



# ***Seduction* Science**

## **Volume I**

By Derek Vitalio

# Table of Contents

<b>A Message To The Reader From Derek Vitalio</b>	4
<b>Introduction to the Exercises</b>	7
<i>Meet the girls</i>	7
<b>Chapter #1: Learning How To Relax</b>	10
<i>The Deep Relaxation Inducer</i>	10
<b>Chapter #2: Being Playful and Removing Lust</b>	13
<i>Remove Last Hand Motion</i>	15
<i>The Crazy Playful Walk-up</i>	15
<i>Playfulness Amplifier</i>	16
<i>Playing with Hot Babes at Tommy's Pool Party</i>	16
<b>Chapter #3: Picking Up Like A Pro</b>	19
<i>Generating Powerful Pickup Lines</i>	19
<i>The Female Attractor</i>	21
<b>Chapter #4: Transform Shyness and Fear of Rejection</b>	23
<i>On the Spot Fear and Hesitation Banisher</i>	24
<i>At Home Fear and Hesitation Banisher</i>	24
<i>Reprogram Your Mistakes Into Successes</i>	25
<b>Chapter #5: Secrets of Casting Out Negativity</b>	26
<i>The Negativity Annihilator Technique</i>	27
<b>Chapter #6: Becoming a True Player</b>	28
<i>Player Move Duplicator</i>	29
<i>Exclusive Interview With A Player</i>	29
<b>Chapter #7: Mastering Conversation To Make Women Fall In Love With You</b>	32
<i>Instantaneous Topic Generator</i>	33
<i>The Conversation Generator</i>	33

<b>Chapter #8: Structure What You Say So You Never Get Rejected And Never Give Them The Opportunity To Say “No”!</b>	35
<i>False Choice Rejection Neutralizer</i>	36
<i>Contrasting Options Rejection Neutralizer</i>	37
<b>Chapter #9: Pulling It All Together: Making Out With Two Girls At Once!</b>	38
<b>BONUS:</b> The 8 most important rules for setting up your place to make girls want you in less than an hour	41
<b>BONUS:</b> The 10 must-have moves that will get you laid	42
<b>BONUS:</b> Resources	46
Notes	49

## A Message To The Reader From Derek Vitalio

Congratulations on your decision to improve the quality of your life! I came to the study of seducing women by an interesting twist of fate. When I was a psychology student in school I began to volunteer to work with a Neuro-Linguistic Programmer I had found in the Yellow Pages. She had the amazing ability of creating fast, rapid change in the behaviors and beliefs of her clients.

After a few months, I began to notice a pattern: although her clients would come in with all sorts of problems, she would use the same exercises on all of them... the only change she would make was to vary the hypnotic suggestions according to the problem the client had. However, the underlying structure of the exercise stayed the same.

Pretty soon I was good enough to solve clients' problems myself. All I had to do was adjust the exercise to that client's particular problem. I was shocked, because it worked with fantastic results. Consider that people go to traditional therapy for 10 years or more, wasting a lot of time and money, and hardly ever get their problems solved!

So one day I asked myself, what would \*I\* use hypnosis for? Because I never really had a problem... but I did have a dream that I always wanted to get laid like a rock star! When I was kid, I had an older stepbrother who was always picking up women left and right but he would never tell me his secrets. In fact, he would just make fun of how stupid I acted when I was around girls.

Then a couple of weeks later, I bumped into an old friend who was really upset because his girlfriend had left him and he had no idea how to pick up a woman. He was the kind of guy who would just meet girls by accident and he would usually get nowhere with them. You can probably imagine being in his shoes. I told him I was a NLP intern and that I had access to powerful hypnotic techniques that could solve basically any problem you could imagine.

That's when it struck me. I realized I could take these exercises to master the ability to pick up women successfully. All I had to do was train my mind in the same way I trained my clients by constructing the suggestions to fit my particular problem.

I tested the mental exercises first on myself... in just the first three months I found myself in steamy situations you never could have imagined. One night I picked up two voluptuous French girls from a club using my new techniques and winded up at my apartment in the hot tub enjoying

the most mind-blowing soapsuds rub down my step brother only wish he had. Another day I was at the beach and a girl actually walked up to me and told me that she liked the way I projected my energy. Two hours later I was banging her in HER car and afterward she bought ME lunch.

After a number of successes, I began to think of all of the guys out there that could greatly benefit from this obscure, but extremely powerful knowledge.

So you might be wondering how does this hypnosis work? It's simple. When you're very young, your mind is a powerful learning machine, eager to take in all the information the world gives it. As a kid everything you see and do is completely real and true to you. You accept everything you see and do as is. The problem is, you can pick up beliefs that eventually become negative habits. For example, have you ever been in a situation where you did something embarrassing and a whole bunch of girls laughed at you? I can remember back in high school in the cafeteria I slipped on some loose man-which on the floor and fell flat on my ass in front of a whole bunch of girls including one I really liked and they all started laughing at me! I was planning to ask one of the very same girls out later that week, but every time she saw me she would laugh! I couldn't get that picture out of my mind and so I began to avoid them, and pretty soon (and I didn't know this at the time) I was avoiding cute girls altogether!

I had assigned negative feelings to my bad experience. And I repeated how embarrassing it was so many times in my head that I developed the habit to avoid cute girls without even realizing it. My mind was thinking, "This is what I'm SUPPOSED to be doing. I'm SUPPOSED to avoid these girls."

Yes, this doesn't sound rational does it? But your mind isn't rational; it's emotional. You act on what you repeat in your mind over and over again instead of on what you would really like to have happen. So if you're rehearsing negative feelings, emotions, and pictures (maybe you're not even fully aware of when you're doing it), you're going to get negative outcomes in your actual life.

In contrast, have you ever met someone and you instantly felt that feeling of belonging? Where every word just seemed to flow... and everything came out exactly the way you would have wanted it to? After driving her home from the motel, or after that first kiss, you replayed every positive word and outcome over and over in your mind. It motivated you the next time you went out... only this time, your mind took the repetition of these positive thoughts as commands from you to repeat the same actions in the future. This is positive hypnosis.

Other examples of positive hypnosis are doing things that you've repeated so many times in your life that they have become unconscious habit like driving your car while holding a conversation, playing an instrument without thinking about it, hitting a baseball coming at you at 60 mph, or learning your job so well when you were once baffled at what to do.

All these things you do automatically. But when you FIRST started... you had to put a lot of effort into them. And you made mistakes. But now it's easy and you simply act on what you have repeated in your mind over and over. So, what if you were to take this same reliable habit-creating process and make it work to attract women to you without even thinking about it?

Now that you know a little about how your subconscious works, you'll begin to understand why the visualizations you encounter in this book made such an impact in my life and how I got myself into all those situations I never could have imagined. I'm sharing my knowledge with you in the hopes that you can find as much happiness and satisfaction as I have.

Following the exercises in this book you will cause changes to take place inside your mind, leading you to feel, think, and behave in ways that will get you laid, giving you complete control over your sexual future.

Some of the exercises involve visualizations of movie screens and energy. If that sounds unusual, that's okay. All you will be doing is taking 20 or 30 minutes a day, creating different experiences inside your mind. No matter how out of the ordinary or even juicy the experiences you imagine seem to be, their repetition will allow your mind to give you the attitudes, feelings, and behaviors of a successful player. And as this happens, you will find yourself easily relaxed, comfortable, and successful with women.

These powerful hypnotic techniques are a result of years of study and experimentation. They work right away. You don't have to wait years for change... they're designed to produce permanent change in about 30 repetitions.

So if you're ready to experience what thousands of guys have already discovered, get ready for the ride of your life... and get laid like a rock star.

Regards,

Derek Vitalio

## Introduction to the Exercises

Can you imagine what it would be like to walk into a bar with a beautiful woman on each arm? Having fun, laughing, and talking? Can you imagine what it would be like to have women mesmerized by your presence, by the very energy you project when you walk into a room? What would you feel? What would you say to yourself? What would people say about you? Sound impossible?

This book will show you how to train your mind to attract women like a magnet to you. All you have to be is a smart guy who can follow these three simple instructions:

- 1) These exercises are to be done in a light-hearted, playful fashion. Although you must put energy into them, it is vital to avoid taking this “too serious”.
- 2) The trick to these exercises is to make the visualizations of past, present, and future events as detailed and as vivid as possible. The more detail you put into them, using images, sounds, tastes, smells, feelings, and colors, the more your mind will know what to do to be successful with women.
- 3) Set up a quiet place to begin. You may use candles, dim lighting, and trancy music to make the experience more relaxing and more real for you.

