Attract Women Now

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Introduction

Face it guys, times have changed. Women are striving to be more assertive and independent, and they are constantly changing their dating goals. Some women remain traditional, with the hopes of finding one guy to have a romantic relationship with. But many women are looking for a man to share a short, passionate affair. With this in mind, we have to follow and understand their changing style of courtship: signals, techniques, and even body language. **We have to learn how to understand women so we will know what they are communicating to us.** If you want to succeed in meeting and dating new and exciting women, you must be able to interact, talk, and flirt with women on their level. This book is designed to help you learn this process by providing the knowledge, techniques and skills required for dating success. Whether you're looking for a long-term romance or a one-night stand, this book will guide you through and make meeting, dating and seducing women easier and more fun!

One thing every man must understand is that women think differently. Women say they want to be treated as equals. We've all seen the feminists in action, fighting for one thing or another trying to equate themselves to men. What they don't understand is that we could treat a woman equally - just like another guy - but it wouldn't satisfy her. Women still want to be romanced and treated with respect. Women say one thing, but expect another. They want to be paid equally, but they want men to pay for dinner. As men we know how rough dating actually is, and it seems no one is willing to make it easier for us. Until now!

This bible of knowledge will guide you through the dating process to ensure success with women!

Did you know that even if you are both thinking the same thing, it is a proven fact that communication between the two sexes lacks clarity? Men and women each have a different process of courtship the other may not understand. Signals, and even words used, may not be recognized or even understood. **We need to figure out how to read women so we know what they are thinking.** Women are sending messages to men all the time - we just aren't getting them! This is why understanding a woman is very important. Are you thinking: How will I ever learn how a woman thinks? I bet you are, because so was I when I started this book. I was shocked to find that most women were responsive to my research! Women want us to figure them out! They were quick to tell me what men do wrong when relating to women, and how rare it is to find a man who can understand how women think and communicate. **This book will open your eyes to opportunities you've never seen before, and you'll soon be equipped with the knowledge to take full advantage of these opportunities!**

By following the suggestions in this book, you will become a man that women want to date. You will be able to choose the women you spend your efforts on. You'll likely change your appearance and your behavior in an effort to look and act how women want. Your changes will influence all aspects of your life - your work, your social life, and especially your success with women! But before we go any further, you have to make a commitment to wanting success with women. You have to be willing to put in

the time, effort, or money. You have to accept that you will change through the process. Don't make excuses for previous failures - just chalk it up to experience and admit that you need practice! Pretty soon you will realize just how easy meeting and picking up women can be.

While reading this book, you will learn more about yourself and what you want, then use this information to target your desired type of woman. You will soon know what to do, and what not to do, for success with women. You will learn how to flirt successfully and create sexual chemistry with complete strangers.
If you read this book, cover to cover, you will be able to get the kind of short-term and long-term relations with women you crave - whether it be purely sexual or emotionally fulfilling. No doubt, this book will be the best book you will ever purchase to help you pick up all the women you want!
Turn the pages to learn the Who, What, Where and How of meeting, approaching, talking to and seducing women in the twenty-first century.

Chapter 1: Initiate, Educate, Persevere

Let's cut to the chase. For a man to succeed with women, he must be able to initiate communication with a woman. The secret behind success in meeting, approaching, talking to, and seducing women in the twenty-first century is the ability to INITIATE! Get out there and make the effort. This may sound easy enough, but it isn't. Many of you already know how hard it can be to approach a woman. This chapter explains why it is so important to take the initiative and learn from your mistakes. With this book, you will learn the ways of women, what attracts them, and what discourages them! Educating yourself is extremely important for success with women. You will soon know how to read women, how to approach women and how to talk to women in order to get them interested in being with you. You will also learn more about yourself, and how your mind helps you attain goals.

You will practice meeting women, you will talk to them, and you will undoubtedly face rejection, especially in the beginning. You must persevere through failure and rejection and continue to experiment and
initiate! You will realize that each failure can only lead to greater success!

Initiate

Chances are, women won't arbitrarily flirt with you on the street. They won't offer their bodies to you. They won't approach you and ask for your number. You have to initiate meeting women. Once you meet a woman she will decide if she wants to further the relationship. If you exchange numbers, you still must initiate. Call her. Don't wait for her to call you.

Initiating contact with the opposite sex is the key to success with women.

You have to get out there and actively pursue women. Meet and date as many women as you can. Even if you decide not to date the women you meet, you will gain valuable experience just by taking the initiative to approach them.

The ability to approach women comes with practice and also confidence. The better you feel about yourself, the more women will respond to you. Your behavior can be a direct suggestion of your level of confidence. You may need to build up your self-esteem in order to feel confident communicating with women. A man with high self-esteem will confidently walk right up to the most beautiful woman in the room and start talking to her. However, a man who is not sure of himself will be unsuccessful in achieving his goal
of meeting and seducing the woman of his dreams. Which guy do you want to be? If you don’t feel good about yourself, or you know of areas you could improve, take a trip to the nearest library or bookstore. Pick up a couple of books on how to improve your self-image. You should recognize and try
to improve your weaknesses thereby lowering the possibility of rejection. The next chapter may help you identify areas for improvement.

Educate

You need to educate yourself on both women and men, and how their minds work. The more you know about women, the better your chances are for success. If you know how women think, and what they want, then you have the power to respond and behave in ways that will attract any woman. By creating an image that women want you will attract the women you desire. This book will teach you everything you need to know about women, including what they like to see and hear, and how they want to be treated. Consider this book your new Bible. But knowing women is only half the battle…you also need to know how men think.

Yeah, you heard me right – you need to know how your own mind works. We all have conscious thoughts, and make conscious decisions every day. But there is also our subconscious to consider. When we set goals, our subconscious keeps track of these goals, and influences the results in our conscious mind. When we encounter fears or rejection, our subconscious deals with these obstacles and adjusts our conscious mind accordingly. We are able to keep our goals in focus through changes made in the subconscious mind. When you make mistakes, or face obstacles, your subconscious mind chalks these things up to experience and expects that you will continue to pursue your goals. And that is just what you need to do - learn from your mistakes and move on.

**For our purposes, you must always keep your goals in mind, and continue
towards them with relentless enthusiasm.**

Persevere

As you begin your journey into the world of dating you will still be learning approach techniques and you should try to figure out what works best for you. This means trying the techniques in this book, and adapting them to your personal style.

You will no doubt make changes in your appearance an your behavior to become more successful with women. Some things you will learn the easy way, and others you will learn the hard way. However, before you develop your best approach, you must be prepared for rejection.

