

***5 Body Language
Secrets
That Get The Girl
Every Time..***

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Welcome to “5 Body Language Secrets That Get The Girl Every Time”.

I talk about it some here at the start of your Bonus here, however I'm going to reiterate again:

Body Language is CRUCIAL.

Say all the right things with weak body language and it means nothing.

Say nothing beyond average but do it with all the right body language and you get the girl.

This is a big reason why I spend a significant amount of time just studying this aspect of communication (in case you want to read more yourself, my favorite “guru” on Body Language is a guy named Joe Navarro. He used to run FBI interrogations because of his body-language reading abilities, and has now written all kinds of books on the subject. Start with “What Every BODY Is Saying”.)

Let's begin now, with “5 Body Language Secrets That Get The Girl Every Time”.

1. Dominant Body Language

Now before I even begin to tell you how crucial body language is to attracting the hottest of the hot and the coolest of the cool, let's cover that first word there...dominant.

Kind of a controversial word, right? **Dominance..**

Well, I've got some news for you: it shouldn't be.

You see, most people think of an overbearing, obnoxious dude who comes on way too strong to everyone around him when they hear the adjective “dominant”...and while that might be true in some instances, it's definitely not what I mean when I say it.

Dominance has a lot more to do with YOU than it has to do with how you act to the people around you.

It's being super-comfortable in your own skin and with who you are...

It's not reacting, but instead being proactive..

It's about the status you exude.

So when I say “dominant body language”, know that it's not about crowding everyone's space to let them know you own them...k?

Now you may have heard of a study that was done years ago that found body language was 55% of human communication (with tonality being 38% and what was actually being said, or the “content” a meager 7%).

While I don't give full credence to the study (too many variables to take it as gospel), it clearly makes a bold statement:

Attraction and seduction are largely based on You & Her communication.

And to master communication, **the majority of your focus should be on body language.**

Here's a truth I want you to write down: Women are generally attracted to high-status (specifically, a guy of higher-status than they see themselves as).

Status can mean a multitude of things..

Sure, it can be the things you might think of normally: Job, fame, title, car, clothes, house, etc., but those are just small pieces of the status-puzzle.

Let me repeat that in my best loud-voice..**THOSE ARE JUST SMALL PIECES OF THE STATUS-PUZZLE.**

They might each be worth a point...**yet high-status body language might be worth ten.**

So even if you're a unemployed, carless, down-on-his-luck dude, you can still attract some incredibly beautiful women when you handle your Body Language.

In fact, I remember a couple months ago a friend of mind asked me to come and share some knowledge with some of his guys in his "dating group" (basically a group of guys who work together to really build up not just their dating game, but also their lifestyles, businesses, passions, etc..really cool stuff).

So anyways, after he had to ask me like 3 times 'cause I have some serious issues responding to text messages, I agreed to come talk.

The day I came in, he had another guy give a presentation, who was a "world-renowned" expert on body language (he's been on Dr. Phil and a couple other shows like that, really bright/intellectual type).

So when he was up there, he told his story of how he first realized he wanted to get really good with women...it was about a decade ago, and he had a friend who was **broke, carless and slept on this guy's couch.**

But there was one thing going on in this guys life that didn't suck: He pulled hot girl after hot girl.

And he did it with a little bit of game, a little bit of swag and a whole lot of dominant body-language.

So after a while, this guy presenting said that he started studying this guy, watching what he did, trying to see what he was doing that seemed to work so damn well...he would even listen to the conversations this guy would have with women and what he heard kinda shocked him. Why?

Because the conversations this guy had with women were no different than the conversations he had with women. See where this is going..

..he wasn't any better-looking..

..he didn't have money or a nice car or nice clothes (the dude lived on a friend's couch and didn't work)..

..and he wasn't saying anything incredible or groundbreaking to these beautiful 8's, 9's and 10's..

He just had unstoppable, alpha-demonstrating **Body Language**.

Truly awesome body language that he wasn't even aware of at the time...it just communicated how he felt (like The Man) and women, with their slightly-better-than-most-guys reading abilities, felt it immediately.

So what's this body language look like? How are YOU gonna do it?

Here are the 5 most direct steps to becoming someone who just carries themselves dominantly. Pay attention, this is at least more than HALF your communication..

1. Slower Movements

Guys who are twitchy, easily reactive, fidgety, etc. are going to have a lot of trouble to create attraction in a woman, let alone a BEAUTIFUL one. All of these characteristics come off as nervous, anxious and the dreaded "beta". Oh no..

It also comes off as ...

..not being in control of your body..

..not being in control of your situation..

..not being in control of your reality..

And this is all of course bad because women really dig a man who's in control of his shit.

So instead do this, it's the quickest, easiest, most powerful fix any guy could make in 2 seconds:

Cut the speed of every movement you make IN HALF, now.

Standing up from a chair? Do it twice as slow.

Sitting down? Do it twice as slow.

Looking over your right shoulder to see what hot girl just grabbed your ass? Do it twice as slow.

You're going to have to consciously be thinking about this for a little while before it becomes a habit, but I'm gonna go ahead and say that this might be the most important thing you can take away from this book.

Try it.

Today.

2. Take Up More Space

This one is fairly straightforward: In all social situations, take up and own your space. This doesn't mean be incredibly obnoxious and insist that people all stand at least 5 feet on the outside of you everywhere you go. Just don't be "small".

