



CLEVER TIPS

for Modern Men To
Attract, Impress and
Date Women.

MEET YOUR GODDESS

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Dedication

To my husband who taught me how a real man treats a woman. To all my ex boyfriends who taught me how to make a woman dislike you forever. And to all the men who are willing to read this information, and other books like it, and take action to become one of the few men who understands women and treats them well.

Preface

This eBook is meant to help men attract, impress and get women. In fact, if you read it all the way through and take action on these tips, **I believe that it will help you become a better man, a more desired man, and a man who gets it!** Do you know how rare that is? Women love a man who gets it!

I have been writing about attraction, dating and sex for years. Over the years, I have done a ton of research on what works and what doesn't when it comes to dating and relationships. I have found that my articles, blogs, and websites for men have always been the most sought after, and that is what led me to writing this eBook first.

I get it! Women can be hard to understand. They think, act, and react to situations differently than men do. Often, many women don't even know why they do what they do. So, if they don't understand themselves, then how can you expect to understand them?

I have taken the most common questions and concerns that I have heard over the years when it comes to attraction, and I have put it all in this eBook.

Better yet, I have done it in 69 points. However, these are not fluff-filled points – I don't roll like that. Each point is detailed and clearly explained (minus the fluff) so that I don't leave you with more questions than answers.

The fact that you are reading this means a few things to me.

- You want to connect with women on a better level.
- You want to understand how attraction works for women.
- You want to learn how to impress and please women.
- You want to learn how to keep a woman's interest well past the first date.

One thing I have learned in life is that the people who succeed take action. There are many men who don't try to learn how women think or why they react the way they do. That's a shame because they could have so much more success with women if they would.

However, by reading this eBook, YOU are taking action, and YOU will be one of the few men who really succeed in understanding and pleasing women.

That will make YOU super attractive in all women's eyes, because a man who

cares enough to learn what a woman wants, needs, and desires, is HOT!

So, let's get started...

Table of Contents

Chapter 1: How To Become Attractive To Women

Chapter 2: How To Attract Women With Your Body Language

Chapter 3: How To Read Female Body Language

Chapter 4: How To Stop Being The Cute Guy And Become The Sexy Guy

Chapter 5: Where To Find Women

Chapter 6: How To Pick Up Women

Chapter 7: After You Get Her Number

Chapter 8: The First Date

Chapter 9: After The First Date

Chapter 10: A Few Extra Pointers

Final Note About This Ebook And Some Cool Resources

Chapter 1: How To Become Attractive To Women

If you ask this question on a forum you will get a ton of different answers. This is because when it comes to physical traits and personality all women are slightly different in what attracts them; however, you will find that there are some traits attract almost every woman.

For instance, why do most women find Brad Pitt attractive? Is it because he is a superstar with a ton of money and a good-looking woman on his arm?

That's actually sort of one of the reasons! According to David Perett, author of *In Your Face: The New Science of Human Attraction*, women are more likely to perceive a man as attractive when they know that other women find him attractive. Therefore, the more women that swoon over guys like Brad Pitt, the more other women become attracted to him.

Chances are you are not in the public eye, but that doesn't mean you can't create an image that makes women smile and, as a result, causes not only them to become attracted to you, but also every woman that notices their attraction to become attracted to you! Think of how well this will work in a crowded party.

The truth is that men like Brad Pitt also have some attractive qualities (besides other women swooning over them), and you can easily become a man who also has those qualities.

Tip 1 - Pay Attention To Your Personal Image

Men are lucky. Many women are willing to look past physical appearance if a man if has some other redeeming qualities.

That is why I always say that it is very possible for any man to get any woman. And that is also why you will see the 'ugly' guy with the hot woman on his arms. He has a lot more to offer a woman than his physical appearance.

However, just because women are willing to look past physical appearances of men (short, tall, big nose, small mouth, big, thin, etc...) doesn't mean that they will be able to look past a dirty, smelly guy.

When you go out, go out as clean and well kept as possible. Shower, wear clean clothes, and style your hair a bit. There are so many guys out there who are

lacking in personal hygiene (and as a result, they are also lacking in women.)

Want a better reason to dress to impress? Okay, here it is - women are attracted to a man who sends an image of being able to provide.

Studies have shown that the way a man is dressed instinctively sends a message to women about how well he will be able to provide for her and their family in the future. This instinctual message occurs to all women, even women who do not intend to have a family.

In fact, it has been shown that women will even walk into a one-night stand with a well-dressed man because of this attraction. (Please don't use that information to get one-night stands!)

The point is that you have to dress to impress. Moreover, you have to keep yourself clean. It is essential if you want to attract women on an instinctual level.

If you don't have a mind for style, then find someone to help you get some style. There are many guys out there who will be more than willing to show you how to dress to impress.

You don't have to be GQ magazine ready. You don't even have to wear what is in style. You do, however, need to create a style that shows you put some effort into getting dressed this morning.

Fun fact: Studies have shown that the color red makes a man more attractive and sexually desirable to women. So put some red into your outfit when you are out to attract women.

Tip 2 - Have Goals and Passion In Life

I can attest that I find smart, goal-minded men sexy; I am married to one. However, I can also attest that most other women find smart, goal-orientated men sexy too.

Then why do the good guys, who have the smarts, not get the women? It's because many of them lack other attractive qualities that I'm covering in this eBook.

Trust me, if you are a good guy, and you are able to obtain many other qualities that women find attractive, then you will be irresistible! The bad boys, who initially hook women with their attractive qualities, end up not being attractive after a few months when all of their mean, dumb, and other unattractive qualities start to shine through.

Do you have goals in life?

Do you have ambitions that go far beyond where you are now?

If you don't have any plans yet of going farther in life, are you at least passionate about what you are doing now?

If you answered no, no, and no, then you need to start to gain some direction in your life, not only to attract women, but also for your own personal satisfaction. There is nothing better than going after your goals and accomplishing them, with the exception of looking back on a life full of effort and growth.

Listen, just because you wear a suit and go to a high paying job everyday doesn't mean you have goals or passion, especially if you hate your job and your life. It just means that you are going through your daily life asleep and not taking chances to experience the life you dream of.

Where are you going to go next? How much higher can you reach? This is the kind of stuff that women can sense and are attracted to.

When a woman can tell that your life is going to be full of interesting and exciting moments, then she will be excited to join along for the ride.

Tip 3 - Have a Real (Not an Imagined) Sense of Humor

I once knew a guy that thought he was the funniest man in the world. What he didn't realize was that he was the only one laughing at his jokes.

He was actually very rude, arrogant, and condescending towards other people and he ended up pissing people off more than anything. He would often make jokes about people's looks, weight, circumstances, and misfortunes. Moreover, the only women he attracted were women with low self-esteem who fell victim to his nit-picking.

A good sense of humor, that makes other people feel good and not bad, is very sexy to women. Why? There are a couple of reasons.

1. A good sense of humor shows women that they can expect a future full of laughter and fun. The only reason that women end up dating any guy is that they think that they will make their life better.

2. Laughter triggers the activation of endorphins- hormones that make us feel

good. Therefore, when you can make a woman laugh, she feels good – and most likely she doesn't think, 'My endorphins are kicking in again!' Instead, she thinks, 'Wow, HE is making me feel really good.' BOOM, that's it! You have made her feel good, and that's very attractive to a woman.

Tip 4 - How To Tell If You Are Funny

You are going to have to ask your friends and family to be brutally honest with you. Chances are they are telling you what you think you want to hear, or what will not hurt your feelings. Or, maybe you already do have a killer sense of humor and they are telling you the truth!

Either way, you have to ask for complete honesty about where you lack when it comes to humor and what you need to work on.

Take the criticism and use it to your advantage. If you are told that you attack people when you try to be funny then learn how to focus on fixing that and making people feel good instead of attacked.

Remember, there are many books and sites out there that you can use to gain a better sense of humor. However, the best sense of humor comes from an open, honest, and positive outlook on life. You learn to laugh at things you cannot change.

Tip 5 - Be Confident in Your Woman Pleasing Abilities

Confidence is sexy. You have likely heard it over and over again, and that's because it is really is!

First, let me give you an example of why confidence matters.

I once went on a blind date. Yes, only once – that was enough. My roommate answered the door when he got there and she quickly came running to my room to tell me what a loser the guy was. Since she was a bit judgmental, I figured she was just being overdramatic. However, the guy was dripping with low self-esteem. He was hunched over, void of eye contact, and he could barely put together a sentence. How he drove himself to my house is beyond me. The rest of the night didn't get much better, and at the end of it, he asked me if we were now a couple...the hardest thing I have ever had to reply to. I told him that we were not a couple, but we could be friends. I went out with him and his friends a few

more times, just to be nice, and it turns out that in front of his friends he was quite confident in himself...and guess what – that was attractive to me and I started to reconsider my thoughts about him. However, as soon as we left his friends he became a hunched over, mumbling fool again. His confidence with his friends was attractive, but his lack of confidence away from his friends was unattractive. He was the same guy, but I felt completely different about him in each scenario. THAT is the power of confidence. By the way, I couldn't bring myself to date him.

Even though confidence can change the way a woman looks at you instantly, it is better to have it from the start. That way you will never falter in your own inner-confidence and, therefore, never lose her when your unconfident side appears.

Note: I'm not saying that some moments of weakness are going to turn a woman off. But I am saying that if you are not confident inside then it will shine through your actions and words in your interactions with her, and *that* is not attractive.

Tip 6 - How To Find Confidence

Confidence doesn't just appear from nowhere. You don't wake up one day and say, "I feel pretty confident now!" It would be nice if you did, but it won't happen.

In order to gain confidence you have to gain knowledge:

1. About your strengths and weaknesses.
2. About who you are truly are as a person.
3. About women and how they think, react, and feel.

And how do you gain knowledge? You identify things that you want to learn (for example what women like to hear) and then you learn through books and other resources.

Once you gain the knowledge, you get out there and practice it until you become confident that you understand it.

I know this sounds simple, and that's because it is! The only way to become confident in something is to gain knowledge and about it and then use that knowledge in the real world.

You use this principle at work, at home, with friends, with family, and with your interests and hobbies.

Therefore, the fact that you are reading this book, and have made it to this sentence, means you are on your way to becoming more confident.

Tip 7 - Five Tips To Feel More Confident Instantly

Want to feel more confident in the moment? These tips will come in handy while you work on your self-confidence.

1. **Dress well**– Dressing in clothes that look good will make you feel like a person who has it all together. Just the act of putting on clothes that make you feel good will make you feel more confident – so even if you are just going to talk to a girl make sure you look good. ;)

2. **Stand tall**– Your body language doesn't just make others view you as someone who has it all together; it also makes you view yourself as someone who has it all together. Try slumping your shoulders down right now and paying attention to how you feel. Now, sit up straight and pay attention to how that feels. I am willing to be you felt more confident sitting up straight!

3. **Work out**– It is amazing what power exercise can have on your self-confidence. You don't need to gain any muscle or lose any weight, because the feeling you get from *just* working out will make you feel like a superstar with more energy and a better physical appearance.

4. **Just go for it** - If you stand back and work yourself up into a frenzy over a woman then you will make yourself more nervous than you need to be. Alternatively, if you just go for it, then you will have more confidence because your nervous energy has not had time to work on you!

5. **Think positively** – Just as stewing in your own nervousness can cause you to lose confidence, so can thinking negatively. If you want to remain as confident as possible in the moment, then think positively.

Tip 8 - Affirmations – How Can They Help?