Everything takes practice.
Don't expect immediate success without failure.

Every man experiences rejection; it is part of the entire process. Hell, it is part of life! Every failure leads to a greater success. **Remember: the more practiced you are at approaching and meeting women, the more confident you will become.** This ultimately leads to a higher success rate with women! Don't get discouraged if you get shut down – consider it her loss. With each rejection, you have to be able to regroup, move on, and apply the lessons learned.

You will learn your dating goals in Chapter 2. These goals will be the basis for your dating strategies. Visualize your goals and make it your priority to meet these goals.

Chapter 2: Who You Are And Who You Want

You deserve the best woman out there for you. If you are like most guys I know, you don't have her yet. This means You Need a Plan. You may need a plan to find a woman, to improve your current girlfriend, or to replace the woman you have. Any woman you're with should bring out the best in you, love you, accept you, share the good times and stand by you through the bad times. Don't settle for a second-rate girlfriend - be with a woman who makes you feel like a God!

For you to find a woman with all the qualities you want, you first have to know about yourself. I guarantee that if you know yourself, and what you want, women will be eager to be with you. If you carry yourself with confidence and show women that you are secure you will immediately attract women and capture their attention. This chapter will lay the foundation for your future success with any woman you want.

Knowing who you are and what you want exudes personal power.
You must figure out your game plan to get the woman you want.

With this in mind pay close attention and don't rush though this chapter. There will be plenty of time in later chapters for learning everything you need to know about approaching, talking to and seducing women. Be patient and learn first about yourself. Once you know who you are, and what you want, you will be better equipped to look at what kinds of women you would likely connect with. We will then derive a description of her and a list of requirements she must fulfill before you give her further consideration. You should not be wasting time with unworthy

women. **This chapter is intended to get you focused on you, your personal goals, and the woman of your dreams.**

Collect Information

Have you ever seen a picture of a well-dressed guy in a magazine and thought you'd like to look like him? Or of a woman you could see yourself being with? Well, all these pictures, photos, advertisements, need to be collected and saved! Use these images as incentives to realize your goals. Imagine yourself looking that good, or with that perfect woman. As well, cut out articles or ads for singles events, or of places you might like to go for a date. Collect any inspiring pictures as a way to visualize your objectives and remain focused. When the time comes for a date with an amazing woman, use the ads to create an exciting date filled with adventure and fun!

As you read through this chapter you will be asking yourself several questions about you and the type of woman you want. **You will benefit more from this chapter if you write down the answers to all the upcoming questions.** You're going to be referring to your self-analysis many times in the upcoming pages. In order to become proficient at picking up and seducing women, you’re going to change and grow. By writing this stuff down you'll have means to measure your progress, evaluate your results and learn from your mistakes. Keep your written work together with your collected pictures and/or advertisements in a folder or notebook. Your written record of your personal and dating progress will mark where you started, how you're doing and where you're going.

The Future is in Your Hands

Nothing about meeting an attractive woman and winning her favor is luck. You are in charge of your life. Where you are and who your friends are is a direct result of your life choices. The people you know are people you have attracted. You create these relationships, consciously or not, and you have the control to build new and better relationships right now. In fact, you can even decide what kinds of women you'll be meeting and dating before you actually meet them! Simply by first knowing who you are and then by describing the kind of woman you want, you're going to put together a plan you can follow for tangible results. Don't leave things to chance or luck. You are responsible for the opportunities that come to you in your life.

Everything that happens to you is directly related to your choices in life.

If you rely on an uncontrollable imaginary force (such as luck, or chance) you will be giving up the power to take your life into your own hands. You should become personally accountable for all you experience - good and bad - so make sure you engineer your choices to reflect your goals and objectives. Every decision you make will have subtle or considerable effects on your life. Be sure you stay focused on what you want and you will be happy.

Who Are You?

This is the time to start thinking about Who You Are. This section will help you to figure out who you are, and what you have to offer a woman. First step: describe yourself. What would you say? Well, a good start is a physical description. So that's what you will do now.

Get a pen and start writing.

Write a physical description of yourself. Include your age, height, weight, physical build, and personality. Be sure to describe who you ARE, and not who you think you are, or who you think you should be. Build a realistic description of who YOU are and what you represent. Be honest with yourself, and go with your first impulses. Don't leave out your weaknesses, but also be positive and look for your strong points. Don't risk compromising your self-expression and confidence by only listing out
all your inadequacies and hang-ups. Such a list is self-defeating, whereas focusing on your positive traits will make you feel better about who you are; and when you feel better about yourself, you'll feel more relaxed and confident around women, too. Women sense this, and they'll feel good being around you.

Take a look at these questions. Answer them honestly.

1.Are you reliable, honest, funny, educated, shy or outgoing, practical or uninhibited?

2.Do you have a large social group of friends and co-workers, or do you like to spend time with just one . or two important people?

3.What have your past relationships with women been like? Who ends them? Why?

4.What is your current financial status?

5.What are your religious and political views?

6.What beliefs and values do you live by?

Now, this next group of questions is more important. You should spend a little more time on your answers.

7.What activities do you enjoy?

8.What are you interested in?

9.What are your hobbies, if any?

10.Are you happy in your career, or would you like to learn new skills and change jobs?

11.Who or what would you like to become?

12. If you could do anything to spend your time, what would you choose to do?

Write this down while the ideas are spontaneous and instinctual. Your first impulses are more likely to be the truth. The more you think about your answers the more likely it will be something you think you should

write, not the truth. Don't cheat yourself – you'll be using this analysis to increase your chances of getting the woman of your dreams. Of course, you can always go back and add more ideas to your notes later.

Focus on What You Want

What you think about and focus on is, inevitably, what you are going to get out of life. You have to think about new ideas, new goals and new women, or your mind and behavior will exhibit the old ideas, patterns and people. If you don't focus on and visualize the woman of your dreams and imagine ways of meeting her all the time, then you'll probably end up meeting someone who resembles your last girlfriend, or worse!

Avoid thinking about what you don't want. If you think about not wanting a boring lazy woman, and you focus on that, chances are you'll be meeting more of them than any other kind of woman.

You must FOCUS on what you WANT in order to GET what you WANT.

This applies to all aspects of your life - not just women. If you just focus on obstacles you come across, instead of your ultimate goals, you'll continue to have setbacks! You have to focus and think about what you want all the time.

