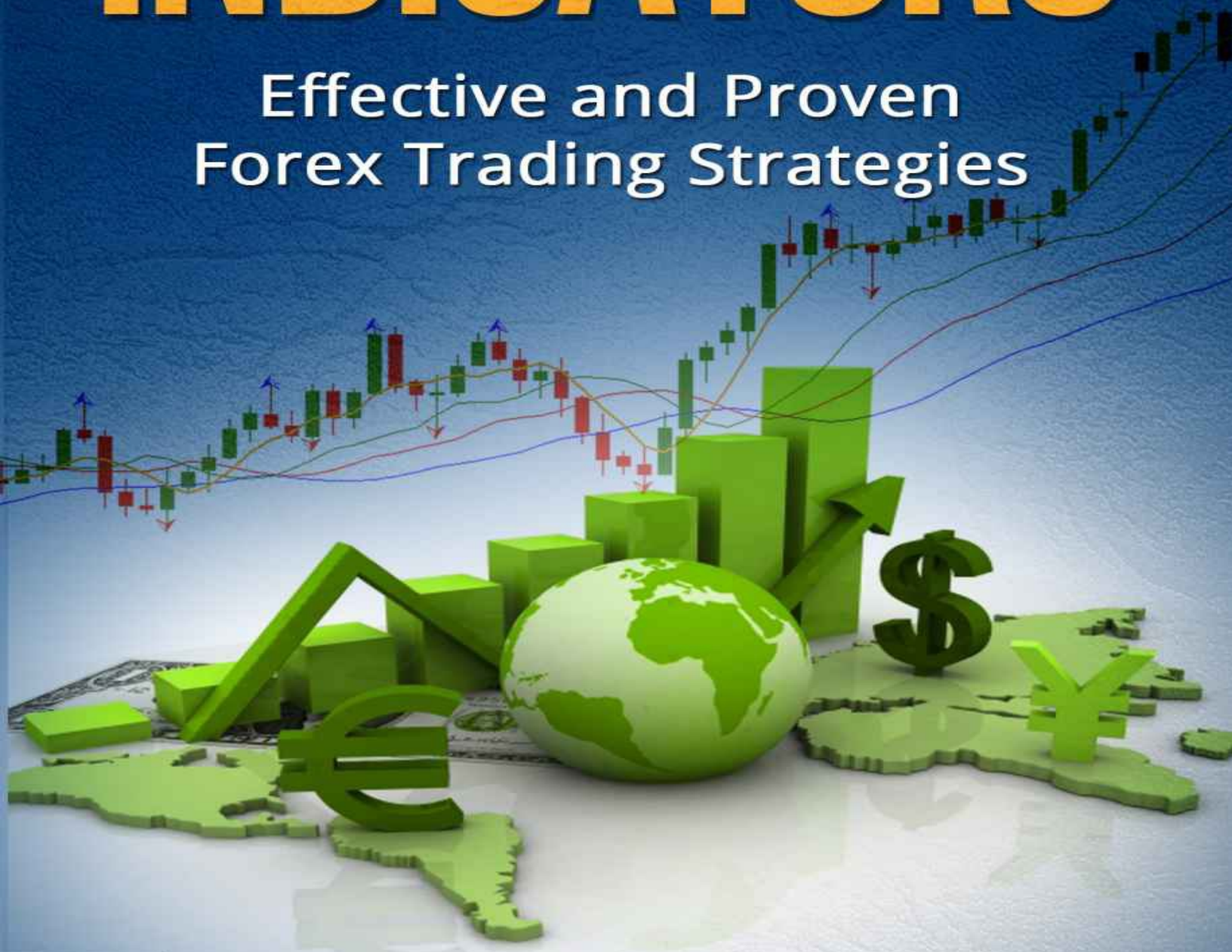
FOREX INDICATORS

Effective and Proven Forex Trading Strategies



WARREN R. SULLIVAN

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Warren R. Sullivan

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Preface

Beginners that enter the Forex market are often lured in by the promise of huge financial rewards, that making money in Forex is easy. This couldn't be further from the truth. To succeed in Forex you must understand the various Forex indicators, and which one is the most useful for your situation. This requires understanding the different categories of indicators, and the pros and cons of each one. Putting in the work and studying the market is the only certain way to gain success. Want to make money in Forex? Study, put in the hard work, understand how to combine and interpret indicators in order to maximize profit.

