

Tips and secrets on how to improve yourself, your body and your mind so that you can attract the women you really want into your life.

It has taken me a while to finally get to sit down and start writing this e-book.

I'm going to start with a small introduction so you can see what I am about...and I think I was in the same situation that you are in right now. I grew up in a good family, having everything I wanted within reason, and my parents were rather protective of me. This led to the fact that I was never in the popular crowd in school, always the shy smart kid, and did not have girl friends or go to parties in school.

This got me into believing that somehow hot and attractive girls were not destined for me, and it was a matter of chance where once a year a girl would actually like me.

After high-school everything changed for me.

I did not associate myself with people from school anymore, they were negative for my development.

One holiday in Europe, I read a review about "The Game" by Neil Strauss and got myself a copy in the bookstore. I read the book in 2 days flat, because it opened my eyes.

For those of you who don't know what the book is about, it's about a shy writer, Neil Straus a.k.a Style, who meets a world class pickup artist (PUA) and in two years goes through an amazing journey of picking up women all over the world and himself becoming a master PUA. This got me thinking that it was a skill that was possible to learn, and my whole world lit up with energy. I had a new mission.

I spent weeks searching online, interacting in forums and reading pickup material.

In fact, some of my best friends today I met through an online pickup community. We met up one day to discuss some gaming tactics and it grew into great friendships.

The next two years I spent going out, alone and with my friends, reading and watching all material I could get my hands on, gaming girls on social networking sites, in shopping malls, supermarkets, in traffic jams and everywhere possible.

I am still learning and nowhere near as good as master PUA's who have 5 years plus solid pickup experience, but I have learnt a heck of a lot and have gotten a lot of gorgeous girls.

So here is where I want to share my experiences with you, so I can help you get the women you want and deserve. I know what its like seeing all these jerks and nobody's with the most gorgeous girls...and thinking "What does she see in him?"...and I know how good it feels to be able to pickup these gorgeous women in clubs and be making out with them the same hour I met them, taking them home with me and dating them.

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The most important thing and I'm going to say it over and over and over again is confidence.

CONFIDENCE CONFIDENCE CONFIDENCE

Girls love a guy with confidence!

This means that you take the lead...you make decisions, whether they are good or bad is irrelevant. Of course try and make the right ones, but if you mess up learn from it and move on.

So what is confidence?

Confidence is not having doubts.

Confidence shows in everything you do. The way you walk and carry yourself, the way you sit, the way you dance, the way you talk, the way you hold eye-contact, the way you drive. Everything you do! You are doing it with intent, you are sure about what you are doing!

Have you heard that body-language is responsible for 80% or more of communication. This means that the words you say only account for 20% or less, it's the attitude and confidence and the things I have mentioned above that make the difference.

Take an example:

"Hey...you are the most gorgeous girl in this club tonight, buy me a drink."

Now imagine this being said with closed off body-language, hunching shoulders, and you not being able to look her in the eyes and a soft shy voice... the effect? Most likely she won't be mean and say thank you or something but totally ignore you.

However, going up with strong body language, upright, a fun energetic tone, lots of energy, a cheeky face and the mindset that whatever she responds with is irrelevant, you will notice a totally different reaction that will give you a lot more to work with.

BODY LANGUAGE AND HOW TO CARRY YOURSELF:

The following is very important, and just by doing these things, you will notice a big difference in how people treat you.

*Always carry yourself proudly, stand and walk upright...no hunching shoulders.

*Keep your head up high.

*EYE CONTACT...one of the most important things. Many of the times, a few seconds of eye contact and a smile is enough for you to go straight over to her and have a conversation without using an opener and just saying "Hey...I'm John".

This is one of the biggest mistakes that guys make when a pretty girl looks at them...they look away.

Make it a rule to keep eye contact with a girl until SHE breaks it by looking away. This is eye-flirting, and very nice to do in crowded places with people seated. People get bored and look around, and it's easy to get their attention with good eye contact, a smile, sticking out your tongue and making a funny face.

*TAKE UP SPACE. Very important. The more open and spread out you are, and the more vulnerable you position yourself, the more confidence it portrays. On a couch, don't just sit on the corner, lie down over the thing, spread yourself out. Don't stand by yourself in the corner of a club, find a busy place and lean against the wall or a pillar, very casual with your hands in your pocket.

*LEAN BACK WHEN SITTING DOWN...

NEVER EVER LEAN INTO A GIRL WHEN TALKING TO HER...

this demonstrates weakness and you buying into HER frame, let her come into your world, not the other way around.

* SPEAK LOUDLY. Learn to project your voice. We are taught that it is rude to speak loudly, but it shows time and again that loud people get attention. You want to make sure that she hears what you say the first time. If she says "what?", then it means you are talking too softly and will most likely not get her attention. You will find a lot of the time when you speak softly, people will interrupt your conversations and overpower you.