Right now, you ARE affirming something to yourself about your ability to attract women (and everything else in your life.) You may be saying things like:

- Women are not attracted to me.
- I always screw up when talking to women.

- I always attract the losers.
- I can't talk to a woman without bringing up something stupid.

All of these statements are negative affirmations that you make to yourself every day, and they are affecting your ability to attract women on the level that you want. You may say different things to yourself, but it has the same affect; it causes you to believe those statements.

For example, you have probably affirmed the following things:

- The tomato is red.
- Today is cold.
- Tomorrow will be busy.
- I suck with woman.

And you probably believed them without a shadow of a doubt. Right?

Knowing that you are constantly affirming things to yourself should make you want to affirm positive and helpful things. Negative affirmations do nothing for you, except cause you to NOT believe in yourself. Positive affirmations, on the other hand, will help you become the man that you want to be in all areas of life, including attracting women.

Tip 9 - How To Start Affirming Positive Things To Yourself

Remember, you didn't come to belief and affirm the things you do for no reason. You likely worked hard at believing things about yourself.

For example, maybe you told yourself that you were not good at approaching women every time you screwed up your approach, so this led to a firm belief that you were not good at approaching women and you stopped doing it altogether. Now imagine if you had told yourself something different, something more positive. Chances are that if you had told yourself that you were going to succeed at approaching women, then you would have kept approaching women until you succeeded.

Does that make sense?

It really just boils down to telling yourself thing you want to believe. If you want to believe that you can approach women, then affirm that you can approach women to yourself, and your desire to believe will help you take the steps necessary to

make that belief a reality. You will find the answers you need, perfect your approach, and eventually you will be able to approach women successfully.

The trick is to create new affirmations that you believe in.

In life, you need to create small, medium, and long-term goals. Affirmations can be viewed the same way.

For example, if you try to affirm to yourself that you are going to land every hot woman from this moment on, then chances are that you are not going to believe it and it is not going to happen very quickly – and you may give up on the affirmation and replace it with an old negative one. But if you tell yourself that you are going to learn how to successfully get a woman's number every time you approach a woman, then that may be a more attainable affirmation (goal).

Tip 10 – Have Some Similar Qualities As Your Interest

Everyone wants someone who shares the same beliefs, morals, and life-view that they do. Why would a woman want you if you go against everything she believes?

Having similar viewpoints helps her feel comfortable with you. It helps confirm to her that you think she has value (because you are similar to her.)

This doesn't mean that you should like and pretend to think and act exactly like her. However, it does mean that you have to show her that you have some similar interests or beliefs.

Therefore, show a woman that you have some similarities to her if you want to attract her. You can do this by mirroring her.

Tip 11 - How To Mirror a Woman

It is not always easy to show her that you have similarities, especially if you can't get close enough to her to talk to her. Either way, whether you are talking to her or not, you can mirror her and cause her to view you as someone who is very similar.

Mirroring is exactly what it sounds like. If a woman claps, then you clap. If a woman smiles, then you smile. If a woman nods her head, then you nod your head.

You can also mirror her with your words. For instance, if a woman says that saving the whales is cool, then you agree. If she talks about how much last night's SNL skit sucked, then you also talk about how it sucked.

Mirroring a woman has many benefits:

1. It causes her to subconsciously feel as though you have similarities.
2. It creates a sense of trust towards you.
3. It creates a feeling of being understood by you.
4. It helps her to feel relaxed and comfortable around you.
5. It makes her feel like you are a friend rather than a stranger (friends naturally mirror each other.)

Keep in mind, though, that it may not always be in your best interest to copy what she is doing. If you do this too often and too quickly, then it can start to cross the comfortable, friendly zone and head into the creepy zone.

This is why you may want to be subtle when mirroring her. Wait a few moments to do something she did instead of doing it at the exact same time. Making it look natural is the way to keep yourself on the safe side of the creepy/charming line.

Don't worry about her noticing you doing this. Mirroring is a subconscious act that happens naturally when two people are getting along. Chances are you will now notice this happening between two people out on a date or just getting to know each other. You only really notice it when you are aware of it, and most people are not aware that it is such a big part of gaining attraction towards someone else.

Tip 12 - Be an Optimistic, Positive Man

The last way to become attractive to women is to be a man who looks at the glass half full. A woman is attracted to a man who sees life full of possibilities and joy, not dead-ends and unhappiness.

Women tend to worry more than men do, and a man who can balance out her worry with an optimistic attitude is naturally attractive to a woman. It helps her feel protected and comforted, two common traits that attractive men are known to exhibit. This is why men are the first to approach a scary situation or take a

woman by the hand and lead the way through a sticky situation.

Plus, having an optimistic attitude towards things that are out of your control improves your mood internally and that mood becomes evident externally.

If you are pessimistic then that becomes evident and scares women away.

Here's an example of a pessimistic guy that I knew:

This guy was an attractive guy with a lot of smarts and a good sense of humor. When I first met him, I thought he was a guy with a good life, and I found him VERY attractive. However, one night I went to meet a bunch of friends for a fire in a backyard, and he was there. The fire started off fun – a little drinking, laughing, and acting silly. This guy didn't speak too much during this time. He occasionally threw in a joke, and I figured he was just nervous. Then he started talking, but it wasn't about fun or positive things, it was about conspiracy theories that were rather depressing, to say the least. For the next five hours he depressed the crap out of me, got the whole group to debate negative topics, and sucked the whole party atmosphere out of the air. I thought maybe it was the alcohol that he was drinking (and weed that he was smoking), but after I met him a few more times without either in his company, I realized that this guy was the most pessimistic guy that I had ever met. Moreover, he had *never* had a girlfriend! I wonder why....

When you are pessimistic and negative, you suck the energy and fun out of the air. But when you are optimistic and positive, you add life back into the atmosphere and make others feel good.

Use this knowledge to make your life happier, but also to attract women. Trust me; if you become an optimistic guy then you will become more attractive to women.

Tip 13 – How To Become Attractive To Older Women

I love the term cougar. It means different things to different people but to me it just means a woman who knows what she wants and is on the hunt for it. No more little boys are allowed in her life that play games with her, and there are no more games for her to play.

Yes, she may go out, have a good time, and be all over guys she doesn't really want, but believe me when I say she knows what she is looking for, and in the end you will too.

She is ready to be honest, open, and mature about relationships and has entered that time in her life when she won't settle for less. So how do you show her that you've got what she wants? Well, you have to have it – you can't fake it.

You can't pretend that you are everything she wants because:

1. She'll see through the bullshit

or

2. She'll find out eventually and be rid of you before you can say "but I'll change!"

So here are three ways to show an older woman that you can handle her and all the great things she has to offer you.

1. Don't Play Games.

Be honest and forthright about who you are and what your intentions are. If you are in it for a one-night stand then tell her that. She may be up for that if you are honest with her. If you are in it for something more than that then tell her so that she doesn't have to waste her time trying to figure it out. Believe me, she's done that enough times that she is no longer willing to do it.

2. Don't Be Fake or Lie.

Older women have seen every trick in the book. They know when you are pretending to be someone that you are not just to get on their good side. You can't sneak things past these women like you can little girls. So be honest, and be yourself. She'll appreciate it and it will make her want you more.

3. Appreciate Her For The Strong Woman She Is.

Women who are older have been there and done that. They know what they want out of life and they know what type of guy they want to share it with. So appreciate her for being a strong, independent woman, and she will appreciate you.

Chapter 2: How To Attract Women With Your Body Language

Women are amazing at reading body language in men. Sometimes we even know what you are thinking before you do! We can tell if you are confident or scared, happy or sad, short-tempered or patient, lying or telling the truth, and most importantly – if you are really attracted to us or not.

It has been estimated that over 80% of all talking is done through body language. This means that even if your words say one thing, your body can say another.

Therefore, if you do not have a good grasp on what your body is saying, then you may screw yourself over with a woman that you like.

Tip 14 – Use Eye Contact Properly

Eye contact is one of the biggest parts of body language. Most of our contact is spent face to face, looking at each other. Since we communicate by looking at each other, eye contact and its signals are quite easy for most people to read.

Different Eye Contact Means Different Things

I never knew the power of eye contact until I started taking American Sign Language courses. In sign language, there are many ways to use your eyes to convey how you are feeling, and put emphasize on what you are signing (saying), and I quickly realized that I had been using mine all wrong!

For instance, widening your eyes and raising your eyebrows can send the message of suspicion, surprise or distrust while narrowing your eyes and lowering your eyebrows can send a message of concern, distrust and anger.

Using your eye contact correctly shows a woman that you are interested in her, and using it incorrectly can show her that you are just trying to trick her into believing you are interested.

If you want to show that you are interested in what she is saying then make sure that you look into her eyes. Break up the eye contact by looking down or to the left when you are thinking. If you stare too long you can start to look like a creep, but if you don't look enough than a woman will quickly get suspicious about your intentions and back off. (Broken eye contact signifies nervousness and possibly lying, and if a woman doesn't know you very well yet, then she may assume that

latter.)

Average eye contact during a conversation, is about 75% while listening and 60% while speaking.

- Maintaining eye contact slightly longer than average will show her that you are interested in her.
- Maintaining eye contact lower than average will show her disinterest.
- Maintaining too much eye contact will show aggression during an average conversation.

One quick tip to increase her attraction: Have you ever watched Goodfella's with Robert De Niro and Ray Liotta? There is a scene where Ray Liotta's girlfriend is showing all of her friends around her new apartment. Inside her bedroom, he jumps on top of her on the bed and she quickly gets off the bed and continues with her friends. As he gets off the bed he makes eye contact with her friend, and he holds that eye contact intensely with her. It causes her to bump into the door as she's leaving. As a woman, I can tell you that his eye contact was HOT and it told her all she needed to know about how he felt in a few seconds. Once you start talking to a woman and you want to show real interest in her, give her a slightly longer than usual gaze with some intensity when you are NOT talking...you will send the message loud and clear and if she likes you in the slightest, it will make her want you more. (Al Pacino is also a good guy to watch for this kind of intense eye contact)

Tip 15 – A Smile Can Influence a Woman's Attraction

Smiling and eye contact go hand in hand. When you smile, your eyes change shape, unless you are pretending to smile, in which case your eyes will be unaffected.

Studies have been done on the power of the smile. One study in the University of Aberdeen in Scotland, UK used identical photos of faces, with slight differences, to determine which faces participants found more attractive. The faces that were smiling and looking directly towards the participants were rated the most attractive overall by men and women. In addition, the faces that were maintaining eye contact and *smiling* were rated more attractive than the faces that were maintaining eye contact and not smiling.

It doesn't take a study to know that smiling is attractive. It can cause you to like the most ugly, bitter person out there. A smile is contagious, and when it comes

to attracting a woman with your body language, it is something that you have to use.

In short, use your smile and eye contact to your advantage when trying to attract women.

Tip 16 – Keep Your Gestures To a Minimum

Do you tend to speak with a lot of gestures around women? Do you move around a lot with your arms, hands, legs, feet, and head? Just as shifty eye contact can cause a woman to feel as though you are nervous or have something to hide, so can a wide array of big gestures while talking.

Think of Quagmire in the Simpsons...while he is a fictional character, his shiftiness is anything but fictional. It makes him seem more shady, creepy, unpredictable, and dishonest, and the scary part is that there are many guys out there who portray him (on a less cartoon level) and scare the crap out of women they try to pick up.

Most people use some gestures while they talk, but they don't make big, weird movements or consistent gestures like tapping their toes, playing with their hands, playing with hair, and other continuous movements. These movements show nervousness and dishonesty and low self-confidence.