So what do Forex indicators do for you? They help you track and interpret patterns in the market. It is all about patterns, and how you respond to them. The indicators act as a way to interpret the data, fitting it into a pattern. The astute trader expects these patterns to play out in a specific way. On your journey to becoming a trader, you need to be able to find these patterns through the use of indicators. This is the first step that allows you to build a Forex strategy. Knowing what you are looking for and acting upon it is the majority of the battle.

Using the indicators only gets you so far in Forex. As with any complex market, the key to success is to evolve, to stay ahead of the market, to discover inefficiencies. Indicators work incredibly well for novices, they offer a wonderful starting point. However, when everyone is using the same indicators, the competition is fiercer, and the window of opportunity to profit is smaller. Every journey must begin with the initial steps, and indicators will allow you to develop a simple strategy of how to tackle the market. The most important aspect when learning Forex is to never invest more than you are comfortable losing. Mistakes happen, failure can be a great learning tool. But not at the cost of your life savings. Protecting your money is a good thing. Markets can be instable, and money can be lost very quickly.

My goal in Forex Indicators is to give you a detailed overview of the indicators that you can use to create your own trading system and strategies. By explaining the indicators, my hope is that it will shorten the learning curve and allow you to experience a positive return on investment. By understanding the opportunities that are available to you, you put yourself in the best position to succeed. And when success equals money that is one strategy we can all get on board with.

I hope you find this guide fruitful in developing a Forex strategy that brings you the financial rewards you desire.

The Basics of Forex Indicators

If Forex could be summarized with one word, it would be the word: data. The market is defined by immense amounts of data, all of it, prima facie, appearing quite random. Forex tools take the data and manipulate it using mathematical models, presenting the data as possible patterns. These patterns serve as the basis for trading scenarios. Indicators are not predictions, they highlight opportunities, they don't predict them. Indicators serve as an aid, allowing the trader to make the decision using the data patterns that are available to them, ultimately identifying possible trades.

Understand that indicators are dependent on data. That being said, results will be dependent on the underlying data. The indicators do not create results, they amplify the signal, making it more intuitive for the trader. Indicators are not right or wrong, they only highlight the data which they receive. This is why it is important to understand the indicators that you use, and to know what results that you expect from them. One of the places people lose money is in not interpreting what the indicator is telling them correctly. So be aware of this potential pitfall.

There are different types of indicators that are constructed differently. The construction of the indicators depends on what you want to achieve; therefore, different constructions usually result in different results. Indicators guide you in trading. Indicators should guide you on when you should and should not trade.

While indicators guide you on when you should trade, you should protect your funds by making use of proper money management systems; therefore, you should not rely on indicators to help you with money management.

The Reasons Traders Use Forex Indicators

Forex indicators are tools that aid in helping traders to predict their movements in the trade. According to experts, proper use of indicators plays a vital role in maximizing profits and lowering losses.

Indicators are made from a number of tools that are put together. One of the main problems that come with construction of indicators is a production of duplicate or identical information. While this is a common problem, experts say that when the right tools are used in the constructing indicators, no duplicate or identifying information will be made.

How to avoid duplicate data

There are a number of things that you can do to ensure that you avoid duplicate data. One of the things that you can do is to pick the tools from different categories. If you are unsure of whether the tools are from different categories, you should take it upon yourself to research.

One of the best places to research is online. The good side with researching online is that you do not have to spend a lot of money or time to research. This is because you only need to key in your search term in the search box of your favorite search engine and you will find all the information that you are interested in.

To ensure that the information you are using is correct, you should research a number of sites; you should not be satisfied with one site. After you have found whether the tools are from different categories, you should go ahead and use them. Other than helping you to avoid producing duplicate or the same information, different categories also aid in helping you to get a better picture of the market surroundings. When you use a momentum indicator, a trend indicator, and a volume indicator, you will be capable to create a complete picture that is of high quality.

To ensure that you speed up the process of making indicators, you should start by adding the tools that are different from each other. For example, you can start, with an addition of moving averages indicator, ADX, as well as Bollinger bands. After you have added all the tools that are different from each other, you should then research and identify the tools that you should add next.

The Best Indicator for FOREX

The Forex market is the largest market in the world with statistics indicating that over $3 billion are traded every single day. If you are a new trader in the market, you should consider making use of Forex indicators. If you are wondering what Forex indicators are, these are tools to show trends, trader's participation in the market, and price fluctuations. For you to be successful in the Forex market, you should make use of the indicators.

