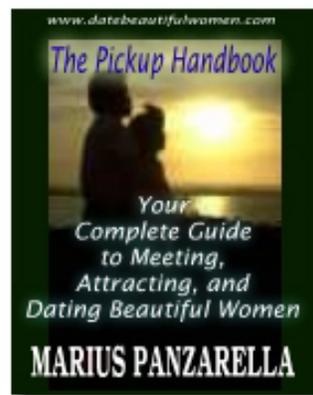


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The Pickup Handbook



(E-book Version 1.0)

*Your Complete Guide To
Meeting, Attracting And Dating
Beautiful Women*

Marius Panzarella

YOUR COMPLETE GUIDE TO MEETING, ATTRACTING AND DATING
BEAUTIFUL WOMEN

The Pickup Handbook

By Marius Panzarella

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Introduction

You're about to embark on the journey of your life. For the next few hours, you will learn everything you need to know about meeting, attracting and dating beautiful women.

My book has been structured as a straightforward "how-to" manual. It is divided into four different sections. The first section is meant to give you a basic background of why women act the way they do and how you can utilize this information to make them more attracted to you. The second section will teach you the preparations you should make before approaching a woman. The third section will show you how you can communicate with women generally. The last section combines everything together into a sample "game plan".

The best way to learn these techniques would be to read the whole book from page 1 and then review the topics you would like to work on when you're done. Remember that seduction is a fine art that may only be mastered through practice.

Try to digest the whole book and integrate the information into your own experience. Remember to practice often, and if something isn't working out for you, then go back to the book and re-read the related topics again. As a matter of fact, don't stop reading my book until you feel you are absolutely positively using the techniques you have learned from it! Don't just read the book once and then forget about it. Print it out, keep it on your bookshelf and come back to it often. If you keep working on it, everything will come natural to you eventually. You won't even have to think twice before you strike up a conversation with a beautiful woman you meet down the street.

The central idea of my book is quite easy to understand. It lies around the fact that it is not worth the time and money to try to "chase" a woman the traditional way most men do. It is simply not realistic to shower a woman with gifts and words of flatteries and hope she will fall for you. The real secret is simple and requires only two steps. It is to:

- a) Not repel her (She can't be attracted to you if you're scary!)

b) Make HER attracted to YOU

Think about this: When she is already attracted to you, you can then decide to do whatever you want since she already likes you. You can either choose to ask her out or go find yourself another doll.

The key is to this is, you're the chooser here. Not her.

“But how can I get her to make her feel attracted to me?” You may ask.

Well. Don't worry. I am here to help you out.

And succeed, you will!

Remember to email me with your ideas, comments, and suggestions at mariuspanzarella@datebeautifulwomen.com. I am always in the process of updating my works to ensure the highest quality of information for my friends, and I want you to know what you think of my book.

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Part 1: Understanding Women

You can't do something unless you know what you're dealing with. So to start off, I am going to show you why women think and act the way they do. I will get into both the biological and social roots of what makes up a woman's desires – And how you can use these desires to your advantage!



Chapter 1: The Biology

We are products of billions of years of reproduction. If our ancestors did not have sex, we wouldn't be here at all.

You have probably heard the saying, “Men are from Mars, Women are from Venus”. After all, women just seem to be so much different from us and so hard to understand, don't they? While most men like things such as sports and cars, women buy Cosmopolitan magazines and love soap operas or romance novels. Women spend hours in the bathroom applying their makeup, while men stay glued to the couch whenever the Superbowl is on. So why do men and women behave the way they do? What makes women attracted to the things they are attracted to, and how can you use this information to make them attracted to you?

After years of studying sociology, physiology, psychology and biology, I've finally come to the conclusion that there are two main factors that may affect a person's inner desires, personality traits and behaviors. They are:

- 1) The biological makeup of an individual.
- 2) The social conditioning of an individual.

The biological makeup refers to the DNA of a person. This accounts for most of our inner desires and personality traits. The social conditioning refers to the past experiences and social learning of a person. This plays a lesser role than the biological makeup but is still very significant in determining our behaviors. And together, they make up the sociobiological theory of what a person may find attractive in their

potential mates. We will focus on biology in this chapter and social conditioning in the next.

The Origin Of Life

Let us travel back to three billion years ago, when various life forms on earth first began to reproduce by intercourse. To condense my version of the Genesis into one simple sentence, the species that reproduced successfully passed on while the ones that did not became extinct. In short, successful reproduction was just about as important as eating and sleeping, as without a good manner of reproduction, a species would die out in just a few generations.

After three billion years of evolution our ancestors the apes slowly gained the ability to stand erect. This led to an increase in the space available for the brain, which allowed for higher intelligence as well as room for a more complex vocal chord required for communication. Thus, the modern human race was born after three billion years of reproduction.

So in short, we are products of billions of years of successful reproduction. If our ancestors did not reproduce, we wouldn't be here at all. And just like our ancestors, we all (Well, most of us, anyway) want to reproduce with a suitable mate to carry on our genes. We simply can't help it. It's all in our DNA.

But how do we choose our mates?

Again, we must look to the past in order to decode the secret language of our DNA. After all, the modern period we live in right now is relatively new compared to the thousands and millions of years of tribal life. And only when you understand how evolution has played a key role in defining reproduction strategies and "attractiveness" can you know what is considered "attractive" in a woman's eyes.

The Reproduction Strategies Of Men and Women

Ever since the beginning of humanity, reproduction strategies of men and women have been very different. To sum it up in one sentence, it is because the costs for sexual behavior and reproduction are simply much greater for a woman than for men.

For a male, his reproductive success rests on mating with fertile females. And how do men tell if a woman is fertile? They look for the younger ones since age is closely related to fertility. Other important clues include wide hips, smooth (healthy) skin, and high energy level. So in short, males place emphasize on physical attractiveness. Numerous surveys conducted on university campuses and other places have proved this theory to be true. And this is why modern-day women use tactics that enhance their physical attractiveness in the dating game. Things like dieting, makeup, and tiny tube tops...

The scenario is quite different for women. Because female reproductive success is dependent on her investment resources, a woman is more likely to seek potential mates who can provide various resources such as good, shelter, protection, and social and economic resources.

In other words, a man who can take care of her everyday needs.

In the ancient times, this would mean a hunter with great strength who could provide her with enough food to last the winter and build a nice shelter for her. And in our modern times, it means offering the resources necessary for secure living by doing acts such as flashing wallets driving expensive cars and going to fancy restaurants for dinner. Hanging around a rich and handsome man can certainly make a woman feel safe and secure because she knows her man can protect her and provide her with the resources she needs.

However, before you get your credit card out and ask the Hollywood bimbo down the hall to go to the most expensive restaurant in town, let me tell you the secret to doing this without spending a dime.

The Physiological Stimuli

After reading the previous section, you probably know why a famous, rich or a tall, handsome man can automatically trigger certain feelings inside of a woman and make her feel great. But as you know, not every one of us can be fortunate enough to be six foot five. And of course, most of us are not rich entrepreneurs but normal citizens with everyday jobs. However, the good news is that even if you are not rich and famous or especially handsome, you can still learn to trigger the same erotic feelings inside the girl of your dreams.

What you will learn to do is how to STIMULATE these feelings in the girl you want.

Remember that there are stimuli to every kind of feeling. A stimulus is simply something that can trigger a certain feeling or emotion in a person. For example, a crawling spider is a stimulus that may send a girl into her deepest fears, while a little innocent-looking baby with big eyes may be a stimulus which can make us feel warm in our hearts.

As you have learned earlier, women are attracted to things such as wealth and social status. But wait, aren't those stimuli since they are triggering some sorts of feelings inside a woman? Yes. They are.

And hey! If wealth and social status are stimuli that can make a woman feel safe and secure, why can't we use other stimuli to get the same results?

Remember, the key to attracting women is giving them the kind of feelings they want.

If a woman likes the feeling of being with you, she will be eager for more. But if she does not like the feeling of being with you, I can guarantee you will be spending yet another night alone in bed. So what you need to do is to use various stimuli to CREATE the feelings they WANT.

Eliminating Negative Stimuli:

However, remember that this stimuli stuff can also work against you. A girl can't be attracted to you when you're a chick magnet with the wrong polar. For example, she can't possibly be turned on if you're drooling all over her and doing everything she dislikes the most in this world. So before you can attempt to make her attracted to you, you must make sure you aren't REPELLING her first. If you're anxious to learn more about this, please flip to Chapter 4.

I will now give you a quick general overview of various common stimuli you can use to your advantage. They will be discussed in details in the later chapters of the book as I teach you how to apply the associating techniques. For now, just note the theories under each method.

Various Stimuli Methods

Physical Activity/The Environment:

Hollywood has long idealized romantic relationships by setting them against a backdrop of war, earthquake, alien invasions and other exiting “dangers” so the hero and heroine will have to overcome all obstacles to keep their flames alive.

And many couples have found it much easier to build up the chemistry when they are doing something “exciting” together like going into a haunted house or on a roller coaster ride.