After a few months, you will find success with women coming to you more and more automatically. Do the exercises every day, even when you have scored many times.

### Meet the girls

Jessica and Chelsea, two of the hottest babes I've met, will be giving you advice and tips throughout the book – read what they have to say to find out what is really going on inside the heads of hotties and all the juicy details about what they're really thinking.



**Profile: The alluring Jessica**

**Derek:** How old are you?

**Jessica:** 20

**Derek:** How many guys have you slept with?

**Jessica:** I've been with 6 guys

**Derek:** What is the sexiest thing about a guy to you?

**Jessica:** His eyes and the way he makes me feel.

**Derek:** If you had to choose the sexiest thing about yourself, what would it be?

**Jessica:** My smile. No guy can resist it!

**Derek:** Where do you like to meet guys?

**Jessica:** At Barnes & Nobles. A lot of smart guys go there.

**Derek:** What does it take for a guy to get you into bed?

**Jessica:** If he's direct with what he wants and takes control of the situation.

**Derek:** Anything you'd like to say to the readers and fans?

**Jessica:** If you see me on the street, just say hi and who knows!



**Profile:** The beautiful Chelsea

**Derek:** Chelsea, how old are you?

**Chelsea:** I'm 21

**Derek:** How many guys have you slept with?

**Chelsea:** Lol. I've had sex with 4 guys.

**Derek:** What is the sexiest thing about a guy to you?

**Chelsea:** His voice... lol I love a sexy voice. And if he can sing, I'm his!

**Derek:** If you had to choose the sexiest thing about yourself, what would it be?

**Chelsea:** Guys say I look exotic.

**Derek:** Where do you like to meet guys?

**Chelsea:** At the beach, lol they look so cute in shorts!

**Derek:** What does it take for a guy to get you into bed?

**Chelsea:** lol oh my god... I guess I'd have to say if he knows where to touch me in the right places

**Derek:** Anything you'd like to say to the readers and fans?

**Chelsea:** Come and give me a big kiss!

## Chapter #1: Learning How To Relax

Have you ever been out and suddenly, right in front of you, you see the most beautiful, drop-dead gorgeous piece of ass on the planet? What's the first thing you feel? (Besides that bulge in your pants) Your heart is probably beating like a runaway locomotive... your palms get sweaty... you hesitate... and you freeze. You're now "tranced-out" like a deer looking at two headlights. This is a recipe for dating your hand tonight!

The first rule in dealing with women is to learn how to relax and completely let go of your fear and hesitation. This first exercise will help you completely let go and relax just like 007 in Octopussy.

All jokes aside, this is a variation of a Yogic exercise used by many masters in Western Tantra in preparation for the ritual of sex (and you know what happens when you practice Tantra!). You must master the exercise in this chapter in order for everything else to work and take effect the way you want it to. This means practicing relaxation every day.

Follow the steps exactly. Don't rush. It's critical that you sloooow down, and relax. You should be free from all distractions. Dim all of the lights and put on your favorite relaxing music. If you don't know what to play, I recommend music by Enya or "An Enchanted Evening" by Kitaro.

### **Exercise: The Deep Relaxation Inducer**

1. Lie down or sit down in a comfortable place
2. Take a deep breath, and close your eyes
3. Place your attention to your left foot
4. Breath in, and then breathe out as you let all the tension out of your left foot
5. Place your attention to the right foot
6. Breath in, and then breathe out as you let all the tension out of your right foot
7. Place your attention on the left leg from the knee down
8. Breath in, and then breathe out as you let all the tension out of your left leg
9. Place your attention on your right leg from the knee down
10. Breath in, and then breathe out as you let all the tension out of your right leg
11. Place your attention on the left thigh
12. Breath in, and then breathe out as you let all the tension out of your left thigh

13. Place your attention on the right thigh
14. Breath in, and then breathe out as you let all the tension out of your right thigh
15. Place your attention your butt
16. Breath in, and then breathe out as you let all the tension out of your buttocks and groin area
17. Place your attention on your stomach
18. Breath in, and then breathe out as you let all the tension out of your stomach
19. Place your attention on your lower back
20. Breath in, and then breathe out as you let all the tension out of your lower back
21. Place your attention on your chest
22. Breath in, and then breathe out as you let all the tension out of your chest
23. Place your attention on your upper back
24. Breath in, and then breathe out as you let all the tension out of your upper back
25. Place your attention on your left shoulder
26. Breath in, and then breathe out as you let all the tension out of your left shoulder
27. Place your attention to the right shoulder
28. Breath in, and then breathe out as you let all the tension out of your right shoulder
29. Place your attention to your left arm down to the elbow
30. Slowly breath in, and then slowly breathe out as you let all the tension out of your left arm
31. Place your attention to your right arm down to the elbow
32. Slowly breath in, and then slowly breathe out as you let all the tension out of your right arm
33. Place your attention to the left forearm down to your wrist
34. Slowly breath in, and then slowly breathe out as you let all the tension out of your left forearm
35. Place your attention to your right forearm down to your wrist
36. Slowly breath in, and then slowly breathe out as you let all the tension out of your right forearm
37. Place your attention to your left hand and fingers
38. Slowly breath in, and then slowly breathe out as you let all the tension out of your left hand and fingers
39. Place your attention to your right hand and fingers
40. Slowly breath in, and then slowly breathe out as you let all the tension out of your right hand and fingers
41. Place your attention to those powerful muscles in the back of the neck
42. Slowly breath in, and then slowly breathe out as you let all the tension out of those

muscles

43. Place your attention to the rest of your neck
44. Slowly breath in, and then slowly breathe out as you let all the tension out of your neck
45. Place your attention to your jaw and mouth
46. Slowly breath in, and then slowly breathe out as you let all the tension out of your jaw and mouth
47. Place your attention to your nose and ears
48. Slowly breath in, and then slowly breathe out as you let all the tension out of your nose and ears
49. Place your attention to your forehead
50. Slowly breath in, and then slowly breathe out as you let all the tension out of your forehead
51. Place your attention to the small muscles of the eyelids
52. Slowly breath in, and then slowly breathe out as you let all the tension out of those muscles
53. Place your attention your entire face and head
54. Slowly breath in, and then slowly breathe out as you let all the tension out of your face and head
55. Now place your attention on your ENTIRE body
56. Slowly breath in, and then slowly breathe out as you let all the tension out of your entire body as you find yourself now in a state of mind and body that is appropriate for the rest of the techniques in the book to work. In fact, some people have found that doing this exercise every night before they sleep has been very beneficial for their health.
57. Go ahead and mentally state, "Now I am going to count from one to five... and as I count from one to five, I will awaken, alive, refreshed, and feeling much better than before...1... 2... 3... 4... 5"
58. If you are doing this exercise in preparation for any other exercise included in this book, just continue with the next step in the sequence you are following

At this point you are at the place where you can relax and completely let go. Keep a journal and write down your thoughts and feelings as a result of the exercise.

## Chapter #2: Being Playful & Removing Lust

Out of the hundreds of women I've talked to, the top two traits women look for in a man is a sense of playfulness and humor.

But most guys take themselves too seriously when it comes to women. For instance, most guys ask themselves needless questions that rarely lead to getting laid. For example,

“Am I wearing the right shirt?”

“Will she like me?”

“When should I touch her?”

“Where do I take her?”

“What do I talk about?”

“How do I look?”

“Should I shave?”

The problem is, these questions block your mind from being playful. You become preoccupied by irrelevant little details when you're not looking at the bigger picture of how your attitude is the crucial factor for success.

If you're not ready to have fun and be playful with her or WITHOUT her... no amount of cologne or breath mints will make her horny for you. Some examples of better questions to ask yourself are,

“How much fun can I have tonight?”

“What do I find interesting about this person?”

“What interesting things can happen tonight?”

“What sorts of feelings can I make her feel?”

“How different am I from other guys?”

Remember that even though getting laid is your goal, focusing too much on it will fuck your game up. You need to learn how to have fun regardless of getting laid or not.



**Jessica**

I once met this guy who had an incredible energy, it's hard to describe. It was like he had this genuinely friendly energy... not all horny and desperate like most guys I meet! When he shook my hand, he did more than just shake my hand. He put his other hand along my elbow; he smiled... I had to smile back! You had to like him. When he talked to me, he would take my hand in a way that I would only allow my best friend to do. I wanted to be his friend after just meeting him!