Alternatively, if you make too few gestures, then you will send the message that you are hiding something because you are so tight and unnatural.

Therefore, when you are trying to attract women, use your gestures as you would with a friend. Do be somewhat animated, but do not act like Quagmire!

Tip 17 – How To Position Your Body

The way that you position yourself around a woman will affect the way she sees you. We all have a personal space around us that we value, and the way other people relate to that space tells us how they think about us, and more importantly, how we feel about them.

Don't Invade Her Space

Picture this: You are at work and your boss comes over to talk to you.

He gets too close to you and leans in towards you while talking. Do you feel as though he is being threatening, or do you feel as though he is having a nice chat with you? You likely feel as though he is trying to claim dominance over you by taking up your space, and you likely feel annoyed, upset, or angry.

It is the same thing with women. They do not want you getting into their space if they don't know you. If you do step into their space then you can cause them to view you negatively or become uncomfortable or anxious around you. Those things do not help create attraction.

Some people need less personal space than others, and some people need wayyyy more space, but generally speaking, there is a rule for how much space a person needs.

Following are some general rules when it comes to space.

- Intimate Space: Directly around the body
- Personal Space: 1.5 feet to 4 feet
- Social Space: 4 feet to 12 Feet
- Public Space: 12 feet and onwards

In the beginning, when you approach a woman, you will want to be about 4-12 feet away from her (the social space area). If she starts to back away from you, then give her some more space; however, if you sense that she is reacting okay to the amount of space that you are giving her, then you can move in a little closer as the conversation goes on. Use her reactions to adjust the amount of space you give her. The more trust you earn from her, the more she will allow you into her space.

Face Her When Chatting With Her

When you are talking to a woman, keep your body in line with hers. This means you need to face her whether you are standing or sitting. By doing this, you show her that your attention is focused towards her.

If you face away from her, even slightly, then she can start to distrust your intentions – even if you are showing interest in all other ways, a body turned away represents non-interest and deception.

Facing another woman, even if you don't know it, can cause her to completely lose interest in you. And facing the door, can give the impression that you are getting ready to run away from her.

Tip 18 – How To Turn Her On With Your Body Language

Attraction is about being attracted to the attitude, appearance, mind, and beliefs of a man, but it is also about sexual attraction. If there is no sexual attraction involved, then it is not likely that you are going to land the woman as a romantic interest.

If you want to give some subtle sexual hints without crossing the line into pervert territory, then use the following 3 ideas to your advantage.

1. Touch Things Suggestively

Use your movements to your advantage and be suggestive with your hands. While you don't want to make huge movements (as noted in Tip 9), you do want a woman to notice one of your biggest sexual assets – your hands.

By moving your hands around slowly, and touching, stroking, or caressing things, you can kick-start her imagination about your ability to use those hands on her. For example, if you are holding a coffee cup, then you can use that as your prop, or if you are driving, then you can move your hands around the steering wheel slightly.

Do not do it too fast or she will get the message that you are nervous, and that will distract her from viewing what you want her to see, your hands.

In addition, don't be suggestive consistently, because it will become creepy at some point.

Instead, just do it at random moments when you know she is watching, and act unaware that you are doing it.

2. Touch Yourself Suggestively

Touch yourself suggestively to bring her attention to other parts of your body. However, don't go for the obvious areas because that is not polite thing to do in public and it won't turn her on. *Suggestive* is the key word here.

Touch your neck, arms, and chest once in a while when you are emphasizing a point or stretching. Trust me, her eyes will follow your hands, and her imagination will be off and running.

3. Use Your Eyes

I already talked about Ray Liotta's intense eye contact in *Goodfellas*, and that is definitely one way to turn a woman on with your body language. Pick your

moments carefully though. Do it during a silent period, and do it with the intention of showing her that you are thinking about her intensely. It doesn't have to be for very long, just a few seconds, but it will be enough to send chills down her spine and create butterflies in her stomach.

Tip 19 – Do Not Lie!

What does lying have to do with body language and attracting women?

Everything!

I can't stress this enough. Your inner thoughts will reflect through your body language in some way, shape, or form. For example, if you pretend to be someone that you are not, you will show common signs of deception such as shifty eye contact, nervous movements, and weird speech.

People who are trained to spot deception use body language inconsistencies as a main indicator. You may think, 'I can hide my nervous and inconsistent gestures that indicate deceptiveness,' but the truth is that you cannot hide everything. When you are trying to be deceptive you will focus on the most important things such as what you say (consistencies and lack thereof), your facial expressions (too much or too little eye contact), and nervous gestures you commonly make (touching your nose or blinking or tapping your foot). However, it takes a lot of effort to focus on everything at once, and something eventually slips out that shows you are being deceptive.

Think of a woman as someone who is trained to spot deception. She will be watching your body language and looking for inconsistencies and deceptive gestures.

Another problem with deceptive behavior is that it resembles nervous behavior. Therefore, if you are nervous, then you can cause a woman to become suspicious of you even though you are being honest. This is another reason that self-confidence is a crucial element in attracting women. It helps you control your nerves and act normal around women.

Chapter 3: How To Read Female Body Language

In order to understand how a woman is reacting to your approach, words and body language, you need to know how to read her body language. This will help you adjust yourself if you are pushing her away, or it will help you to keep doing what you are doing if she is giving you signs of interest and attraction.

Tip 20 – Ways She Will Show Non-Interest

The great thing is, now that you have learned what your body language is telling a woman, you can use that information to gauge her reactions. All the things we just talked about including eye contact, smiling, gestures, body position, and inconsistencies in behavior will tell you a lot about how she is reacting to you.

For instance, if she is giving you a good amount of contact while smiling, facing you, and acting quite normal with her body language, then she is likely interested in you and being open and honest about herself.

Alternatively, if she is not smiling, facing away from you, and looking at her nails while you talk to her, then she is likely bored or annoyed with you; either way, it is not a good reaction towards your approach. If you see this type of reaction then you are losing her interest fast.

Tip 21 – Five Flirting Gestures Women Will Do When Interested

Women have their own way of flirting. There are natural, instinctive things that women do to flirt with a man when she is trying to get his attention.

By being able to recognize a woman's flirting gestures, you will be able to gauge whether or not she is interested in you before you show too much interest yourself.

There are 5 distinct feminine gestures that women do:

1. Playing With Her Hair

Even if she doesn't have hair she will naturally reach for it to twirl, pat down, and play with because it is a natural part of grooming for women.

If she is grooming around you, then she is thinking about her appearance and wanting to look her best for you. If she isn't grooming, then she is not concerned about how you view her (at least not in an immediate way).

Watch for flipping her hair back, twirling her hair while making eye contact, and running her hair through her fingers in front of her shoulder, or in the case of short hair, above her shoulder.

2. The Head Tilt

This is a very feminine gesture as it shows vulnerability. She will do this so that you view her as feminine, and even though it may not be the case, the head tilt represents a need for help and a plea for compassion. Most men cannot resist this vulnerable look and women instinctively know it.

3. Exposing Her Neck

There are two reasons that she will expose her neck to you. First, it makes her feminine looking, as women tend to have longer necks than men. Second, it helps to make herself look sexier, since a long feminine neck is considered sexy by many women. Incidentally, this may be why she wears her hair up around you.

4. Drawing Attention To Her Lips

Women's lips are often more pouty than men's, and on top of that, they are a sexual part of a woman's body. Combined, this makes a woman's lips a deadly weapon, and they will use it when they are attracted to a man. Licking and pouting are the most common ways women will draw attention towards their lips. However, a slight bite of the lip is another way women may get you to focus where they want you to focus.

5. The Raised Shoulder

Raising both or one shoulder is another feminine trait. It helps to raise a woman's breasts and accentuate the other curves on her body. If you notice a woman is pulling her shoulders up and back, then she may be trying to position herself in a sexy stance for you. In addition, if she gives you a look over her shoulder, then she is trying to look sexy and playful with you.

Keep your eyes open for the above five gestures, and when you see them you will know that a woman is attracted to, whether you are talking to her or not.

Tip 22 – Signs Of Attraction: What To Watch For

One of the most popular questions that guys have about women is how to spot attraction when a woman won't come right out and say it.

Of course, if you see the above flirting gestures, then you know that a woman is probably into you, and you won't need any other signs to confirm it. However, sometimes the signs are not as cut and dry as that.

The good news is that there are signs to watch for that will let you know if she is attracted to you or not. Following are 5 of the most common ways a woman will show interest.

1. She Acts Differently Around You.

Try to take peek at her when she doesn't think you are around. If you find that she suddenly acts different when you walk in the room, then you will know that she definitely feels differently about you than she does her friends. In other words, you are not just considered a friend to her...there is a reason she needs to act differently. If she likes you then she is nervous and wants to impress you, so she will normally sit up straight and try to act in a way that she thinks will attract you.

2. She Smiles A Lot Around You.

If you make her happy, excited, or nervous, then she will smile a lot. I remember liking a guy and not being able to stop smiling when I saw him. It felt ridiculous, but I couldn't help it. Therefore, keep your eyes open for a genuine smile.

3. She Reaches Out and Touches You.

This touch can be as simple as a touch on the arm as she passes or a pat on the head. If she is reaching out to touch you then she is comfortable enough to let you into her personal space, and that shows that she likes you.

Note: It is important to consider the situation you are in. If she is drunk, then she will likely reach out and touch you whether she is into you or not. Another example is a guy who had asked if a woman was into him because she reached out and touched him as he left his appointment (she was his hairstylist), and I would have to say that this would likely be a gesture of good business rather than interest. If she gives you her number, then maybe...but remember to keep the situation in mind before you make your decision.

4. She Goes Through Mood Swings When You Are Around

She seems extremely happy one minute and extremely quiet the next. The reason is because she is nervous around you and she acting differently than what feels comfortable to her. This usually manifests itself into 'weird' behavior that doesn't look normal and instead looks a little off the wall.

Think about it. How many times have you've been around someone you like and acted a fool?

5. She Asks Weird Questions

If she likes you then she is thinking about you. If she is thinking about you then she has a lot of questions that she would like answered. Without admitting outright that she likes you, she will probably want to get these questions answered so that she can make her mind up about you and figure out whether her attraction is still there or not after you answer!

Examples include anything that she doesn't really need to know like personal questions about your family, beliefs, goals, and interests.

She may also just ask the questions to show interest in you without actually saying she is interested. She may be trying to show you that she is interested in you and your life, which in her mind indicates attraction. (Remember, women feel connected to a man who shows interest in her.)

Tip 23 - When To Adjust Your Approach

Now you can spot when she is flirting with you. You can also spot when she is not interested in you. These two things are pretty cut and clear, and you don't need to adjust your game too much because if she is interested then she is interested, and if she is absolutely not, then it may be better to move on and find a woman who is.

Sometimes, though, the message is not that simple. She may be confusing you by flirting sometimes and by giving you the cold shoulder other times. That's what this tip is about; how to know when she is likely interested in you, and how to adjust your game so you can win her over and get obvious signs that she's into you.

When She Gives Confusing Messages

There are two reasons that she will give you confusing messages.

1. She likes you and is playing games with you because that's what she thinks

she is supposed to do.

This is common. Men have been taught to play games with women, and women have been taught to play games with men.

Playing 'hard to get' is one of the most common games women play. Women are told that men love the chase and hate it when women are easy to get...and so they give all men the ability to chase them. What they don't understand is that they are giving you mixed messages while doing so and may be scaring you away for fear of rejection rather than winning over your heart.