Why? Well, research has shown that when a woman is physiologically aroused by something, she will “blame” the arousal on the closest objects she can see. In other words, if she gets excited from walking along a dangerous suspension bridge and you're the first man you see when she gets to the other end, she will see you as the cause of her arousal. In other words, you will seem more attractive to her.

While this method is not very practical for the initial pickup, it is something you must keep in mind when you decide where to go and what to do on a date. Think of this as the “initial” setup for a date. Remember that if you have everything under your control, it is very likely that the environment will be working in your favor! Details will be available in Part 4 of this manual.

Your Personality:

The next method involves creating an irresistible personality that women dig. Recall how some players or rich and famous people just seem to have this aura of power around them and can instantly seduce women wherever they go. While there will be a whole chapter in Part 2 devoted to the art of creating a good personality for your future conquests, you can start now by doing a simple visualization exercise:

- 1) Visualize what you would do if you were rich and famous.
- 2) Now visualize how you would walk and move around.
- 3) And how you would talk to women.
- 4) And how you could make women feel good just by talking to you.

Or, as an alternative, think about a celebrity or famous man you like.

- 1) Imagine you're him.
- 2) Now visualize how you would walk and move around if you were the famous man.
- 3) And how you would talk to a woman if you were the famous man.

Now, whenever you talk to a woman, keep this persona in you and “fake” the power till it is actually inside you. Remember the power of make believe! If you imagine something hard enough, it will come true!

Body Language:

This involves using your body language to break down her defenses and arouses her senses. This is just one of the basic tools you will learn in Part 2.

Communication and Teasing:

In Part 3 you will learn about how to “speak” women in order to arouse her feelings with your words.

Eliciting Values and Visual Imageries:

This involves finding what she wants in a man or relationship and searching for the feelings associated with these desires. You will then use words and props to give her these feelings so she will feel as if you're her soul mate. Since this is one of the more advanced techniques, there will be a whole chapter on it in Part 3.

Teasing / Physical Touching:

This involves all forms of physical contact that you use to stimulate her senses. Hugging, kissing, making out, etc. All the glory details will be available in Part 3 and 4.

These are just some of the methods you will learn in the next few hours.

Now, let me show you how social conditioning also plays a big role on a woman's feelings and desires.

Chapter 2: Social Conditioning

This is a little girl inside every woman.

A group of women are sitting at a table in a bar, gossiping about the latest story at work and enjoying the attention showered upon them by men trying to pick them up. Suddenly, all heads turn as a gorgeous blonde marches in. She is wearing a tiny black tube top and a tiny camouflage skirt – all ready for action. Her heeled boots makes steady clinks as she struts proudly to the bar and takes a sit. Almost immediately, a man walks up and whispers something in the woman's ears. She shoots him off with a look. A second man says something to the bartender, who mixes a drink and hands it to the woman. The woman takes a small sip from the glass before putting it aside.

Back at the table, the group of women are now peering at the woman and making comments on her dress and makeup. Two of the women get up and head for the ladies room. Another rolls her shoulder back to show off her perfect cleavage.

What just happened?

The Importance of Social Conditioning

We are all products of our society. Ever since the day we were born, we've been learning from our personal experiences, our parents, school, friends, the media and other sources. So it is no surprise that while we simply want to reproduce with a suitable mate at a biological level, both our values and actions are heavily influenced by external forces.

For example, while a woman may want sex in the bedroom, social conditioning has probably taught her that girls who are too easy are sluts. And while a lot of them check their makeup about ten times an hour, they still claim they don't care about their looks because they don't want to appear as "superficial".

Because of this constant struggle between what woman want and how they have to act about it, a lot of times they just seem to not know what they want. They just appear to be playing silly mind games, or as some put it, being extremely emotional about things.

My solution to all this junk is to NOT play mind games with women at all. Believe me, you can't possibly beat them at their own games. After all, you are a man. You don't think like a woman.

However, over the years I have observed a lot of "underlying motives" in women I've either dated or encountered. Here, I have simplified them into 5 hard facts for you.

These are the five facts that you must know by heart. Memorize them. Go over them again and again. See how they fit with women you know. Yes, there may be SOME exception cases, but generally, these facts are gold. Here they are:

The Five Facts

1) Every Woman Is a Little Girl Who Wants A Swept Off Their Feet By A Prince Charming

Thanks to fairy tales and Disney movies, it seems every young girl enjoys the idea of being swept off their feet by a prince. Just like most young boys want to grow up to be superheroes, girls want to become princesses and marry a handsome prince.

And even when they're all grown up, they still want their man to be able to let them live out their childhood fantasies. Deep inside, they all

want a fairytale romance. They want to meet that special someone accidentally in a totally planned fashion. They just want to be carried away by the moment.

Yes, my friend. The word moment is the keyword here. If you can focus all your attention on her for just a brief moment and give her the same feelings her fantasy provides by using the various stimulus methods I will teach you throughout the book, she will be swept off her feet.

2) Women Are Insecure Creatures Who Want To Be Loved

There is a little girl inside every woman who wants to be loved. This is not surprising, as every human (except psychopaths!) wants to be liked by others. Generally, the more beautiful a woman is, the more insecure she really is. In the next chapter, I will show you how to use this to your full advantage.

3) Women Want And Get Jealous Of Things They Can't Have

Women like what they can't have. It's all part of being human. They generally find guys who are married more attractive than single guys, and they constantly get jealous of "prettier girls" or gossip about others to boost their own self-confidence.

It is very much normal to try to get what we can't have or envy those who have it. After all, our culture has taught us to aim high.

And this is why if you put a higher price on yourself, women will generally find you more attractive. This is the backbone of the "play hard to get" system. This doesn't mean ignoring every woman who comes near you. It just means not being an easy laid and follow her around like a lovesick puppy.

A recent research conducted by psychologists on a university campus has shown that women don't just like men who are "hard to get"; they prefer men who are hard to get, except for them. After all, if a

man ignores every other girl except her one and only sweetheart, she must be special. And girls like being special. So keep that in mind.

4) Beautiful Women Are Spoiled

Most beautiful women are so used to getting their ways that they have been spoiled since they were little girls. Our society places high values on women who are physically attractive, and as a result people always give attractive women what they want. And of course, most men grovel to attractive women and are usually intimidated by them.

This is why most beautiful women are just waiting for a real man who is confident enough to approach her the right way.

5) Women Want To Be Dominated By A Man But Yet Control The Man Subtly

If you read romance novels, you will find that most women fantasize about meeting a “bad man” who will dominate her but yet “change” for her later. This must be something they’ve picked up from reading all those romance novels! (All right, or maybe the writers are only giving their readers what they want. But either way, it works for us.) A recent research has shown that most women DO find dominant men more attractive than “wimps”. This is due to the fact that dominant men are usually leaders who are confident of themselves. And women like confidence in men. It’s pretty understandable. After all, if a man isn’t fit enough to protect himself, he ain’t going to be able to take care of a woman. Repeat to yourself over and over: Insecurity and neediness are your worst enemies. And remember that most men are too insecure to approach a beautiful woman. Make sure you’re not one of them.

Combining The Stimulus Methods With The Five Facts

Of course, simply knowing these facts won’t help you much in the real world. After all, they are just theories on how women think. But

if you combine them together with the stimulus methods you have learned from the last chapter, you have a system that can never fail you. All the techniques I am about to present you in the next chapter will make perfect sense, and you can even mix the concepts together to make up new techniques!

For example, you can attack a cold woman's insecurities to lower her defenses, use visual imageries and physical contact to make her feel like a princess and then TAKE THE FEELING AWAY using the language of teasing.

All these concepts may sound confusing at this point. But trust me, once you see the techniques you will be able to understand them.

And to make things easier for you, let me once again state the central idea of my system. It is to...

Make women chase YOU instead of the other way around by:

- a) Not letting her repel you at first sight
- b) Using stimuli to arouse her desires

The five facts are rules that will help you to understand why women act the way they do – so you can use various stimulus methods to arouse her feelings and make her fall for you later. When you talk to a woman, REMEMBER these five facts. You will then be able to see through their wall of illusion and see what is really going on in her mind. Just keep these five facts in your head, and you will be able to see through all their silly mind games.

Well I am sure that at this point, you must be dying to see my actual techniques. So without any further delays, let's move on.

Part 2: Basic Preparations

In this section, you will learn about the basic preparations you need to make before approaching a woman. The three key-phrases of this section are Dressing Towards Success, Attitude Towards Success and Acting Towards Success.

Chapter 3: Step One – Dressing Towards Success

You will never get a date if women are immediately turned off as soon as they meet you.

If you're a chick magnet on the wrong polar (meaning you repel women instead of attract them) you will definitely love this chapter. In this chapter, I will teach you everything you need to know about how to NOT repel women physically. This is the first step you must go through should you want to attract women. After all, you will never get a date if the ladies are immediately turned off by your dirty shoes or shirt as soon as they meet you. Remember, first impressions do count!!!