**Chelsea**

I was at a yogurt shop one Saturday and – lol - I met this guy who was not that good looking but was really funny. Lol When we talked he was so funny that I couldn't stop laughing and I just felt so good around him. He wasn't even trying to hit on me like everyone else does, and maybe that's also why I liked him so much! He was enjoying himself. I didn't know if he was going to ask me out so I asked him out. I had to take a chance because it's so hard to find a guy who is so funny and comfortable with himself. And I'm glad I met him because I found out he was a real good kisser ;)

Also, once you're in a playful state, you can relax because you're not placing so much importance on getting laid that you freeze up or scare the girl away. Instead, if you're playful, incredible sex adventures will come naturally to you as a side effect of who you are – a fun guy that girls feel comfortable and good around.

Being playful also means being extremely positive. You should have the attitude that super hot babes give you blow jobs every day. Don't worry if it's true or not - the right energy will come out. Laugh and talk with your friends. Make it seem like you're the life of the party, or at least you're having the time of your life. If you radiate such positive, playful energy, then women, who are very intuitive, will pick up on it and look to be with you.

Look at each girl as an experiment to experience something new. With this mindset there is no "failure" because you can always take something from that interaction and use it with the next woman.

Sometimes though you're just so horny that you just can't think of anything else but her ass and tits. If this is the case, I recommend you try the following exercise immediately:

### **Exercise: Remove Lust Hand Motion**

1. Jerk off three times

Ha ha. Just kidding. Just seeing if you're paying attention!

If you're one of those guys who are so shy that they have trouble approaching women, the Crazy Playful Walk-up exercise will help you eliminate seriousness from your attitude and allow you to make approaching and meeting women a fun adventure that you will look forward to doing every day.

Although at first the exercise may sound extreme and might seem like the stupidest thing you have ever done, it is designed not to get you laid but to force you to adopt a playful attitude. Also, the exercise will allow you to notice what the woman feels because it removes the focus from your old seriousness to how she reacts to the playful attitude behind your words.

Go some place (preferably far away from your house and where nobody knows you!) and randomly start walking up to women (ANY woman, she doesn't have to be gorgeous for this exercise to work) and say the following with a PLAYFUL attitude.

### **Exercise: The Crazy Playful Walk-up**

1. Say sincerely and playfully, "Hi, maybe you can help me... I'm lost... can you tell me how to get to (name the city you're in)?"
2. This will make her laugh or make her look confused for a brief moment. Whatever happens, keep a playful yet sincere attitude and you decide what to do next based on HER actions.
3. If you feel you need to bail, just excuse yourself by saying, "Well it was nice meeting you" and walk away.

Do this exercise at least 5 times and write down all of the responses you get.

For the next exercise, the first step is to choose a code word or phrase beforehand. For example: "NOW", "KABOOM", "I HAVE THE POWER", "ENGAGE", "MAKE IT SO", "THUNDERCATS, THUNDERCATS, HO!", or "ABRACADABRA". Whatever. You get the point.

## Exercise: Playfulness Amplifier

1. Relax, take a deep breath, and close your eyes.
2. Do the relaxation exercise from Chapter 1 to completely relax.
3. Think about a time in your past when you felt playful, like when you were a kid, and everything was new and you were always eager to learn and discover new things.
4. Notice everything you see, everything you hear, and notice how you feel. Notice as much detail as possible.
5. Now when you are totally in that moment of your past, feeling playful, go ahead and say your code word or phrase out loud to yourself.
6. Open your eyes
7. Close your eyes
8. Now imagine yourself when you were in a situation with a woman in the past where you feel you needed to be more playful. Remember it with as much detail as possible.
9. Now say your code word to yourself, and notice how different you feel.
10. Open your eyes
11. Close your eyes
12. Imagine a time and a place in the future where you need to be more playful with a woman.
13. Say your code word and notice the change in how you feel.
14. When you're ready go ahead and say, "Now I will count from one to five, and as I do so, I will awaken, feeling better than I have before ready to be playful and have a fun life...1...2...3...4...5."
15. Slowly open your eyes

When you master these exercises, you will notice more and more women drawn to your attractive, inviting, playful energy.



### Playing with Hot Babes at Tommy's Pool Party

Tommy's not athletic or tan. In fact, he's kind of lanky looking but he's very outgoing and has that playful look in his eyes. He always likes to have fun in the moment and he doesn't take himself too seriously when it comes to women.

One day Tommy and I were at the pool and I was determined to watch him work his "magic". Tommy was in the shallow end of the pool and a few feet away from him was a curvy, short-haired, green-eyed girl who wanted to go for a swim but was nervous about ducking her head all the way under.

A little annoyed, and making no sense at all Tommy shouted to her, "Hey! Look at me! You're making me get all wet!" and he splashed her with some water, moving toward her. The green-eyed girl laughed and climbed out of the pool. Man was she hot... perfect round ass and small tits! But Tommy didn't seem to care. He ran after her, as fast as he could being waist-deep in water, and as playful as ever, splashing her and getting wet.

I also saw a cute, brown-eyed Latin girl, watching the whole scene from the deck and laughing.

Tommy exclaimed to them, "You both have to jump in!" and tried to pull them in by the feet.

The girls laughed and said, "Oh, really?" And Green eyes – amazingly! -- jumped back in.

Tommy hugged her by the waist and she began screaming like a little girl. Then cutie Brown eyes jumped in too, laughing and splashing water. When they were finished splashing Tommy and the two girls ran to some pool chairs, laughing out loud.

Tommy asked Green eyes, "Do you have a buddy?"

Green eyes replied, "Yea"

Tommy then hugged Brown eyes and laughed, "Is she your buddy!" and he kissed her on the cheek. Brown eyes blushed and they both laughed. Then Tommy asked Brown eyes, "What do you really like to eat?"

She answered, "Ice-cream."

"Ah. I love to eat ice-cream too", Tommy said and laughed and kissed her again on the cheek. Brown eyes just rolled her eyes and laughed. Turning to curvy Green eyes he whispered (but so that the other could hear him), "Hey, she just told me she really thinks I'm cute, like a big tub of ice-cream."

Green eyes asked, "Really, she did tell you that?"

"Yeah, she says she wants to melt me all over her. And then I'll have to lick all the sweetness off her!" Tommy turned over and flopped on his belly in his pool chair. The girls laughed again.

"Wow... aren't both of you so lucky you found such a handsome a guy like me!"

Brown eyes laughed. "Yeah!"

"Well shall we go to my place?"

They said, "Well... we were thinking of going dancing later tonight..."

"OK, meet me at ten o'clock at. And if you're nice to me, you can lick my cute, ice-cream cone."

The girls looked at each other and laughed. "Ok, we'll see what happens when we see you there," they giggled.

Tommy kissed both girls \*yet again\* on the cheeks before getting up. His playfulness definitely gives him a magic touch that makes him dynamite.

## Chapter 3: Picking Up Like A Pro

Have you ever approached a woman and not known what to say? Maybe you said something that made her ignore you, or maybe you got so nervous that at the last moment you bailed out. This next exercise will make you a pro in no time.

### Exercise: Generating Powerful Pickup Lines

1. Find a woman that attracts you. Get near to her, but don't say anything.
2. Stop the world... slow everything down... imagine the world is standing still... how do you feel?
3. Notice all the details about her. Notice everything. How do you think she is feeling? What do you think she is thinking about? Is she in a rush or relaxed? Is she bitter or is she friendly? Is she tired or is she energetic? What is she looking at? What does her posture tell you about her? What do her clothes tell you about her?
4. If she goes away, don't worry about it. The exercise is what's really important. Just find another woman and do the same thing.
5. Whatever you see in her is what you will talk with her about. For instance, notice something unique about her and comment,
  - If she has a nice energy say, "I couldn't help but notice, but you have a really nice energy... it's very attractive."
  - If she is wearing some unusual clothing that you are curious about ask her, "I'm curious, where did you get that? I've never seen anything quite like it!"
  - If she looks kind of glum say, "Hey I noticed you look kind of glum. What's wrong?"
6. Noticing something specific about HER is important because if you go up to her "cold" and you say some standard pick up line, she'll know you just wanted her for sex... because you didn't notice anything about HER.

GO OUT AND APPROACH 3 WOMEN EVERY DAY FOR 6 WEEKS. Use the Pickup Line Generator Exercise on each woman. Each experience will be different. And yes, that means approaching over 100 women! You must practice approaching dozens of women to become a natural at it. Practice makes perfect – or at least gives you the confidence and ease to do it with the ease of a pro.



### **Jessica**

Most of the guys who come up to me in the clubs are so lame. They just try to grab my ass without even making eye contact or they say, "Hey what's up babe". But I remember this one guy really well. I was at the bar, feeling kind of blue because I had had a fight with my best friend. Out of nowhere this guy came up to me and asked me what was wrong. He sounded genuinely concerned, not like he was just hitting on me. It was really nice that he could tell how I felt coming from a total stranger! I told him about how I got in a fight with my friend and it went from there.