Common signs of playing hard to get are:

- Not returning phone calls until a few days later (If she wasn't interested then she wouldn't call at all)
- Acting aloof when you walk into the room.
- Flirting with other guys in front of you even though she flirts with you as well.
- Breaking dates and rescheduling for future times.

If you think a woman is trying to play games with you, then call her out on it. Tell her that you don't appreciate when women play games with you and that you respect a woman who is upfront and honest about her desires and intentions. If she is attracted to you then she won't want to ruin it and she will admit her feelings on some level, and more importantly, she will stop playing games. However, if she keeps playing games then she is probably a true sense of the word 'tease' and it might be better to move on.

2. She is confused about how she feels about you. Sometimes she can't help but be attracted to you and other times she is trying to fight it.

This usually occurs because she is afraid of letting herself like you, or she is afraid of letting you see her like you. She doesn't want to let the cat out of the bag and risk rejection or encounter a bad experience of some sort.

Bottom line: Fear is the reason she is holding back and sending you mixed signals.

In this case, you can either give her time to trust you, or you can let her know that you are nothing to be scared of. This may allow her to open up and share her concerns with you. That will allow you to put her concerns to rest and pursue whatever the two of you are meant to have.

Tip 24 – When She Says No But You Think She Means Yes

This is a touchy subject. I have been a woman who was harassed by a guy who didn't understand that no meant no. This is why I wanted to touch on this subject here.

First, you have to pay attention to her body language when she says no. If she says no with a crooked smile and a passive voice, and she playfully rolls her eyes, then she may just be testing you to see if you really are interested in her and are going to pursue her or not.

However, if she says no in a stern voice, or yells "I TOLD YOU NO!" then she is not interested in you and it is time to move on.

Also, if she says no in an exasperated voice, then that is a sign that she doesn't want to be rude to you, because you are a decent guy or she is a nice woman. However, this kind of 'no' means she is really not interested and she is getting tired of your attention.

Other things to watch for that indicate she really means NO.

- A dirty look.
- A huge sigh.
- A step backwards.
- A hand or finger in your face.
- Her friend chiming in and telling you, "she said no!"
- Her telling you that she is not interested (she would never say this otherwise)
- A slap in the face (You should get that one, right?)

Just remember, you can get in a lot of trouble harassing a girl who doesn't want to be pursued by you, so make sure you keep your eyes open for signs that she is serious, and when you see them stop perusing her. If she was actually interested then let her come and pursue you.

Chapter 4: How To Stop Being The Cute Guy And Become The Sexy Guy

This goes beyond attraction. You can attract a woman to you but still be labeled as the cute guy who becomes 'just a friend' if you don't play your cards right. In order to be a man that a woman wants, you have to find a balance between the cute and sexy guy, because intimate attraction is about the mind, soul AND body connection.

You don't have to do a complete transformation from head to toe, unlike common movies where the geeky guy is transformed into the hot guy. You just have to know what the differences are between a cute and sexy guy and start applying it to your life.

Tip 25 - The Difference Between a Cute and Sexy Guy

Some guys are just born cute. Women view them as the sweethearts of the world because they don't have the sex appeal that women crave in a man when looking for an intimate relationship.

Personality, attitude and body language play a part in making a guy sexy or cute. Looks can play a part, but they are not the deciding factor on how a woman views you. Any guy can portray a sexy image with the right knowledge about what women view as cute and what they view as sexy.

Guys who are sexy know that they are, and they play the part well. Some differences between cute guys and sexy guys are as follows.

- Cute is when you smile at a woman while sexy is when you give a woman a knowing smile.
- Cute is when you grab a woman's hand while sexy is when you stroke her hand lightly.
- Cute is when you give a woman a hug to say hello while sexy is when you run your hand along her face and ask her how she is doing.
- Cute is when you bounce with each step you take while sexy is when you put a little 'man weight' behind each step.
- Cute is when you tilt your head to the side while talking to a woman while sexy is when you hold your head up and back.

When it boils down to it though, the biggest thing that makes you sexy in front of a woman is knowing that you ARE sexy. That knowledge will help you make the right gestures and say the right things at all the right times.

And remember, growing a beard and dressing sexy will not make you sexy. You have to play the part with your body language and words.

Tip 26 - Why You Ultimately End Up In The Friend Zone

A cute guy and a sexy guy can be labeled as a nice guy or a bad boy. A bad boy is what women tend to go for.

Bad boy, in this case, doesn't mean a jerk. A guy who is abusive, controlling, and arrogant is a jerk and is not sexy.

I am talking about a bad boy who turns a woman on sexually. He is not a jerk, but he is not a 'nice' guy. This is the guy that won't end up in the friend zone, because a woman simply does not see him as a friend...she sees much more potential than that in him.

If you are a nice guy, who doesn't turn her crank, then you will end up in the friend zone. As soon as a woman decides that you are not sexually appealing to her, she labels you as a friend.

This is why you need to find a balance between the nice guy and the jerk. If you do, then you will be able to keep yourself as an option for women and never be put in the friend zone again.

Tip 27 - How To Find a Balance Between The Nice Guy and The Jerk

First, you need to understand the mentality of the nice guy and the jerk.

The nice guy feels as though he always finishes last because he is too nice. Because of this, he tries to please a woman, and in a way, can become a woman's puppet – doing what she wants and trying to get her to like him. This attitude helps label him as a friend, and his plan to make her like him quickly backfires.

For instance, if she whines and stomps her feet, then he will simply do what she

asks. If she tells him off, then he won't say anything back for fear of making her upset and losing her interest. In short, she can do anything she wants without fear of losing him, because all he wants to do is win her over. She has all of the power in this relationship.

The jerk, on the other hand, feels like he is in complete control over a woman and so he treats her poorly, neglects her, talks down to her and worries about his own needs and wants, not thinking about hers. She in turn tries to please him and win over his affections; however, it never really works because he feels like he gives her enough affection the way he is.

There is a similarity between the nice guy scenario and the jerk scenario. Both have a person who is control of the situation completely. If you want to find a balance between the two, then you need to find a way to interact with a woman on a 50/50 level. You need to find a way to create a 'give and take situation' that pleases both of you.

The truth is that women like a nice guy. They want to be treated with respect, love, and admiration. They want a guy who looks past himself and notices that there is more to life than just him. But they don't want a pushover.

They also want a guy who can take control when he needs to and give them protection in certain situations. A guy who can lead them by the hand sometimes and direct them when they get overwhelmed. A nice guy will not do that. He will ask a woman what she thinks before he makes a decision on his own.

Therefore, in order to become a man who is balanced, keep the traits of a nice guy persona, but don't be a pushover. Be willing to take the reins in the relationship when needed and stand up for yourself when a woman is clearly trying to control you. Don't always take steps towards her, take some steps back so she can walk towards you as well. A woman will respect this and find it attractive – and best of all, you won't end up in the friend zone!

Chapter 5: Where To Find Women

Single women are everywhere, that much is true. According to Statistics 44% of American adults are single and the ratio of single men to single women is 86 to 100. (I believe that this reflects many countries, not just America.) That means that there are women out there for YOU!

These women are not all copycats either. Meaning they have different values, beliefs and desires in life, and if you look then you will find one that matches your values, beliefs and desires.

Tip 28 - Be Honest About What You Are Looking For

I see so many relationships end in disaster because one person cannot change the other person to fit their needs and desires. It is important to remember that you cannot change a woman to fit into some sort of mold that you have created, and if you try then resentment is going to build up and cause tension and unhappiness in the relationship.

This is why you have to sit down and be honest about what you are really looking for. Don't settle for just any woman that comes your way. Instead, look for a woman who really fits your needs and desires and seems to be in alignment with your life.

This doesn't mean that you shouldn't include women who don't perfectly fit your mold of desires, but if they are the complete opposite of what you are looking for, then it is best to let them go and look for someone who is going to really enjoy you and your life.

For instance, if you find a woman who hates going out, loves reading, and wants to retire in the mountains, and you love going out, watching movies, and want to live your life on a tropical island, then it may be best to move on. Differences like this can cause you have major problems later on life. These types of differences are called deal breakers.

Deal breakers to watch for are:

- Major differences in faith.
- Major differences in desire for kids or marriage.
- Opposite interests in life. (How can you expect to spend quality time together?)

- Difference in the way you were raised. (Our beliefs come from our past, so, for example, if you were raised where your mom took care of the house, than a woman who had equal status parents in the house may not fit into your desires.)

Once you get honest about whom you are looking for, then you can really start your journey to finding the woman of your dreams!

Tip 29 - Where To Find Women For Sex

If you are just looking for a good time, then that is okay! What's not okay is picking up women that are looking for more than a good time when you knowingly don't want more. That is unfair and cruel.

The good news is that there are women out there that are just looking for a good time as well! They do not want commitment (except for a committed sex partner) and with the help of the internet, you can easily find them.

Even fetish partners are not hard to find anymore with websites that cater to hook-ups of all kinds. All you have to do is be honest about what you are looking for and get on these sites to find these women.

There are also meet-ups, cruises, and other parties geared towards sexual fetishes and sex in general.

To be honest though, if you are going to hook-up for sex, I would meet a woman on a website such as Adult Friend Finder and take the time to find a woman willing to be tested for STD's or has already been tested. Maybe it is just my concern, but it is always better to find a woman that you know is disease free and safe to have fun with.

Tip 30 - Where To Find Women For a Relationship

If you are looking to find someone who could turn into a long-term relationship, then adult websites are not the best place! You will end up disappointing the woman if you are trying to get more than what she wants.

Instead, you need to look in places where women with your interests, beliefs, and morals are. For instance, if you want to find a woman who is active and enjoys the outdoors, then you may want to sign up with a hiking group or white water

rafting course.

Alternatively, if you want to find a girl that is of a certain faith, then you need to attend that faith's church or other events regarding the faith.

You may not have time to go to these places of attend events where these women will be, and thankfully I have an answer to that.

Online dating is more popular than ever before. Single women who are smart, funny and have goals in life are now on a dating site near you. Women who are just too busy and would rather find someone in a convenient and modern way are now on these sites. If you just take the chance and look, you can find them.

You may be tempted to join a free dating site; however, paid sites offer you more security and more women who are seriously looking for a relationship. After all, they were willing to shell out a few bucks per month to find a guy who is also serious. Also, lately there has been a lot of talk about people being lied to on free dating sites.

The great thing about dating sites is that you can look through profiles without having to talk to women. Imagine being able to do that at a bar – walk through a line of women studying their features, interests, and goals, but not actually having to talk to them. That's exactly what it's like, and the few bucks it costs can help you find a woman without the hassle of dating women that don't meet your criteria.

It is important to talk only to women who are willing to chat in video. This way you can confirm that they are who they say they are and avoid wasting time with a fat guy on his couch pretending to be a woman.

Tip 31 – Hidden Places That You May Find Women

There are other places to find women, both for sex and relationships. You just need to be honest with them about what you are looking for so they know what they are getting themselves in for.

One place to look is through your friends. Your friends likely have many similar traits of what you are looking for. They are your friends for a reason! You share interests, you enjoy their company, and you look forward to seeing them again. Sounds like a perfect woman right? (Without the sex of course.)

But think about this. Your friends have friends who also are very similar to them and they get along with, which means that you will likely get along with them to.

This line of friends continues on and on, and as you travel down the line, you will find women, not just any women, but women who have some sort of connection to you because they have a connection to your friends.

Therefore, ensure that you go out with your friends with then ask. Or better yet, organize a party where all of your friends can bring their friends and girlfriends/wife's AND their friends. The more the merrier!