Choosing the best indicators

There are no good or bad indicators. This is because the indicator that you choose depends on your trading style. While the indicator that you choose depends on your trading style, it is recommended that you pick a number of indicators that will help you in thoroughly analyzing the trade. If you are a long-term trader, you require a different set of indicators from those required by another trader interested in short term trading.

While it is recommended that you use a combination of indicators, the main challenge comes in determining the perfect combination. To be on the safe side, you should choose indicators that validate each other; you should avoid those that duplicate signals. You should also choose indicators that analyze different kinds of data.

Categories of indicators

There are many categories of indicators. The different categories include volume indicators, trend indicators, volatility indicators, momentum indicators, and cycle indicators. It is recommended that you avoid too many indicators from the same category when trading. This is because using too many indicators tends to bring about duplication of information that usually creates confusion.

To be on the safe side, you should use just a few of these indicators. Using just a number of indicators helps you in getting a clear chart that brings about a similarity in patterns. If you are unsure of the indicators you should use, you should research. One of the best places to research is online. Here you will find plenty of information that will help you in making an informed decision.

Indicators that can help the Forex trader

You need to make proper use of indicators for you to be successful in the Forex market. The good side is that there are many indicators that you make use of. Here are some of the common ones:

Moving average crossover. This indicator represents the average closing price of a given period. While this indicator is used for timing entries as well as exits, it can also be used for other functions. For example, it can also be used to inform traders when making a short or long trade.

Since trends in Forex exchange are usually unreliable, many experienced traders usually use trend confirmation tools that aid in determining whether the trend indicators are working correctly.

To increase the accuracy of the tools, trend confirmation tools are used together with trend following tools. If the tools are bullish, the trader gains a lot of confidence getting into a long trade; however, if the trade is bearish, the trader can ignore the trade and concentrate on trying his/her luck in a pair.

Another indicator used is Bollinger bands. This indicator aids in helping traders in determining the best time to make entries. In addition to the above role, the tool can also be used as a very useful profit-taking tool.

RSI is another great indicator used to help traders to know when to get in and when to pull back from a trade. This indicator calculates the amount of up days as well as down days over a given period.

The value given is usually between 0-100 where if the price action is on the upside, the indicator tends to approach 100; however, if the price action is at the disadvantage, the indicator tends to approach zero. When the indicator reads 50, the

reading is said to be neutral. These are the various indicators used in Forex trading. Although, the indicators will guide you in trading, you should note that the indicators do not offer money management; therefore, you should take it upon yourself and manage your money.

One of the greatest money management tips is to avoid exposing a lot of your money. This is because the more money you expose, the higher the chances that you will lose a lot of money. On the same note the less the amount of money you expose, the lower the chances that you will lose a lot of money.

Momentum Indicators

The momentum indicator is a Forex indicator that is used by many traders in technical analysis. The indicator is usually used to calculate the amount of adjustment in the price of the product within a given instrument.

The use of this indicator is almost similar to that of the price rate of change or ROC. This is because both indicate the rate of change of a product's price. Although, the two indicators show the change in product prices, there are some differences in them. For example, the price rate of change indicator gives you an idea about the percentage change in price while the momentum indicator shows the ration in price changes. When the market is in a rising, the momentum indicator tends to rise sharply. When the market reaches its lowest point, the momentum indicator tends to drop sharply then rises again.

Both of these conditions tend to bring about the deviation of the momentum indicator from the way of price movements. One benefit of using this indicator is its capability to observe the possibility in the future. Here the indicator gives out signals that tend to reduce the momentum. The signals have been shown to follow trends and modifications in direction where if the trend ends, the momentum of the market tends to be reduced until the zero line is penetrated. When the zero line is penetrated, this marks the end of the trends and new trends are set.

In addition to this, the indicator is also used to find out the current market conditions. Some of the conditions determined include overcrowding, selling and buying. When the conditions change, price tends to change. The good side is that the prices do not change until the indicator leaves the selling and buying surplus interests.

Using momentum indicators

There are no given rules that can be used in using the indicator. This is because different traders use the indicators in different ways to make a profit. This means that if you are a new trader, you have to learn the most effective ways that you can use to make money.

For a new trader, the best place to learn how to trade is for your favorite experienced trader. When it comes to experienced traders, momentum indicators tend to speak volumes about a variety of marketing patterns. In fact, the most experienced traders tend to say the best time easily to invest their money by simply looking at the indicators.