Define Your Desires

Now we find out what kind of woman you are really looking for. Start by writing down a detailed and realistic physical description of her. Is she tall or short? Thin or big-boned? Does she have short or long hair? Is she sexy, exotic, and alluring? Is she the girl-next-door type? Does she have a casual appearance or a smart and sophisticated look? Be sure to go for what you want. Write down what body type you would prefer to take to bed. What will get you excited? What kind of woman turns you on? What traits do you look for in a woman? Does she have slim long legs or curvy hips and thighs? Is she in a certain age group? Does she work out regularly? Athletic? **Consider everything you can think of!**

Now what personality type does your dream woman have? Is she outgoing or shy? Does she love to go out and socialize, or is she more of a homebody type that loves to cook and sew? Is she a lady or a tramp? Or a little of both? **Write down anything you WANT.** What are her music and food preferences? Does she like sporting events? Nightclubs? Traveling? Shopping? Does she like animals? Children? Does she have any children? Does she have a career? Is she a student?

You are going to find definite traits and requirements that you're looking for in a woman. Don't feel shy, or guilty, about these requirements. Never feel ashamed for who you are and for what you want. There are many kinds of women out there, and many of them will meet your demands. You need to decide your minimum requirements. You also need to figure out which qualities or attributes you are willing to compromise.

As you progress through meeting and dating different types of women your ideal woman may lose or adopt new qualities. You must stay focused on what you want, even if that keeps changing, in order to progress in a positive direction. By knowing what you want, you'll be able to eliminate undesirable types of women. **You want to meet and get women you desire with little hassles or wasted efforts.**

So that's the end of this chapter. If you have answered the questions honestly you should know more about who you are, and what you are looking for. I'll bet that if you look over your analysis you'll find that the woman you want has similar physical and personality traits as yourself. No doubt she shares similar interests and values, and she probably likes guys like you. The information gathered here will be used later on to advance your plan to pick up and seduce the woman (or women!) of your dreams.

If you have not yet gone through and answered the questions in this chapter - ***in writing!*** - then **STOP** whatever you're doing and answer them **NOW!** It is in your own best interest to know who you are and what you want. Chapter 3 talks about what women want, so you need to know what you have going for and what you might have to change to become more attractive and approachable to women.

Chapter 3: What Woman Want In A Man

Now that you know what YOU want, it's time for you to figure out what women want. Once you know what she wants, you can begin fine-tuning your own behavior to better your odds of getting Miss Right. Once you know what she wants, you then have the power to appeal to any woman and make her want you.

First Things First

Within three minutes of meeting her, a woman will evaluate you, judge you and stereotype you by your first impression. Despite this being an unreasonable way to judge a person, women do this to almost every man she meets.

Make those first crucial minutes work FOR you, not against you. What is communicated and observed during your first few minutes meeting a woman will dictate your future relationship with that woman: you may become friends, lovers, or possibly remain strangers.

We are all guilty of judging others based solely on their physical appearances, and our personal prejudices and shortcomings. As shallow as that may be, it's true. You must use this judgment period to your advantage. This time is your most valuable opportunity to portray your most attractive qualities. The best way to make your first impression work for you is to adjust your physical appearance for greatest results.

Dress to Impress

How should a man dress to impress? First, always wear clothes that correspond to the occasion. Second, always wear a well put-together outfit. If you have trouble deciding on what to wear, it is always better to be overdressed than underdressed. You wouldn't want to show up in casual wear for dinner at an expensive restaurant with a woman dressed to kill. **A man should always be dressed to meet the occasion or situation.** No matter where you are going with a woman, you should always be wearing clean, well-kept clothes. Believe it or not, women prefer clothes that are well-kept and clean to clothes that are worn out or dirty! That may seem obvious to you, but it is important to remember. By taking care of how you look, and by showing some style, you show women that you really care about your presentation - and women notice!

Look Your Best... Always!

You should always take the time to look your best whenever you go out. You never know when you may have the opportunity to meet a stunning, beautiful woman - the grocery store, Laundromat, or coffee shop.

Be sure to pay attention to the whole outfit. It's worth the extra money to buy your self some nice clothes to wear out. And don't forget about the shoes or boots, a new belt and a nice watch. Accessories do make a huge difference.

If you wear a well put-together outfit you will look sharp and portray more confidence.

The way you dress actually will change how you behave. Think about it… if you wore a clown costume all day, you would feel silly and goofy. So if you want to have more sex appeal, wear something that makes you feel sexy.

Women will respond to the image you project. Figure out what image you portray now and then make the necessary changes in your wardrobe to attain your desired image. Whatever image you want to give women be sure to act the part. You should consider all behavior that attributes to your overall personal image - physical gestures, eye contact. Use your clothes to emphasize your desired image

With all my experience, and from talking with other guys, a successful look to maintain is to wear a pair of nice pressed or ironed pants and a sport shirt. Add to these basics a trendy blazer, leather jacket or simple
sport coat. Wear some good-quality stylish leather shoes or boots (match your leather jacket if you wear one!) and be sure to always keep your shoes polished.

Be sure to show good taste. The whole outfit can be relaxed, trendy, conventional, or professional, but any route you take you must look sharp. Try to stay away from wearing a tie. You want to stay loose and
approachable - not uptight or snobby looking. A simple well put-together outfit is best. **You'll be more successful with women than you've ever imagined if you wear a clean, classic, well put-together outfit that exudes style and self-pride.**

Refine Your Grooming Regime

Women notice every little thing about a man's grooming. Every time they see a guy they go through a mental checklist. Is his hair washed and styled? Are his fingernails clean or manicured? Are his shoes polished? Clothes clean? Is he bathed? Does he smell good? These things really matter to women! Clean and neat counts! Find a grooming regime that works for you - and stay polished!

Always, I repeat ALWAYS, shower and shave and use deodorant before going out to meet a woman. You might think the smell of your sweat is manly and sexy, but most women would strongly disagree! Hold off on sharing your rugged body odor until you're hot and heavy in bed. If you are going out specifically to meet new women or for a date, be sure to take some extra time getting ready. Show women that you care about your appearance. Make sure your hair is done properly and your nails are filed and cleaned. Brush your teeth and use cologne - not too much though, as women generally have a better sense of smell than men. **Take pride in how you look, and you instantly improve your chances of success!**

Get In Shape

You don’t have to be buff, ripped, or a body builder just to get the girl. But you should make an effort to keep your body fit. Not only for your health, or for how you look to women you first meet, but also for your sexual performance in bed. Even if you just do cardio a few times a week, you’ll not only trim the waist line but you’ll also be able to satisfy your woman long into the night - without having to take a break halfway through! **Exercise will not only make you look good, it will make you feel great!**

Besides, most women aren’t attracted to a man who is overweight and lazy because that is a direct indication of how he is as a lover. You want a woman to see you as a man she could be with physically. Even if somebody carries himself well and with good posture, it’s an indication of a good lover - in both men and women.