Tip 32 - How To Turn a Friend Into a Girlfriend

Remember when I said earlier that you can keep yourself out of the friend zone? Well, you can also move yourself out of the friend zone. Women often realize that their friend was a perfect guy all along, and by changing a few things about yourself, you can become that perfect change.

The trick is that you have to change something; if you stay the same then her viewpoint about you is going to stay the same.

I was friends with my husband before we started dating. I listened to him complain about girls, and I knew it was the nice guy syndrome that was holding him back from finding a girlfriend (because it was exactly what was turning me off from him.) One night, we were having a fire with a bunch of friends, and he broke out of his quiet, shy self and became very protective of me. He looked after me, he took control of my drunken ass, and he made sure that I was comfortable for the night. The big thing was that he took control and protected me. It instantly changed the way I viewed him and the next morning we started a new relationship. Now we have happily been together for over eight years. (We have known each other for 14 years.)

It happens all the time and you can make it happen too. You just have to spark something in her; change the way she views you like my man did.

Remember tip 27? Find a balance between the cute guy and the jerk. Learn how to stand up for yourself and make decisions in the relationship. Take some steps back so she can step forward. Shift her image of what you are to her and make her view you as a man, not just a friend.

Chapter 6: How To Pick Up Women

Okay. Now you know what women find attractive, how to attract women with your body language, how to read a woman's body language, how to be the sexy guy, and where to find women that you are interested in.

Now, assuming that you are looking for a relationship of some sort, we need to talk about picking up women. If you don't approach a woman, then you will never get a date!

Tip 33 – Why Women Like Guys Who Make The First Move

Do you have to make the first move? Not if you are unconcerned about getting a woman. If you want to get the woman, on the other hand, then yes, you are going to have to usually make the first move.

I'm not saying this is a hard and fast rule. Some women will approach you and make the first move. However, most of the time, women will wait to see if you approach them first.

Why do women like a man to make the first move? A couple of reasons.

First, women like to be pursued by men. It goes back to the old days where men naturally hunted for their women...and well, you know what I mean. Men have always been the hunters/pursuers, and it is built into women's genes to expect that a man who likes us will pursue us.

Second, (and this is probably more likely), men and women alike have instilled the words 'slut' and 'easy' into women's mind. Women fear this label (even though it is a bunch of hooey). Women do not want to be seen as easy, so they don't go after the man they want; instead, they send subtle hints and messages that they are interested without actually saying that they are interested.

It is interesting to note that even though you think you are making the first move, often times a woman will have given you the go ahead to do it – which kind of makes her the one who made the first move...technically.

You have the hard part though. You have to approach her and risk rejection. That sucks, but there is a way to get through rejection and make it something positive.

Tip 34 – How To Remove The Fear of Approaching a Woman

If you don't get nervous when you approach women, then you may be lacking regular emotions and fear...the very definition of a psychopath.

So if you are nervous, that is a good thing! You do not have a disorder and you are normal!

It is scary to approach a woman and risk rejection; however, even though you may always feel some sort of fear when approaching a woman there are some things to remember in order to push that fear aside and just go for it.

1. You Won't Die

Fear is very valid. It helps us to avoid doing stupid things that could cost us our life. But sometimes facing fears helps us to grow in life. It pushes us out of our comfort zone and helps us to become more confident people. The only thing that should stop you from moving forward is the possibility of death, and unless you are approaching a woman with a shotgun, you won't die – not even by a dirty look.

2. The 'What If' Factor

If there is one thing that people look back on their life and regret, it is not taking chances. What if that woman would have made you blissfully happy? What if that woman was a millionaire who shared your interests, passions, and goals? What if...you had just taken a chance and approached her. Think of the consequences of not approaching a woman and that will surpass the fear of approaching a woman. In other words, it will be more painful to you if you don't find out 'what if' than if you get rejected.

3. Each Rejection Teaches You Something

Failure is a part of life, but with each failure we learn something about ourselves and how to succeed in the future. This is true when approaching women as well.

Each time you are rejected by a woman, you will learn a lesson. It may be a lesson in how to talk, act, or react to women, or it may just be a lesson to avoid bitches...but the lesson will be there. If you approach a woman ready to learn a lesson and improve your game, then that will help you eliminate the fear from the approach.

I'm not saying to expect rejection, but I am saying to understand that it is a possibility, and it will only help to improve your game if it does happen.

Tip 35 – Approach a Woman Who is Alone (But Not In A Dark Alley!)

If you are out and you see a group of women, then chances are one of them may catch your eye. However, if you approach that group of women in order to talk to one woman, then you are setting yourself up for failure.

It is better to wait until that woman moves away from the group to approach her. If you happen to catch her eye while she is in the group, and she likes what she sees, then she will move away from the group on her own to see if you will approach her. Take THAT opportunity and move in!

Women are very protective of each other and when a man approaches the group he is going to be scrutinized by all the women, not just one. The scrutiny from the group can cause her to avoid talking to you; whereas if she is by herself then she will not be influenced by the opinions of the group.

Plus, when a woman is with a group of women, she is not in a mind-set to get picked up. She is having fun and enjoying her group, and you may lose out just because she has been immersed in womanpower and doesn't desire a man in the moment.

Even though you approach her alone, she could introduce you to her friends. However, by that time, you will have been able to make an impression with her without outside influence, and if she is introducing you to her friends, then you have either made a pretty good impression or a really bad impression – you will soon find out by the reaction of her and her friends.

Tip 36 – Fool Proof Way To Know If She Is Interested

Would you rather know if she is interested before you approach her? There is a way to do that, and it will help you decide whether you are going to be rejected before you even talk to her. Following is the 5-step process.

1. Catch Her Eye

You have to initiate some sort of eye contact to get her attention and let her know that you are interested in her. This may take a while depending on how you are situated around her, but if you keep looking at her then she will eventually meet your eyes. I'm not sure if it's an instinctual thing to notice when you are being started at, but whatever the case – it will happen. When you do get her eye contact, maintain it for a second and then look away.

2. Catch Her Eye Again

Wait for a few minutes and then look back at her again. She now has you in her radar and if you easily catch her eye contact again, then she has not completely written you off yet. It may take a few minutes, but if she looks back at you then move onto the next step.

3. Smile at Her

Now you need to show her that you are not just looking in her direction, but rather you are looking at her and interested. Do this by catching her eye contact and then giving her a smile before you look away. This will send a clear message that you are interested in her, and if she chooses to avoid your eye contact from this point forward then you will know she is not interested. However, if she smiles back (or at least doesn't give you a dirty look) then you can move to the next step.

4. Invite Yourself In

When you catch her eye contact again (even if it is a second after the smile) give her a nod or wave to initiate contact, and if she nods or waves back, then you have been given an invitation to approach her.

5. Make Your Approach

Now you can make your approach without worrying about instant rejection. She has given you the all-clear signal and as long as you give her a great first impression, then you will not be rejected in the near future!

Tip 37 - Don't Wait To Approach a Woman

This is a short and simple tip, but it is important. If you see a woman you like, don't wait to approach her. If you do, then you could end up losing the chance to approach her forever and that will lead to the painful 'What if's'.

If a woman sees that you are interested, but you don't approach her, then that shows her you are either checking to see if there is something better first or not as interested as she thought you were. Either way, it will not turn her crank and she could end up getting out of your eyesight so that you don't bother approaching her at all.

Women are very good at disappearing when they want to. And you may never get the chance to approach her again.

Tip 38 – Why The First Impression Matters So Much

You never get a second chance to make a first impression. What you do and say during a first impression can last in a woman's head forever.

Experts have shown that when new experiences with someone don't align with the first impression, it will not change someone's mind about you that they formed from their first impression.

In other words, if you acted like a complete jerk with a woman on your first impression, and then acted like a complete softy on your second, she will likely retain the jerk persona as her impression of you.

First impressions can be changed, but it is hard to do! You have to completely change the way a woman views you and if too many variables stay the same (the way you talk, move, act etc...) then you may not be able to budge her mind in a new direction.

I once had a guy try to pick me up, but he did all the wrong things, said all the wrong things, and he looked like a complete loser. The next time I saw him he had done a complete turnaround, and I was interested in him (and we ended up dating.) However, I have never forgotten that first impression I had of him, and I still talk about it today.

If you want to change a bad first impression, then you have to show up a new man (like the guy above) or work on her for a long time to come. So why not just make a good first impression in the first place and avoid all the future effort of changing her mind.

Tip 39 – Eleven Tips To Make a Killer First Impression

All of this goes back to what I was talking about before; how to impress attract women and use your body language. But because first impressions are so important, it never hurts to be reminded!

1. Don't Make Too Many Gestures.

If the message that you are trying to send is one of confidence, control, and focus then don't run up to a woman waving your hands and twitching your body like you possess too much energy. This kind of movement sends the message that you are not comfortable in your own body. It also makes women uncomfortable to be near you.

What you want to do is keep your body in control and have a relaxed demeanor about you. You should use gestures, but use them when appropriate. This will send a message that you are in control and will be a calm, confident person to be around.

2. Maintain a Confident Posture.

Do not approach a woman slumped over, arms crossed, and eyes facing towards the floor. It doesn't matter how good of a conversation you maintain with her, this kind of body posturing will speak of low self-confidence or a negative attitude. Either way, it's not an attractive stance.

Hold yourself high, pull your shoulders back, keep your head up, and send a message that you are a man who is worthy of other people's attention and affection. That is the kind of first impression posture that will leave a woman wanting to meet you again.

3. Be Positive, But Not Too Positive.

A negative guy who complains about everything under the sun is not going to make a good first impression. That kind of guy will have women counting down the minutes until they can get away from them, and then cause them to never look back. Do not be negative during your first impression, as women will be expecting your best behavior, and a negative attitude should not be your best behavior.

Having a positive attitude is always going to win over a woman's opinions about you. Just make sure you do not overdo it. If you are singing about sunshine and lollipops, then you can appear to be a little crazy. Just send the message that you love life and that you are a happy person.

4. Maintain Eye Contact.

When you are speaking to a woman for the first time, look her in the eye. If you are shifty with your eyes, or looking at anything or anyone but her eyes, then you are conveying one of two messages. The first message is that you don't care about their presence and that you are extremely bored with them. The second message is that you are easily distracted. Either one of the messages is going to leave a bad first impression with a woman. To make a good first impression with them, make sure you maintain an appropriate amount of eye contact.

5. Talk About Relevant Things.

During a first impression, you do not want to talk about things you normally discuss with your friends. Anything that is personal should be avoided. The

woman you are talking to does not know your beliefs and values and, therefore, cannot gauge what you are really trying to say when you talk about how upset you feel today.

Talk about your surroundings. Talk about the things you have in common. Talk about the person sitting next to you. Just keep the conversation relevant and avoid information that is too personal.

6. Keep An Eye on Her Body Language.

If you want to gauge what kind of impression you are making on her, watch her body language. If she is backing away from you, folding her arms, or raising her eyebrows then you may be making a bad first impression and need to adjust your tone, conversation, or body language. On the other hand, if she is smiling, relaxed, and making good eye contact with you, then you are probably making a good first impression and you can just keep on doing what you are doing.

7. Ask Questions.

When you are not asking questions, you are most likely talking about yourself, your opinions, or your beliefs. When you talk too much about yourself, you can appear to be selfish. A selfish attitude is a big turn off during a first impression.

Try asking questions to appear interested in her. The more you allow her to talk about herself, or share her opinions and beliefs, the more she will view you as someone who actually cares about her and what she has to say. You will always leave women (and other people) wanting to see you again if you can show them that you care about them.