DRINKING

When it comes to drinking...ask yourself why do you drink?

Do you enjoy it, or do you do it because you feel like a loser in the club without a drink?

Do you feel that you need alcohol to have fun or get the courage to approach girls?

Alcohol has the result that you lose fear of certain things, it seems to give you more courage to approach the girls you find attractive and you find you care less what other people think. A little bit may be good, but as soon as you cross the line and become too intoxicated, you start doing stupid things and it is totally destructive for your image and your game.

Don't worry, I've gone through the latter stage. Even if you do get a drink, don't clutch it in front of you, have your arm with your drink next to your side, relaxed and casual, you are not dependant on alcohol for your enjoyment.

After you get confident, you will find that you don't even want to drink when you go out. So make it a habit to get comfortable with drinking passion fruit and lemonade, or water or plain cola when you go out.

These are all positive mindsets that I'm making you aware of and hopefully you will adopt them

DANCING!

In a club, one of the biggest displays of confidence is going up onto the dance-floor and dancing like nobody is watching. It does not mean you have to be incredibly good, but you have to be able to move to the music. Especially if you are out alone, but even with your friends, go out onto the dance-floor, be energetic and have fun. Having fun is attractive, nobody wants to talk to someone who looks angry or grouchy. Girls associate dancing and the way a guy moves with sex and how good he is in bed. Maybe it is utter nonsense, but if you can move and dance incredible sexy, girls are going to be curious and think "If he can dance like that...I wonder how he will be in bed".

It took me months, but now I have the courage to go up on an empty dance-floor, start dancing, pull random people onto the floor and leading the whole scene until the floor is packed. That is massive social proof for the whole club...I'm the guy who got everyone dancing and having fun.

Dancing is really fun, and totally learnable. If you are lucky enough to have hip-hop classes near you, join them. It's very sociable and you learn to dance, you might even make some great friends. Otherwise, practice at home, put on your favourite music, youtube some hiphop and club-dancing videos and you will get thousands of clips to watch and learn from. 20 Minutes of practice a day and after a month you will be dancing so that most people will be amazed.

YOUR BODY:

You cannot help the way you are built, but you can definitely do something about your body and the way you groom yourself. It is important to be well-groomed at all times, this means being clean, smelling good, trimmed hair, trimmed fingernails and taking care of your skin.

Being in good shape is in any case beneficial to your health so I strongly suggest you do some research and ask around at your gym for an exercise program, with some decent cardio and weight training. It is not a deciding factor, but a man who takes good care of his body shows integrity, and can make a difference with a woman.

Try to lose body fat, at least not be obese, and get a lean strong body with a bit of definition. I know this is not suited for everyone, and it takes discipline to go to the gym and work on your body, but make it a habit and go 2 or 3 times a week. It is fun, and a great way to lose stress after a days work. Girls love abs;)

YOUR CLOTHING:

Your clothing can make a big difference, but it is important that you feel comfortable in the clothes that you wear.

Do not dress like a total geek with pants above your belly button, shirt tucked in and buttoned up to the top without a tie.

The safest approach is always simple...jeans, black shoes and a t-shirt or collared shirt depending on the venue. It's not bad and neither is it good, very generic but you can hardly go wrong with it.

I like to take the safe approach and add some accessories, a watch, a cool bracelet or necklace or maybe a hat or a scarf. I like bright colored shirts or shirts with cool patterns or designs. When you have something like that which stands out, it gives girls an excuse to come over and talk to you.

“Hey...awesome hat”

“Wow...cool bracelet”

And from there you can go into an interesting story or conversation.

Of course you can overdo it, and that is called pea-cocking. It means you are so wildly dressed that it's actually ridiculous, and it will draw everyone's attention.

Something like a bright-orange shirt, with 5 necklaces, neon purple pants, a cowboy hat, lime green shoes, and a sock sticking out over your pants.

Now this can either work really well or it can blow you out. There are two responses when people see someone like that:

1 -) Wow...who is that guy???

Or

2-) Omg what a loser...look at his ridiculous outfit.

And this depends on your level of confidence. If you feel like an idiot wearing the clothes, people will perceive you as one. If you feel ultra pimp and like a rock-star, people will treat you like one.

GOING OUT WITH BUDDIES:

Going out alone or with your buddies are two totally different topics and it depends on your personal objective for the night.

When going out with buddies, it's great to have them as backup, and a wing to help you take on a two or three set (a group with two or three girls) because they can distract or game the friend while you game the girl you are interested in.

It means you can go out to clubs early because you have somebody to chill with at the venue, and this might work out great because there might be two or more girls with the same intention, and your group can merge with theirs.

However, it can be detrimental to your social value if you just form a little circle with your friends and don't talk to anyone else. For me, it is always best to go to a venue with my friends, and then we each go off on our own and go and have our fun.