### **Chelsea**

Whenever I go out I'm just looking to have fun. Sometimes I meet guys that seem to me a little bit too serious. I kind of feel bad for them, because they're not all bubbly like me! Lol I remember one day I was at the mall looking for some red shoes to buy to go out that night. Suddenly the guy next to me looked at me with a nice smile and asked me, "Where did you get that bracelet? You have nice taste." I told him the whole story about how I got it and he was so interested in what I was saying. It really surprised me because most guys never notice the little things.

Women are an abundant resource. They are everywhere. Just go to your local mall and you'll probably bump into hordes of beautiful women. They can be found at the beach, the park, outside of movie theaters, shoe stores, bookstores, and anywhere sweets are sold.

Since you're going to be meeting so many women in the next few months, you can just relax and begin to list all the qualities and characteristics of the kind of girl you want to attract. If you know what these characteristics are, you will be more successful because you'll know what to look for.

What kind of woman would you like to have? Do you want an explosive one-night stand or a hot, passionate relationship? The following exercise will clear the road for the right woman to come to you. But first, list the qualities you are looking for in a woman. Take your time and list as many qualities as you want in a woman. Here are some examples:

John: "I like a woman who is very sexual and is always eager to have a wild time with me in bed. I also like a woman who is down to earth and doesn't expect me to pay for everything... a woman who is happy and open."

Fred: "I want a woman who is not a slut... who is only a slut with me! One that knows when to get dirty but also knows when to act like a lady. Someone who keeps in shape and has a great body and nice tits. Oh yeah, and one that treats me like a god!"

### **Exercise: The Female Attractor**

1. Do the Relaxation Exercise from Chapter 1 to completely relax yourself
2. Think of the qualities you want in a woman that you listed earlier
3. Begin to focus on feeling the presence of the kind of woman you're wishing to attract. Imagine that she's right there, right in front of you.
4. As you do this, focus on the feeling of being connected to her.
5. Connection 1) Imagine a cord of green sex energy coming from your chest to her breasts, connecting both of you... focus in on this feeling.
6. Connection 2) Imagine a cord of yellow sex energy coming from your eyes to her eyes, connecting both of you.
7. Connection 3) Imagine a cord of red sex energy coming from your groin to her groin, really connecting both of you now, as you really focus in on this feeling.
8. Connection 4) Imagine a cord of orange sex energy coming from the top of your stomach (the area where you feel butterflies) to hers, connecting both of you.
9. Connection 5) Imagine a cord of blue sex energy coming from your throat to her tongue, connecting both of you.
10. Connection 6) Imagine a cord of gold sex energy coming from your forehead to her lips, connecting both of you. Really focus in on this feeling.
11. Focus on all 6 sex connections and a feeling of well-being
12. As you focus on the feelings of the 6 connections, notice what happens as you double the intensity of the feeling
13. Now in your mind, switch places with her. Step into her body, feeling what she's feeling, and have her step into your body, feeling the 6 sex connections.
14. Hear her thoughts listing your best qualities from the inside of her mind.
15. Step back into your body, continuing to feel all 6 sex connections.
16. Send her the feeling of anticipation toward the day you meet in the near future.
17. Count to yourself from 1 to 5, saying, "Now I will count from 1 to 5. And when I do, I will awaken, feeling much better than I have ever felt before...1... 2... 3... 4... and 5." Slowly open your eyes.

Do this exercise no more than twice a week. Go on about your normal life... you'll find yourself

drawn to go to new places... trust your intuition and follow this. When you meet this woman, she may or may not be everything you wanted. That's ok. Just repeat the exercise, but be more clear in the qualities you want in a woman because, for example, you might attract a woman who is married or has six kids or is even Ben & Jerry's Chunky Monkey fat! And in case you find a woman that does not treat you the way you expect to be treated, walk away. She may not fit the qualities that you listed and are looking for.

So where could you go to find these women?

Go out each day of the week, staking out different locations. See if you can find the places that have the most women, and at what times. For example, if you want to be successful at fishing, you have to know when the fish pass by. Write down in a journal where the hottest babes are. After a few weeks, you'll know when and where the best places to go are.

## Chapter 4: Transform Shyness And Fear of Rejection

You need to go out and engage women in conversation. But have you ever felt that fear or hesitation right before you go up and approach her? Unfortunately, this is where most guys disqualify themselves from beautiful women's lives before they even get started.

But has it ever occurred to you that most women are as scared and as shy as you are? THEY are the prey. YOU are the predator. Do you think that a cat is worried about what the mouse is thinking or feeling just before he eats it? No. The cat lives in the moment; the cat's not worried about where he was or what he was doing yesterday. Nor is the cat shy or scared. The cat is calm and focused. If the cat feels any fear, it's felt as a rush of energy and only propels him forward.



### Jessica

I went out with a really shy guy once. Even though he was really gorgeous, he was always asking me if I was alright and he never made a move, even when I was giving him signals. It seemed like he was so worried he'd do or say the wrong thing that we never had any fun. He was cute, but he really blew it! I really like a guy who knows how to take control of a situation... it's so sexy. As long as he isn't pushy of course :)



### Chelsea

lol So many of the guys I meet think that I'm really innocent and don't think about sex. I remember this one guy that took me out to eat and talked about everything but sex. I was waiting for him to say something but he never did! It's too bad... lol he missed out on something really good!

So what if you were to see yourself as a predator, not worried about what the mouse thinks? What if you were to see fear not as a distress signal, but rather as a signal for you to experience a rush of relaxation and pleasure before you walk up and engage her in conversation? Let's banish and transform that fear, hesitation, and lack of action so that you will never miss another opportunity with a woman again.

The following exercises help you to step out of yourself, free from whatever unwanted emotion you're experiencing in the moment, and give yourself the best advice possible for that situation. It

will teach you how to remove yourself from a state of shyness or fear to a state of calm, predatory-like perspective where you find all the answers coming to you.

### **Exercise: Emergency, On the Spot Fear And Hesitation Banisher**

1. When you feel that sense of fear or hesitation, immediately relax and take a deep breath.
2. Imagine that you are looking at yourself from above.
3. Observe yourself standing there, wondering what to do. Ask yourself, "What would be the best thing for me to say or to do?" and watch as the you that's standing there does what you told him to do.

The next two exercises work to increase your sense of choice, have better reactions to women, learn faster from your experiences with women, and eliminate your fear and hesitation.

### **Exercise: At Home Fear And Hesitation Banisher**

1. Relax, take a deep breath, and close your eyes.
2. Do the Relaxation Exercise in Chapter 1 to relax yourself
3. Once you are completely relaxed, go ahead and imagine that you are sitting across the room, observing yourself there in your sofa or couch (or on whatever you're sitting). Be patient with yourself... your mind may not be use to this kind of visualization, so give it a chance to practice.
4. Notice the "you" that is sitting on the couch. Notice the rate of your breathing. Notice now, that this allows you to relax even deeper.
5. Think of a color (this will be your "Power Color") that you associate with this relaxed feeling. Take all the time you need to allow the color to surround you. Notice how just the thought of the color triggers the relaxing feelings inside your mind. What would happen if you were to think of this color when you're out there talking to women?

For this next exercise, we're going to show you how to program your future and reprogram the past mistakes you've made with women so that you can pick up women on automatic pilot like a pro. Do this exercise every day for at least 21 days, reprogramming a different mistake each time.

### **Exercise: Reprogram Your Mistakes Into Successes**

1. Relax, take a deep breath, and close your eyes.
2. Do the Relaxation Exercise in Chapter 1 to relax yourself
3. Think of a mistake you've made with a woman in the past that you would like to avoid in the future.
4. Imagine one of those times where you made this mistake with a woman before.
5. Imagine going back in time 10 seconds before you made the mistake. Freeze this image!
6. As an observer, give yourself the advice you need for the event to happen the way you really wanted it to.
7. Now, as if the event were a movie that you're watching, play the new event forward in your mind. Notice how differently the event turns out this time.
8. Now recall your Power Color, from the previous exercise, and have it cycle through your body.
9. Now run the movie again, only this time, insert yourself into the movie.
10. See, hear, and feel everything that's taking place. Make it as real and vivid and juicy as you possibly can.
11. Now imagine a time in the future when you will enjoy this positive result. Insert yourself in it and imagine how this future event turns out in exactly the same way like how you programmed it in the past.
12. Count to yourself from 1 to 5, saying, "Now I will count from 1 to 5. And when I do, I will awaken, feeling much better than I have ever felt before...1... 2... 3... 4... 5." Slowly open your eyes and write down your results.