Be Unique

Another important quality that women love in a man is individuality. **Women love a man with a presence - someone unique.** Take another look at your self-analysis and decide which quality (or qualities) makes you different, special, or one of a kind. Then come up with a way to draw attention to that quality. Maybe coin a phrase, or use a prop? If you love photography, for example, carry a camera with you the next time you go out. We all know most women love getting their picture taken - maybe a beautiful woman eager to be your next model will approach you.

Often, wearing some kind of hat will make you stand out. Even wearing a baseball cap will prevent you from withdrawing into the shadows. If you want to have a little more fun wear a cowboy hat. Or try wearing a Santa’s hat at Christmas time. Women love cuteness in a man.

Whatever method you decide to use, be creative. Be confident and have fun being yourself. Women love a man who shows character.

Build Your Confidence

No matter where you are in your life, you should always know who you want to be. To build your self-confidence you need to know who you are, know where you are going, and be actively involved in making your goals reality. If you don’t like something about yourself, or you want to try something new, then you should start using your spare time to achieve these personal goals. Take a class, attend a seminar, or enjoy other activities that will help you become who you want to be. It won’t take long for you to start building the self-confidence to which so many women are attracted.

Intrigue Her With Mystery

Another trait that many women find attractive is a little mystery in a man. While most women claim they want a man who is open, revealing and vulnerable, they also

find the strong silent type very appealing. Though this sounds contradictive, it’s relatively easy to respond to. A man who is mysterious intrigues women. She considers this a challenge, so give in to her playful game.

Don’t tell all right away - save something for later. You must hold back from telling a woman everything about yourself right away. An easy way to do this is to only answer questions. Don’t talk too much about an issue or experience - you may say something she doesn’t want to hear. Let your personal story reveal itself over time instead of all at once.

Challenge a woman to find out about you.

Intrigue the woman you are with and she will be more determined to find out all about you. Women don’t mind having to pry a little to get more information. But be sure not to be overly secretive, though, or she may wonder what you are trying to hide!

Show Her Respect

Women want to be admired and appreciated for their special qualities, even if they deny wanting the attention. Putting the woman of your desire first will pay off. If you show her that who she is and what she says is important to you, you will easily be on her good side. You can do this by being attentive, through compliments - on her looks, a new hairstyle, or a promotion at work - and by listening to her during your conversations. Show her you are genuinely interested in her. **Admire the woman you are with, respect her and make her feel special.** She’ll be very happy with you, and she’ll want to please you in return!

Give Her a Little Romance

Romance is attractive. It’s a little well-known fact that women love to be adored. Being romantic is easier than you think, too! It often means just doing the little things. Surprise her with a single flower or a note in her pocket, take her chicken soup when she’s sick, or tell her a song reminds you of her.

Women always need reassurance. She needs to know she is needed and wanted.

Women want to hear you say nice things about them. They love flowers and gifts any time. But you can’t give her romance too often. If you give too much she’ll come to expect it, and there’s a chance she’ll take it for granted. Don’t over do it. Romance is a great Ace to play if she is ever unhappy and you want to cheer her up. A little candlelight, wine and roses will go a long way!

Make Her Laugh

A sense of humor is key when entertaining a woman. If you can make her laugh, you can often win her heart, too. Many women complain about men being too serious. So loosen up, relax, and make her laugh when she's with you. Having a sense of humor can make up for other possible shortcomings, too. Men who aren't the best looking or in the best physical shape can often succeed with women just by having a great sense of humor. Being funny comes from having the confidence to be weird, silly, overly outgoing, or exaggerated. **Let your inhibitions go - use your sense of humor to your advantage!** Don't be shy - laugh out-loud, and she'll laugh with you.

Summing Up What Women Want

Women all basically want the same thing: A man who is looks good, who is sure of himself and who shows genuine interest in being with her. Of course, each woman has particular traits she looks for, but all women want a man who is unique, fun to be with, and who will treat her with respect. After studying this chapter, and making the effort to build on the traits discussed, you will become more attractive to women. Once you master looking and acting the way women want, you will develop your own personal image. Women with a similar image will be drawn to you, and you will have greater success with these women.

Chapter 4: What Not To Do In The Company Of Women

If you are like every other guy I know then at some point you have done at least one of the things in this chapter - probably without knowing it was a turn-off for women. Knowing about these turn-offs ahead of time makes it easier to avoid them. It is my expert advice that you heed these warnings. I guarantee that if you ignore this chapter, you will be destined to failure with women.

DON 'T Gawk at Women

If you stare at a woman's body, she will automatically be turned off and decide you are someone she does not want to be with. This does not mean you can't appreciate the rest of her - her clothing, her stride, her gorgeous facial features. This means that you must check out her body with a little more discretion. The last thing a woman wants to feel is like she is a piece of meat that a man just wants to have sex with. Women want to feel appreciated for who they are, and not just what they look like.

Making eye contact is extremely important when you first meet a woman. **You'll never progress your relationship with a woman if you keep looking at her chest.** Despite that her clothing is sexy, and she has a beautiful, curvaceous body, you mustn't check out her ass or breasts so that you can get caught! Direct eye contact is especially important if you are in a social environment and you are talking to this woman for the first or second time. Keep your eyes on her - not on the women walking by, or on her friends. If you are seriously interested in a woman, you should give her your undivided attention.

DON'T Curse and Swear

You want women to see you as a gentleman. If you really want to give off a good first impression, don't swear in front of women. You should always assume that women don't approve of foul language or sexual undertone during conversation. Always lead women to think you are a gentleman, even if you aren't. Once you become more comfortable with a woman then you can gauge levels of profanity that she will tolerate.

DON'T Physically Grab Women

Women do not appreciate their body parts being pinched, grabbed, slapped or fondled. If you do this, you will create hostile feelings between the two of you. Women will not tolerate any physical contact that intimidates them, or is degrading. As a man trying to score with a woman, you do not want her to be guarded or uncomfortable around you. By avoiding aggressive physical gestures you ensure she feels respected, relaxed and safe. You may want to touch her, and have some physical contact with her. This is
permissible - she will appreciate light, flirty gestures, such as touching her arm, brushing against her, or sitting close to her. Flirty body language is important in the stages of seduction, but be careful not to be
too aggressive.