When you are with your buddy, it is always important to be having a great time, having fun, smiling, laughing. Do not be with your buddy, and have this bored look on your face and be looking around the club. This demonstrates your buddy has little value to you, you are bored and are going to be a value-taker, thus your social value in the club drops.

When you are starting with this, and you are going to be approaching 30 girls in a night, you have got to trust me on the following...:

It is NOT important what a girl says to you and what she thinks of you. She may call you a total loser, give you a nasty look and think you are a moron...whatever...it's HER issue...not yours. Do not even think twice about the rejection, and just carry on having fun, and go for the next girl. Smile!

Girls will reject you, sometimes it is because of your approach, sometimes it is because they are in a bad mood or sometimes they have some other reason that has nothing to do with you, just wrong timing and sometimes it is simply a test to see how you will react. If you show that you are affected by her actions, you lose and it is game-over. **DO NOT BE AFFECTED.**

Just a little hint when going out with buddies, be sure to have a pre-arrangement or signals when it comes to picking up girls, so that your wingman knows which girl you want and does not end up blowing you out or competing with you for the same girl. Normally, it is your set (group of girls) that you approach, therefore you choose the girl you want, and your buddy must be a good wingman and talk to and distract the friends.

GOING OUT ALONE:

Going out alone may seem like one of the scariest things ever to you. It was to me. It means you have to go to a social venue by yourself, nobody to talk to, and you cannot just stand around because you will look like a loser. So it's scary but super challenging at the same time. You are throwing yourself in the deep end, and forcing yourself to approach and be social or else you risk becoming the loser.

So...this means taking a night off by yourself and going out. If you do not feel comfortable going out in your own town, take a drive to a town near you.

I suggest not going out too early when you are by yourself, because most venues will be empty and then it is harder to join into a group of people.

As soon as you enter the venue you have to have a plan. It does not matter what, maybe you want to go to the bar, and stand there. It's a great place to talk to people while they are waiting for their drink. Otherwise walk around the venue, stop and talk to random people. Hit the dance-floor. Dancing, like I mentioned earlier, is lots of fun, it gets you into a great state, and other people can see that you are having fun.

The point of going out alone is that you have to be social. Don't have the mindset that you "have to" pickup a girl that night. It is unnecessary pressure. You are going out to have fun and have a good time, talk to people make new friends.

When you get the "Where are your friends" question there are a few responses to that.

You can be honest and tell them your friends are at home being boring and you wanted to come out and have an adventure and good time.

You can pretend you friends are somewhere in the club and put your arms around the girls and walk through the club looking for your friends, and when you do not see them come to the conclusion that they must have left.

You can say you are not from around there, and have decided to go out and make new friends.

**THE MINDSET YOU HAVE TO ADOPT IS THAT GIRLS WANT TO BE SEDUCED...
THEY WANT TO BE PICKED UP AND TAKEN HOME AND BE RAVISHED ALL NIGHT
LONG**

All you have to do is not be needy and desperate and show them a good time.

You will rarely if ever find a girl out by herself. She will always be with her friend or a group of friends. You may find a girl by herself in the club away from her friends when she is at the bar, or on the dancefloor or going to the bathroom. This is an easy way to get her attention without you having to prove yourself to her whole group.

The rules for approaching a girl in a group are pretty much to talk to everyone in the group and win them over. When you win over her friends, you win her over without a doubt. This means not showing too much interest in her in the beginning, because that will make it seem like you are just using her friends to get to sleep with the girl, and nobody likes to be used, and thus you will likely find that her friends will block you out. Sometimes...when you have won her friends over, they will actually want to hook you up with the girl, they will go out of their way to introduce you, or talk you up. This is awesome!

It is like juggling, because you have to engage everyone in the group. You can either have a few short but really cool interesting stories, or you can play a little game with them, maybe do magic tricks if that is your thing.

One thing that I learnt from experience is that you have to give some sort of time constraint.

Right in the beginning you say something like “Hey guys, this will only take a minute” or “Hey...quickly before I get back to my friends, let me ask you something”.

The point of this time constraint is that you are reassuring the girl or group that you are not going to be hanging around them the whole night (this may end up happening, but then it is because you guys get along well). Think about it, when someone approaches you and starts a whole conversation, you may be wondering...”Am I going to be stuck with this guy the whole night?”.

Trust me, it makes a huge difference to your pickup.

NB.

What I have noticed about most guys and myself initially, is that we make excuses for why we go out and talk to girls. The most alpha trait is to be genuine about what you want. So ask yourself, why do you go out to clubs? To pickup a hot girl, take her home and F*** her brains out right? It may take some time to master, but let this intent show through all your actions and words. It does not mean be all creepy and sex-obsessed, it means that you are letting her know what your intentions are, and you are confident you are going to rock her world. You are not there for small-talk, that is just the side dish. Girls are very intuitive, and can sense false-self and fakes miles away.

