn't the strong male role model.

Private versus public shame can be a cause as well, in other words, being shamed publicly and privately. There are cures for this. The first is definitely make sure you're bonding with men. Make sure you're getting out with your guy friends as much as possible. If you have any anger issues with women, get some therapy, seriously. There is nothing I can do in this program to overcome that sort of thing. You need to take care of it. Shame is a killer and it's especially bad for guys these days.

Number three in the attraction killers is avoid hesitation. Don't work up your courage. That's basically small scale stalking. That's what I tell my guys that I coach. When you're sitting and trying to work up your courage to go and talk to a woman, it's like small scale stalking. She feels like you're this weirdo that's trying to lurk on the fringes of her awareness, and it really freaks them out.

It also comes around as something I called the "flinch." I'm going to cover that in the first monthly session that you're going to want to listen to in the coaching. Hopefully, you've got that, and you're signed up for that. If not, for whatever reason, you can just contact us so we can get you on that program, but hopefully you're aware that you'll get that first month free with this program so you are definitely going to get that and I cover a lot of important things. The flinch is the one we are going to cover and it's a killer. The flinch is what stops you from acting based on your initial fear.

She knows when a guy is doing this. She knows when a guy is trying to work up his courage and he's like, "Oh, I don't know if I should." Obey the three second rule. That means go and talk to her within three seconds of recognizing her. It shortcuts that voice in your head that tries to talk you out of it. Obey the three second rule. It's going to basically short circuit that voice in your head that tries to talk to you out of it. It will cut past the fear. You will find yourself approaching more women much



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faster and much easier when you start to work with the three second rule. It really does work and it's really worth it.

Fast decisions. When you're avoiding hesitation, you want to do things like choose your food fast like you're at the store, or yeah, even here at the grocery store, you're looking at options, just choose. Go, move on, stop doing all that extra decision making crap you do. Just get it done. Fast decisions are critical decision points for women. When they see fast decision makers in guys, that's one of those keeper girlfriend magnets.

One of the best exercises that you can do for this is what I call the "cold shower" exercise, and it's going to be in your first monthly coaching session, so make sure you do that. It's really effective. I use it regularly. Talk to a stranger. Just go out and so you'd be able to do something really fast. That's another exercise that's in the first month's coaching that you're going to want to do, so avoid hesitation. When you can overcome the hesitation habit, you're going to find yourself getting a lot more success.

Always be ready to walk, and I talked about this before. Don't threaten with women, just do it. Don't ever use that as a leverage like, "You know what, I'm so close to just leaving right now." No, you don't tell her that because that comes across as weak and manipulative. You just do it. You just say, "Oh, that's okay. I'm done." Because that's where the strength comes from. The real ability to walk away.

Now, I've got a couple of quick bonuses here in terms of fast attraction magnets. Remember, it's all about value. Guys don't realize the importance of a woman perceiving value. Why should a woman choose you over any other guy? Why? Why should she do that? That's the question you have to answer. It's the bait that's on the hook that you're trying to lure her in with.

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Now, why does value work? Well, once you know your specific benefit to a woman, it's very easy to communicate it to her. You have to know what it is that you add value to her life. So what I suggest you do, and I've done this, is create a USP for yourself. A USP is what we call in marketing a unique selling proposition. Domino's had a USP of fresh hot pizza in 30 minutes or less. Unfortunately, they've never had good in that, but it was pizza and you knew you could get it fast.

What is it that makes you special? What is it a woman would say, "Wow, there is value there." Everybody has one. If you believe that you don't have one, then the problem here really isn't that you don't have a girlfriend or that you can't approach women, the problem is a self-belief problem. It's a belief in yourself. It's a lack of confidence and self-esteem. So everybody has this USP, this thing that's very special about them. The problem is that you've been in your life for so long, you probably can't see it.

Use other people. I'll give you an example with myself. I make women laugh and enjoy themselves. I play a mean guitar and I give awesome sexual pleasure. That's one of my USPs. Again, I'm repeating the Domino's one here so that you can see how easy and simple it can be. "Fresh hot pizza delivered at your door in 30 minutes or less." I earn a solid living. I have fantastic social skills and I give a conversation going for hours. If you know that's true and that's your value, that is very effective and you'll communicate it.

Bonus 2 here is I want to tell to adapt the Alpha attitude. I'm going to give you some mantras here, some things you can repeat to yourself. Some guys call these affirmations. I like to call them Alpha mantras, Alpha man, because what we are trying to be.

Here are a few that you can use, and you can use them regularly.

- I'm fine right now. Give yourself some calm sense of confidence in the moment.



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- I'm a decisive confident man.
- I don't react to women and their drama. Conversely, I don't get upset easily.
- I'm playful, a bit goofy at times, and I'm always fun to be around.
- I believe at a basic level that women do desire me. I'm naturally attractive and I'm relaxed around women.
- I've got solid boundaries. I know exactly what I will and won't take from women or anyone.
- I'm a sexual man, and I'm fine with that.
- I'm on comfortable terms with my desires.
- I have a life outside of meeting women. You have goals. You have a vision. You have hobbies and things like that.
- I'm a positive force and I'm a social dynamo. I like that word "dynamo."

Just a few things you can use or you can adopt. You can change the wording, the phrasing, whatever you like, but you need to have those, and you need to have them ready to conjure up in your head at any given moment. I prefer just having a one strong one really and get really emotionally attached to it. A lot of NLP behind that, but it works.

Remember, this is not about being a jerk or on being manipulative. Okay, some guys think about the Alpha male being that way, he's like a jerk and aggressive and he takes what he wants like a fascist. He just uses his might as his right. That's not what it's about. That's not about being a jerk and being manipulative. It's about demonstrating the



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qualities that women find naturally attractive so that she will be the one that takes the active role in pursuing you.