How A Woman Checks You Out

Let me begin this chapter by giving you the results of a past survey I have done on a college campus. Throughout the course of a week, I interviewed numerous girls and asked them what usually causes them to “notice” a guy initially, as well as what parts of the body they look at first when they check the guy out.

Here are the things that seem to catch a girl's interest the most.

- 1) The style of the guy – Style of dress and the way he moves. Does he have good posture and “stand out” from the crowd, or does he hide behind his friends?
-

- 2) Whatever “gadget” he has with him. Is he carrying a briefcase (Is he mature)? Or wearing a backpack (Is he adventurous)? Or maybe he’s carrying a cell phone? (Definitely not a loner.)

And when a guy catches their attention, they begin to check out his

- 3) Face

- a) The hair – Is it messy or is it “cool”?
- b) Pimples – Are there just a few? Or is his face like a volcano?
- c) Eyes – Do they look smart and confident?
- d) Glasses? If so, ARE THEY CLEAN? And do they fit the guy’s face?
- e) Is the face dirty?
- f) Is the face “cute”?

As soon as they are done “checking out” the face, the next part they check out is *SURPRISE, SURPRISE* not the abs or biceps, but

- 4) The shoes.

- 1) Are they clean?
- 2) Do they fit?

And only when they’ve finished examining the above do they turn their gazes to

- 5) The shoulders, the chest and the butt

Do you see a pattern in all of this? I do.

They look at the opposite of what men look at when men check women out. While men go right for the tits and arse, women go for the “accessories” such as the hair and glasses.

And this is good for us, as these are things we can actually control.

Improve Your Looks Overnight

Here is how you can improve your looks overnight:

- 1) Get a cool hairstyle. Don't brush your hair the same old boring way all the time. If you are totally clueless in this area, note hairstyles that you have seen on TV, or just ask your hairdresser to give you something fashionable. Remember that a hairstyle may dramatically change the shape of your face, making it look longer or more round. In general, girls like longer and leaner faces on guys since the absence of baby-fat signifies maturity. However, there are still those who like chubby faces. It's all up to you. By the way, girls like darker hair since it is another sense of maturity. (Gentlemen prefer blondes for the opposite reason.)

Here's a quick tip for you men out there with the “standard haircut”. Wet it with water or gel and then run your fingers across the top. It will create that artfully mussed look that a lot of girls like.

- 2) If you're near-sighted, then either buy yourself contact lenses or wear a pair of glasses that fit. If you have big eyes, consider wearing contacts as a lot of girls think big eyes are “cute”. But if you don't want to get contacts, then at least make sure your glasses fit your face. For example, if you have a big face, then don't wear a pair of tiny glasses.

By the way, make sure your glasses are clean all the time. Girls hate smudged glasses. Of course...you will get to enjoy the ladies a lot better if you don't have to view them from a dirty window!

- 3) Wash your face often to keep it pimple free. A few pimples are fine, but a big volcano on your face is just plain scary.
- 4) Wear clean shoes wherever you go. And runners are for running, not dating. Make sure your socks match with your shoes.
- 5) Dress handsomely. Don't overdress because some girls find that "gay", but at least pay a tiny bit of attention on what you're wearing from now on. Women love details, so keep that in mind when you dress! And if you're absolutely clueless in this area, watch a soap opera and see what the actors wear.

Other Things To Watch Out For

- 1) Keep your nails clean and cut them often. Long nails only look great on girls.
- 2) Wear a deodorant. There's nothing worse then being around a smelly pig.
- 3) Keep your teeth clean and your breath fresh.
- 4) You can wear a little bit of cologne, but remember that none is better then too much when it comes to cologne. Do what girls do, spray some in the air and then WALK THROUGH IT.
- 5) Shower often.
- 6) Get a nice watch. Doesn't have to be a Rolex. Just anything without a LCD screen will do. (You want to look mature!)
- 7) No sweat stains on your shirt please.

A Word On Building Muscles

While it is true that most girls don't care if their lovers look like firefighters or not, there are still many benefits to working out in the gym:

- 1) Men who can find the time are generally more in control of their lives. And girls know this too.
- 2) Having a lean body can do wonders to your confidence.
- 3) Exercise can make you healthier and you will be able to enjoy the ladies longer. (No pun intended?)

But of course, remember that having too much of anything is always bad. (Yes, even sex) So before you go off to become a total gym-rat, keep in mind that most girls prefer lean men to “scary bodybuilders”, and that they see men who hide behind their bodies as insecure.

Chapter 4: Step Two – Attitude Towards Success

"I think, therefore I am." – Descartes

Over the years, I've noticed that a person's attitude towards something may greatly affect the outcome of a situation. Let me give you an example. Two men apply for a job in a firm but neither gets the job. The first is devastated and decides that he isn't fit for the field at all. The second says to himself, "Oh well, it's their loss" and goes off to find another job.

Who's the winner and who's the loser in this scenario? I think it's quite obvious.

The same thing can be said about dating. You can only be a failure if you think you're one.

Don't Be Afraid of Rejection

When I first started asking women out, I was very insecure and had lots of doubts. I would have a secret crush on a girl and wait for weeks before I could gather enough strength to ask her out. I would be constantly asking myself the same question that many guys ask themselves:

WHAT IF SHE REJECTS ME?

Of course, this question would then lead to others such as:

"What if she embarrasses me?"

"What if she never talks to me again?"

"What if she tells everyone?"

The same insecurity and doubt troubled me for years, until I met my friend Steve.

Steve was the typical stud who always had a girl hanging onto his arms. He wasn't especially hot or anything, so what made him so great?

Well. The man had guts. I mean real guts.

He was the type who would ask a second girl out before he was even rejected by the first one. I once saw him ask three different girls out on the same day.

Think about this: 3 girls a week makes almost 100 girls a month. There's bound to be a girl who says yes!

So what does this tell you?

You must learn to fail before you can learn to succeed.

Keep in mind that there are numerous reasons to why a girl may be turning you down. Real life isn't like *Sex And The City* and not every women you come across will be on the make.

Most are either married, dating somebody else or simply not interested in meeting anybody at the moment. (70 percent)

Some are probably lesbians. (Around 5 percent)

And of the 25 percent who are left, some have been hurt greatly by other men and will need time to heal.

Some are just cold and antisocial.

And some just don't see you as their type.

Don't be offended by the last. Every woman has her own ideal image of a guy. There is simply no reason to take things personally. All right. She doesn't see you as a potential lover. So what's the big deal? Move on.

There are lots of other fishes in the sea.

And remember, while you may be devastated by a rejection initially, in a few years you will only laugh when you think about it.

When I was rejected the first time in highschool, I was totally devastated. I thought I was the biggest loser on earth. I wanted to find a hole to crawl into. But now when I think about it, I only see it as yet another funny memory.

Get Rejected Now!

Here is something I want you to do. Promise me you will do this:

Ask a woman out everyday from now on. She may be a girl from work, a new girl you are going to meet on the bus, a girl you're going to meet at the club, a total stranger or whatever. I don't care. Just ask somebody out. Or at least get her phone number.

"But I want to wait for that special someone!" You may argue. Well, but if you just hang around and do nothing now, you won't know what to do when she finally shows up on your doorsteps. So do yourself a favor: start practicing now.

The point of this exercise is to get rejected as much as possible, Since this is your objective, you won't have to worry about being turned down or embarrassed! Just go out and have fun. I promise if you do what I say, by the end of the month you won't worry about being turned down anymore.

And who knows? Maybe you will even land yourself a date?

Chapter 5: Step Three – Acting Towards Success

Your two biggest enemies are insecurity and neediness.

Have you ever noticed how "nice guys" never get the girls? They always shower the girls with gifts and expensive dinners. They are never late on a date. They never do anything their dates have told them not to do. They obey their dates' every wish. So why do they always lose to the jerk down the street?

Because most nice guys carry the two venoms that make them unattractive to women:

Insecurity and neediness.

Insecurity and Neediness

These two almost always come together. An insecure man is usually needy because he is insecure about himself. He is always trying to "do" something to please a girl because he believes that if he doesn't keep on appeasing a girl, she's going to dump him.

Don't make the same mistake.

Remember what I've told you in chapter 2...that most beautiful women are spoiled. They are used to men throwing themselves at their feet. So if you do the same, they are not going to like you. As a matter of fact, they are not even going to notice you. After all, girls like special things, and you are not going to be special if you act insecure or needy like all the other men are doing.

In many ways, a needy guy is a girl's worst nightmare. My friend Betty once went out with a needy guy who would phone her like every hour. Bad, bad, bad. She was almost suffocated by the whole experience. While there are SOME girls who like playing mommy, I assure you that most girls see neediness as a big no-no in a guy.

After all, she can't feel safe in your arms if you're not even strong enough to be secure about yourself.

Trust me. Women can detect insecurity from five miles away.