8. Be Authentic.

During a first impression, you may need to be a little more formal in your conversation, but you still have to be authentic. Do not agree with something you disagree with just to impress a woman. Do not talk in a way that you think will impress her when it goes against the way you normally talk. You will make a better impression if you stand by your morals and beliefs and stay true to the person you are. (Just make sure you don't push your ideas on someone else or they may label you as overbearing.)

9. Be Well-Mannered

Nobody likes an impolite person. If you are rude, arrogant, or inconsiderate then you will leave a bad taste in her mouth, and she will label you as someone that she does not want to meet again. Make sure you are polite and take into consideration her feelings and the feelings of other people around you. Being polite will show them that you are mindful of other people and that you have

emotional intelligence.

10. Be Well Groomed.

This may seem obvious, but there are many times that we can walk out the door without a concern about our presentation and make many bad first impressions along the way. People judge harshly based on appearance, and even if you are well mannered, intellectual, and funny during a first impression, people will still base a majority of their opinion on the way you dress and look.

It doesn't matter if you do not think you are going to run into a woman or not, always leave your house dressed to impress in order to make the best first impression wherever you go.

11. Keep The Conversation Going.

If you have nothing to say, and there are many awkward silences in your conversation, then you will probably make an awkward first impression that will leave a woman not wanting to have to go through another uncomfortable meeting with you. You do not want that to happen! So you have to keep the conversation flowing.

Finding things to talk about is not that hard. All you have to do is listen to the woman who is talking to you, and make note of any unusual references they mention during the conversation. Anything that they mention will be something that they enjoy, think about, or are aware of. It can be a reference about a person, place, or event.

For example, if it is raining outside, and she mentions how the rain will be good for gardens, then she probably has some sort of attraction towards gardens. When you are stuck for conversation, bring up that reference that she made about gardens, and she will probably have a lot to say about them.

Use the above 11 tips to help you make the most out of your first impression. Never take the first impression lightly. If you make a good impression, you can leave women wanting to see you again. And if you don't make a good impression, you can ruin your chances of making another impression at all.

Tip 40 – Why Cologne Can Spike Her Interest

Don't smell bad; that is an important rule when trying to pick up women. However, wearing unique cologne may be even more important when trying to

pick up women. Scent is a powerful reminder of emotions once felt and experiences once had. You only have to catch a whiff of your favorite childhood food to be taken back in time to your childhood. Knowing this, you can use smell to your advantage.

Many women will tell you that a man's smell is what caught her attention. She would have otherwise walked right past him, but his cologne was so intoxicating that she was instantly attracted to him.

Don't run out and pick up the most popular cologne on the market though. If you do, then there is a chance that you may remind her of an ex-boyfriend, or worse, a family member who wears that cologne.

Instead, go out and make your own blend of smell that represents you. You can find many scent shops that are able to create a unique scent for you based on your preferences, and this will help you stand out from every other man that a woman meets and cause her to remember you for a long time to come.

Tip 41 - What To Talk About on First Approach

When you first approach a woman you want to keep her interest, and what better way to keep her interest than to talk about the things that are happening around you?

Doing this can also help you to avoid disturbing her mind or causing her to switch gears too hard, making you seem like welcome disturbance rather than a...well, disturbance.

For example, if you are at conference for public speaking, you should approach a woman and talk about the conference, the speaker, or the reasons that you are there. You should not approach a woman and talk about your business, life goals, and the latest reality TV show that you love. If you want to engage her in a non-creepy and intrusive way, then talk about your surroundings.

Doing this will also help you show her that you are interested in more than just her body. If you approach her and ask her out, then she will wonder where your interest has come from. You don't know her so how could you be interested in her mind?

If you spend some time talking to her though, she will get the impression that you are interested in more than just her body, and it will give her a chance to get to know you and become interested in you as well. That is very important.

Tip 42 – How To Create a Desire Towards You

You can say all the right things and make a great first impression, but when it comes to attracting a woman, you want to create a desire for you. It is what will keep her looking forward to talking to you and seeing you again, so it is important.

By using all the previous tips in the book, you can help to create a desire towards you. However, there are other things that you can do as well.

You can do things that cause her to feel attractive, wanted, and needed and therefore cause her to feel a desire for the man who is making her feel that way – you. Compliment her, laugh at her jokes and smile at her in a knowing way to send this kind of message.

In addition, if you can create a connection through contact, then that desire will be there as well. Remember, the personal space rule? If you can get into her intimate space, then that creates a feeling of intimacy and can help you create a desire for more intimacy.

Tip 43 – How To Initiate Physical Contact

Physical contact will send shivers up her spine and put butterfly's in her stomach, but if you go in for the physical contact too early then you can create those feelings for all the wrong reasons...she will view you as a pervert.

The Best Time To Make Contact

First, make your way through the personal space circle. Start off talking to her 4 feet or more away, depending on how she reacts to you. The more you get comfortable with each other, the more you will move in towards each other. Do not make physical contact until you are close enough to reach out and touch her with a good amount of bend in your elbow. Meaning, if you have to extend your arm too outwards too much then avoid contact.

Do not make physical contact until you have been talking for a while and you are both feeling good about each other. This usually happens when you are laughing and starting to connect on a more intimate level. In fact, during laughter it may be the best time to reach over and touch her because it is a natural instinct that we have as humans.

If she makes contact first, then that is even better. It shows that you are making her feel comfortable and good, and she is feeling good about you and your ability to do so.

What Kind of Contact To Make

I would think this goes without saying, but don't grab her boobs! Don't stroke her hair or her face, because that is reserved for boyfriends, not guys she has just met.

Light physical contact on a first meeting will send the same kinds of shivers down her spine that hard physical contact will later on in a relationship. Plus it is more appropriate when you don't know her very well.

Touch her on the arm when you are laughing. This is a common gesture that will not seem calculated.

You can also guide her through a door or in a certain direction by lightly touching the small of her back. This is a gentleman type of gesture that will have her feeling butterflies from the touch and attraction due to the action of guiding her in a manly way.

You can also play the 'accident' card and accidentally reach for something (sugar, milk, a business card) at the same time as her. This will guarantee a touch of hands, and that will cause her insides to whirl too.

Whatever you choose to do, make sure it is soft and non-forceful. You don't have the right to be too aggressive when you just meet a woman, and if you are then she will likely take it the wrong way, even if you are just trying to create attraction towards you.

Tip 44 – How To Deal With Other Guys In The Way

You may not be the only guy trying to win her attention, and if that is the case, then you are going to need to step up your game so that she ends up only having eyes for you.

In order to distinguish yourself from the other guys you have to be different. You need to take into consideration everything you have read to this point and still use it. By using the tips in this book you will likely separate yourself from any other guy who approaches her.

However, if you get a guy trying to aggressively compete with you, then DO NOT get aggressive back. Aggression is not attractive to a woman – a desire towards a woman is attractive. Aggression can cause negative feelings inside of a woman and that is not attractive!

Therefore, it is important to laugh off the guy, not in a condescending way, but in a way that says, “I don’t need to butt heads with you, I know I’m the better man.”

For instance, you can say something like, “If you really want to try to win her over I will give you a few moments to try, but when you are done being a jerk I would really like to continue on my conversation with her.”

You may even want to tell her where you will be just in case she needs you, and this will create a feeling of protection by you – which as we discussed is sexy to women.

Chances are you will soon be talking to her again because she will tell the guy to back off and approach you again on her own.

If you refuse to move then you may be looking at a fight on your hands, and that will push a woman away quickly.

In the end, retaining the most positive, uplifting, sexy, and humorous attitude, will help distinguish you from any guy that is pursuing her – and she will eventually gravitate back towards you. Just make sure you stick close enough to her so that she can gravitate back towards you!

Tip 45 – Be Persistent Unless She Tells You Otherwise

When a woman is not interested, she will let you know. She will either tell you verbally or make it clear through her body language (dirty looks, backing away from you, or rolling her eyes). Pay attention for signs of non-interest, because if you push her too hard then she could start to rally her friends, or the police, on her side.

However, if she is trying to play hard to get then you need to be persistent; otherwise, you lose the game! If you don’t show her that you want her by pursuing her, then she will come to the conclusion that you don’t want her.

It would be nice if women would just tell you yes or no, but just as men like the chase, women like to be chased. It makes them feel as though you really are into them and as though you feel they are worth the effort

Tip 46 – Don't Act Like She Is 'The One'

Even if you feel like she is the woman of your dreams, don't act like it! Too much pressure will scare a woman off.

If you are acting as if she is the only girl on the planet for you too soon, then she will feel crowded by your desperation and that is not sexy or attractive.

Even though women want to be pursued, they don't want it to be too easy. I mean if a guy has made up his mind about her before he really gets to know her, then it can feel cheap and weird. Love is not created from one impression and two words in a woman's mind – it is created through connection and awareness about who the other person is.

You can't have that connection and awareness the first time you see her, even if you think you do – it's just not possible. You don't know her inner thoughts, beliefs, and desires, and acting like she is 'the one' without knowing those things is ridiculous and will scare her off.

Tip 47 – How To Get Her Number

Some men will tell you to ask for a woman's email address. They say that it works because it is less personal and more low-risk, but I say that bullshit. Why would a woman want to give you her email address? She may do it, but it is very impersonal and it is like you are treating her as a client, not as someone you are interested in.

Times have not changed that much that asking for her number is a thing of the past, especially now when almost all women have a permanent cell phone attached to their hip. A phone number is the best way to get a hold of a woman, and if you want to get a hold of her then you will ask for it – period.

If she gives you her email instead, then fine. But honestly, that is not going to happen very often if at all.

So, how do you ask for it? Simple, you suggest getting together in the future, and

then you ask for her number so that you can get a hold of her to make the date.

You may say something like, "I would really like to get to know you better. Would you be interested in meeting me for coffee or dinner sometime?" If she says yes then you will need to get her number.

You can also take something you are talking about and use it to get her number. For instance, if she is talking about her dog and the need for a new kennel, and you happen to have a kennel that she could use, you can say, "I have an extra kennel if you want to have it. Just give me your number and we can determine a time and a place where I can give it to you."

Both are simple, honest and direct forms of asking her for her number, and they will both work if she is interested in you.

It is important to note that as she gives you her number, you should tell her when you plan on calling. This way she won't be sitting by the phone waiting for your call. Instead, she will expect your call and be looking forward to it. Always, always, always, tell her when you will be calling.

For instance, if you are going to be busy for the next week, then tell her that you will be busy and won't be able to call her until next weekend. This way she won't wait 5 days for your call and start to lose interest because it never comes. Instead, she will wait 5 days and THEN expect your call.

Chapter 7: After You Get Her Number

You got her number! This is a crucial time. She is attracted to you and you made a good first impression, but you are not in the clear yet. If you screw this time up, then you can cause her to lose interest in you and run in the other direction. Use the next few tips wisely to make sure that doesn't happen.

Tip 48 - When To Call Her

There are various forms of this concern. Does calling too soon look desperate? How long is an appropriate time to wait to call? Will she lose interest if I wait too long?

The answer is no, depends, and yes.

If you impressed her during the first impression, displayed a high level of self-confidence, and created a sense of attraction, then you are not going to look desperate when calling her...no matter when it is. She will be expecting your call, so you calling her is not going to be a surprise or a shock. It will be a relief that you actually called!

The only way it will look desperate is if you call her 10 times in a row, and leave 10 messages. Then she will wonder what she has gotten herself into. Otherwise, if you just leave a message saying you are looking forward to getting together, and you will call later on in the week, then she will love the thoughtfulness.