When you thoroughly follow the momentum indicator, you will be able to learn basic points about the Forex market. You will also learn the dynamic nature of the market.

Provision of market reversals is another great use of the indicators. Here the indicators are used to find out reversals of the market in the future. The good side is that you tend to use just a little effort to determine the reversals. This is because you only need to look at marketing pattern and you will be able to tell whether to reverse or not to reverse the trade.

Although, the indicator has been shown to be very effective in its working, there are some instances when the indicator gives wrong information. This means that you should not blindly follow the indicator. You should carefully compare the information given by the indicator and the price action. If you see that the information given by the indicator contradicts the price control, you should avoid investing in the trade. If you find it hard to use the indicator, you should seek advice from experienced traders.

Types of momentum indicators

You can use many popular indicators. Here are the common ones that you can use.

Oscillators: they include RSI, CCI, MACD, and Stochastic indicators. They are characterized by their ability to swing back and forth between predetermined levels. The indicators can be traded in two main ways: divergence and simple crossover techniques.

Momentum indicator: They are the most basic types of momentum indicators. These indicators play a vital role of measuring the impulse of the trend.

Rate of change: This is an advanced version of a momentum indicator that presents an easy to interpret market picture. This indicator is mostly used in markets that have strong oscillations.

The Williams oscillator is also a momentum indicator.

Many people and writers tend to restrict the use of momentum indicators. The good news is that you can use the indicators even in trending markets. For you to use the indicators in trends you have to solidify your signals through confirmation.

Here you have to confirm the nature of signals in different types of indicators. By looking at the signals, you will be able to tell the right types of indicators to be used in a trending market. While there are many momentum indicators that you can use, experts recommend that you should not use more than one indicator in a single trade. This is to avoid confusion in how you get results. It is also recommended to avoid relying too much on momentum readings, especially in directional markets.

To increase the effectiveness of the indicators, momentum indicators should be used with other types of indicators. For example, you can combine Fibonacci indicators

with a momentum indicator. When you combine the two, the result is a generation of precise trading points that are ideal for exploitation.

Trend Indicator: Moving Averages

Forex trading can be a profitable or a daunting experience depending on your skill. It has been shown that with the right knowledge, tools, and experience you can do well in Forex trading and make a lot of money without difficulty.

One of the greatest ways of making it big in the Forex market is analyzing the market and realizing a trend. The unfortunate thing is that you might not have time to analyze the market. The good side is that Forex gurus have come up with tools that can help you in analyzing the market. One of the greatest tools that have been created is the Forex trend catcher.

The good side with this tool is that it is free. The other good side is that it is easy to use. This is because it comes with a manual that teaches you how to interpret the various readings.

By utilizing this tool, you will be able to track the trading trends so that you can be able to invest your money wisely. For example, if the trend is going down, you should aim at buying the currencies. On the other hand, when the trend is going up, you should aim at selling your currencies so that you can make a profit.

Courtesy of the trend catcher, you will be able to recognize the up and down swings of the trade and as a result, you will be able to know the right time to buy and sell your currencies.

What are Moving Averages?

Moving averages are tools that are designed to determine the direction of a trend. Since prices in the Forex market tend to fluctuate around an average value, it is easy to tell whether the prices are within or away the market average value. In addition to telling whether the prices are within or away the average value, you are able to calculate the prices that are above or below the average value.

Why Should I Use Moving Averages?

One of the practical and efficient ways to measure a trending market's action is through moving averages. You can use crossovers, divergences, and the trends of moving averages in order to examine and define the signals that we extract from the action of the market. Afterwards, these can be utilized to direct our succeeding decisions regarding trades.

Types of Moving Averages

There is a sizable quantity of moving averages at the disposal of traders. These are some of the examples:

Simple Moving Average

As one of the simplest tools, it tallies the costs within a particular time, and split them based on span of time, extending to the indicator's value. There is no need for weighting or applying of smoothing factor.

Exponential Moving Average

This provides more value to up-to-the-minute prices by weighting in an exponential manner. While we are moving to the charts left and in the direction of past values, the weighting drops quickly relative to linear progression. Thus, the most notable when it comes to resolving the indicator's value are the most current prices.