Some examples of insecurity and neediness include:

- Being over-possessive. Always give a woman some breathing space! She can't like you if she does not feel comfortable around you.
- Being showy. Lots of men try to show off, act cool, or simply say or do things just to get attention or compliments. Wrong. If you're truly confident, you radiate charm. You don't have to bring it up every five minutes. Remember the golden rule – show, not tell.
- Being negative and speaking badly of others. I don't mean just casual funny remarks, but you know how some men ramble on and on about people and events? Well. Don't do it. By the way, this includes arguing with everybody you meet too.
- Being indecisive. Don't be the wimp who always asks her what to do. Make up your own mind. Be in control. She can't feel safe around you if you don't have any idea what's going on!

So what should you do instead? Two words:

Be confident.

Start acting more confident, and the women will notice a difference in you almost immediately.

Putting On A Personality

Now that you know how to not repel a woman, I will teach you how to attract women. Remember that it's far easier to attract a woman than to chase one. After all, if a woman is already attracted to you, then you won't have to worry about chasing her at all. All you have to do is to move in and take the kill.

Remember the brief visualization exercise I gave you in chapter one? We will now elaborate on the concept of putting on your own personality that is irresistible to women.

I will now give you a list of common personality traits that women fall for. While many authors try to focus on one “magical” trait that works for them, I believe that in the dating game one must keep his mind open. After all, what works for one guy may not work for another. Here's the list of the most common traits. Go through it carefully. And notice how a lot of the traits on the list are related to the sociobiological stuff I talked about in chapter 1.

- **Humorous:** This is a big, big one. Women **love** humor. Keep her laughing, boys!
- **Optimistic:** This is another big one. A girl doesn't want to go out with a man who is associated with negative feelings. So always stay positive. Don't vent your worries out around her. Be happy.
- **Confident:** This involves a great load of confidence and a bit of cockiness and humor to prove it. Always be in control of all situations. Think the over-confident cowboy and his gals.
- **Charming:** Casanova had charm. Kennedy had charm. James Bond had charm. By charm, I mean being attentive in

a smooth way. People who are charming always know where they are going. This is a big turn on for a woman because she can just lay back and savor the moment. If you still don't know what I mean, rent a James Bond movie and watch him closely.

- **Ambitious:** Ambitious men always know what they want and how they will get there. Remember that a woman wants a man who can provide for her. So let her see the ambitions in you.
- **Sensual:** Women love details. So be sensual and attentive.
- **Wild/Adventurous:** Women love men who are exciting. They want someone who can take them onto an adventure. Remember that they find men who are wild and unpredictable exciting, as they can then try to tame these men into marriage. (Read romance novels if you don't know what I am talking about!)
- **Thoughtful:** Remember that a girl wants to feel special. She wants to know you're thinking of her. Remember the golden rule: Show, not tell. A gift is just a symbol that you've been thinking of her. Just make her feel special, and she will be yours.
- **Romantic:** This involves appealing to a woman's five senses and making her feel as if she's in paradise. Romantic men always know what a woman wants and how they can give it to her.
- **Sexy:** Remember that women love sex too. Deep inside, every woman wants a sexy beast of her own.
- **Mysterious:** Women love trying to "figure" a man out. Stay mysterious!

- **Intelligent/Educated/Cultured:** Intelligence is always a bonus. The truth is, lots of women nowadays think “brains are more important than looks”. This is due to the fact that resource gathering in the modern world is more associated with intelligence than mere strength. And of course, who would want to go out with a “barbarian”?

So what can you do with this list? For a start, you can pull traits that feel “closest” to you and try to develop them more. For example, if you think you’re a funny man, then make women laugh when they’re with you.

Remember that every woman is unique and may like a different combination of traits. So play around a bit and have fun.

Building Up Your Character

When you think of a movie such as Star Wars, what immediately comes to your mind?

Darth Vader. Yoda. Han Solo. Princess Leia. Luke Skywalker. Or in other words, the characters.

Why? Because memorable characters are easy to remember.

And what does this tell us? Well, to make sure you stand out from the crowd, you should use various personality traits to build up a character that suits you. A man with a unique and strong character is always more interesting than those without one. And women like men who are interesting.

Archetypes

To simplify things a bit, I have combined different personality traits together to form a list of archetypes for you. These are various cross-cultural archetypes taken from mythologies, legends and stories across the world. This means they are “characters” which people can associate

with immediately, no matter where or when they live. Try to associate yourself with at least one of these archetypes.

The Ruler (The Daddy/Successful Man)

The ruler is someone who is powerful, stable, and know how to be dominant when the time is right. They are natural leaders with great wad of cash in their pockets. If you're a professional or businessman who live in a nice house or drive a nice car, then you fall under this category. Watch out though. You're the type most women want to mine or trap into marriage. This is why you should mix another archetype into your character so women don't hang around you just to max out your credit card.

The Mage (The Classy Man)

The mage is the educated and culturally man who always know what he's talking about. He knows who Milton is, and he enjoys listening to classical music or attends live theatre. Women tend to find this type of men intriguing because they are intelligent and "classy". However, they sometimes get boring, so if you're a teacher or professor, try to mix a bit of adventurer into you.

The Warrior (The Jock)

Come on. We all know the jock. He's the one with a great body who plays ball and practically lives in the gym. He looks great in a military uniform and will make a woman feel safe by protecting her physically. He's also great for one-night stands or sexual relationships. But should a jock want to "settle down", he should definitely try to fulfill areas other than his own body.

The Adventurer (Still the Adventurer)

The adventurer is the man who's constantly looking for something exciting. Think Indiana Jones or James Bond. Women just love them because adventurers can always give them a kick. Adventurers are always optimistic (which women love), and they are always trying to live the

moment and have fun while they still can. The only “down” side to being an adventurer is that adventurers usually “work solo” and can never be truly tamed. They cheat all the time, and that’s why if they want a long-term relationship they should mix a bit of the “more settled” archetypes into their characters.

The Bard (The Artist)

We know the artist. They are the “weird” and antisocial bunch. But women like them because artists are sensual and expressive. They can see and notice tiny things that most men can’t. And of course, they are interesting to women because they are much more complex and in need of help and understanding. Women also love their creativity.

But before you take your paintbrush out and lock yourself in a room, please also work on other areas of life to stay in balance. Always remember that there is much more to life than simply creating art – such as paying the bills.

The Thief (The Bad Boy)

Modern bad boys are everything from thugs to bikers to rock and rollers and gangsters. They are the ones who smoke weed, drink, get tattoos, and crack skulls. They are tough. And they are the ones who beat their model girlfriends to near-death and spend more time in jail than at home.

But interesting enough, the first thing the girlfriend says when she wakes up from her coma is always in the lines of “But I still love him so...” This is primarily because women just love the rush and excitement of a man who can literally do anything. (By the way, most psychopaths are very charming individuals.) And of course, they still think they can one day turn their bad boys around.

If you want to create excitement, please be an adventurer. You don’t have to break any laws to be an adventurer.

The Romancer (The Seducer)

Think Don Juan or Casanova. The romancer is someone who is extremely sensual and sexy and can a woman feel all sexy as well.

Romancers can understand women completely. They know what women desires, and they know how to provide them. They just have this natural ability to communicate with women. Sometimes they act a bit homosexual, which is may be why they understand women so much. And they certainly know how to appeal to a woman's five senses in every possible way.

A romancer should try to add different combinations of other traits to make him more balanced – so that he's something more than just romantic dinners and candlelight sex.

The Peasant (The Regular Guy)

The peasant is the guy you never notice in a story. He's the one who's stable and loyal, but unknown. The modern regular guy works hard and browses the Internet. Most guys are regular guys.

They are usually married and controlled by their wives. They are the "little men" you hear so much about. Or sometimes they are called "the nice guys".

Some of them are ass-kissers or are afraid of their wives/girlfriends. They follow a woman out carrying her shopping bags and say "I'm sorry", "Whatever you want, honey" and "What's wrong?" about twenty zillion times a day. They are the girly wimps who should be forced to join the army so they can learn to become a real man.

While there is nothing wrong with being "normal" or "nice", I would suggest you to try adding some other archetypes onto your character if you're a regular guy. If you want to be good with the ladies, you must have something that makes you stand out from the crowd And remember, ass kissing won't do you any good. It will only make things worse.

Now take some time to review this list and think about who you've been up until now, and who would like to be in the future. Try to come up with more than one to balance things out a bit. Next, come up with ways you can do to become your favorite archetypes. (Such as being more adventurous or stop kissing your girlfriend's ass.) It will take some work to transform your old self into a new character that is more exciting, but the results will definitely be worth it.

Part 3: Communicating With Women

In this section, you will learn how to communicate with women, using both speech and body language. You will also learn how to read a girl's mind so you can use explicit values to arouse her feelings.

Chapter 6: Body Language and Voice Tone

Women can detect all kinds of nifty things from body language alone.

Can you remember a certain time when you came home and your family or friends immediately knew how you were feeling or what you were thinking about? Or can you remember a time when you could tell that your best friend was happy or depressed, without him even saying a word to you? So how did you do it?