DON'T Lie or Betray Women

If you are ever caught in a lie you might as well say goodbye to the woman that catches you. Women consider trust a major factor in a healthy relationship. If she catches you betraying her trust, she will assume that everything you have ever said is a lie, and she will no longer believe anything you say. In order to cover your bases, for example, if you are seeing more than one woman be sure you don't commit to one woman. Be honest with her, and she may even agree with your behavior! Women want respect. When you respect a woman, she'll give it in return.

If a woman starts to badger you about your behavior, don't answer her questions if you are going to have to lie to her. Simply tell her that she is out of line. You aren't obligated to tell a woman everything, especially if you are still in the dating stage of a relationship. She must also respect you and show consideration for your privacy.

DON'T Talk About Other Women

We have all done this. You are out with a woman, and the conversation turns to your prior relationships. You should be careful to avoid in depth conversations about other women for a couple of reasons. First, by
discussing your past relationships, and perhaps analyzing them, you put this new woman in the category of therapist - a.k.a. friend. She won't feel any sexual chemistry for you if you are telling her what went wrong
with your ex-girlfriend. She may see your need to talk as an indication of emotional baggage. You DO NOT want a woman to assume you have baggage.

Second, you don't want to discuss other women you're your date because this may make her feel uncomfortable. If you are talking about ex-girlfriends then it means you are still thinking about them. A woman wants to feel that you are thinking about her, especially while on a date. She wants to know that you like her, and you want to spend time learning about her. So ask her questions about *Her!* Get to know her. Don't ask about her past, and she will be less likely to ask about yours.

Third, you do not want to be discussing other women with your new date if you are seeing more than one woman. This can be a touchy subject for some women, so it is best left alone. If it comes up in conversation, simply brush it off as casual dating. Try to avoid that discussion in the early dating stages with a new woman. You want to increase your chances of getting this woman into bed, not lose out because of your big mouth.

DON'T Forget to Shave

This is a big issue for women. The stubble might not bother you, but it definitely bothers women! If you intend to kiss a woman, on the lips or otherwise, you must be clean-shaven. Either that, or have your facial hair grown out past the prickly stage. It can irritate a woman's skin, and she won't look forward to kissing you in the near future. This, of course, is not what you want. Be sure to keep your facial hair groomed and
stubble-free.

Chapter 5: Where Women Can Be Found

One thing every man should understand is that obtainable women surround him all the time. We just don't realize it yet. **To be successful with women you need to recognize these endless opportunities to meet new women.** Start taking every opportunity to meet new women. Granted, many of these women may not be your type or have anything in common with you. Just because you meet her does not mean you will go out with her. But you owe it to yourself to get out there and interact with women.

There are many different places and ways to meet women. This chapter discusses ways you'll make yourself more available to different types of women, and how you can "target" the type of woman you desire. Remember, this chapter covers many different approaches to meeting and dating women. Not all approaches may appeal to you, but it never hurts to try everything once.

Organized Dating Groups

Organized dating services can be great, provided they aren't too expensive. You shouldn't waste your time and money on telephone dating hotlines, or on classified personals, because you can't see what you're
getting involved with. It's better to have a photo of her or to interact casually with a woman before actually asking her out. We all know that looks are important, especially when looking for a woman you are attracted
to!

There are many social groups geared towards singles. They are usually formed around a common interest such as hiking, music, photography, or some other favored pastime. A group like this can be good because you'll already have a common interest to talk about when you meet a woman. To find out about clubs in your area, try your local community center or newspaper.

There are also many online dating communities to join. You can chat, exchange photos, and get to know women without actually meeting them. The Internet is a great place to practice hitting on women where there are no egos involved. Who cares if you offend her? She simply won't write you anymore. If you have an Internet connection, this is a great low-risk place to practice. It is also a great way to narrow your search by process of elimination; however, you still can't be sure of what you're getting.

No matter which type of singles groups you choose to join, you may still not find your target woman. A more focused approach will be discussed at the end of this chapter. Essentially, you only go after your desired type of woman. **While targeting on a specific type of woman can be good, as it won't waste a lot of time, you never know where you'll meet the woman of your dreams.** She could bump into

you when you least expect it. That is why the Shotgun Theory cannot be overlooked or underestimated.

Shotgun Theory

The Shotgun Theory emphasizes hitting as many targets as possible. This theory is perfect for hitting on women, and it can also effect your success when job hunting. You want the biggest spread! So, what does this mean to your dating approach? Talk to every woman you find attractive! Wherever you are, wherever you go, you are going to see women you find attractive. Once you see a woman you are interested in all you have to do is approach her, talk to her, or get her phone number. How to approach her is coming up later, but for now recognize that anywhere and anytime is the right place and the right time to meet women.

With this approach, you'll have endless numbers and endless dates! **To increase your odds with this approach, you should go to where there are greater numbers of women.** Such places include aerobics or dance classes, acting and theater groups, singles events, and singles bars. Also, you should always dress to impress every time you leave your house. It's an unwritten truth that you'll meet the woman of your dreams when you are least expecting it. You want the confidence that looking great will give you.

With this enthusiastic approach, you'll always have at least one woman on the go, and you'll always be meeting new women. What if she isn't interested? Don't take it personally. Every man gets rejected some time. The foundation of the Shotgun Theory is to never give up.

You may give up on one woman, but not on your quest to get the woman you desire.

Bars and Night Clubs

Bars and clubs are a great place to meet women and to practice your Shotgun approach. There are always single women making themselves available by going to singles bars and nightclubs.

If you want to be successful picking up women in bars, you should try going to those that aren't too noisy to talk. Some bars have live bands that can play extremely loud. This creates the need to yell back and forth, thus taking away from the seductive behavior. You need to be able to carry a conversation with a woman if you expect to pick her up or get her phone number.

Another factor that contributes to a comfortable atmosphere is lighting. You don't want a bar to be too dim. Again, you want to see what you're getting. Try to find a club that has a little brighter room. Also, try to find a club that has a cozy area with couches or tables where you could suggest having a drink with a woman. If the lighting is adequate, you will see her well enough to decide if she is worth your while, and if the music isn't too loud, you will be able to have a conversation with her. Already, without any commitment, you know if you'll like her or not.

Coffee Shops

Believe it or not, coffee shops are prime locations to hook up with a woman. The caffeine has a big part in this, as it triggers the pleasure center of the brain by releasing a substance in the body called phenyl ethylamine. The coffee creates a body rush - her breathing will quicken, as will her heart rate - and she'll be more receptive to your advances than if you had met her elsewhere. Women in coffee shops tend to be more open to meeting.