Open up your legs, show your crotch, lean back, spread your arms...just take up more space.

Once you start doing this right, people will just "get it" from you and won't even try to fight you for space (put it this way, I haven't had to wrestle anyone for the arm-bar between us on an airplane in years **because they just knew not to** -- they understood just by seeing me before that they probably shouldn't even try it because I wasn't going down without a fight, and this was all communicated via good body language).

3. Leaning Away As They're Leaning In

In every interaction, there's someone leading the interaction, and there's someone following the interaction (you want to be leading the conversation the majority of the time, but not ALL the time). Yet remember how we said how much more important body language is in communication than what's being said?

So while some guys might think what they're saying is crucial for "leading the interaction", it's really not that big of a deal.

Sure, we have our FUN and CHALLENGING vibe in Attraction, and our High-Value Small Talk and all of that is mint.

It makes the conversation pretty much as interesting as she's had in a LONG time.

HOWEVER.. it's your body language in the interaction that's more important.

Your arms, your legs, your facial expressions, your eye contact, your breathing...all of it.

Yet a big frame you can set with this is planting the belief that **she's coming to you**.

It's when you're leaning back and she's leaning towards you -- hence, it looks like she's coming towards you, or chasing you, or pursuing you. When she feels that in her body, it'll communicate back to her internal dialogue like, "wow, I must be attracted to this guy, look how interested in him I am."

This is powerful shit..

For example, there have been countless numbers of time where a girl will be talking to me and she'll be doing almost ALL of the talking -- I'll literally say nothing.

Yet I'll be leaning back, up against the wall, just chilling, while she's talking and leaning towards me.

And although she is doing almost all the talking and creating all these different conversational threads and for all intents and purposes, "leading the words of the conversation,"...**I'm the one leading the interaction**, because of our body language.

At any point in this conversation, I could say whatever I wanted and she'd quickly respond to it and follow my lead.

Think of a King who sits on his throne, says almost nothing, lets people think they're in control, then he does open his mouth, everyone shuts the fuck up and treats each word like the gospel - similar idea here, not that I'm a King or anything :-)

So when you guys are talking, get her hooked in the interaction, and then start leaning back comfortable and let her lead in to you.

You'll notice an immediate difference in her interest in you (look especially at the eyes and those pupils, they'll start dilating).

Also, you can do this by subtly turning your hips and shoulders away from her during high-points of her conversation, when in every other instance with every other guy, they lean in closer and give her their full attention.

Make sure it's subtle -- she shouldn't be facing 6 o'clock, while you're looking at 9 (more like 7:15).

4.. Look At Her Directly In The Eyes When You're Talking, Look Away More Often When She's Talking

Strong eye-contact is a given...

And it's incredible to me, because most guys don't make ANY eye contact 99% of the time.

I watch guys check out at Whole Foods with the cashier girl and won't look her in the eyes once. That's GREAT practice time, the 90 seconds you have to flirt and create attraction checking out anywhere, anyways, just remember when you're talking..

LOOK HER IN THE EYES.

And when you do it, embrace it. Find out what color her eyes are, find out how comfortable she is with eye contact (that piece of info right there can tell you a TON about what kind of girl she is), look into her fucking soul. Just make strong eye contact and enjoy the connection..

Do all of this...when you're talking.

On the other hand, **when she's talking**, make less eye contact.

Now, don't look at the ground (steer clear ever of looking at the ground), or around at every single thing going on around you, like your head's on a swivel...keep it subtle.

Imagine there's something incredibly interesting going on behind her to the left when she's speaking and you want to take a few seconds to look at it.

Overall, the interaction should break down to something like this:

When you're the one talking, you should be holding strong, relaxed eye contact 80-85% of the time.

When she's the one talking, you should be holding, strong relaxed eye contact 60-70% of the time.

What this does is:

It shows you're a strong man who believes in what he has to say when you're making such strong eye contact when you speak and it shows that while you're clearly a strong man, you're not quite sold on her yet and now, **she has to earn your attention.**

You just became a challenge, you just became more valuable, you just separated yourself from all these other guys who give her all their attention immediately (even though she didn't do anything to earn it yet, except look really fucking hot).

As the interaction continues and so long as she continues to prove herself to you, then you can start to give her more of your eye's attention.

And what's cool about it is she'll subconsciously recognize it and it'll make her feel really cool about herself when she does earn it, that she had a challenge in front of her and she made some progress on it.

Give her that gift.

5. Crotch Central

I mentioned this briefly before yet I thought it was so important, I'm talking 'bout it again.

Show and bring attention to your crotch.

Spread your legs apart when you're sitting down.

Take big, wide stances.

Put your hands around your belt near your crotch (or at least one hand in that area a la James Dean).

Just let it swing :-)

What this does it it communicates that you're an Alpha MAle, who's not only incredibly confident and in complete control of his world, but also **a guy who's incredibly sexual.**

And women LOVE a guy who's comfortable with sexuality...it just makes him even sexier to her.

So when you're sitting down anywhere, open up your legs. Be a man, kick back, open up.

To apply each of these tips, try focusing on one at a time for 3 days.

Make it a practice for you.

After 3 days, when it's become a bit more habitual and ingrained, focus on the next one and so on.

When you start moving through the world with all 5 of these things working together, the greatest things you've never imagined will start happening for you, not just with women, but in business, relationships and all areas of communication.

Go get it my man.

-Jason