By observing his body language.

Or take this: You hear a person shouting next door. You can't make out a word he is saying. But you know he's very angry. Why?

Because of his voice tone.

Notice how in neither case, words are not needed to understand the message.

Recent research has shown that language (as in the words you say) is only a secondary way of communication. Over 70 percent of communication is actually based on the body language and voice tone of the parties involved.

And that, my friend, is why you should make sure you utilize your body language and voice tone before you worry about what lines you should say.

Body Language Basics

You may have noticed that women are much more sensitive than men. They can pick up all kinds of subtle things from body language. They are like cats – they can sense what's going on or describe what's going on with a person by just looking at them.

And that is why they can sense insecurity, neediness or low self-esteem from five miles away.

So how do you use your body to telegraph confidence instead?

You will have to work on your postures and movements.

Postures

When you walk, always walk upright with your head held up and your shoulders back. Be proud. Don't hunch.

And when you sit, try to open your body up by taking up more space. Never let your legs cross. Always keep them apart and your shoulders back. Back is the keyword here. Don't lean forward, lean back. As for your arms, just keep them uncrossed for now. You will learn how to use them later.

Movements

Try to slow down your movements as much as possible. Remember that you can create mystery and intrigue by simply slowing down. People who are in control do not have a need to hurry. They are always relaxed because they know they are in charge of the situation. Everything movement a confident man makes is slow and almost calculated. He just knows when to pick up his cup. When to making a tasking motion with his hand. You know what I mean.

The opposite of this is “flaming”, which has long been associated with homosexual men. A lot of women find this disgusting. So don’t do it. Slow down. If you don’t know what to do with your arms, simply leave them relaxed and uncrossed. Don’t start waving all over with them!

You can also do wonders with your facial expressions. Always keep your facial expressions serious and “mature”. There is no need to laugh out loud. You may have a nice “mature” smile, but don’t start acting all goofy because it shows a sense of insecurity. (Hiding behind jokes and body gestures.) But smiling slightly is good. Women love men who are happy and positive.

Try to keep your head a bit tilted horizontally. (Chin towards neck.) This always makes you seem more mysterious and mature yet down to earth. You will be able to make wonderful eye contact in this position too. You may do small things with your brows such as squinting them a bit and then raising an eyebrow to show some interest.

But try to keep things simple because less is more.

Here’s a quick exercise for you to practice your body posture and movement.

- 1) Stand up and walk slowly. Remember to walk tall with your head up and shoulders back.
- 2) Practice turning your head slowly in this direction. Count how many counts it takes you to fully turn to the side and then try out other speeds. Like if you find 4 counts too fast, go for 5. See what speed works with you the best.
- 3) Make “eye contact” with various objects in your room as you walk and turn your head. Try out various patterns such as:
 - a. Turning your head to make eye contact without stopping.

- b. Stopping to turn and make eye contact.
 - c. Make eye contact and then start walking towards the object.
 - d. And so forth.
- 4) Walk over to a chair slowly and sit down. Remember to open up and keep your body back.
 - 5) Go out and practice. Next time you go to a mall, walk slower and turn your head slowly as you check out the window displays. Who knows? You may catch a glimpse of the reflection of a girl checking you out!

Mirroring

Mirroring is a technique used by some men to match their own body movements with a woman's. For example, a man would lean back when a woman does. I personally find this technique impractical because I believe mirroring is the RESULT of chemistry between couples, not the CAUSE of it.

However, I do use mirroring to check on my progress. Here is what you do: If you feel a connection, try to copy her body moments. If she seems comfortable with it, she is connected to you. But if she changes her body position again immediately, she isn't totally comfortable with you yet.

You could try to lead a bit with your mirroring, but the girl would have to be connected to you already for any visible results. But let's say if there's a strong bond between you and the girl, you could try opening up your thighs a bit. If you're real lucky, she might just do the same.

Voice Tone

If you want to turn a woman on right away, you better have a "deep, sexy voice."

Here is what marks a “deep, sexy” voice:

- 1) Resonance – How well your mouth resonate your voice.
- 2) Musicality – How musical the tone is. Is it all flat and boring, or does it sound rich?
- 3) Articulation – How well your articulate your words. Or do you just babble a lot?

Here is how you can improve your voice, no matter how whiny or high-pitched it may sound:

By talking slower and deeper.

Draw in a deep breath before you say something. And talk SLOWLY. I can’t emphasize this enough. It will definitely help your articulation a lot.

Also, remember that slow means confidence and power. Women will find you much more mature because you are “thinking” before you speak. Break off your sentences with pauses often. The women will be holding their breath and dying to see what you have to say next. Remember, anticipation is the key!

You may combine this with serious looks for even better results. For example: “Have you ever met someone who’s just...(pause) as (serious look) venerable as you are deep inside?”

Next, you should try to talk deeper to work on your resonance. For a start, try to feel your chest resonate when you speak. Take a big yawn, and when you get to the bottom of the yawn try to hold the tone and talk at that pitch.

This is just a simple exercise used by actors to develop their chest sounds. If you’re interested in developing a sexy, irresistible voice, you should go look for some voice training tapes or CDs.

As for the musicality your voice, I must say that it is a shame most of us live in North America. Standard American English is simply not as “musical” as more romantic languages such as French. However, there are a few things you can do to develop musicality in your voice. It’s by putting a slight emphasize on “important words”, including

- The name of the person you’re talking to
- Verbs, adverbs and nouns that are associated with color and imageries such as “love, beautiful, red”.

A word of warning though, remember to keep your voice DEEP as you do this. The last thing you want to do is to sound too feminine. “Daaar-lliiiiinnng. How beeeeeaaaaautiful!” You know what I mean.

Chapter 7: Teasing Women

Teasing is all about sending mixed signals.

Little girls love to be teased. And big girls still love to be teased. They may not admit it. They may even deny it. They may call you all sorts of names or make nasty comments about you when you tease them.

But then, if you have teased them right, they will laugh and let you tease them again.

Why? Because teasing is the magical formula that can satisfy every one of the five facts we've learned in chapter 2:

- 1) It can release the little girl inside every woman
- 2) It can bring out a woman's insecurity and desire to be loved
- 3) It makes women want what they can't have even more.
- 4) It can tame a spoiled woman by breaking down her barrier.
- 5) It lets the women know their men is in control.

Quite powerful eh? So do you tease women properly?

Well, personally I like to watch how little boys tease little girls on the playground.

How Little Boys Tease Little Girls

Let us observe how little boys tease girls. They:

- 1) Call them names and make fun of their insecurities

2) Give toys to and take toys away from them

It works when the girls are 8 years old, and guess what? Women love it even more when they're 28.

So how do you tease a woman? You:

1) Bust her balls as much as possible

2) Send mixed feelings by “giving” it to her and then pulling back

Sound simple eh? It is.

Busting Her Balls

This is a wonderful way of messing up a cold woman. Remember that every woman has her own insecurities. Some think their legs are too short. Some think they are so tall. In short, they all see countless flaws in themselves.

You should use this to your advantage bust their balls as much as possible.

Remember that most men try to kiss their Asses. They are USED to cheesy compliments about how beautiful their hair looks or what a nice body they has.

Beautiful women are approached by men all the time. Their whole response system is set on autopilot, meaning if you do the same thing every other guy is doing, you will get the same response: *The Get Lost Look*.

But if you come across as crass or even uninterested in her, she will look at you differently and BINGO...you have her attention at least. She is very likely to see you as different or special because you are not trying to get into her pants like all the filthy pigs are. And who knows? She may

even see you as a challenge and want to seduce you just so she can dump you and boast to her friends later. (But like she's going to get a chance!)

However, notice that there is a HUGE difference between teasing and being plain rude. Telling a girl one of her earlobes is lower than her other is considered teasing, but telling a girl she's a worthless tramp with an ugly face is just plain RUDE. It will get you blacklisted so fast that it won't even be funny.

So how do you tease a girl without offending her?

By using humor.

After all, she can't hate you if you're laughing with you. Right?

How To Be Funny: A Quick Lesson

The only thing I can tell you is: Get into a funny character!

When you watch a funny movie or play, it's not the jokes that are funny, but the characters themselves! And remember to stick within the character. Do not laugh at your own jokes. Be serious about your own jokes. It will only make them funny.

It is okay to be a little cocky, crass or even arrogant in your teasing, as long as you are funny enough to make her laugh with you. Sometimes women actually find men who are arrogant or cocky in a manly way interesting and funny. Or even better, just be yourself.

If you listen to women in conversations, you will see that a lot of times they explain a guy's action by saying "Well. He's a guy..." and then laugh. They know that you're different than them. They know that men are "stupid" at times. And they like it. So just be yourself, and make her smile.

Sending Mixed Feelings

The second part of teasing women involves sending mixed feelings. You know how women like to go like “He loves me, he loves me not...”? They just love to play guessing games.

So what should you do? Two words:

Be unpredictable.