An appropriate time to wait depends on what time you told her you would call. (See tip 47.) If you told her that you were going to be busy for the next week and call her on the weekend, then that is when you should call. By sticking to your word, you can help build credibility and trust between you and her, and this will add the attraction she feels towards you.

Lastly, will she lose interest if you wait too long? Yes, she will. If you say you are going to call in two days, then here is a breakdown of what she will feel when you don't.

- First, she will be excited and looking forward to your call.

- On day two, she will expect your call and practice what she is going to say. When you don't call, she will feel let down because she had been looking forward to your call and thinking about it all day.

- On day three, she will wonder if you were really interested in her, but she will wait just in case something has happened.
- On day four, she will start to get mad at the fact that you have left her hanging for so long.
- On day five she will start to lose interest in you because you have built up a feeling of distrust.
- On day six, she probably won't pick up the phone.

So, you can call her before you say you are going to call her just to show interest. You should always call when you say you are going to call her. And if you wait too long, then you will likely lose your chance with her.

Tip 49 – What To Say When You Call Her

Talk about what you said you were going to talk about (a date, the kennel...) However, start the conversation by asking her how she has been since you have seen her.

She may fill you in on some things, but because you two don't really know each other too well yet, you can't really talk about work and other common topics.

Stick to the conversation you had when you first met. If you mentioned that you were going to drop off a kennel to her, then you can ask her how her dog is doing and discuss when she wants to meet to drop off the kennel.

If you talked about getting to know her better, then you may want to start that process on the phone. Ask her if she had fun that night and what she did afterwards. Chances are that will start a conversation about interests that she or you has.

Tip 50 – How To Ask Her Out on a First Date

If you already made it clear to her that you wanted to get together, then it is a simple matter of listening to her while she talks and gathering up her interests.

For instance, if she says that she loves dogs, then you can ask her if she wants to go to a dog show with you on the weekend and then get a bite to eat. Chances

of her saying yes are very high when it is regarding an interest of hers. Plus she will love the fact that you listened to her and made a date around it.

If you are getting together to drop off her dogs new kennel, then you can simply ask her if she wants to go for coffee or supper afterwards. She may say no, because she was only expecting the kennel meeting and made other plans. However, she will likely suggest another time, and if she doesn't then you should.

The thing to remember is that if she gave you her number she is interested. And if you followed through and called her when you said you would, then she is even more interested. If asked out on a date, she will likely say yes.

Should You Offer To Pick Her Up?

Yes. Unless you don't drive, you should always offer to pick her up. She may be more comfortable meeting you at the place instead, but at least you offered.

Tip 51 – Why Women Say No To The Date

Many guys feel like they have done something wrong when they get turned down for a date, but if you followed all of the above tips in this book then there are only a few reasons that she is saying no, and none of them have to do with you.

1. She Got Back With Her Ex

Maybe she was single when she met you but since then she has rekindled with her ex. It only takes one phone call and a brief meeting to rekindle an old romance, so even if only two days have passed, this is a huge possibility.

2. A Tragedy Occurred In Her Life

Tragedies are unexpected and they can influence the direction of one's life and purpose. Since you met her, someone in her family could have passed away, she could have been diagnosed with a disease, or...the possibilities are endless. The point is, if tragedy has struck then dating may be the last thing on her mind.

3. She Is Scared

Going out on a date can feel like pushing yourself out of your comfort zone. Many women (and men) get used to be single and their daily life, and they get scared when thinking about changing it. If she has started to get nervous about what one date can do to her life then she may just cancel and skip the uncomfortable change that is about to happen. At this point there is nothing you can do to get

her to break out of her comfort zone; it is her decision and that's the way it is.

So remember, if you hear a 'no' after you ask her out on a date, don't get too upset. Unless you called later than you should have, it has nothing to do with you, and there is nothing you (a stranger in her book) can do to change her mind at this point. Take it is a sign from the universe that she was not meant for you and move on.

Chapter 8: The First Date

The first date is part of the attraction process. Just because you landed a date, doesn't mean that you have completely impressed her. At this point, she wants to see what else you have to offer her, whether or not you are compatible, and whether you are the same guy she met not long ago.

Tip 52 – How To Calm Your Nerves Before The Date

First, do not drink. That will not make you calmer; it will just make you looser in the tongue. I have seen many men screw up the first date because of alcohol (and many women too.)

Live In The Moment

This is the biggest tip anyone can ever give you about calming your nerves in any situation out there, including a first date with a woman. Other things may help relieve your nerves a bit, but this will be the most beneficial.

Your nerves will start work overtime when you think about the future, even if it is just a few hours in the future. Worrying about the future will cause you to become anxious about what is going to happen and if it is going to work out. The more you think about it the more you will worry.

Instead of thinking about the future, think about what you are doing in the moment. For instance, focus on how you are dressing yourself and what you smell like before you leave your house. Ensure that you got everything for your date (wallet, keys, phone...) Pay attention to the sights and smells as you drive up to her house. Spend each moment in the present and your nerves will calm down.

Tip 53 – What To Talk About On The Date

Your first date should be focused on having fun and gathering information about a woman. You will want to know whether they are a good fit for you without having to go on a hundred dates to find out.

However, you don't want to come out and ask personal questions from nowhere.

You need to organize your conversation so that it doesn't seem like you are interrogating her.

First, before the date, decide on a few things that you really want to know. These should be focused around your deal breakers such as kids, interests, or faith. You need to get those main concerns answered before you move on with another date, or you could just be wasting your time.

Second, keep the first part of the date light-hearted and causal. Your date needs to feel relaxed in order to open up to you. If you make the tone of the conversation too serious, too soon, she could start to feel uncomfortable and clam up around you.

Thirdly, once you start to feel as though you are both pretty comfortable around each other, start talking about your deal breakers. But instead of asking her to share information about herself, talk about yourself first. This will help your date feel as though you are just sharing information about yourself instead of asking her information about herself, and she will be more likely to openly share information back with you.

For example, if you want to find out about her faith, then you can casually mention an inspirational leader in your faith and how you read their book or attended their church lately and felt completely inspired by them. If she has no idea who you are talking about then you can explain to her, and carry on the conversation from there. Chances are she will join in and talk about her faith.

Lastly, once you get the answer you were looking for, bring the atmosphere back to a friendly, casual tone and wait a bit before you approach your next big topic. Again, bring it up by talking about yourself and waiting for her to join the conversation.

Things To Remember For Success

1. Don't try to drill what you want to know out of her. If you seem overly concerned about finding out her opinions or reactions then she is not going to feel comfortable talking to you anymore.
2. Don't show tons of interest in her answer, but don't be under-interested in it. If you are extreme on either end then you will cause her to close up and become doubtful of you.
3. Learn the art of softly transitioning into new topics. If you are discussing your work and suddenly talk about your desire to have kids, then you are going to throw off your date and leave her questioning your sanity.

Tip 54 – Words You Should NOT Say On Your Date

Because your first date is really your second chance at impressing her, you do not want to say anything that goes against what most women are looking for. Therefore, you should not present yourself as a man that she wouldn't want to spend much time with in the future.

There are some negative things that you will have to say in order to be honest with her, and she will weigh those things against the good to see if you are a man that she desires. However, some other words will tip the scales towards never wanting to see you again. They are as follows...

I Date a lot of Women

Your intention may be to show her that you are a desired man or that you haven't found miss right yet, but instead you will tell her one of four things.

1. You are a player who hurts women.
2. You are a loser who can't keep a woman.
3. You are too picky.
4. You are not ready to settle down.

In the end, it is better not to talk about how many (or how little) women you have dated.

I Hate...

Remember, women are looking for a man who is going to add positive value into their life, not drag them down. If you are complaining about things, then you are painting a very ugly picture of yourself, and she may start to feel negative towards you. Therefore, avoid saying that you hate anything and just talk about things you like.

I Disagree

You don't have to agree with everything she says. You are a unique individual who has his own viewpoints and beliefs. However, if you disagree with something that means a lot to her or that she is very passionate about, then you are likely going to ruin your chances with her.

A woman does not want to be told that her deepest beliefs or passions are wrong. It puts a wedge between you and her, and the more you do it or the more personal the points are that you disagree with, the more she will widen that wedge and lose interest in you.

Tip 55 – Signs That She is a Drama Queen

Many guys end up dating a drama queen for a while before they realize that she is a drama queen. By that time it is too late to easily break up with her, and trust me, a drama queen will make you want to break up with her. She will start fights, throw accusations, and put constant misery into your life until you end it or she stops thriving on the drama.

On your date, watch for signs of a drama queen. They are:

Her History is Full of Jerks

If the subject of exes comes up (don't be the one to bring it up) you will at least learn what kind of guys she dated. If her history is full jerks and losers, then she may thrive on dating guys who treat her badly or are just wrong for her in every way. Good guys may prove to be too boring for her because she needs drama in her life.

She Is Very Confrontational.

A drama queen loves drama and any chance she gets she will start a confrontation, even when there is no confrontation to be found. The waiter, the woman at the next table, and the guy standing in line at the movies are all targets of her confrontational side.

You will notice that she won't feel bad about her fights. Instead, she will feel proud of her confrontations, and may even brag about it.

Tip 56 – Signs That She's Like Your Mother

Do you want to date someone like your mother? The average man would say no. Some men have great mothers, and that's not the kind of mother I am talking about here. I'm talking about the critical, nosy, and bossy mother that most men have.

The problem is that many men end up dating women who are like their mother. I'm assuming it is the familiarity that draws men and in, and once they realize what they have done it's too late!

Keep your eyes open for the following signs that your date is like your mother.

She Does Everything for Everyone

Instead of letting people do things on their own, she does it for them. For instance, if you want to go to a certain restaurant then she won't argue, even if she was dying to try out another restaurant. Basically, she will put your needs, and other people's needs, before hers.

This 'I'll do it for you' attitude may get you taken care of, but it will ultimately make you a weaker man in the end. You will become dependent on her ability to help you and if you ever lose her, you will be screwed. You may even expect other women to treat you like this...and you will be in for a surprise because most women won't.

Worse, she will probably build up resentment towards the people that she caters to. Even though it's not their fault that she is a people pleaser, she blames them for not letting her do what she really wants to do. Because of this, you could end up with a bitter, resentful woman not long down the road and that can cause a lot of issues in your relationship.

Listen to many old couples talk and you will see this is true. The woman will say "he never does anything for me," and the man will say, "all she does nag me, she never used to be like this."

She Tries To Change You

As soon as you see this sign, run. If a woman tries to change you, then she has unrealistic expectations of who you are and who you should be. This motherly motivation to change you into her ideal man will not end. Plus, if she is trying to change you then you will start resenting her, especially if she succeeds! Watch for her correcting your behavior, beliefs, words, and habits.

Tip 57 – Signs That She Has Too Much Baggage

The last red flag that you want to watch for is baggage. A woman will most likely have a history with men, and that will help define who she is today.

However, just like rejection teaches you how to succeed, her history should have helped her become stronger, better, and happier, and able to have a better relationship with a man.

Her history should not have caused her to be more depressed and upset with life and everything (and everyone) in it.

If she has a lot of baggage from the past that she hasn't gotten over, then that

will spill over into your relationship, guaranteed. For example, if she was cheated on by an ex, and she hasn't let go of that situation, then she may label you as a cheater before she really even gets to know you. This will cause a lot of trust problems later on down the road.

A woman with baggage needs to work through her past problems BEFORE you get into a relationship with her. This way you will both be entering into the relationship on fresh ground and a better chance of making the relationship last.