Smoothed Moving Averaged

This is comparable to EMA apart from the fact that it considers every data

available. The initial price values are not eliminated, rather they get lesser weighting and play little role when it comes to concluding the indicator's value. It is usually utilized to have a smooth price action and to eliminate the short-term variability. In this way, you have a better comprehension of the long-term market action.

Linear Regressed Moving Average

This is comparable to MA, but it has linear weighting factors instead of exponential. An example is that the earliest period's price (n) is multiplied by one. Next, the newer one (n-1) is multiplied by the factor of two. The succeeding period is multiplied by three. This goes on to the current period is reached. In this particular situation, the newer prices have more emphasis, and the latest rising or falling fluctuations are characterized by significant clearness that helps the trader decisions.

Despite the great number of makeshift and expertly made techniques for moving averages, three common methods form the foundation of a majority of such strategies.

Crossovers

Crossovers take place when the price moves up or down a moving average, which indicates the start or conclusion of the current trend. These are part of the most usual incident within technical trading, and do not allow a significant amount of the anticipated power when it comes to the analysis of market action. These are most useful when combined with additional techniques and tools if we want to examine price action more confidently.

Trends of Moving Average

Moving averages can include its particular trends from time to time, too. It is plausible to make good use of such trends in order to determine the entry or exit points. Even though its reliability is not comparable to the price trend when used on its own, it can still be an effective way to verify the price action if we use it together with the latter.

Divergence/Convergence

Divergence happens when a trend dominates, but a moving average decline. Meanwhile, convergence arises when a market trend falls down, but moving average counters it by recording top highs. Such circumstances are deemed to signify a subsequent reversal. At a time that indicator values contradict the price action, it is expected that a market is soon to exhaust its energy, which could be a fine time to start a counter-trend position. It is crucial to keep in mind that timing is vague in such formations, and the expected reversal may not even happen ever. It is usually noted in the phenomenon of divergence/convergence emerges steadily without resulting in a single significant reversal, particularly in powerful trends. However, it is the most favored technique configurations when it comes to interpreting moving averages.

MA Hopping

This term refers to the trading technique wherein MAs in various periods are utilized as sequential resistance levels in order to breach price action. For instance, we assume that a trend in progress to break the one-hour first. Then it is the three-hour, then the ten-hour, and afterwards the forty-hour moving averages in a sequential way. Moreover, we believe that we may decide to open positions in each of such successive indicators. We keep our positions while the price hops between them because we look forward to the continuity between these levels that are signified by the MAs.

We will analyze all of the methods as we study each type of moving average in its particular article. You are welcome to visit the relevant page to learn more about the way that the calculations are completed.

A major weakness of a moving average is the lagged nature associated with it. There are numerous cases, particularly for short-term fluctuations, wherein the market event has already ended just when the moving average gets a hold of the former. A moving average will just consider the growing market pattern when the latter has been strongly established. If a pattern is fleeting, it will be unlikely to be traded, and we might be subjected to a double loss as well.

The advantage of this type of indicator is its practicality, accessibility, and clearness. It can be effortlessly incorporated into an all-inclusive strategy. It can also devise unique techniques with the use of a moving average. This indicator is very versatile, which makes it an invaluable addition to every trader's collection of tools, irrespective of the trading style and market type you prefer.

Volatility Indicators

The methodology of using Volatility indicators

Volatility indicators are a way of showing the extent of price fluctuations. In all kinds of markets, there are times of high volatility and there are times of low volatility. These periods interchanges, one another. A period of high intensity is replaced with a period of low intensity. It shows the lever of activity in any particular market.

How volatility indicators work

1. Volatility has many uses and interpretations. The extent of volatility of any security can be used in making a decision of selecting the particular security or not. A low volatility can suggest that a security can remain in the downward trend while a high volatility shows that the stock in question will move greatly on its trend. The knowledge of volatility indicators is very important in determining on where to trade and invest. This can be done in a number of ways like knowing how price movement is related to the industry or whether a security is good for long-term investment or not and the chances of price change to bring any change.

2. If a certain stock has had a certain volatility range over a long period and it breaks from the range with an upward trend, this shows that there will be a trend change. If it breaks with a downward trend, then the frequency and the rigorous price changes in the short term will go down before the whole trend is established among the inventors.

3. Having the knowledge of volatility cycle will help an investor in determining the best time to foretell a price breakout. Sometimes securities are very regular meaning volatility is always on an upward trend. This can be a sign to show the investor that investment in the securities is at its best.