Like I mentioned before...girls want to be seduced...and are not dumb. They know what you are doing when you are gaming them, and they are enjoying it, all you have to do is not screw it up by being needy or desperate!

SOCIAL PROOF:

Your social value can do a lot for and against you.

If you have a very low social value, ie. people in the club think that you are not cool, it means your chances of success in the whole venue are pretty slim.

When people perceive you as a high-value guy, your work becomes so much easier, because people will want to associate with you merely because it will make them cooler. High-value guys are usually the alpha male type guys, the ones who lead the men and women, and clearly the ones women want to be with.

So how do you go about getting high social value in a club?

The most obvious way is to have one or two really beautiful girls around you, their arms around you, laughing when you are talking to them and seeming totally into you. This can be two good friends of yours, maybe a girl you are dating, maybe an ex girlfriend who wants to help you out and get girls in clubs, or maybe even a girl you pay to come out with you and be your social proof girlfriend. I read of a guy who was so tired of not getting girls, he went up to the hottest girl in his college and paid her to act like his girlfriend in front of his friends and classmates and when he went out, and this boosted his popularity to levels out of his world. After a while of course they "broke up" but he was able to get almost any other girl he wanted just because his perceived social value skyrocketed. The most gorgeous girl in college went out with this guy...so obviously he must be really awesome. That is the mentality behind social proof.

If you are unable to bring hot girls with you, once you are in the club, you want to be the social guy, so talking to everyone, getting positive reactions from lots of girls, getting a make-out with a gorgeous girl, introducing random people to each other, playing the host. Talk to guys as well. So many people are scared of this. You are a guy, so what do guys like to talk about? Sports, fighting, racing, cars, girls, sex. People like to sit back and be led. It may take you some time to be able to do all this, but this is your goal...so work towards it.

I ask you one thing...and that is that when you start this goal...you must be prepared to make an ass of yourself.

Prepare yourself that people will laugh at you, say mean things and reject you. Maybe it will not happen, but even if it does, it is totally worth it. Don't let it get to you.

If you have problems with accepting this, think of it this way. Sure, other people laugh when they are in the security of their own groups of friends. YOU are the one who has the courage to improve their situation, to do what is necessary to achieve YOUR GOALS, step out of your comfort-zone

and push yourself to another level to be able to get the women you have always wanted in your life. What are they doing about their own problems? By virtue of starting this journey, you are already so much better than most people. Don't give up! ;)

WHAT TO SAY TO GIRLS:

One of the biggest problems most guys have is that they do not know what to say to a girl when they work up the courage to approach her.

I cannot possibly tell you what to say for every situation and I would not want to, because even if I did, it would mean that you became me, using my words and personality, and you would not be yourself.

The most important thing is to be true to yourself, be who you are and be proud of it.!

Personally I am pretty introverted and chilled and a quiet guy. I am not one to entertain groups and lead interactions. However, I am energetic and love having a good time, and when I am out I will let that show. Most guys in clubs are all pretty generic and mind their own business, not many are daring and wild, but the loud, energetic and alpha guys get all the attention. I like to take control, take the lead, show girls a great time.

When I go out on a date with a girl one on one, I don't pretend to be a loud guy, or someone I am not, because I have learnt from experience...if that loud guy is the guy she falls in love with, as soon as you revert to your normal quieter self, she realises you are not the same person you portrayed to be and the relationship usually goes sour.

A thing with animals and thus human beings...is that we can sense what somebody is feeling. Just like an animal can sense if you are aggressive or full of fear, girls are intuitive and can sense what you are feeling. If you are really nervous about kissing a girl or taking her home with you, guess what she is going to feel...she is going to feel even more nervous. If you are just in it for her ass, but you give a false intention to her, she will pickup on it and thus not be as interested in you. If you feel calm and happy, she will eventually take on the same feeling.

Always be true to yourself. When you want to kiss her, be strong, calm, and totally willing to kiss her, and she will feel the same. (Of course after you have built the attraction).

So back to the topic.

With most pickups and initial interactions going from being strangers to getting to know the person, you as the guy will have to do most of the talking. Of course it's nice to find a girl who chooses you first, because everything will go automatically, but in general you will do most of the talking initially. This does not mean you have to talk about anything special. You can tell her what you did that day, and turn it into a little story. Tell her about what you were studying, or why you find it interesting.

Talk about stars, or karma, the point of life, how interesting people are and why they are all different.

As homework, think back of your life so far, and try and find 2 or 3 interesting events that happened to you and create them into a little story. Everyone has crazy events, maybe you got hijacked, or you met Paris Hilton, or you back-packed through Europe, or hiked through the Amazon Rainforest. Something that really happened in your life that is unique to you, and it will be really entertaining. Don't choose something that sounds like you are bragging, because that is a big turnoff. The more humble you are, even if you have a lot of money, or an IQ of 300 or come from royalty, the more a girl will appreciate you when she finds out you have these qualities without you having to tell her. The reverse would be a gorgeous girl telling you how beautiful she is. What kind of achievement is that? Would you like to hear that from her? NO, you will think she is a vain spoilt brat.