For example, you can give her total attention one moment and then completely ignore her the next. And when she’s wondering whether you love her or not, suddenly make her feel like a princess again.

Or you can say no when a girl asks for a hug. But then later you suddenly embrace her with your arms.

See the pattern?

What I am telling you to do is:

Give her special feelings one moment and then take them away the next.

Women like to have their goodies taken away from them every once in awhile. Besides, they can’t appreciate how great something truly is until they lose it!

So make them horny, and then stop. And then go again. It will drive them wild.

For example, you are making out on the couch with a girl. You suddenly stop and then look away. Your girl looks up and sees you staring out the window. She pulls your face towards hers, but you just pull away and continue to stare at the night sky. Knowing that you have something in your mind she sits back and wonders if you like her as much as she likes you. Then without any warning, you turn around and pin her to the couch.

And so on.

Do you see where I am going?

Remember that with a woman, you have to keep moving. And just because she won't kiss you and let you touch her boobs doesn't mean she doesn't want to. She just wants more foreplay first. Women love foreplay, remember? If she says stop, simply tease her some more until she's hot enough to advance to the next level.

Just keep teasing her into she's begging you to take her.

(Remember: NEVER force a woman. It's illegal and plain stupid. Just take things slowly, okay?)

If you want a safe shortcut, then cuddle with her. Women love to be cuddled. Remember that women love to have feelings taken away from there. So stop and go while you cuddle. And try to refrain from anything too sexual. Simply keep smelling her neck and smelling her neck, but don't kiss her or anything – even if she's begging you to. And by the time you actually kiss her, it will send complete pleasure throughout her whole body.

There are other alternatives to the Stop-And-Go method that you can use to send mixed signals. One such alternative is the double-meaning technique.

You do this in old time movies a lot, when the characters say something but really mean something else. Never say “I love you” to a woman. Always imply it through something else. This will always make them wonder. Or simply say one thing but do another thing instead.

For example, you may hold her hands and then drop it as you say “Nah. No holding hands this early.” But then you take it again. The woman will be too busy to figure out what's happening to put up any defense.

She will be delighted to see that there is “an inner battle” within you as you try to make out your feelings for her. It turns her on to think that she’s seducing a real man like you into falling for her.

Another method used to send mixed feelings is to never give her anything she wants until you feel like giving it.

For example, when she asks for a kiss – don’t give it to her. But kiss her when you feel like to. Let her know that you won’t spoil her like all the other men because you’re special and unique. And when you finally give something to her, make sure she knows that you’re sensitive and thoughtful enough to remember she wanted so-and-so.

One last thing, remember that a big part of teasing is to be unpredictable. So don’t get too comfortable by getting into any “set patterns”. Try to have a different response each time. This will keep the excitement at a premium level, and your girl will always be coming back for more for weeks/month/years to come. (Yes, tease them right and it’ll be up to you!)

Chapter 8: Connecting With Women

If you can create a strong bond between a woman and yourself, no cheesy lines or complicated word patterns will be necessary.

Have you ever heard of the term soul mate? Women just seem to be fascinated with the idea of finding a soul mate. Deep inside, they all believe that one day they will be able to meet that special someone. Someone who truly understands her and cherishes her.

And that someone could be you.

The point of this chapter is simple – to teach you how to make yourself a woman’s soul mate. Or, technically, how to connect with a woman and drive her wild through the connection. This is an advanced technique that you can use on a woman to find out everything you need to know about her and to make her fall for you in a very short time. You will be able to find out what kinds of feelings or imageries turn her on the most and then use your words to give her these feelings. In short, she will think you’re really, really special because you can make her feel SO DAMN GREAT.

Please understand that this technique is quite advanced and need not to be used every time. There are times when the woman will be drooling all over you before you even get a chance to think about using this technique. Also, it works best when it’s used as a conjunction with the things you’ve learned in the book. The target must already be receptive before you try this.

Some authors and seminar speakers have come up with word patterns or phrases that they get their clients to memorize, saying they are

magical words that will guarantee the way into a woman's pants. While I do not discredit the use of such set word patterns and phrases, I believe in total simplicity when I teach my students. So in my book, there will be no patterns to memorize. I will just give you the general concept, which is what's truly valuable. My system is also slightly different with because instead of recreating feelings using "command words" and the likes, I try to reach down to a woman's deepest desires and fears and make my connection there. This is a good way of making a woman think I am her soul mate. I truly believe that if you can create a strong bond between a woman and yourself, no cheesy lines or complicated word patterns will be necessary. She will think you're her soul mate anyway!

Note that there are lots of various "secret" techniques out there in the world. Despite their astronomical costs (Like \$700-1000 for a seminar), they mostly run on the same principles. Here, I am going to demystify them right down to the core.

The core of any speech-associated technique is quite simple. It requires:

- 1) Reading a woman and finding her desires
- 2) Help her experience these desires with her mind and your voice.

And that is what we're going to do.

Reading A Woman

Physically

Before you can connect to her, you must find out more about her first. You can do this before even talking to her by looking at her physically and reading her body language.

Note things such as:

- 1) What she's wearing.

- 2) How she walks/sits
- 3) And so on

It is generally a good idea to examine a woman physically first so you have at least a faint idea of what she's like. For example, if she's wearing a sport bra and a pair of running shorts and she's sweating a lot, you know she has just been out on a run. Or if she looks artificial in every way with her 5-pound makeup, you know she may be cold but insecure deep inside.

Always note all the details so you can verify them when you talk to her later.

By talking to her

The trick to this part is to let her talk about herself. Women love to talk about themselves. Simply lead her on with questions. I am not going to give you any “magical openers” because every situation is different. But generally, you can start off by commenting her on a physical detail you've noticed about her. (Such as her earrings or watch.) For example, you could walk up and say, “That is a cool chain you're wearing. Where did you get it?”

Just be a friend and really talk to her and try to understand her. Be natural. This is an important thing to remember. A lot of women are looking for men who are willing to talk to them as friends. Understand that most men are horny pigs who just want to use a “magical line” on them and then take them home. Don't make the same mistake.

As you talk to her, try to get at least some of the following information from her:

- 1) What she likes and doesn't like
- 2) What is her dream/ambition
- 3) What makes her happy or sad

- 4) What makes her scared / feel safe
- 5) What makes her feel good
- 6) Her childhood

Of course, you can't just bombard her with all these questions as if you're interrogating her. You will have to do it smoothly and subtly. What you should do is to talk casually and swindle from one topic to the next. Simply be sensitive as you invade deeper and deeper into her territory. The key is to derive your topics from the tenants of the original questions.

Here is an example:

“What do you like to eat? Ice Cream? Wow. So do I. What a coincidence! I like chocolate the best. What? You like Strawberry eh? Oh. My sister loved strawberry too. Say. Do you have any siblings too? No? You're an only child? I guess your parents must like you very much then. Oh I am sorry to hear that.”

Remember that you're going to have to seem very interested in the things she says.

You should also verify your initial conclusions about her with the new info you've just received about her. This is a good way to know how similar she is to her “outside”.

As you talk with her, try to focus on her desires. Remember that human beings all have their own desires. Try to go deeper and deeper until you're at her roots. My personal favorite is to try to inquire about her childhood to bring the little child out of her. Try to ask her to explain why she likes something. And then why she likes the something that makes her like something.

Let me give you an example:

You learn that she likes tall men. So you ask her why. She tells you because she feels safe around tall men. And then you ask her, “So you

don't feel safe at the moment?" She then admits that sometimes she feels a bit alone. Soon you learn that she lost her father when she was young.

Or take this for another example:

You learn that she is a great Star Trek fan. So you try to inquire more about the subject. Pretty soon, you learn that she likes science fiction. And why does she like science fiction? Because she has always wanted to go into space. And why does she want to go into space? So that she can be free among the stars.

As you get to understand her, you should begin to formulate a list of her deepest desires in your head.

Desires such as:

- Being free among the stars
- Finding a lost father
- Returning to childhood
- Etc...

Using Her Desires To Your Advantage

This is the fun part. Once you know what desires a woman has, you can attempt to recreate them in her mind with your voice.

To start off, you will need to learn how to create the experiences. I would suggest using a lot of imageries and vivid descriptions. Be as descriptive as you can. And use a lot of colors. Don't forget the colors are is basis of perception. With normal adverbs and adjectives you have to work at a "secondary" level. (It takes longer to bring up the pictures in your mind.) But with colors, you can sense the colors immediately.

Also, remember that some women respond to visual images better while some to sound or physical sensations. Let me show you what I

mean by using artists as an example. Painters are usually very visual and like to deal with shapes and colors. Musicians usually concern themselves with audio, tone and sound in general. Sculptors are best with texture and form. If you find out what type your woman belongs to, you can then build a mental connection with her.

There is actually a very easy to tell what category your girl belongs to. Simply observe her eyes when she talks. Visual thinkers like to look up when they try to remember or figures things out, listeners tend to look from side to side/ear to ear while touchers like to look down.