Volume Indicators

The volume indicator is also a significant index aside from its own price. It is very beneficial in the stock market because it shows how much stocks have been traded (both selling and buying) at any given time. As it is systematized in Forex, you cannot determine the figures as to the amount of money that has been bought or sold during a particular time. You can determine the figures of the volume indicator using the movement of the price as your base.

This bar chart uses two different bars, the green, and the red bars. These bars are used to show whether you have a greater value or a lower value. When you see a green bar, it shows a greater value than what the bar previously indicated while the red bar means the current value is lower than the previous value. With the bars displaying a color green, it means that there are more people participating in the stock market at that particular time.

The volume indicator can analyze how strong the trend is. The price follows the trend, whether it is going upwards or downwards. If the volume increases, it shows a strong trend. However, when the price starts fluctuate while the volume begins to decrease, then it shows a trend that is getting weaker and will probably stop. What follows this is a reversal or a rather quiet market. Still, you will need other indicators to confirm the current situation.

Volume indicators are also used in sorting out the validity of breakouts. When a low volume centralized market showed a single high bar in the volume indicator, it can mean that a possible break out is expected at any moment. When it happens, the volume indicator displays high values, which is considered more accurate. When the indicator displays a low interest, the breakout is considered not valid.

The volume confirms the most significant movements in the market. When the

traders' activity becomes higher than usual, these are confirmed by having higher volumes. Nevertheless, a volume indicator can be considered accurate and reliable if there is access to the information from the actual turnover in the market.

Oscillators- Technical Analysis Indicators

Oscillators are indicators that hold in theory the infinite range of the price influence into limits that are more practical. A low or high value of trading was too difficult to identify. This is the main reason these oscillators were created. Although we may have some mental concepts concerning what is a low or a high price, trading has a more chaotic and volatile nature and this means that a high price may be outdated by another one as well as negate it. The prices cannot be used as guides for something as an extreme market value. This is where oscillators come in as they resolve the problem and they identify the indicator levels, which give hints for bottoms or tops and can help us by taking a decision.

Why should use I oscillators?

An oscillator can be used in two ways. One method of using oscillators is by determining turning points, bottoms, and tops. This method is useful usually during trading ranges. With the help of oscillators, you can also trend markets. However, they can only be used to join a trend. Bottoms or tops, lows or highs are utilized to enter a trade in the main trend's direction.

Types of Oscillators

There are more oscillator types available according to the choice of the trader. Even though oscillators can diverse purposes and names as they are made after the vision of the creator, they have some small distinctions that can determine the group in which the oscillator belongs to and, therefore, how and where it can have a rational purpose.

Oscillators can be classified after the price sensitivity. There are those, such as

the Williams Oscillator, that are sensitive towards price action. These ones accurately reveal market movements, but do not refine the movements into signals that are clearer or simpler so the trader can use them with more ease. The oscillators such as RSI aren't as volatile, but they have more signal processing, less sensitivity for price action and this means that if 2 different movements have dissimilar violence and volatility they will be recorded in the same RSI range, but the Williams Oscillator has a more accurate way of reflecting the movement's violent nature. In order to define different oversold levels, there are the oscillators that offer limit values, and there are those that create signals using only the convergence/divergence phenomenon. As a whole, the oscillators that offer oversold levels can be helpful for range patterns, while others can be helpful for trend analysis.

MACD

This oscillator is one of the most common and it is as a trend indicator. It is unusable for ranging markets. Although it has a centerline, it does not have lower or upper limits. Some traders use crossovers in order to create trade signals.

RSI

This is another common indicator used by the range traders. In trending markets, the RSI is almost unusable.

William Oscillator

This oscillator is extremely good for assessing trending markets, particularly highly volatile ones. However, the William Oscillator needs patience and commitment. It is very popular, mostly because it is associated the Larry Williams, a trading legend.

Commodity Channel Index

This specific oscillator is mostly used for analyzing currencies and commodities that cycle. Although, the popularity of this oscillator is not as high as of the others, it has surpassed the time's test and usability.

Indicators are assessed in more details in their individual articles.

How to use the oscillators

Each one of the oscillators has its own how to trade the market. Some of them offer the oversold levels for trade assessments as discussed about it before, while some of them are being used by the traders through different technical phenomena in order to create the anticipated signals. In a general way, it is believed that the finest way to use this type of indicator is the convergence/divergence method. Even though this technique is predisposed to the emission of false signals from time to time, this does not occur as often as other technical actions for example the breach of oversold levels or crossovers. This is the reason why this particular style is preferred for analysis.