Signs of baggage are:

She is Insecure For No Reason

You have barely asked her out on a date and she is already insecure around you! She asks you why you would want to date HER of all people or what you could possibly find attractive in her. If you find that you are already trying to build up her self-esteem then this girl has got baggage galore. Avoid her and let her work through her insecurities.

She Is on an Emotional Roller Coaster

If she has major negative mood swings when you see her then she most likely has a lot of issues and struggles going on in her head. Maybe she seems suspicious one day and then the next day she cries over something silly that you say. This girl may be holding on to memories of what those words or actions meant in her last relationship.

For instance, if her ex used to say that she looked pretty just before he hit her then your innocent comment about how she looks can be misread and reacted to inappropriately. So watch for a wave of emotions that seem very inappropriate and uncalled for.

If she is really emotionally unbalanced then she may also be having mental issues of her own, like depression, and she needs to work through those issues in order to be happy.

Acts Too Perfect Around You

No one is perfect, says all the right things, and does all the right things at every moment of the day. This is a sign of trying to pretend to be something she's not so you don't reject her like other guys did.

This can also be a sign that she doesn't want to reveal her weaknesses to you for fear of you taking advantage of her or rejecting her for who she is. (Again, this will be an experience she has had in the past and not worked through.) This means that she will always be trying to please you while remaining untrue to her

own self and happiness, and in many cases you will one day get the blame for this one even though it's her own issue.

She's a People Pleaser

She tries to make everyone like her, and she does and says all the right things so that everyone is happy - even if it's at the cost of her own happiness. She doesn't want to make waves with anyone because she's afraid of being judged and ridiculed. So if you feel like she's always reaching for answers you want to hear, and acting in a way you would want to see, then you can bet she is on her best behavior in order to make you happy with her.

The above issues boil down to self-esteem and self-worth in the end, but as you can see they all appear in different ways.

If you think you will take her on and help her out with her baggage then get ready for a ride! You may end up enduring years of this behavior only to find out that it will never work because she has never dealt with the issues.

Sometimes people need to become happy on their own before they can be truly happy with others. Wait until she's happy and then go after her.

Tip 58 – Signs That She Will Be A Great Girlfriend

Not all signs have to be bad! There are many signs that will make her a great girlfriend.

First, watch for kindness towards others. She will be on her best behavior with you, but that doesn't mean that she will be on her best behavior with everyone else. If you can watch her from afar at some point, take the time to note how she treats others.

Does she smile at the waitress? Does she tip the waitress? Does she talk good about the people around you or does she talk badly about them?

A kind woman is a woman who has compassion, understanding, and patience. This is a woman who will be willing to work through issues in a calm and mature way and not overreact to little things.

Second, watch for a backbone. She should speak up when something is not satisfactory. She should not be someone that lets others walk on her and take advantage of her. If she does, then she has some self-esteem issues, and that will become a problem later on. (Remember the baggage?)

Lastly, she should have a great sense of humor. The woman who will make a great life-long partner, or even short-term partner, will be a woman who can laugh and have fun. You do not want to spend months, years, or decades with a miserable woman, so if you spot the need to suffocate fun in any way then you might want to end things with the woman before she suffocates your fun.

Tip 59 – How To Act On The First Date

Now that you know what to watch for in a woman, you should have a good idea of how to act because she will be likely watching for some of these things in you as well.

Therefore, don't be rude, bossy, negative, or boring. Don't act superior to her like a mother or father or boss would. Why would a woman want to go out with you again if you are any of those things?

Your goal is to impress her and make her have fun, not cause her to wonder about you and what kind of guy you really are.

Act as if you are living to its fullest today, without the negative worry about tomorrow; that kind of attitude will win any woman over because it will be uplifting, fun, and in the moment.

Tip 60 – How To Get A Second Date

As long as she has fun on the first date, feels as though you have similarities, and is attracted to you, then it is very easy to get a second date. All you have to do is pick a time during the first date to suggest it and then pick a place that she will enjoy.

If the date is going well, and you want a second date, then you need to start preparing early. During your first date conversation, listen for ideas that would interest her on a second date.

For instance, if she talks about a great pizza joint by her house, then near the end of the date you can ask her if she would like to go with you to that pizza joint next weekend. Make sure you ask her when you are having a good time or are laughing. This will be a time that she will be feeling really good about you and will easily agree to another date.

In addition, by suggesting her interests and ideas, you will make her feel as though you are listening to her and you will end up presenting an idea for another date that she is guaranteed to enjoy.

Tip 61 – How To Get The First Kiss

A kiss is what will separate you from a guy that she sees as a friend. Not all girls feel comfortable giving kisses on the first date; however, if you take the right steps and take action on the kiss, then you can easily get the kiss from any girl you go out with.

First, you have to make sure that you break the boundaries of personal space on the date and initialize some sort of physical contact. Otherwise, leaning in for a kiss will be weird because you haven't even touched each other yet. You need to create a sexual connection – even if it's just through a touch, in order for a kiss to be desired.

Second, watch her body language to make sure that she is into the first kiss. For instance, when you get back to her place, does she move quickly to the door without facing you or does she linger to talk to you while facing you? If she lingers then you have a sign that the kiss will be welcome. If she runs to the door she is distinctly saying, "don't give me a kiss." As long as you have had a good date, and there is sexual attraction, she should want the kiss.

Third, make sure you have some moments completely alone. These are the moments that a first kiss is more likely to happen, and if you see a sign that you can go in during these moments, then do as she will be more receptive during these times.

Fourthly, if you look into her eyes and she keeps her face level with yours, and maintains eye contact, then don't hesitate – go in for the kiss NOW. You can't sit there like that for too long or it will become uncomfortable and you will miss your chance.

Lastly, the first kiss should be with no tongue and closed mouthed. Just a kiss on the lips is all that is required. If you try to do more then she may not like it and it may be your last kiss. Don't worry though, because if she does like it, there will be many more kisses in your future.

Tip 62 – How To End The First Date

Whether you give her a kiss or not, there are some things you should do at the end of the date to ensure you get another date (if you want one.)

Tell her what a great time you had. This will reassure her that you actually had a good time. If you say nothing, then she will wonder (even if you obviously had a good time.) Women just need that extra insurance sometimes, and it will never hurt to tell her how you feel.

If you have made a plan for a second date, then tell her you will call her. Again, just as you did when you first met her, you should tell her when you are going to call her. This works exactly the same as Tip 48, except now she will have even more hope that you are going to call. So you should call her when you say you are going to call her.

Chapter 9: After The First Date

Tip 63 – Should You Call Her ‘Just To Talk’ Before The Second Date?

If you had a great connection, then there is no reason not to call her and talk. Just make sure you have something to say. If the conversation is boring and full of awkward pauses, then she may start to question how bad she wants to get together with you again ‘do we really have anything in common?’ may be something she starts to wonder.

However, if you have a great conversation, then you will find that will boost the excitement for the second date, and you will get a head start on building a deeper connection.

Tip 64 – What To Avoid Doing In This Technological World

I remember the day when you didn’t have to worry about this type of thing, but now it is a concern.

A woman will be able to Google you and check out your social sites, and if she catches any whiff that you are not really into her (even if it is made up in her head), then you may end up not making it to the next date.

Before I had access to the Internet, I would spend my days wondering what a guy I had gone out with was doing, who he was doing it with, and what he was saying about me. I didn’t want to know that he was hanging out with his girl friends or enjoying himself with his friends – I wanted to believe that he was thinking about me and looking forward to our next date.

I know this isn’t realistic, but it is nice to imagine that a man only has eyes for us and can’t wait for the next date.

If a woman sees you partying or interacting with other girls, it could activate a jealousy feeling, or worse, an inadequate feeling, and cause her to back away from you for fear of getting played and hurt by you.

So do not post questionable pictures or posts about you (and don’t allow you friends to do so either) until she really gets to know you and what you are all about. This will keep her from making stories up in her head and instead get to

know the real you.

Tip 65 – Why You Still Have To Follow Through With Your Promises

Just because you have won her over a little doesn't mean you should not still follow through with your promises. You have not won her over completely, and just as with questionable pictures or posts, she will start to wonder if your intentions are really good if you don't follow through with your promises.

Call when you say you are going to call, and if you can't then call quickly afterwards to explain why you didn't call. Do not let her wait around for too long without an explanation because that gives her time to make up stories in her head.

In addition, if you tell her that you are going to work all week, and you end up getting it off, let her know. I know this sounds crazy, but if she sees you off in the street (and this coincidence happens more often than not,) then she may wonder if you were lying to her and what else you are not being truthful about. Again, don't allow her to make up stories in her head.

Tip 66 – What Happens If You Meet Another Woman

This can happen! There are many women out there, and if you happen to come across another woman that you really like then you may want to test the waters with her.

This is okay...you are not committed to the first woman yet. However, if you go out with the second woman and find that you like her better, than you owe it to the first woman to CALL her and tell her that you have to cancel the second date.

Do not string her along when you know there is someone else you would rather be with. You don't have to tell her why you are cancelling the second date, but you do have to man-up and phone her.

If you find that you like both equally, then go on the second date with the first woman. The second date is usually when more truth and reality comes out and you will be able to decide whether your attraction is genuine or not.

However, don't go past the second date. Don't date her for a month while you decide whom you would rather be with. That's unfair to her because she is likely

starting to have feelings towards you and, if she doesn't have a second guy to date, then she will be feeling as though you two are building a connection, a relationship, together.

Let her find someone else to build a connection with if you don't feel it. Do not waste her time, because like you she only has so many minutes in her life. Let her make the most of them.

Chapter 10: A Few Extra Pointers

Once you hit your second date, you will be on your way to the 'dating' stage of your relationship with a woman. That is going to be another eBook in the 69 tip series that I am developing (keep your eyes open for it!). However, there are a few things to keep in mind as you progress forward in regards to attraction.

Tip 67 – Don't Change Your Game Suddenly

Everything that I talked about in this eBook is not only meant to attract, impress, and get women. It is meant to keep women around. If you only use these tips to get women and then suddenly change the way you act or treat them after you get them, then you are going to lose them or cause yourself to have a very unhappy relationship.

So don't just 'use' these tips. Learn how to incorporate them into your life so you naturally live these tips. They will not only help you to get women, but they will also help you to have a happier and more fulfilling life.

Tip 68 – Don't Stop Trying To Win Her Over

One of the biggest problems with initial 'butterfly in the stomach' attraction is that it dies out. Soon, you are not trying to win her over anymore, because you have her, and she suddenly starts to feel as though she is not worth your effort anymore.

Women want to feel as though they are adored by their men, and if you stop trying to impress her suddenly, she may stop feeling as though you adore her.

In other words, keep the passion alive. Keep going on dates. Keep telling her how pretty she is. Keep the romance alive.

Tip 69 – Always Work On Making It Better

If you are heading into a new relationship, you need to build a solid foundation that is going to hold up during rough times ahead. And there will be rough times

ahead. Fights, arguments, and conflicts will occur, and by making the strongest relationship you can now, you will be able to work through those times much easier than most people.

Work on building your trust by always being honest with your woman. This means doing what you say you are going to do and following through with promises. If you don't build trust, then there will be cracks in your relationship and there will be issues that arise from it later on.

Work on communicating properly. This means listening and talking and working through issues using communication. This is super important! If you don't learn to communicate with each other early on, then it will be very hard to communicate with each other later on when you really need to do it. Many relationships end because one person cannot get their point across to another person...and it all boils down to communication.

Good luck with your attraction endeavors!