The more you go out, the more you will find that you will use those same stories over and over again, and eventually they will develop into super weapons of seduction. Hehe. The reason why it is good to have some stories on hand at anytime, is that when there are silences or you want to add some spice into the conversation, you can start with one of your stories.

Long silences...

You know them, when the two of you are talking, and all of a sudden there is this silence, and you don't know what to say. And if you feel awkward about it, so will she, and you will likely lose the girl. I used to have that problem. Now I am totally comfortable with silences, I even like to joke about it, when one of those moments come up where we have nothing to say to each other, I'll say something like

"Hmmm...awkward silence...don't you love them...? You know...I had the coolest experience the other day..."

and then go straight into one of my stories or experiences. It does not matter so much as to what you say, as long as you're talking, and having fun and showing enthusiasm. You can talk about ice cubes and Igloos and still have her laughing like crazy.

Initially, so many guys think you need some sort of special or magical line to say to a girl to get her to like you. That is so far from the truth.

The truth is that once you are confident enough, you can use any line to open and turn it into a conversation, because it's not the line that counts, it's the body language, tone and intention behind it.

I like playing around with different things but will usually use one of the following to open a girl:

“Hey! I think you are absolutely gorgeous *smile*... who are you?”

“Hey! Just wanted to find out if you’re friendly”

“You have great energy! Where does it come from?”

“You look lost”

I have gotten many almost instant make-outs after using the above-lines. Again, not so much because of the line, but because of my whole intent and body language behind it.

Once you realise how much fun it actually is to go up to girls and start conversations, you will start using all sorts of things, and reversing the normal roles like:

“Hey, you’re beautiful! Buy me a drink”

“Are you hitting on me? I saw you wink seductively across the room...sly”

“ I’m so tired of being seen as a piece of meat, girls just want me for my ass, why can’t we just sit and cuddle and talk”

You will find that these reverse-roles of the traditional man-woman situations are found incredibly funny by girls. It is showing that you know the mistakes most guys make, and what women have to put up with, and you are making fun of those ways in a cute way.

PHYSICAL TOUCHING AND ESCALATION

This is a delicate but important aspect of your game.

Why I say that this aspect is delicate, is that it comes down to experience and your intuition of the girl and the situation.

Being too touchy usually indicates neediness. That is what most girls automatically think when you touch them all the time. The way to overcome this, is by being very touchy to everyone. Even with guys, pat them on the back, hug your friend, automatically put your arms around every girl you speak to, and once a girl notices that you are just a touchy guy, she won't think of your touching her as being a plan to seduce her.

On the other hand, not touching her at all or not enough can be just as bad if not worse, because that way, you are hiding your intentions of wanting to get intimate with her. Without touching, the most it can become is a plutonic relationship, ie. "The Friend Zone". NONONONO!!! THIS IS BAD, it kills any potential with her and you will regret it!

Initially, putting your arm around her when you speak to her, giving her high fives, playing with her cheeks, tickling her and spinning her around are enough to let her know you are a sexual and cool guy.

What I like to do once I'm into a conversation with a girl, is make her do things for me. Getting her to stand up so I can spin her around, telling her to give me a hug, or a kiss on the cheek. This is power guys...she is coming out of her reality and into yours, and when she realises that you can make her do these things, she places value on you.

The important thing is too keep escalating, every-time taking it a little further, keeping the tension up and the excitement there.

Personally if it's up to me, I don't want hours of small talk and pretending to be interested in her when all I want to do is take her home. So if that is my intention, that's what I want to let her know and feel.

What is really good to do, is any sort of ambiguous language from her part that can be interpreted as sexual, call her out on it. Make it seem as if she wants to have sex with you. It's cheeky and fun, but sets the tone for sex.

Say you want to go for a walk on the beach and she says "Let's do it"

Respond with..." Let's do it???? Do you think I just sleep with girls on the first date? Don't push your luck missy"

NEURO LINGUISTIC PROGRAMMING – NLP

This is something I have experimented with a little bit, but never really studied in too much depth. NLP is a form of covert hypnosis, where you can get her to like you, and think of you with certain touches or sounds, or even get her to think of sex and have an orgasm when you touch her in a certain way (say by biting her neck).

It is used in advertising and you are exposed to it every single day. Certain commands and ways of structuring sentences, place commands and associations in your subconscious mind. The beauty or sneakiness of it is that it seems like every day language.

Usually when someone is telling a story, you try and paint a picture of their situation in your mind.

So when you say something like this to a girl:

“Hmm...right now I'd like to take you back to my place, rip off your clothes and show you all the corners of my apartment...but we just met and I have to get to know you better...what do you do for fun?”