Once you know what type your girl is, you can adjust yourself to her system of operation. If your girl is visual-oriented, then use a lot of visual imageries by using phrases such as “It looks like” and “You see...” If she is a listener, use “It sounds like” and “I hear you”, etc. If she is a feeler, use physical contact combined with phrases such as “sensation”, “I feel”, “Do you feel”, “feeling” and so on.

And now, let’s look at several techniques you may use to recreate her desires. Remember that you can choose to work with visuals, sounds or sensations in these techniques. I personally like to use a mixed combination to keep things simple.

Confirm What She Has Just Said

The most basic technique would be to repeat what she has just said. You’re bound to hit the “right spots”.

Example: “So you would like to get onto a spaceship and travel aimless among the stars...”

Ask Her A Question

This is when you lead her on and talk about a similar experience.

Example: “Wouldn’t it feel nice to launch yourself up into the stars in a little spaceship?”

Make a Suggestion

This is when you make a subtle suggestion.

Example: “It would be nice to travel across the galaxy and see different worlds.”

Quote Something

This is when you repeat something from a third source. (Your creativity?)

Example: “I once read a book about a woman who saw a spaceship traveling in the stars and...”

Adding You To the Picture

If you can successfully recreate pictures in her mind...then Bravo! You’ve come a long way already! However, in many cases you may want to add yourself to the picture. This is an excellent way of strengthening the bond between you and the girl of your dream.

Sharing A Common Desire

Let the girl know that you are interested in the same thing as her. In this case, describe YOURSELF going through the experience.

Example: “If I could somehow just get off Earth and into the galaxy, I would be....”

Play Around With Time

Imply to her that you will still be with her 6 weeks or 6 months or even 6 years from now.

Example: “Maybe a few years from now, we will actually get the chance to explore the galaxy together. After all... ”

Let Her Know How Special You Are

Let her know how lucky she is to have found you!

Example: “Isn’t it exciting to learn that after all these years, you have finally found somebody who can truly understand you and is just as exciting about going off into space as you are?”

Your Own Techniques

These are just examples of techniques you may use. Remember that there isn’t a “set magical phrase” that can win you any women. You will have to go out and actually practice different techniques.

The most important thing is that you now know the principles behind how this is supposed to work. And as you go out and gain more and more experience, everything in this chapter is going to become easier or even automatic. You will be able to come up with your own lines and techniques.

I can only show you the tip of the iceberg. It is up to you to discover the rest.

Part 4: Field Test

Practice makes perfect! In this section, I will teach you where, when, and how to put your skills into practice. It's scoring time!

Chapter 9: Meeting And Approaching Women

This is just the beginning.

Now that you have a good idea of what techniques you may use to make yourself irresistible to women, it is time for you to go out and practice. In the following chapters, I will tell you how to apply the principles and techniques you have learned so far.

Where And How To Meet Women

Research shows that a couple is more likely to stay together in a longer relationship if they have common interests. This is why you see a lot of men marrying women who are in their own fields or professions. Teachers usually marry other teachers, actors usually marry actresses, scientists usually marry other scientists, and so on. This is why some dating coaches believe it is better to meet a woman at work or through friends rather than in single bars.

And at the other end of the spectrum, there are single-bar experts who simply concentrate on one-night stands. They are just interested in getting into a woman's pants (Aren't we all?) and personally I don't think there is anything wrong with that. (Except the fact that there will be a lot of other horny guys for you to compete with in the bar-scene.)

However, I would like to point out you shouldn't limit yourself to any of these grounds.

I think you should be able to hit on anyone, anytime, anywhere.

Be it the shopping mall or at a party...really...just go out and have fun. Generally, if you like a specific kind of women, you may go to places where they go. For example, if you like sporty women in their cute sport shorts, hang around a gym or sports field. If you like tough women, go take a self-defense class. If you like college girls, go to a university campus. For real smart women, go to a library or a bookstore. Simply think about where the kind of women you'd like to meet would most likely hang out. The point is, always be trying out new locations and times. Do NOT limit yourself to just one location.

Generally, you will put yourself in a high probability if you go to places where women outnumber you like 10-1. My personal favorite is the dance class. Be it jazz or ballet or ballroom, you will probably be the only guy in the whole class. And guess what? All the women will be hitting on you. You ever seen a girl use cheesy pickup lines on a man? That has happened to me more than once in jazz class.

The same goes for the city you live in. Always be looking out for more opportunities. If you are from a small town, you may want to move to a big city. An excellent location is LA, where every waitress looks like a future Oscar winner.

Be creative as you search for your hunting grounds. Don't be afraid to pick up women in ordinary places such as the supermarket. Remember that girls love the idea of meeting their soul mates "accidentally" and being swept away by the moment.

How To Approach Women

Rule Number One: No Cheesy Pickup Lines.

I personally think there are two approaches you can choose, The Direct Approach and The Soft Approach I will only give you the principles behind these approaches, but not any “special” lines because I believe that anything “hot” when I write this book will be already considered cheesy by this time next month.

The Direct Approach

This approach is one that works best for beginners. Instead of masking a pick up, simply make it interesting. This works well in a situation where it is quite obvious you’re trying to pick a woman up. There is no use hiding the fact that you’re trying to pick a woman when you’re in a singles bar!!! So just gather your courage, walk up to her, and strike up a conversation. Don’t bother to “borrow a pen” or anything like that. The girl already knows why you are talking to her.

The Soft Approach

This approach is the approach that most men try to use. It involves masking a pickup so it appears natural. It might involve asking if she needs any help with a task, etc. Basically, you bait her until it’s ready to roll the reel in.

Generally, no matter which way you go you should try to be as confident and calm as possible. Make sure your posture is great and you appear confident. Remember how nervous most men are when they try to pick a woman up. Don’t be like them. Be special. Instead of keeping a cheesy smile on your face, use a serious look instead.

You may also consider using an opener that requires more than just a “yes” or “no” from her. Make her talk about herself.

If you get turned away, don’t worry. She’s not worth it anyhow. No woman with a bad attitude deserves to be your pick of the night. Simply move on to the next. Remember, YOU’RE choosing them, not the other way around.

After The Approach

Once you've captured her attention, radiate her with your personality. Start teasing her right away and act like if you've known her all her life. But do not appear too eager or make any sexual advances yet. Remember that women are intrigued by men who are calm and mysterious. So keep your cool and it will take you far.

At some point, the women may start giving you the "Don't you like me?" response. They may start flirting heavily with you. Do not give in. See it as her teasing back. Simply tease her some more, such as how SHE is trying to pick you up.

You may also want to use the connecting techniques I've taught you to reach into her desires and send her onto a journey of mental ecstasy.

But once you've made the connection, you should leave. Yes. Leave. Remember how women love to have their feelings taken away? That's what you should do. Be like a special army unit. Simply move in, accomplish your mission, and MOVE BACK OUT.

Why? Because if you've done everything correctly she will want to see you again.

Getting E-mails And Phone Numbers

A lot of times my readers ask me for help because they have trouble getting girls to give them their phone numbers. Others mail me because they don't know how to deal with women who appear to be cold or rude on the phone. Well. This is only one thing I have to say about this:

Welcome to the 21st century, guys. Phone numbers are now out. E-mails work much better.

At least for me.

Why? Because:

- 1) The response rate is better. There will be no answering machine and no cold woman or family members waiting to brush your off on the other end of the line. Emails are also totally confidential, which can result in a generally more positive and honest answer.
- 2) You will have time to THINK about what you have to say before you send the email out. The good thing about email is that you can spend an hour constructing a message and still make it sound like as if you're "typing as you think".
- 3) Here's something truly magical: After a sending email messages back and forth a few times, she will see you as a friend. And guess what? Everything will be easy after that!
- 4) You can get emails easier then phone numbers since most women consider email "low-risk". If you turn out to be a freak, she could just block your address, right?
- 5) Sometimes if they give email out, they will also give phone numbers out too. Just go like "Why don't you put your phone number too while you're at it". It works most of the times. Or if you don't feel comfortable doing this, then simply email back and fourth a couple of times BEFORE asking for her phone number.

So instead of asking a girl for her phone number, simply ask for her email. If she refuses to or makes up some lame excuses like "I don't have an email account" or "I don't check my email often", simply laugh and give her some reassurance by saying something like "Oh. Come on. Like you don't even have a hotmail account. Listen, as long as you don't spam my account with love letters I won't spam yours, all right?"

At this point, 9 out of 10 women should be willing to give you her their emails. However, if your girl still refuses to, you can do two things:

- 1) Ask her for her phone number instead.
- 2) Give her your email just to be polite but don't expect her to email you. (But she just might...) I personally like to give business cards out as it always build trust. And some women I gave business cards to did really email or phone me as soon as they got home or "got an hotmail account".

But if you have done everything I told you to do in my book, she should be almost too eager to give you her email or phone number just so she can talk to you again. Just go ahead and ask her. It never hurts to ask.