Oscillators can be utilized in both ranging markets and trending ones. In addition, because even range patterns can be disintegrated into smaller trends, depending on the period, trend oscillators can be used in range trading. The main conditions for the prosperous usage of these types of versatile tools are experiencing and creativity. They can be used in personal trading, but in this case, it is recommended to perform some testing as well as demo trading so you can have the necessary time to get used with the parameters.

Afterword

I hope that this guide has proven helpful in your study on Forex indicators. Remember that these indicators are a tool, and like any tool, proper use is essential. Do not convince yourself that the indicators are telling you something that they are not. This type of thinking always leads to trouble. Maintaining a rational mindset and not letting your emotions get involved is the surest way to prevent mishaps. Remember the motto: Trust the tool, question the user.

Preview of “Cellulite Reduction: The Ultimate Guide on How to Get Rid of Cellulite” by Emily V. Steinhauser

What is cellulite in the first place?

As mentioned, cellulite is normal fat or may also be additional fat that is found underneath the connective layers of the skin. The unsightly lines and furrows on the skin develop as the fat pushes against the skin.

Cellulite is more common in women than in men simply because females have more fat tissue compared to their male counterparts. This is because of the difference of fat distribution in a woman's body compared to men. Cellulite may also be present no matter what body type you are which means even thin people have it. Finally, having cellulite does not mean that you are fat it's just that your body is more prone to develop it than other people.

Interesting cellulite facts:

If your parents and other family members have cellulite there is a huge possibility that you will also develop cellulite too.

There are so many reasons why a person develops cellulite, in women; hormones may play a huge role.

You can hardly see cellulite in people with dark skin color but it is still there.

Liposuction is one of the oldest but still effective ways to remove fatty layers on skin however the American Academy of Dermatology cautions about liposuction. They say that it only worsen the appearance of cellulite since the procedure may only create additional depressions on skin.

The best way to remove cellulite is careful planning. This involves a combination of the right diet, exercise, lifestyle changes and the use of effective treatments.

Prevention may help reduce the development of cellulite and prevention also includes diet, exercise and lifestyle changes.

Your dermatologist and your doctor are the best sources of information regarding the removal of cellulite.

What are the signs of cellulite?

First of all you need to spot cellulite to be able to plan how to get rid of it. The common places that you can find cellulite are parts of the body where excess fat usually deposit. Thus you may find cellulite on the thighs, the hips, buttocks, upper arms, on the midsection and sometimes on the neck area. Skin may appear

- Dimpled and uneven
- With obvious irregular marks on the surface of the skin
- There is discoloration along the area especially when viewed under natural light

Knowing the signs of cellulite will help people develop the ideal cellulite removal plan. Since cellulite may be reduced, if not removed, with the use of exercise, the ideal exercise regimen to tone the area with cellulite may be done.

I hope you enjoyed this free preview of "Cellulite Reduction: The Ultimate Guide on How to Get Rid of Cellulite" by Emily V. Steinhauser.

Click here to check out the rest of Cellulite Reduction by Emily V. Steinhauser on Amazon.com.

Or go to: http://amzn.to/1fUyAVj

Preview of “Texting Secrets Revealed” by Vin Petrillo

Chapter 1 – The Approach

What is the "Approach"? In a typical pickup scenario—say in a bar or nightclub —the approach refers to making first contact with your intended target. This usually means approaching them and striking up a conversation. Simply stated, there are a ton of theories about the most effective way to approach a woman.

If you struggle with this portion of your game, I suggest reading pickup books that deal with this topic. While each may give you specific techniques, the overall takeaway will be to improve your approaches you must practice. The more experience you get, the better.

This applies equally to text dating. Practice is essential. I've noticed on of the big differences between the two is shy guys feel more comfortable texting than a real-world approach. This highlights a problem which needs to be overcome if you wish to have success in attracting girls: being shy. Nothing ruins your chances more than being shy. If you want to be successful, you need to face your fears straight on.

Most people fear public speaking. They often feel like they are being judged; that any mistakes they make are a personal reflection. Approaching girls magnifies these feelings. It becomes extremely personal. But this is a mistake; it isn't personal. It is not a reflection on you. If a girl rejects your pickup attempt, understand that is snap judgment. She doesn't know you; she doesn't know what the correct decision. She can only make a snap decision. Don't confuse the two.