This girl is picturing in her mind going back to your place, you ripping off her clothes and doing things to her, and then you take it away and get back to reality and have a normal conversation.

There is also something called anchoring, which means implanting an association of a touch, smell, sound or taste to an action or a feeling or to yourself. Say you always wear the same cologne, every time she smells that cologne, even if it is on another guy, she will think of you. You have it yourself, certain songs will let you feel certain things, words or names let you think of things you had an experience with.

So the theory behind anchoring and NLP is that you can choose a gesture and relate it to whatever you want. Say that every time you have sex with your girlfriend, and you bite her neck every time she is having an orgasm, then when you are out in public, or in a restaurant, and you bite her neck in that same way, she will immediately think of having an orgasm, and maybe even have one.

Very powerful stuff, because you can even associate negative thoughts to her current boyfriend, and positive things to you.

I am no expert at NLP so this is my experience that I am sharing with you. If you would like to know more about it, there are many books about NLP, but there is a dating Guru, called Ross Jeffries, and he has developed a method called Speed Seduction, which is based on NLP. Very interesting!

LOCATION BOUNCING.

This is a little trick that can let her feel like she has known you for ages while she has only met you a few hours ago. It means that you move her around with you. Either inside the venue if you can't get her away from her friends, by taking her to different places in the club, the couch, the bar, the dance-floor etc or if you can, take her to a few different places that same night. Take her to another club, then to a cocktail bar, maybe go play some pool, go to the aquarium...whatever, the more places she goes with you, the longer it will feel to her that she has known you. And finally it just feels normal for her to come over to your place.

****VERY IMPORTANT...****

You do not want to get a girl all hot and horny in a location where you can't close the deal. Sometimes if you play it right it will drive her crazy and she will actually come up with every possible idea to take you home with her, but usually you will have to lead. Not every girl is up for club toilets or your car.

The thing about escalating and why you have to do it is also the following.

I have had many many times where I would make-out with a girl in a club all night long, she would be all over me, grinding me up, hands all over me, legs wrapped around me, but when I go for the number or get her to come home with me, it would not work. She would just kiss me goodbye and leave with her friends. It becomes a one-night kinda thing and it's not as great as you want it to be.

Making out with a girl is great, but be playful about it, make sure that you are not chasing her around to get the make-out, let her come to you and YOU end it first.

Make her want you, let her chase you. Make her work for it, if she wants to make out, make her tell you a secret first.

I learnt this the hard way about a year ago, when I met the most beautiful girl on Myspace. She lived in my town, had a super body and beautiful blonde hair with the prettiest face you can imagine. She was a model actually. For a while we had been agreeing to meet up for coffee but due to busy schedule's it didn't work out. One Friday night, she sent me a message to meet her out in town later, and it turned out she was friends with a group of people I knew so everything was rolling smoothly. After 20 minutes of dancing in one club, the whole group decided to go to another club, and as we walked in to the club and got on the dancefloor, I pulled her towards me to dance with her, and she pulled straight into me. We made out the whole night, she lept up at me and wrapped her legs around my waist and didn't stop making out with me. Everyone was looking at us in amazement. Later that night, I started following her around to get more makeouts, which I did, but it just showed oh so weak neediness. The next day I called her to set up a date, and she texted me back that she does not want to date me. Hehe :)

KISSING ON A DATE.

When it comes to a first date that you have set up with a girl whose number you got or who you met online, things go slightly different.

Firstly...when it comes to kissing her...it ALWAYS happens on the first date, it's not a question of "IF", just of "WHEN". Take that mindset!

Secondly...do not try and wait for the perfect moment to kiss her, and definitely do not wait until the end of the date to kiss her.

You will want to put some time in first to get her comfortable with you, usually its about an hour of hanging out, having a drink, talking, some touching and playful teasing.

What I like to do on a first date is meet up in the afternoon at a coffee place or cocktail bar and sit and chill there with her for an hour or so. I tell her to keep her day open, but don't put a time-limit on the coffee date, and usually you will find your date will last the whole day and even the night. After the drinks, I either go for a walk, or a drive, or go to the beach, ice-skating, even something adventurous like a theme-park. Avoid going to the movies for the first few dates.

Like I mentioned before, the more different venues the two of you go to together, and the more experiences that she has with you, the longer it will feel like she has known you and the closer the two of you become.

HOW DO YOU KNOW WHEN SHE IS READY TO BE KISSED?

Simple little things like these, watch for them:

*She leans in when you are talking to her.

*When you grab her hand and squeeze it and she squeezes back.

*When you put your arm around her shoulder and she puts her arm around your waist.

*If she touches you a lot or puts her hand on your leg when sitting next to you.

*If she crosses her legs towards you and not away from you.

*If you tickle her and she tickles you back.