NOTE: Always keep a wad of business cards on you, along with a pen! This is like the perfect combo. You will be able to give cards out AND write women's phone numbers on the back!

Chapter 10: Dating Women

Instead of letting the environment work against you, make it work in your favors!

What a disaster! You took a girl to a movie that had just come out and...whoops. She hated it. And so did you. Not that it mattered, as there was a really tall guy sitting in front of you and you couldn't see anything anyway. As you sat there wondering what went wrong, she asked if you wanted to go somewhere instead. So you took off with her and went to a club. But the line was so frigging long that it would take a year to get in. Oh well. Maybe we could go on a romantic walk by the beach, you thought. But whoops. Before you knew it you're lost in the dark.

Later that night, you're sitting on your bed. Alone. And wondering why everything had to go wrong.

I am not kidding. A lot of dates do end up as disastrous as this example. Most men screw the chances up by taking their girls to do the **WRONG** things for their first dates. Don't let the same thing happen to you. Instead of letting the environment work against you, make it work in your favors!

Where To Go For The First Date

This really depends on what you want and how well you know the women already.

If you would like to get to know her a bit better or maybe connect with her a bit, then you should go see her in a coffee shop

or somewhere that is not too distracting. Somewhere quiet where you can bond with her.

But if you feel you have known her enough already or you just want to have fun, then by all means, go somewhere fun. You should always take her somewhere stimulating. Remember what I told you in chapter 1? If you take her somewhere stimulating, she will see YOU as the source of stimulation.

If she is an outdoor person, rock climbing or hiking would be good – as long as there’s good scenery. My personal favorite is the amusement park. The last time I went there with a girl her eyes were basically lit up the entire time. All the rides had really stimulated her excitement and brought the little girl out of her. You may also consider putting dancing on the top of your list. A lot of girls complain that guys don’t like to dance enough. So be the special guy who loves to dance. Take dance lessons, or simply just move around. I don’t care. Just go dancing. And remember that fast dances are the best. It can really work a woman up before you slow dance with her later.

You should try to stay away from “normal” dating locations such as going to the movies at all costs. Movies are a waste of time. You could be talking to her instead. If the movie is bad, she will blame it on you. And if the movie is great, then she forgets about you. Also, it is much more interesting to do something together then going out on a “date”. Sometimes “going on a date” sounds stupid. Know what I mean? Make it something else. Like “hiking” or “dancing”. Just don’t call it a “date”.

In short, when choosing a location for a date, consider the following rules:

- 1) It must be fun and something you can do together
- 2) It must be physically, emotionally or mentally stimulating

If you follow these rules, then the environment will be working in your favors! Don't forget to make "creative" suggestions. If she absolutely hates an idea, she will let you know.

How To Set Up The Date

Your best bet would be to email her a casual message. Again, if you don't know a woman enough yet you should definitely ask for

If she says “Yeah” or something along the line, then say “When?”

Congratulations. You have just set up another date.

Chapter 11: The Sweet Hereafter

Anticipation is the key.

All right. You have just finished having a nice coffee date with the girl. What do you do? Some love coaches may tell you to take her home or go to her place after the first date and work your magic from there, but I say it's your own choice.

And it really depends on the girl too.

The way I see it as is, there are two paths you can take. Both will eventually lead you to home base.

Playing Hard To Get

The first path is to NOT make any sexual moves on her at all. No matter how hot she is getting or how hard she is trying to seduce you, do not give in. Keep tempting and teasing her, but do not actually let her lead you on. You may cuddle with her or give her casual kisses, but don't go any further than that.

Trust me. By the sixth or seventh night, she will be ready to attack you in her apartment. It will probably be the best sex you have ever had.

Keep Advancing

The second path is to not waste any time and keep advancing and advancing. Just keep turning her on and turning her on until she is ready to advance to the next level. And if she wants you to stop, then stay at that level till she is turned on enough to go for more. (Don't force her into doing anything though. It's dumb and illegal.)

If you do go by this path, remember that the key word is trust. For example, she will have to trust you enough to go you your house.

A good way to invite her into your house would be to “show her something”. Maybe it is your CD collection or videos or posters. Don’t just “invite her home”. Give a reason.

And to get yourself invited into her house, you will have to play a bit hard to get. My favorite technique is to tell her that I have to go to bed early since I have work the next day, blahblahblah, but then I tell her that I could stay for 15 minutes while I lead HER into her own house.

Once you’re inside the house, hers or yours, do not make any moves at all for the first 20 minutes or so. This is to build up her trust. After that you may move closer and kiss her on the cheek and then move back away. Then cuddle with her and turn her on. Remember. The key to this path is to keep advancing. If she lets you hold your hand then kiss her. If she kisses you back then try to take off something. If she resists then kiss and cuddle some more. Repeat till she has all her clothes off and...well you get the idea.

How To Satisfy A Woman Physically

At this point, I want to teach you a few tricks on the fine art of “making out “

Before why go on, let me remind you that unlike men who are mostly turned on by visuals, women get very turned on by their other senses.

This is why they love to be touched (through kissing, stroking and cuddling), smelled, tasted (licked) and talked to. ”.

Let us focus on touch (kissing, cuddling and touching) first.

Kissing

According to a recent survey, more than half of all women consider their men to be lousy kissers. You can't really teach a person how to kiss as it comes from experience. However, here are some general tips:

- 1) Keep your breath fresh
- 2) Keep your lips moist
- 3) Tilt your head the OPPOSITE way the girl is tilting
- 4) Keep your lips soft, tender and open

Remember not to limit your lips to her lips. There are lots of other places you can kiss. Her neck, her ears, basically any part of the body can be kissed. Just member to drool all over her dedicate body. Remember girls like sensual men.

Cuddling

Cuddling is another crowd pleaser. Women love men who would take the time to cuddle with them. Trust me. Some women can get so turned on from cuddling that they suddenly attack you from there.

Touching

Women love to be touched and stroked. Remember to be sensitive in your touches.

Smelling and Licking

Women love to be smelled. If you keep smelling her neck and smelling her neck while you cuddle, it will drive her totally wild. Try this: Smell her neck and shoulders for 15 minutes. Simply run your nose and lips over her shoulders and neck smelling her while telling her how great she smells. The same thing with licking. Slightly run your tongue lightly against her earlobes and other parts for 10

minutes. See her as an ice-cream cone and tease her with your tongue. Make sure you don't drool all over her though.

Talking To Her

You may choose to talk sexy to her. Remember to include lots of details, and try to stimulate her senses with your words. Drive her wild with your imagination! You may also describe what you're going to do to her next, and how great it will make her feel when you're doing it. It will drive her crazy for you.

Where To Kiss, Touch, Stroke, Smell or Lick

Below is a list of pleasure zones for women you should be aware of. Don't forget that you may lick or smell these zones as well!

- Face: mouth, nose, earlobes, cheeks, eyelids
- Back of neck
- Breasts and nipples
- Abs and naval
- The spine along her back
- Inner thighs and back of knees
- Buttocks, anus and perineum (area between vagina and anus...lick it to drive her wild!)
- Arms, elbows and hands
- Her vagina

The Keys To Arousing Her

Remember what I've said in Chapter 7 about teasing women. Anticipation is the key. You should keep stopping from time to

time to make her anticipate for more. Another way would be to tell her that you have a surprise for her to invoke her curiosity. You should also avoid the most sensitive parts of her body like the breasts, crotch and anus so she will be even more turned on when you finally get to them later.

Other Ideas

Here are some other ideas you may consider:

- 1) Give her an erotic massage
- 2) Blindfold it. This will only stimulate her senses even more!
- 3) Bite her neck LIGHTLY.
- 4) Be creative, but not too creative.

Keeping A Long Term Relationship

After a few dates, you might decide the girl is not who you want.

Or you might find yourself madly in love.

Even though the purpose of this book is about meeting, attracting and dating women, I am going to give you some tips on how you can keep a woman attracted to you in the long run.

First of all, keep up the excitement. Don't let a girl slowly lose her interest in you. Continue to surprise her with new, exciting things.

Secondly, be willing to work out whatever problems and obstacles your relationship may come across. This is a big one. Most relationships fail because people aren't willing to work out their problems anymore.

Lastly, just love her. It will take you far.

Chapter 12: What's next?

In time, you will see your success.

I've done what I can to teach you how to meet, attract, and date beautiful women.

But now, everything is up to you. You can put this book on your bookshelf, tell yourself that you've become a great womanizer, and forget everything I've taught you.

Or you can go out now and practice the stuff.

I sincerely hope you will choose the latter.

Attracting women is a skill, and just like any other skill it needs to be practiced. So I urge you to please go out and start applying the techniques you have learned from this book.

In time, you will see your success.

And when you do, please do me a favor and email your stories. As a matter of fact, email me now and tell me what you think of the book. Please give me both the good and the bad. The main reason I wrote this book is because I want to help other men. So if there is a particular part of the book that worked or did not work for you, please email me. I may be reached at mariuspanzarella@datebeautifulwomen.com.

Good luck and never give up!