Coffee shops are also a great place to meet women because it often means you live in the same neighborhood, therefore there is a greater chance of bumping into her more than once. Coffee shops are a casual environment, and it is easy to approach a woman. You simply ask her if you can sit on the stool beside her at the coffee bar, or offer to share a table with her. Often, women are in coffee shops to take a break from her hurried day and good conversation can be a welcome advance.

Grocery Stores & Laundromats

Ah, the necessities of life. Every woman must buy food. This reason alone is bound to attract your attention - If every woman is, at some time, walking the isles of a grocery store then you have a chance to meet her. The next time you are shopping for food and you see an attractive woman, simply push your cart up beside hers and smile at her. Then say something charming to break the ice and start a conversation.

Laundry is another required chore that we all must carry out. Laundromats can be very casual environments to meet women. Most people spend about an hour and a half doing their laundry, which gives plenty of time to spark up conversation. It can be much easier to approach a woman when she is relaxed and just being herself. If you decide to approach a woman in the Laundromat, be sure not to approach her while she is folding her personal clothing, though. Most women will feel uncomfortable if you do this. If you do meet a great woman in the Laundromat and you don't get her number, at least be sure to ask her about her regular laundry days, then perhaps plan to meet again "same place, same time." As with coffee shops, meeting at a Laundromat indicates that you live nearby to her.

Break Your Routine!

You heard me! Break your routine. Take a different route to work, walk to the corner store instead of drive, have coffee at a new café, take walks at lunchtime. Changing your routine will expose you to new people and new places and will increase your chances to meet and date new women.

A great way to expose your self to new people is to try new things, or go to new places. Create an adventure for your self, and get involved in something you haven't tried, or haven't done in years. Take at least one day this week and try something new! I have brainstormed a list of places to go and activities you could try - not only to meet women, but to enhance your life as well.

Tennis Courts Art Shows The Beach
Health Clubs Concerts The Park
Sporting Events Museums Cafeteria
Department Stores The Zoo Jogging

Amusement Parks Boat Shows Restaurants
Health Fairs Car Shows On the Street
Church Career Fairs Video Store
Local Markets Book Signings In an Elevator
Sports Bars Club meetings Parades
Garage Sales Political Events Bus Stops
Book Store Magazine Shop Airport
Remember: Anytime! Anywhere!

It doesn't matter where you are, or what you are doing, you should always be ready to go into action. The more practiced you are at approaching and meeting women, the more confident you become with your techniques. This ultimately leads to a higher success rate with women! Remember, that you don't have to call every number you get – it's the process of actually getting her number that is important. Just keep practicing! Don't get discouraged if you get shut down - consider it her loss. Once you become an expert, you will have no trouble getting the woman of your dreams!

How to Target Your Dream Woman

Following is your best chance of meeting the woman of your desires. You need to figure out where your ideal woman will spend her time, where she socializes, where she might shop, and in what clubs or organizations she might be a member. Now, you put your self in these places. Spend time in stores she might shop in; join the clubs she might join.

Find your ideal woman in a focused and well thought-out manner.

Make this search a priority in your schedule. Pencil in time throughout your week devoted to finding, meeting and picking up women of your desired type. This approach may at first result in failure, but keep reminding yourself that each failure leads to a greater success. You must persevere though rejections and practice your techniques. Figure out why you were rejected. What went wrong? What went right? In any case, chalk it up to experience and move on. Above all, remain focused on your goal. Keep visualizing your desired woman, and you will be more likely to meet her. Don't live with paranoia that you missed or screwed up an opportunity. Your ideal woman is destined to be with you.

Time to Move On...

Now that you know the basics, it's time to move on. This chapter is the last chapter for building your foundation for meeting, picking up and seducing women. It concludes the Who, What and Where portion of this book. What you have learned so far is imperative to your success with women, and the remainder of this book is all about using effective strategies. The next chapter beings answering the How questions to attracting, talking to, and dating the women you meet.

Chapter 6: How To Seduce Women

Once you find a woman you'd like to approach, you must know how to make initial contact with her. Once you achieve recognition, you have to be able to read her signals - do you continue your approach? Or do you take the red flag and get out of the game? This chapter is devoted to helping you learn the best strategy for approaching a woman. I will define the entire process, from initial contact and flirting, through conversation, touching, and to the bedroom. This chapter will lay the foundation for the more detailed discussions in the following chapters about specific flirting techniques (Chapter 7), how to initiate a conversation with a woman (Chapter 9), and what to say to a woman (Chapters 8, 9 & 10).

The seduction process can be broken down into three main stages. Each of these progressions - Recognition and Flirting, Conversation, and Chemistry - will be described for you in this chapter. As you read about each step, keep in mind that you must lead the woman through the seduction process. She ultimately gives the approval, but you maintain control. Understanding these methods will allow you to

easily incorporate your existing knowledge and skills into the more advanced topics in later chapters.

Stage 1: Recognition and Flirting

Objective: Find Her, Acknowledge Her, Interpret Her Response

This stage is includes checking out your surroundings, observing all the potential target women, and deciding which woman you would like to pick up. **Once you decide whom you will target, you must let her know that you are interested.** You can do this by making eye contact with her, smiling at her, or giving her a little nod. Then, you must get a response from her. She will likely smile, raise her eyebrows or return the eye contact. Once you receive acknowledgement from her, you will subconsciously start making
subtle body movements. These gestures include running your fingers through our hair, stretching, repositioning your self in your chair, touching your face, or adjusting your clothing. You may not even notice your movements – don't worry about it! This behavior is usually a sign of anxiety and your apprehension of actually meeting her and talking to her. Some women may notice your body language, and those who do will find it appealing. It gives a woman indication that you intend to approach her.

After the initial response, you must improve your chances of getting further recognition from her. Chapter 7 goes into more detail about using and reading body language. What you read here are just the basics. Make sure you are in her line of vision. Adjust your position in the room so that you are facing her. Then subtly scan the room and, without looking AT her, try to catch her eye for another moment of eye contact. Now it is up to her to either discourage you or encourage you. She will either show interest, or she will turn away from you. **If she turns away, cut your losses and move on to the next woman you find attractive. Don't waste your time on a woman who isn't interested.** If she smiles at you, or moves
towards you, this means she is interested. If she makes eye contact with you, be sure to smile! It conveys the message that you are interested, and you would like to meet her. Watch her body language for subtle gestures of encouragement - anything from fidgeting with her glass, looking down, or touching her face or hair. Any of this behavior indicates that she wants to meet you. She is inviting you with her body language. **Keep in mind that women know quite well how to reject men. If she smiles at you or makes an effort to straighten her appearance then she is definitely sending you a signal of approval.** Remember: You lead, so take the initiative and go over and say something to her.