That is about the most of them, but of course there are many more and over time you will learn to recognise them. The thing about these signals is that they help you make your decision faster. As soon as you get 2 or 3 of them, you can grab her, pull her close to you, and kiss her slowly and she will happily kiss you back.

Make the first kiss very short, a few seconds. Normally after that you will look at each other and she will pull into you and you can make-out like crazy for a while. This is the point where all the tension that you have built up gets released a little bit. Always be the one to end the kiss, leaving her wanting a little bit more.

One other way to initiate the kiss would be a way of looking in her eyes.

You look in her left eye for 3 seconds, her right eye for 3 seconds and then at her lips for 3 seconds, and repeat this again. If she keeps looking at you while you are doing this...kiss her! If she looks away, it means you need to work harder.

Some girls will reject your kiss attempt the first time and sometimes even up to 20 times, but as long as she is still talking to you, all it usually means is that she needs more time and you gotta keep working at it.

The most important thing to do when she rejects your kiss, is to not even care that it happened. Don't say anything about it, don't be affected by it, just carry on talking, start with another story or a joke. Sometimes it is merely a test to see how you handle rejection. If you show that you are even the slightest bit affected by her rejection, it's game over.

WHEN IT COMES TO SEX

Sex is the last part of the seduction phase, not necessarily the most difficult.

This part is not going to give you expert sex-advice, because that is not what this book is about. I am going to tell you what I have learnt from my experiences, and the common mistakes most guys make so that you will not make them.

Sex can happen on the first date and it can happen on the 10th date and either way the relationship can fail or last for a life-time. Personally I prefer for it to happen on day 2, maybe day 3 but not much later. Don't worry about when the right time is to have sex, just always go for it straight away, if she is not ready, she will delay it until she is ready to have sex with you. It is up to you to lead, and up to her to stop you if she does not feel comfortable. If she does stop you or want you to stop...stop immediately. Sometimes she says she wants you to stop and wants you to keep going, and that is a matter of feeling it out gently, but never do anything that she does not want you to do.

The thing that you have to understand about sex, is that from her point of view, as soon as she has sex with you, she is giving away all the power she has over you. Before she has slept with you, she is in control, but once she gives up that power, you are now the one in control. This is what makes it such a big deal to her, and she has to feel you are worthy of it.

Once you have created enough attraction, and have escalated to the point that she wants you and wants to have sex there are a few things to keep in mind.

Firstly...safety first. Always use a condom because there is a risk of STD's and pregnancy. Do not go down on her before you know that she has been tested recently. Someone once told me you cannot get STD's from going down on a girl...wrong..you can!

The ideal location is your or her bedroom, where both of you are relaxed, not disturbed by other people, and have all the time you want to have as much sex as possible.

Once you get her back to your place, it's time to begin the seduction phase.

****A NOTE ABOUT YOUR PLACE****

Make sure the bathroom is always perfectly clean, that there is toilet paper, and your toilet is clean, and there is soap and a towel for washing your hands.

A dirty bathroom can totally kill anything that is about to happen.

Secondly, make one or two CD's with slow romantic chilled cool songs and have them in your CD player so that you can turn it on as soon as you come into the room. Its up to you, but personally I like JT, some Avril Lavigne, Neyo, Nickleback...you get the point.

Have some candles in your room, so you can light them and switch off the lights, it sets the mood even more.

Try not to have a couch or chair in your room, only your bed. Have the DVD player and TV in your room, that when you are on a date, you have to sit on the bed to watch TV...this will automatically give certain expectations...the two of you on a bed means sex.

Usually when a girl comes home with you, she already has something in her mind of what's going to happen, which does not always mean sex, but definitely making out and some clothes coming off. So at this point, as soon as I give her a tour of my house and take her into the bedroom, I push her down onto my bed, get on top of her and start making out with her. From a date, the usual excuse is to go and rent a movie and watch at your place, but both of you really know you will probably not even watch the movie at all, maybe not even put it into the DVD player. Maybe after a few dates...not the first time you have sex ;)

So when you are making out with her, you want to escalate, be all over her, you hands rubbing her thighs, and take it slow to see how far you can go without her saying anything. It is a bit like testing the ice, one step at a time. Don't spend too much time in her mouth, kiss her neck, nibble on her ear, lift up her shirt and kiss her stomach.

Run your hands over her breasts as you bite her neck.

You can see how she reacts, sometimes she totally wants to have sex and will be aggressive with you and wrestle to get on top of you. Other times you will have to lead every single step of the way.

Pull her up and take off her top. Don't immediately take off her bra, kiss her body a bit first, make out some more, then slowly with one hand unclip her bra and take it off.

Play with her breasts, cup them in your hands, lick the sides of them, make circles around her nipples with your tongue, flick your tongue over them. Sometimes she will take off your shirt, other times you just take it off yourself.