## Chapter 5: Secrets of Casting Out Negativity

Have you ever had some sassy witch tell you something that you took personally? Or reject you and embarrasses you in front of all of your friends? You go home feeling like shit and for some reason you can't let go of the bad feeling. The next day you go out again and the only thing playing in your mind over and over again is the bad experience from the previous night. You even start remembering other bad memories from the past. And before you know it, you're not in the mood to do anything with women at all!

The problem is that your mind does not have an easy way to keep out those bad thoughts and keep you focused on getting laid. In fact, these negative memories can come out at any time and fuck you up at the most inappropriate moments!



### Jessica

You shouldn't get too down on yourself from a few bad experiences. Ever hear that song that goes like, "Pick yourself up and try again... pick yourself up and try again, try again"? In my opinion it's all a learning experience. You'll do better next time because you learned from your experience from the last time. But if you dwell on the negative you won't go anywhere.



### Chelsea

Oh yeah... positive energy. Lol me likey! Someone who can project a nice aura will definitely catch my attention. But if you've got all this messy, bad gunk in your head what kind of energy will you have? I don't know, lol but probably not the good kind!

Now, what if you could take all of those bad memories and make them vanish forever? And what if you could take all of your good memories, even ones that have not occurred yet, and use them to make women attracted to your positive energy?

In this exercise, you will learn how to separate negative from positive images. Follow the steps exactly. Do not rush. It is critical that you sloooow down, and relax. You should be free from all distractions. Repeat this exercise daily and write down your results.

## **Exercise: The Negativity Annihilator Technique**

1. Relax, take a deep breath, and close your eyes.
2. Do the Relaxation Exercise in Chapter 1 to relax completely
3. Now with this relaxed feeling, start to become aware of a big, floating cube of energy, as tall as you are, in back of you toward your left. This cube represents your PAST.
4. Now observe a negative event you remember with a woman. Imagine that the memory is like a black and white picture.
5. Go ahead and throw the black and white memories into the big, floating cube behind you.
6. Keep throwing any negative memories you have into the cube until the cube is full.
7. Once the cube is full, notice what happens as you shrink the cube to about an inch across and send it far away behind you.
8. Now start to become aware of a big, floating ball of energy, as tall as you are, in front of you toward your right. This ball of energy represents your FUTURE.
9. Now observe all the positive memories and experiences that you can easily remember in your life with women. If you do not have any, imagine what the experience would be like if you did. As you observe these memories, turn up the brightness of the colors, and the loudness of the sounds.
10. Now, insert these positive memories, including the colors and sounds, into the big, floating ball of energy in front of you.
11. Keep adding memory after memory into the ball of floating energy until it is full, noticing how the ball gets more intense and powerful with each positive memory.
12. Now expand the ball of energy and mentally step into it... wash yourself in the experience.
13. Go ahead and count to yourself from 1 to 5, saying, "Now I will count from 1 to 5. And when I do, I will awaken, feeling much better than I have ever felt before, realizing that anytime I have a negative memory I can just send it to me past and shrink it, and anytime that I have a positive, wonderful experience I can send it into my future and step into it...1... 2... 3... 4... 5." Slowly open your eyes.

## Chapter 6: Becoming a True Player

Men who are always getting laid like rock stars NEVER reveal their secrets about women. If you ask them, they may tell you one thing when in fact they act completely differently, if you observe closely.

Usually they give you lame, bullshit "advice" like, "Just be yourself", or "Just treat her like shit." What a crock... players say this b.s. simply because they don't want you in on all the pussy they get.



### Jessica

I knew this guy who slept with a lot of women... or at least he bragged about it a lot to me... one of my close friends even admitted she had sex with him! I think it was the way he made eye contact. He'd just you look at you as if he wanted to rip off her clothes right there.



### Chelsea

My father always told me to stay away from rough men. lol And now I know why. One day after work, I went to a bar and bumped into this tall biker with a beer belly. He had all these scary tattoos on his arms. But he gave me this really sexy look with his eyes. He came up to me and we started to talk, even though I was reluctant at first. But he was so relaxed about everything and sexy that I felt myself getting hot. I couldn't believe I felt like this! He gave me a ride home on his Harley that night and you can imagine how much fun we had.

How do you copy all of the secrets they won't tell you? The next exercise will show you how by teaching your mind to pick up subtle signals in the player's behavior that are otherwise invisible to you and everyone else. The exercise will allow you to become the player yourself by duplicating moves that even he himself is not aware of.

Repeat the Player Move Duplicator daily and write down your results. Within 30 days you will begin to acquire new skills and abilities that you've never had before, making it seem as if you've always had these abilities, as if they were natural.

## Exercise: Player Move Duplicator

1. Relax, take a deep breath, and close your eyes.
2. Do the Relaxation Exercise from Chapter 1 to completely relax
3. Think about someone you know who is a player and gets women like crazy. He may have a special talent, skill, or ability to attract women that you would like to have. \*\*\*
4. Now that you have a player in your mind, begin to imagine that there is a movie screen in front of you. You are sitting in this movie theater watching the player move through a typical day in his life. On the screen, notice what he is doing... watch how does he carries himself... notice what he thinks... how he acts... what he says to women.
5. Imagine now that you rise out of your body and into the movie screen, into the body of the player. Now run through the movie again and pretend that you are him... notice what you are now doing... watch now how you carry yourself... notice what you think... how you act... what you say to women.
6. Once you are satisfied that these behaviors are programmed into yourself, go ahead and count yourself from 1 to 5, saying "Now I will count from 1 to 5. And when I do, I will awaken, feeling much better than I have ever felt before, understanding that anytime I want new skills and abilities, I can use the player move duplicator to program them inside me and make me successful with women...1... 2... 3... 4... 5." Slowly open your eyes.

\*\*\* Note: If you don't know anyone who is good with women, "The Art of Seduction" by Robert Greene has many examples of players throughout history. See the Bonus Resources at the end of this book for more information

In this next section, I interview Zach, a successful player and ask him how he has slept with dozens of beautiful women.



### Exclusive Interview With A Player

**Derek:** Zach, you've slept with over 50 women and nearly 10 this past year. What's your secret?

**Zach:** To score with chicks, you really have to learn to detach yourself from yourself. Meaning that who gives a shit who you are or what you think you are or what others think you should be or what norms you're suppose to follow.

**Derek:** Can you give us an example?

**Zach:** Yeah. Just look at Bill Murray in the movie "Groundhog Day"... he's an asshole and no one likes him. After he wakes up on the same day, day after day after day, he just starts doing crazy shit after a while because who cares, there are no consequences! He fucks with people's minds. He does stuff he'd never normally do. He becomes the Alpha-male. Because he leaves his old social self behind because the social norms DON'T MATTER. There are no consequences.

**Derek:** How does that apply to getting laid?

**Zach:** You have to consider the world like that too. TALK TO A BUNCH OF GIRLS IN FRONT OF THEIR BOYFRIENDS – APPROACH GROUPS OF GIRLS -- WHO GIVES A SHIT! SCREW THE NORMS, that is what a player does.

**Derek:** Easier said than done, right? How can the average guy learn to do that?

**Zach:** Easy. ACT LIKE EVERY DAY IS YOUR LAST DAY ON THE FUCKING EARTH AND YOU WILL GET LAID. Don't leave your house until you believe this and are in that frame of mind!!!

**Derek:** You've said before it's kind of like acting.

**Zach:** Think about it: when you give a performance on stage, you are STEPPING OUTSIDE OF YOURSELF and you feel free to say what would normally be a bunch of crazy shit and the attention is on you. You feel that rush because you said "FUCK YOU" to what your normal self would normally do. In a performance situation, unfortunately, that "Fuck you to my normal social self" is STRUCTURED, so you know you can also step back into your old self after you're done, BACK TO YOUR PRISON.

The key to feeling ALPHA ALL THE TIME is to tell your normal self to go fuck off, not just in structured situations like a performance, BUT ALL THE TIME EVERY DAY. Girls are a FUN game. You are NOT a bold guy, you just come across as bold BECAUSE YOU DON'T GIVE A SHIT ABOUT CONSEQUENCES. Guys who are BOLD give a shit, so they have to work up the confidence and then IT IS FAKE.