One of the best life lessons that I ever got was to learn to embrace failure. You have likely heard the quote: that which does not kill you, makes you stronger. It's true. Failure breeds strength.

Pretend you are stuck in a maze. You wander around trying to find the exit. Every

dead end that you encounter guides you closer and closer to the exit. By making wrong turns, you are able to discover the one true path. Dating is similar. Making mistakes will lead you to the path of success.

If your heart pounds and your hands sweat on an approach, take a moment and examine the thoughts that are controlling these feelings of fear. Ask yourself: what is there to be afraid of? Failure? Now ask yourself: is failure a bad thing? Or could it be a good thing?

Imagine you approach an attractive girl in a bar and you blow it; you get rejected. That sucks, right? Obviously this girl is the greatest thing on two legs, right? You feel like getting rejected is a bad thing. Later on, you discover this girl has a serious drug problem; she is a flake and steals from the people closest to her. How do you feel now? Maybe like you dodged a big, fucking bullet.

Realize that keeping perspective is always important. Understand that on the approach both parties are working with imperfect information. Your hope is that hooking up with this hottie will be a good thing. Instead, it might be the most catastrophic event in your life. The same thing applies to her.

The point is to stop looking at your results in the light of good or bad. That just screws your emotions up. If you believe you lost something good, you will feel sad. Just as if you lost something bad, you would likely feel relieved.

So don't automatically equate failure with bad. Just like taking the wrong path in a maze is not bad. It just lengthens your journey.

Having the right mental attitude is an aspect that most dating advice books avoid. They will tell you to practice your approaches, but never offer any advice on how to conquer any fears you have. To control your fears, you need to show yourself that they are unfounded. Do not let yourself be fooled by your thoughts. Getting rejected and

failing—at anything—is not automatically a bad thing; it can be a good thing. Just like turning down the wrong path in a maze is not inherently bad. Making mistakes helps us find the correct path.

If you still find yourself struggling with approaching people, take an acting class at the local community college or through a university extension program. Acting is wonderful for strengthen your presence and verbal abilities. Some students find it incredibly helpful also, because pretending to be a character in a play makes a social situation like approaching a beautiful girl less daunting. At the very least, acting classes can help you fake it until you make it.

While this is not the type of approach meant in text dating, it is helpful advice in improving your ability to approach women. The benefit should be obvious. The more women you approach, the more numbers you get. And the more girls you can text. Simply stated, if you don't approach girls and get their numbers, you aren't going to have any one to text.

But what about the texting Approach, namely sending that first text? I will discuss the case in which you have never met the person previously. The rest of this book will discuss texting girls you already know (though all of it also works for girls you don't know yet, too).

Say you are looking to message a girl. You saw her profile online, maybe on a dating site or social media site, you think she is cute and want to get to know her. What should you message her?

Understand that getting responses in these types of situations can be difficult. One of the best ways that I have discovered to elicit a response is to act like you have information that she would want to know. One example of this is as follows: you message her, "I can't believe you put that on your profile. How did you not get banned?"

Most girls read this, and their curiosity gets the better of them. They are confused and want to know what you are talking about. They also don't want to have anything

embarrassing on their profile. Most will message you back wanting to know what you are talking about.

Your reply should be short: “You are in the middle of meeting a deadline, and you will get back to her later.” The point is not to have an answer, but to make initial contact. After this, wait a week and then contact her normally. Don’t bring up your initial message; forget it. Let her bring it up if she remembers, then ignore it. Just plow ahead, run your game.

Making contact like this should be the rare case. Don’t expect tremendous success employing this type of cold-reading messaging. If this is your entire game, you need to work on approaching girls and getting more numbers. Understand that cold-reading messaging is similar to a telemarketer calling random people; there is a low probability of success. On the plus side of these cold-reading approaches is that you can experiment a lot, trying a variety of ideas without much effort. I suggest typing up your script in Notepad and copying and pasting in message boxes. Realize that this is a machine gun approach to texting, you will eventually hit a target if you shoot enough bullets.

Now that I’ve talked a little about approaches, the rest of the book will examine the nitty-gritty of text dating.

I hope you enjoyed this free preview of “Texting Secrets Revealed” by Vin Petrillo.

Click here to check out the rest of Texting Secrets Revealed by Vin Petrillo on Amazon.com.

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