Stage 2: Conversation

Objective: Approach Her, Talk to Her, Make Arrangements to See Her Again

From this point onwards, your success lies in your ability to verbally communicate with your targeted woman. She has already given you approval to approach her, now you have a chance to win her approval to see her again. The best way to be successful in the stage is to just go ahead and do it! The more you think about what you will say, or how she might react, the more you worry about going over to her and talking to her. Keep in mind you have absolutely nothing to lose! **You already know the importance of action. Now is the perfect time to execute initiative.** Walk over to your targeted woman. If a woman sees you walking

confidently towards her she will recognize that you are a self-assured man. At this point, you need to say something to her. All you need to do is break the ice, then she will reply and a conversation is ignited. What to say to women and how to approach them is discussed at length in Chapters 8 and 9. Also in Chapter 8 you will find out what vital information you must get from your conversation with a woman.

During this stage, there should be more eye contact, and continuing body language. You may notice that your gestures reflect hers, or vice versa. This is a sign that you are becoming comfortable with the conversation and a connection is being made. With this positive behavior, you should either ask for her number so that you can call her, or set up a time and place to meet again. (Chapter 10 discusses how to date women, and what to say to them before and during your dates.)

It will take practice to become comfortable approaching women, but with time and experience, you will soon find out what techniques work best for you.

Stage 3: Chemistry

Objective: Physical Contact

This stage is based on creating a connection with a woman. She has to trust you, and be able to communicate with you. This connection can be made in seconds, or it might take a few dates, or it may never happen. In Chapter 11 you will learn effective techniques for building this connection.

Once you create sexual chemistry with a women you desire, then you will have no problem finding the opportunity to get closer to her. There will be the urge for physical contact with the woman. Likely examples are brushing against each other, touching legs under the table, or touching shoulders if you are sitting beside one another. While walking, you want to touch her waist or her back, or hold her hand. This behavior often develops after a couple of dates, if not sooner, and almost always leads to kissing and cuddling.

Once you get a woman into this stage, it's just a matter of timing and charm before . you get her into your bed.

These three stages of seduction are the basis for the remaining chapters in this book. The following chapters offer more detailed information, and many useful suggestions for making the seduction process easier.

Chapter 7: How To Use Power And Suggestion Of Body Language

The man with the greatest chance for success with a woman is a man who can attract her, approach her, and seduce her by using both verbal and non-verbal

language. This chapter is all about body language – yours and hers. You need to know how your body language influences her reactions and opinions toward you. You need to know how to get the results you want by telling her what you want before you approach her. You'll learn what impression you can give her and how you can convey your intentions to her by using simple gestures.

You'll also learn how to pick out the women that will be the most responsive to your efforts. You want to minimize your chances of rejection. In this chapter you will find out how to spot the women that want to be picked up and those tat want to be left alone. You will learn how to use body language to communicate with women. You will soon learn how to read a woman's movements and reactions to determine what she's
thinking and how she feels.

Body language is the most powerful and effective communication tool when meeting women. You must become fully aware of body language and use it to your advantage. Once you read through this chapter your chance for success will increase as you begin to see the clues women give you through their body language. Using this valuable information, your time and effort will no longer be wasted on women who cannot or will not give you what you desire.

Use Your Body Language Effectively

This is called Flirting. Flirting is extremely important when communicating with women that you intend to pick up. Everyone can flirt, but not all can flirt successfully. You will soon be able to flirt with women and achieve great results! This chapter is full of suggestions for Effective flirting.

To become an expert at flirting you need practice, practice and more practice.

There are many women out there eager to flirt with men. You may not see Yourself with all of them, but you should still use them to practice your techniques! Practice making women smile; practice talking to women; practice being funny and charming; practice new lines; practice asking for her phone number. You should especially practice reading women – approach them to compare their reactions to what you expected. Every time you are right about a woman's thoughts you will become more of an expert at reading women. You will become more confident and, when it comes time to flirt with a woman you really want to date or sleep with, you'll be ready.

Personal Space

You have to set the stage for exchanging body language with a woman. The best way to do this is it to position yourself within reasonable proximity to her. Once you see a woman you are interested in you should turn to face her. Make sure that you are in her line of vision, so that you can easily exchange glances. You want her to see you. As soon as she sees you, start flirting with her.

Women, too, use their personal space to flirt with you. If a woman is particularly close to you – less than an arm's length away – then she is probably interested in you. Always assume she is interested, at which point begin flirting with her. A woman will likely position herself near you if she is interested.

When a woman sees a man she wants to meet, she will find a way to be physically closer to him.

Have you ever noticed a woman who keeps appearing in your general vicinity? No coincidence. Women have their own ways of getting closer to men. She may slowly move closer to you; she may approach the bar at the same time hoping to talk to you; she may "accidentally" bump into you; she may touch your arm or your waist to make her way past you in a busy nightclub; she may even brush her breasts up against you. This behavior is sending the message that she wants to meet you.

Women almost always will tour the room and pass by any man she is interested in more than once. She will look at you and look away – then look again to see if you are still looking. This is a telltale sign that she is interested. Men often don't notice such subtle gestures. Keep reading to learn more about her body language.

Every time you walk into a room, you should notice women, and where they are. **Keep your eyes open to see who is checking you out, and watch which women move closer to you.** These are the women that are interested in you, and they will be more likely to accept your advances.

Make Eye Contact

If you see a woman you are interested in, the first thing you do is become visible to her, then you want to make eye contact. Look into her eyes. Eye contact, especially the first glance, can say a lot about your feelings for a woman. Women can sense your intentions when she looks into your eyes. Women are very good at reading a person's eyes, so it is important to be genuine. Allow her to see the real you; you'll be more attractive if you are being yourself. Be sure to look right into her eyes. Don't look her up and down like a piece of meat you just want to have sex with; look at her. If you create chemistry (as discussed later in Chapter 11) she will feel the connection right away.

Always try to make eye contact with any woman you are interested in.

Show her that you are serious about wanting to meet her and talk to her. If you catch her eyes across the room, hold your gaze until she looks away. You should never be the one to look away, and never look down. Looking down is a sign of submission – that is what you want her to do! If you look away you send messages of fear, or lack of interest. You want her to know you are strong, confident and assertive. Hold eye contact with her for an extended gaze. If she refuses to look away, give her a little wink and a smile. When you are holding eye contact with a woman, and you feel the tension building, don't break down and look away. Force yourself to keep looking deep into her eyes. By maintaining your gaze you are creating sexual chemistry! Once the woman looks away then you should also look away. Frequently scan her line of vision to see if she is looking back at you, and see

if she will make direct eye contact with you again. If a woman is interested in you, she will let you know.