**Derek:** What does "not giving a shit" allow you to do?

**Zach:** Well you do things without regard to consequences, like talk to girls in front of their boyfriends, or talk shit to them in groups. And if they're cold to you, call them on it. BE A FUN GUY AND YOU WILL BE ALPHA AND GIRLS WILL RESPOND. Yes, you will CRASH AND BURN but players don't care because IT IS A GAME and they don't care what people think, and because to them it's their last day on Earth.

**Derek:** So what do you recommend for people who don't have that attitude... how do they learn it?

**Zach:** In the morning, work yourself up into the state of mind that this is YOUR LAST DAY ON EARTH and you will do crazy shit with girls because you will FUCKING DIE TOMORROW. You don't care what your friends, parents, roommates, coworkers, strangers, girls you meet, their boyfriends, or anyone thinks about you. YOU ARE A FREE AGENT FROM ALL SOCIAL NORMS. You don't care what YOU think about YOU. What you did yesterday or whenever HAS NOTHING TO DO WITH WHO YOU ARE OR WHAT YOU'RE DOING TODAY. You are NOT bold, you just don't give a shit so you are PERCEIVED AS BOLD. Your confidence is genuine. Boldness implies you're scared of the consequences, you just acted in spite of them.

If you can be in this frame of mind, it will make a 500% difference.

## Chapter 7: Mastering Conversation To Make Women Fall In Love With You

Conversation is the key ingredient to making women mysteriously attracted to you. The problem is that most men have no idea how to keep a conversation that will get her sexual imagination flowing. Most men have trained themselves to talk about boring topics, like their jobs or school majors. How many times have you thought to yourself “I should have said this” or “I should have said that?” How many times have you run out of things to say and she just looked around uncomfortably waiting for you to talk about something interesting?



### Jessica

Hmm... I enjoy it when a guy asks me for my opinion. Too many guys just talk too much about themselves or not at all. That's how I know they're nervous which makes me uncomfortable. But when a guy asks me for what I think, it shows that he's interested in what I think and feel about. And I really like that!



### Chelsea

I like it when a guy talks about the little details in things and doesn't just ask me the same questions I've heard a million times like “What do you do?” Also, I like a guy who is not afraid to open up to me... then I feel I can trust him and open up my feelings to him.

The secret is, to teach your mind conversational choice so you don't say the same lame-ass shit over and over again and never learn. You should enter conversations with interesting topics that your mind automatically provides for you.

The next two exercises build on each other, so it's important to do both. They will give you conversational flexibility... in fact in a few short weeks you'll find yourself never running out of interesting things to talk about.

### **Exercise: Instantaneous Topic Generator**

1. Make a list of what you enjoy doing
2. Make a list of what you enjoy doing with friends
3. Make a list of what you enjoy doing with someone special
4. Make a list of what interests you
5. Make a list of what catches your attention
6. Make a list of what's important to you

Once you finish these six lists, you will end up with a personal recipe for the topics that interest you. Use these topics in your conversations to involve women. Stay on fun topics in the beginning. As she gets more comfortable with you, you can begin to ask about her opinion on deeper topics that interest you like relationships and eventually sex. Women love to talk about relationships. Take your time. You'll learn a lot about yourself in the process. Before you start thinking the Topic Generator is an exercise from one of those self-help, Men are from Pluto Women are from Saturn bullshit relationship books, you can realize and relax knowing that it is an important step that lays the foundation for what you really need to know.

The next exercise develops your conversational power, installing the 3 most important skills of conversation flexibility: Introducing new and interesting topics into the conversation, asking her questions that make her open up to you and talk, revealing what you need to relate to with her, and being able to relate what she talks about to your life and share this with her.

Within a few weeks of practice you'll be surprised at what comes out of your mouth automatically as you find yourself talking to women.

### **Exercise: The Conversation Generator**

1. Relax, take a deep breath, and close your eyes.
2. Do the Relaxation Exercise from Chapter 1 to get completely relaxed.
3. Think of a time when you were too quiet or said something wrong in a conversation with a woman.
4. Observe, in your mind, what happened in the interaction as if you were watching a movie. Notice what you could have said differently, or introduced a topic that would have been more interesting to her, especially if it gets her talking.

5. Now, as soon as you're ready, stop the movie and imagine a filmstrip with 3 slides, like one those Kodak negatives, only with color.
6. Look into the first slide and replay the movie, this time with you introducing a different topic into the conversation. As the movie plays, go ahead and allow it to turn out favorably for both you and her.
7. Look into the second slide and replay the movie with you asking her a question that gets her to open up and talk. As the movie plays, go ahead and allow it to turn out favorably for both you and her.
8. Now look into the third slide and replay the movie with you listening intently to whatever she is talking about. Respond by finding something in common from your life that relates to what she's saying. As the movie plays, go ahead and allow it to turn out favorably for both you and her. Make it as juicy and as clear as you possibly can.
9. Go ahead and count to yourself from 1 to 5, saying "now I will count from 1 to 5... and when I do, I will awaken, feeling much better than I have ever felt before...1... 2... 3... 4... 5." Slowly open your eyes.
10. Do the above steps with different scenarios from your past everyday.

## Chapter 8: Structure What You Say So You Never Get Rejected and Never Give Them The Opportunity To Say “No”!

Most guys set themselves up to easily get rejected. You’ve probably heard of any number of these conversations first hand:

Him: Can I buy you a drink?

Her: No.

Him: Can I have your number?

Her: No.

Him: Can I kiss you?

Her: No.

Him: Want to go back to my place?

Her: No.

Him: Do you like my car?

Her: Hell no.

However, there is an amazing way to get what you want and yet never get rejected and never get one of the dreaded “no’s”!



### Jessica

Too many guys make it just too easy to say no to them. It almost seems like they’re begging. It’s so much better when the conversation just seems to flow naturally.



### Chelsea

Sometimes guys never ask me questions that get me talking. It always seems like they ask me things that can be answered in one word. Lol How boring!

The key is to give her two choices that both lead to you. This is called a “False Choice”. What do I mean by this? A false choice means it seems like you have a choice, but both choices are so similar that in reality they lead to the exact same outcome. Now let’s rephrase these Yes/No questions as False Choice questions where she has no opportunity to say “no”.

Yes/No: Can I buy you a drink?

False Choice: Can I buy you a drink now or in 15 minutes?

Yes/No: Can I have your number?

False Choice: When should I pick you up tomorrow, at 9:00 or 10:00?

Yes/No: Can I kiss you?

False Choice: Would you like me to kiss you softly and slowly or passionately?

Yes/No: Want to go back to my place?

False Choice: Would you like to go back to my place or should we go to your place?

### **Exercise: False Choice Rejection Neutralizer**

1. Write down something you might ask a girl that could get a "No" answer. Like, "Can I have your phone number?"
2. Now, write it down in a way that offers her two very similar possibilities that both lead to the YOU and leaves her no way to say "No."
3. Repeat this exercise for three questions every day for 1 week.

Another technique you can use instead of giving a "Yes/No" question, is to give her two contrasting options, one that is very appealing and the other not at all.

Yes/No: Would you like to dance?

Contrasting Options: Do you want to go dancing or would you rather stay a wallflower?

Yes/No: Can I have your number?

Contrasting Options: Do you want to go out with me or miss out on the opportunity to have a good time?

Yes/No: Would you like to join me for coffee?

Contrasting Options: Would you like to go for a drink and have a nice chat, or would you rather stay here and read those boring textbooks?

### **Exercise: Contrasting Options Rejection Neutralizer**

1. Write down something you might ask a girl that could get a “No” answer. Like, “Can I have your phone number?”
2. Now, write it down in a way that offers her two contrasting options, one which is very appealing and the other not at all and leaves her no way to say “No.”
3. Repeat this exercise for three questions every day for 1 week.

The added beauty of False Choice and Contrasting Option questions is that they make you sound more ballsy and confident. Just compare your old Yes/No questions. Don't they make you sound like a total begging wuss in comparison? Women love a guy who sounds in control without being pushy and bossy (read: desperate and insecure) and your False Choice, Contrasting Option questions will do just that!

## Chapter 9: Pulling It All Together

### Making Out With Two Girls At Once!

*Note to reader: Phillip's story shows you how to bring all of these exercises together to achieve success in even the most difficult of situations.*

**Derek:** Why don't you tell us about your recent success?

**Phillip:** I've been following the exercises you've taught me Derek for a few months now and I can hardly believe what recently happened.

**Derek:** Tell us.

**Phillip:** Normally I hate clubs, I've had a lot of bad experiences in them. So for a week I practiced the removing negativity exercise to cast out all my bad feelings and place good ones there instead. I took all of my flub-ups and mess-ups and turned them black and white and cast them out behind me. In front of me I put all of the positive ways I would act... playful and funny, having more confidence.