When taking off the pants, usually it is the best idea to take off her pants and panties in one motion. I have found a few times that when taking off only her pants, she will give incredible resistance to taking off her panties and sometimes the escalation just stops from there. Once you have her naked, it's pretty much a done game.

Once you get to sex, again keep teasing, rub her clit, stick a finger inside her and give her an orgasm or two before you stick "it" in. That way she will definitely be satisfied by the time it's over.

After that it's up to you and to see if the two of you are compatible for a long-term relationship. When it comes to relationships, it is different for everyone, but a general rule is to not overwhelm the other person. They need some personal space, sometimes they need some time to miss you and realise how important you are to them. Anything you do too much too often becomes boring...so keep that in mind, variety is the spice of life.

EXERCISES TO GET YOU STARTED:

After having read this far, and you are eager and feel a tinge of excitement about the idea of attempting this journey, I'm going to give you some recommendations of where and how to start.

You may want to do it your own way, maybe you will follow me exactly or maybe you will use parts of what I tell you.

What I did initially to get over my fear of approaching girls and to get used to talking to strangers was this:

Every weekend, I would go to shopping malls, and talk with every attractive and semi-attractive girl working in a shop.

The beauty about it is that you have an excuse, and she has to talk to you because you are a customer. Just be friendly, start a conversation, ask her opinion about a product, maybe a gift to get for your friends birthday.

Make a habit of doing these kind of approaches a few hours a week, you can easily do 10-30 in a few hours. Once you are a bit more confident, just start approaching people doing their shopping in the malls. One of my favourite ways to start a conversation in a shopping mall is to go to a store where they sell colognes, spray a different one on each wrist, and as your opener ask the girl which one she finds more attractive or better smelling, and then just carry on the conversation from there.

Set yourself a goal, one slightly above your comfort level but very do-able.

Eg. Make at least 5 approaches, or get one number, or get a girl to give you a kiss on the cheek.

This way you are on a mission and have an objective.

Keep a journal, write down your mission and at the end of every session write down either Accomplished or FAILED. It's a nice little motivation, it pushes you to complete your mission because nobody likes to fail. The more you fail, the more inspiration it must be for you to try harder!:))

Start setting these goals for yourself at night too. Make it an obligation to go out at least one night by yourself, even if it is just for an hour, go into a club, make a few approaches, do some dancing, have fun, meet some people, and every time just get a little bit better.

TO SUM UP:

There are tens of great quality courses out there like Real Social Dynamics, The Mystery Method, Double your Dating, NLP, and a few more, and I have studied most of them.

IF YOU ARE GOING TO INVEST IN A SELF-IMPROVEMENT AND DATING METHOD...GO FOR [REAL SOCIAL DYNAMICS](#).

They are by far the best and they are focused not only on dating, but on your whole being, your confidence, your self-development and many other skills in life!

This e-book is the summary of my knowledge and contains all the essential teachings from what I have learnt. Yes I myself still learn all the time, it does not stop.

The thing you will find if you take this journey, is that in a year or two you will realise that you do not need to follow someone's method step by step, you will integrate everything into yourself, and you will find that you can go up to a gorgeous girl and start a great conversation with a simple "Hey!".

What it is really about is being a man, being confident, and knowing what women want and like, and leading.

The journey to becoming the man described above is a fun one, it may be hard at times and you may want to give up and accept you will never get an attractive girl, and then I'd like you send me an email so I can slap you back into reality! Just carry on, experience experience experience!

SUGGESTED READINGS:

[The secret psychology of how we fall in love – Dr Paul Dobransky](#)

Written by a phd pshychologist, this book analyzes the process of falling in love and breaks it down into 9 steps that must all be followed to have the perfect relationship.

It costs 6\$ on Amazon and is really really worth reading!

[The Game- Neil Strauss](#)

This is where my journey personally began, about a shy writer Neil Strauss who writes his story about how he met Mystery, and through two years became one of the best pickup artists in the world!

[The way of the Superior Man – David Deida](#)

One of the single most influencial books on my understanding of women and what they really want, and how to go through life like a real man.

[Deep Inner Game - David de Angelo and Dr Paul Dobransky](#)

This is an amazing program. It costs 200\$ but is worth every cent.

It's around an 8 hour DVD course that teaches you how to eliminate all the insecurities out of your mind, and how and which mindsets to adopt to skyrocket your success not only with women, but with every other aspect in your life,

I suggest that you read this e-book over a few more times, because this is 3 years of life experience, and having messed up many many times. Learn from my mistakes, and improve yourself so that you can get the kind of women you want in your life in a much faster pace than what I did.

I hope you enjoyed this e-book and I would love to hear feedback and hear about your progress so at any time you wish ask me questions or send me an email at:

onemilliondollarjourney@gmail.com

or leave a comment on my site

<http://www.onemilliondollarjourney.com>

Enjoy

Peace out!

Diggy