So there you go, that's the fast start flirting magnets. The next module is really important. We are getting right down to the nitty gritty. We are bringing it down to the rules of the game when it comes to the roadmap and how these magnets work and some of the specific ones you can use.



# SUCCESS ROADMAP

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Fast & Easy Strategies to Attract Beautiful Women  
And Build Confidence - With the REAL You...

## Confidence With Women Path...



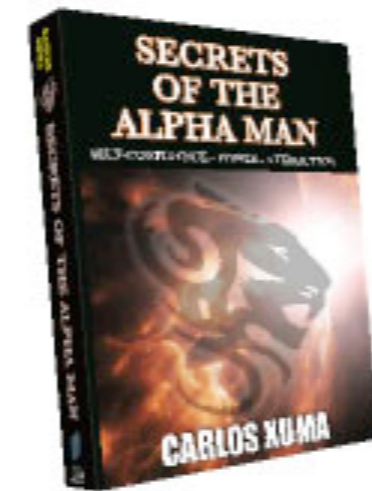
Supreme Self Confidence With Women

Your Next Step...



The Dating Black Book

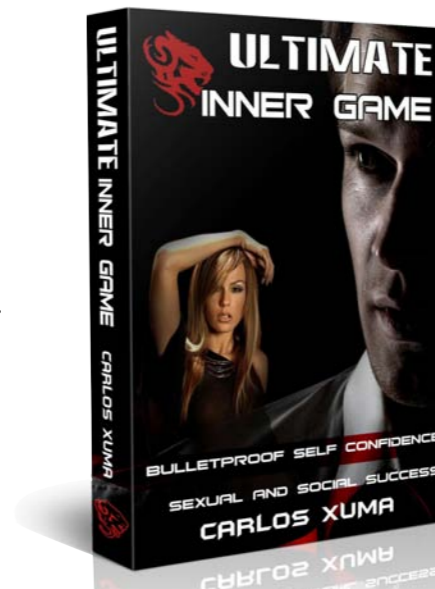
Then...



Secrets Of The Alpha Man



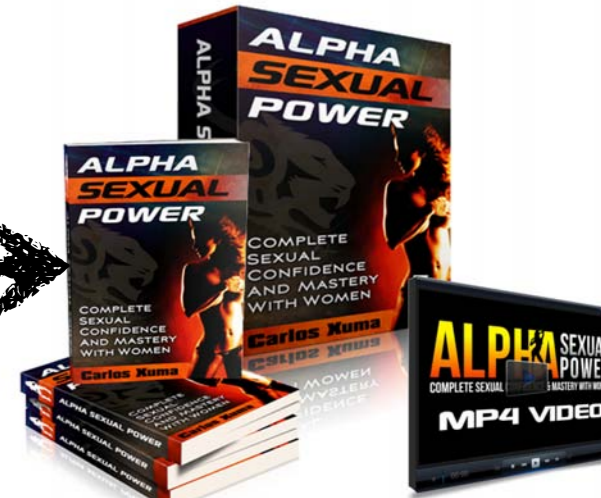
Alpha Immersion



Ultimate Inner Game



Alpha Masculinity



Alpha Sexual Power

## Meet And Attract Women Path...



How To Approach And Flirt With Women

Your Next Step...

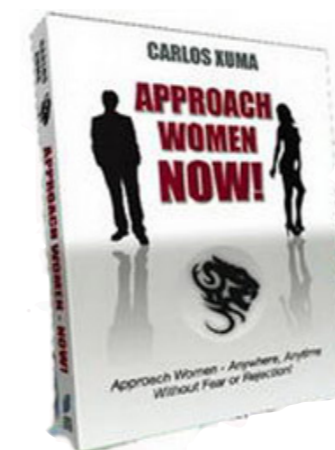


How To Talk To Women

Then...



The Seduction Method



Approach Women - NOW!



Approach Women 2 Real Alpha Daygame



Alpha Man Conversation & Persuasion



Girlfriend Training Program

## Become An Alpha Man Path...



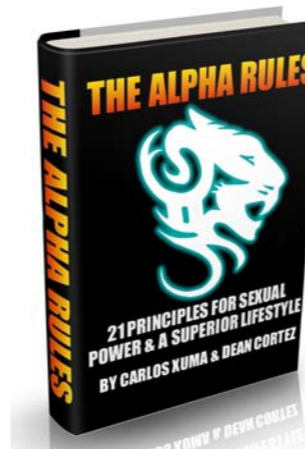
Badass Body Language

Your Next Step...

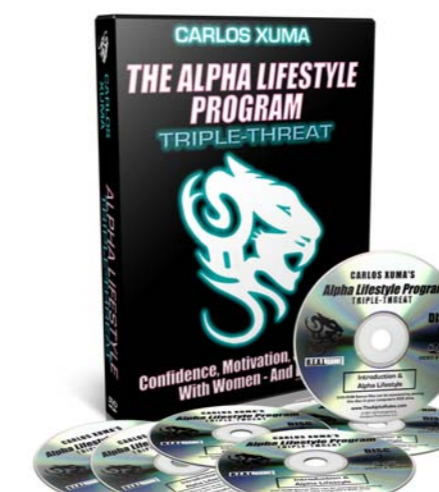


The Bad Boy Formula

Then...



The Alpha Rules



Alpha Lifestyle: Triple Threat



Power Social Skills

**STARTING**

**INTERMEDIATE**

**ADVANCED**

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| RATED    | <b>ALPHA</b>                 |
| <b>A</b> | Required for<br>R.E.A.L. Men |