**Derek:** So you were feeling great.

**Phillip:** Yeah I was. So that one night I decided to go out to a club and see what would happen. Yes, I normally hate clubs, but now I had felt better about going. Inside it was dark and there was loud music and girls everywhere. I got that gripping feeling in my stomach where every muscle in my body tenses up... so I did a quick version of the relaxation exercise to calm myself down.

**Derek:** Good.

**Phillip:** I just hung around for a while enjoying my relaxed state. After a few minutes though I noticed this one girl – she was hot. She had long, jet black hair and perfect little breasts under a shirt that read, "Hottie." I knew I had to do something fast!

I began walking toward her and then I froze! All I could think of was what should I say? Then I remembered to slow everything down in my head... I took a few deep breaths and imagined an image of myself walking up to her and confidently saying "hi?" with a big smile. I imagined myself doing it again and this time I saw myself saying, with genuine curiosity, "Hi. What's that you're drinking? I've never seen anything like that before!"

The next moment I found myself doing just that. She told me, “Oh, this is ‘sex on the beach’.” She was actually enthusiastic and had a big smile on her face. She was already responding well to the energy I was projecting. I got her name, Mindy, and she introduced me to her friend Samantha, a blonde Russian-looking girl. The three of us began talking about different drinks and which one was the most “deadly.” After a few minutes though, I decided to bail because I wasn’t used to this. So I said, “Well I’m going to find my friend, it was nice meeting you,” and I left them.

**Derek:** Good start. But that’s not the end of them is it?

**Phillip:** No. I walked around for about 15 minutes, scoping the club out. Then some girl came up to me and said that two girls were calling me – I looked, and it was Mindy and Samantha in the VIP area waiving me to come over!

I walked over to the VIP area, but the bouncer wouldn’t let me in through the ropes! I explained to him that two girls wanted me in, but he wouldn’t let me inside, and I wasn’t about to tip him... I’m cheap OK!

Well I had to act fast and I was just standing there like some buffoon. Then I thought of the player move duplicator exercise – yeah I thought that exercise was silly at first, but I was wrong – and I just imagined what would a REAL man of action do?

I went BEHIND the VIP area where the bouncer couldn’t see me, and managed to climb over the 5-foot wall! I came from the other side where the girls didn’t expect me, which gave them a big surprise and laugh and I sat right down between them.

**Derek:** Great move. So what did you do next?

**Phillip:** Well we began talking and I began stroking Mindy’s arm. I asked her, “What is most important to you in relationships,” and she said SEX. I literally couldn’t believe she said that, maybe I just think of all girls as innocent. It kind of threw me off – I realized I needed to amp up my playfulness a little to match hers so I said “Engage!” out loud and I got a new rush of energy.

**Derek:** So the “Engage” amplifier really exploded your state?

**Phillip:** Absolutely! And just in time. Mindy had to go to the bathroom and I was alone with the blonde, Samantha. I thought I'd do something REALLY crazy... she seemed just as horny as Mindy, so I put my hand lightly on her tit and asked, "are these real?" I thought she'd slap me, but I remembered what I read in that one chapter about being Alpha and the mood felt right anyway.

She said "No" they weren't real! I told her, "Look I like your friend, but I think I like you even more." I took her by the cheek and we began making out right there. I had NEVER done anything like that before.

Anyway Mindy came back from the bathroom, and saw the two of us going at it. She sat next to me and said, "Hey he's my guy!" grabbing me. I said, "Oh I am am I" and I took her by the chin and began tonguing HER down. Now I had never ever done anything close to this. Though it may seem hard to believe, doing the exercises somehow had given me just enough moxy and attitude to pull it off.

Samantha was now jealous too, so I said, "It's so much better if we're not jealous of each other and we all just get along." I threw in one of those false choices questions and told both of them, "We can all kiss and make up now and be happy or you can each take turns." The three of us – these two beautiful, young girls and I - sat in a circle and kissed.

**Derek:** How? In turns?

**Phillip:** No, not in turns... our three tongues we're all mingling, all together at once. Needless to say the night ended with Mindy giving me a wild blowjob back at my place... and Samantha watching.

**Derek:** Nice. Thanks for sharing with us Phillip.

## **BONUS: The 8 most important rules for setting up your place to make girls want you in less than an hour**



#1) Clean up your place! Dirty sneakers, old pizza crusts, and bathroom mold experiments do not exactly turn women into wet, chest-scratching sex banshees!



#2) Put a few candles around the house. Candles set a relaxing atmosphere and ambiance.



#3) When a chick comes over, if possible, place soothing music in the background. If you have no idea what to play, I suggest something like “If We Fall In Love Tonight” by Rod Stewart to start your collection.



#4) The super sofa trick: Remove ALL chairs, lounges and sofas except for ONE small sofa. So when you sit down you have to sit down TOGETHER where you can lay the moves.



#5) Get a fish aquarium and some colorful fish. Women love watching them and you'll have an excuse to take her back to your pad. “Hey, I've got this really cool fish tank with some crazy fish... you've got to see this.”



#6) Buy some good incense, not some cheap bullshit. Have a variety on hand. You can then SHOW her your collection of aromas and let HER pick which she likes best... then light up the fumes and you're smoking!



#7) Get color rich, SATIN sheets for your bed and big FLUFFY pillows. Women love the looks of an inviting bed... if your bed is inviting enough, they'll usually say, “Wow, I love your bed!” and jump right on it to feel it... right where you want them!



#8) Get a pet cat or cute dog. At the very least, get a stuffed animal. Chicks love cute furry animals. And she'll associate that cuteness with you.



## **BONUS: The 10 must-have moves that will get you laid**

### **Move #1: The Conversation Restarter Move**

Derek: How does this one work?

Zach: The key to the conversation restarter is to say, "Well before I go, let me just ask you one more question."

Derek: Explain how that helps you.

Zach: It doesn't seem like much I know, but this is actually a really great line. It's gotten me laid more than a few times. Here's an example. Once I approached this older woman with enormous, incredible tits and full lips that just read 'blow job' all over them. I went up to her and we had a conversation. She and her friend were visiting from New York. She eventually said, "I like you, but you're just too young for me." So I said, "Well before I go, let me just ask you one more question," and then I immediately asked her, with genuine curiosity, a question about her without waiting for an answer. We talked again for another 5 minutes. Then she tried to brush me off again with the "you're too young for me" theme, and so I said yet again the same thing..."OK, but let me just ask you one more question", and without waiting for an answer I simply continued the conversation!

Derek: So what happened?

Zach: Believe it or not, this went on four times. I jumpstarted the conversation over from the "rejection" four times over with this same simple line. The fourth time, she said to me, "My friend and I are going back to my hotel. Would you like to come?" Well, I didn't need to be asked twice and those full lips on my dick were just how I imagined they would be!



### **Move #2: The Smell to Sex Accelerator**

This move is killer and no one should be without it! It takes a little rapport however, don't try this before getting some sort of "vibe" or green light from her.

When you're near her, begin to smell the area around her shoulders. At first, just do it a little but with time do it more and more. After a few minutes move up to her neck and ears. There is no touching or kissing involved. Just having her feel your breath against her skin that close is a major turn on for a woman. You smell her. She gets wet.

Your attitude is important here. Make sure you really enjoy the smelling and that you feel completely relaxed; in fact, with every sweet smell of her skin you relax even more. Eventually she'll get so turned on she may try to kiss you. If she does, allow your lips to get right up to hers, but then pull away at the last second and just keep on smelling her and enjoying it. Go slow. Run your fingers through her hair, and when you do kiss, make it full of passion. After that she'll be begging you to relieve her.

### **Move #3: The movie you MUST see with her**

If you see one movie with her at your place, make it "Chocolat" (2001). In this fairytale film set in France, the lovely heroine Vianne miraculously unleashes peoples' repressed sexual desires with her magical chocolate confections. Romantic, sensual, and fun, this "chick flick" will get any woman thinking in the right direction... not to mention steaming wet between the legs!

### **Move #4: Dance and Touch Move**

Invite her to your place to teach her how to dance. Girls LOVE this because no guy will have done anything like this with her before. And it's a great excuse to make lots of physical contacts in unusual places, and to get your lips close to hers. Even a girl who normally wouldn't let you touch her much will let you put your hands all over her because it's not about "sex", it's about "learning how to dance".

But you can't dance, right? Easy. There are numerous How-To-Dance for beginners and idiots videos out there. You can usually find one at your local Borders or Barnes & Nobles. Buy it, take it home, and practice the steps over and over until you can move without being a stumbling fool.



### **Move #5: Kiss Nitro**

When you're getting the right vibe from her, don't be a pussy waiting around for her to ask you to kiss her. Because it'll never happen! You have to make the move. One of the best ways to get it going is to simply say, "Would you like to kiss me now?" in a confident, secure manner (just make sure it doesn't sound like you're begging... say it more like a command than a question). If you get anything but an outright "no", go for the kiss. It's highly unlikely she'll say "Yes, kiss me now!!!", but anything besides a strong rejection from her means she probably would like to kiss you. If she doesn't say anything in reply just say, "Well let's see" and just go for it. She'll fold for your lips in no time.

## **Move #6: Get a Time to Call**

Ever get a girl's number and then you call her the next day only to get her message machine? You call her again later and get her message machine again?? And if it's her cell phone she can tell exactly how many times you tried to get through... you're already looking like a loser!

Now imagine this. You got that all important number. But wait! You're forgetting just one thing... **GET A DATE AND TIME TO CALL!** Make sure you set up a date and time for that first call. It might go like this,

Her: My cell is 555-LOVE

You: OK, I'll give you a call tomorrow, after 6:00.

Her: I'm going to be busy tomorrow night, it's my sister's birthday.

You: So when do you suggest we get in touch?

Her: How about the day after at 6:00. I'll be available then...

You: Perfect ;)

This move goes along way in that preventing the dreaded message machine monster from ruining your day.

## **Move #7: Voice Magic**

Forget that whiny, windy voice. Women are turned on by a slow, rich, resonant voice that seems almost hypnotic. Here are some tips to get that voice that women kill for.

- Slow down. Don't talk so fast. This is not a race. Clearly pronounce every word.
- Lengthen the vowels and bring in the natural deep richness of the tone of your male voice. Place more emphasis on the vowels and less emphasis on consonants.
- Sometimes you want to speak softly and almost whisper. Modulating your tone can be very sexy.
- Concentrate on where the sounds are coming from. Is the sound resonance mainly from your nose, your throat, or your diaphragm? It should be from your diaphragm. Say "hmmmm" until you can work the vibrations into your chest.

### **Move #8: Be Chivalrous in Small Ways**

Many guys make the mistake of doing too many big things for the girl too soon in an attempt to impress her, like getting her a bunch of flowers on the first get together, buying her dinner, and paying for everything. This is NOT necessary – in fact, it usually backfires because it makes you look desperate in “super nice guy, I have to kiss her ass and hope that she likes me” kind of way.

What’s more important is to be chivalrous. Do LITTLE things for her. Like open the door for her. Compliment her on something that is unique about her. Find out what SHE likes and surprise her by doing small, thoughtful things. You can even be overly cocky, funny, and crazy... just throw in a little chivalry too and you’ll get major brownie points.

### **Move #9: Kiss Question Move**

Once the girl is really into you, and you want to get that first kiss going, simply ask her at some point during the conversation, “So, do you like a take-charge kind of guy or a more sensitive kind of guy?” If she says, “I like a guy that takes charge,” then take her cheek in one hand and just move in for the kiss. Most likely she’ll let you kiss her. If she turns away, say, “I thought you said liked guys who took charge.” Most likely she’ll let you kiss her then... after all, it is what she just said she liked!

If she says, “I like a more sensitive guy,” then ask her about her first magical kiss that she really enjoyed and remembers. After she describes it tell her, “Let’s see if we can make a special kiss that’s even better.” If she’s quiet or says anything but an outright “No”, then kiss her.

### **Move #10: When All-Else-Fails Move**

When the conversation seems to be drying up, or if you just can’t seem to hold her attention, or when all else fails, just tell her, “You know, I’ve noticed something that’s interesting about you... I don’t know if anyone has ever noticed it before.” There’s 100% chance you’ll have her attention and she’ll ask you what it is. Just say... “Nah, I couldn’t tell you...” You’ll have her writhing in curiosity at that point and all of her focus will be back on YOU. Then start talking about something else completely different, just change the subject entirely like you never had made those comments. This will drive her crazy with curiosity and engaged in the conversation.

## BONUS Resources

### Movies to see



#### **Chocolat**

This is the perfect movie to take a girl home and get her mind moving in the right direction.

Chocolate is an aphrodisiac that makes us feel relaxed and sexually turned on. In this movie Vianne Rocher, played by Juliette Binoche, wearing low cut tops and heels, opens up a chocolate shop filled with rich, delicious candies and chocolates.

She begins to change the attitude of the entire French town where the people live under strict moral standards set by the Catholic church. As the townspeople discover her sweets and her magical ability to perceive their hidden desires, sex drives soar.



#### **The Tao of Steve**

Based on a true story of a real person, The Tao of Steve is an excellent movie to pick up some tips on how to be successful with women.

The movie is about Dex, an unmotivated, smart guy who has made his life's quests being completely irresistible to all women. He combines all of philosophy into his "The Tao of Steve" where the prize of success is sex.

The dialogue is incredibly funny, packed with good lines, and is a valuable addition to any up-and-coming player's library of material.



#### **Groundhog Day**

When Bill Murray wakes up the same day, Ground Hog day, day after day after day, he begins to do whatever he feels like without worrying about the consequences. He tries out different personas and experiments with what he does.

This is the same attitude someone who wants to be successful

should have... be playful, experiment, and live in the moment for THAT day. See this movie.



### **Cal Pozo's Learn to Dance in Minutes Series**

Invite the girl to your place to teach her how to dance. Girls LOVE this because no guy will have done anything like this with her before. And it's a great excuse to make lots of physical contact in unusual places, and to get your lips close to hers.

To get started, pick up one of the numerous how-to-dance videos out there. There's a popular series by Cal Pozo called "Learn to Dance in Minutes." The videos are easy to follow and the steps won't take you much time to learn. Remember, you don't have to become an expert dancer, just good enough to show the girl a few simple steps with confidence.

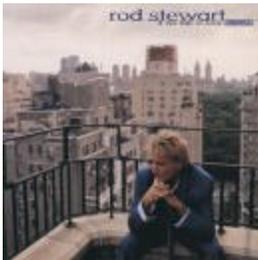


### **Massage for Lovers**

Women love massages, and if you give her an incredible massage like she's never felt before, she'll keep coming back for more. Massage is a great excuse to get her naked and your hands touching every inch of her skin without it being "just about sex."

Simply ask her, "Do you like massages?" She'll tell you yes, then tell her, "Well I give incredible massages... I was instructed how to give massages that will relax every muscle in your body and make every inch of your skin glow." Most women will jump at the opportunity.

## **Mood Music**

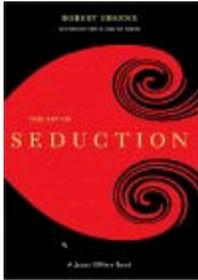


### **If We Fall In Love Tonight by Rod Stewart**

Any girl with a romantic bone in her body will enjoy Rod Stewart, even if it's her first time listening to him. If you want to bring her closer to you, and make it feel like you're long time lovers, pop a Rod Stewart CD in.

This CD includes the hits "If we fall in love tonight", "When I need you", and "For the first time".

## Further Reading



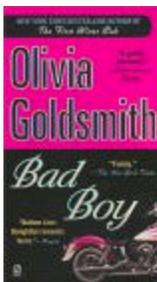
### **The Art of Seduction by Robert Greene**

This thick, information-packed book examines the lives and deeds of the greatest seducers through history and profiles 10 seductive archetypes... the siren, the rake, the ideal lover, the dandy, the natural, the coquette, the charmer, the charismatic, and the star. The book also chronicles the lives of various anti-seducers. Highly recommended.



### **500 New Questions for the Game of Life by Evelyn McFarlane**

Ever run out of things to ask a woman? No more. This book has 500 interesting questions you can ask a woman that will really make her think – and really get the conversation going whether at a party, dinner, or at work. Ranging from sexual questions like, “If you could do one thing that you’ve never done with a spray can of Reddi Whip, besides eat it, what would you do and to whom?” to deeper questions like, “If you had to identify the one thing destiny probably held in store for you, what would you say it is?” this book is for you.



### **Bad Boy by Olivia Goldsmith**

A fiction novel about a geek turned stud “bad boy.” Jon is a nice, sweet, computer geek with no life when it comes to women. Wanting to have a transformation that will turn him studly, he gets help from his friend Tracie who turns him from a nerd into the kind of guy women flock to – a “bad boy”. What is really interesting is that the story is written by a woman, so you get woman’s perspective about what is hot and sexy in a man... and what differentiates a “nice guy” from a “sex stud”.

## Notes