Extended eye contact is a good indication that she wants to meet you.

If she continues to look right at you, then you know she is interested. She is inviting you over with her eyes. A woman with such confidence is one to be extra secure around. She knows what she wants, and tonight she wants you.

When you decide to approach a woman you want her to see you as a self-assured man whom she could easily be with. Walk right up to her without looking away. To engage a conversation, you should politely
introduce yourself and flatter her with a sincere compliment. She will surely smile in response, or say thank you, and then you ask her name and make conversation. You will learn just what to say in Chapter 8 How to
Talk With Women. Once you know her name, be sure to use it often so as not to forget it.

Smile

A great smile will tell a woman a lot about you: you are sociable, you are friendly, and you are happy. Smiling is easy and effective with women. It will put a woman at ease, and she won't feel threatened by you. When you smile at a woman you are sending her the message that you have noticed her and she should know that you are interested in her. If a woman smiles at you, she is sending that same message.
Always return a woman's smile – it tells her you are friendly, easy-going and approachable.
When you make eye contact with a woman, you must follow it up with a smile. If you don't, she may see you as angry, stupid, or a jerk! You might be trying to "keep your cool" by maintaining a straight face, but women don't want that – a woman wants a friendly, approachable guy to smile at her and to give her a sign of approval.

Smile at a woman to tell her you are interested.

Smiling at her and making eye contact with her will tell a woman you are attracted to her. If a woman returns both gestures – eye contact and smiling – you know you made an impression. You will have a pretty good chance for success as she has already given you the approval to approach her.

It is important to smile to women, and it is just as important to smile while interacting with friends and strangers. If a woman is watching you, and sees your positive manner, she'll see you as a guy who knows how to have a great time. **A woman will notice you laughing and enjoying yourself.**

She will see you as a guy who would be fun to go out and spend time with. If you don't have a confident smile, practice every day in front of the mirror, or just smile at all the people you make contact with through out the day. You will quickly feel great about your smile, and the reactions you get from being friendly.

Reading Her Body Language

When reading a woman's body language, be sure to consider all body movements, facial expressions and even her verbal communication to other people. Women are not very good at hiding their feelings. Their feelings are expressed obviously, provided you can read what her body language is saying. Women always

convey what they are feeling through a series of gestures. You need to be able to recognize these gestures and interpret them to find out her thoughts, feelings, or motives. **There are two key forms of body positioning – open and closed.** Open describes a woman who is open to advancement. She will respond positively if you approach her. Closed, on the other hand, indicates that the woman is on the defensive.
She is withdrawing from the situation; she may be unhappy; she may be tired and wants to go home. Women with closed body language should probably be avoided, unless you want a challenge.

Body Position – Standing

When a woman is standing, and she is open to advancement, she will often stand with her legs slightly apart. Her arms could be by her side, on her hips, or one hand will be holding a drink. She will be relaxed and her movements will flow smoothly. These are all good indications of openness to advancement. **A woman who is approachable will usually keep her hands showing – indicating she has nothing to hide.** A receptive woman will not have her hands in her pockets, or her arms crossed. If a woman is standing with her arms crossed she is demonstrating a closed body position. She is feeling defensive and her arms pose as a physical barrier to anyone approaching.

Body Position – Sitting

When a woman is sitting with just her legs crossed, and her arms resting on her lap, or on the arm rests, she is expressing an open body position. She may have crossed her legs to be sexy – to show off more of her thigh and to express invitation. If she is holding her knee and leaning forward, she is showing interest. If she turns her body towards the person beside her, she is definitely showing interest in that person.

When a woman is seated with her legs crossed AND her arms crossed – walk away. She is not in a receptive body position. Wait until she relaxes. Otherwise, she will probably be a very difficult woman to open up. Another defensive position is when she tightly holds her hands on her lap, and her ankles are crossed.

Obvious Flirting Behavior

Even if you aren't very good at reading body positions, you can't go wrong if you notice some or all of the following behavior:

She may tilt her head to one side, or looks at you then looks down, which indicates submission;
She may run her fingers through her hair;
She may straighten her clothing or adjust in her seat;
She may touch her face, neck, or rub her hand on her own leg.

All these gestures indicate a desire to look attractive. **Women are always showing men signs of interest, but so many men just don't know how to read them!** You need to observe women and, using this book as a guide, learn to interpret their body positions and gestures. When a woman shows signs of

interest you need to be confident with your approach, and that she will accept your advances, and move toward her.

If you are more interested in learning how to interpret a woman's body language there are numerous books written on just that. It is an extensive subject – one worth reading up on! The more you know about how women convey their feelings, the better you can communicate with them.

Physical Contact

If you are like every man I know, you want to become physical with the woman you are advancing upon. You must not move too quickly, though. The woman will show signs of interest, you will start a conversation, and then you can inadvertently touch her. A soft, subtle touch can make a woman feel at ease with you. You will reassure her that you are a nice, gentle person.

The best way to initiate physical contact with a woman is to "accidentally" touch her. Any indirect contact will do – if you are standing, stand close so your arms touch, or if you are sitting, sit close enough so that your legs touch. If she allows or returns the contact, then you are okay to continue. Once you establish your first physical contact you should continue to touch her. It lets her know that you are definitely interested, and you don't want her to get away.

Often, men lose out with women because they DON'T touch her enough. Men often hesitate touching too much for fear of scaring her away, but women think that he is not totally interested in her. This is a simple miscommunication that you can easily avoid. Touch her. If she pulls away then you should give her some more time to get comfortable with you. You don't want to come on too strong, or you might offend her.

Take the initiative to be close, but let the woman dictate how much, how fast.

If you feel that the chemistry between you is building quickly and you feel the desire to kiss her, look deep into her eyes. Stand close enough so that you can touch her cheek, and pull yourself against her. Wait to see her reaction. If she pulls away then she is not ready to be kissed. If she returns the closeness and doesn't pull or turn away, kiss her softly. Make sure you don't give her a wet, sloppy kiss. Women hate that! If a woman wants to be kissed, she will position herself in front of you. Knowing just when to initiate physical contact, or when to kiss her, takes practice. You can practice touching people inadvertently throughout the day, but the best practice will be with women.

Ensure Success Tonight

Now that you know about women's behavior and body language, you need to know how to find the woman who is looking for the same thing you are – to meet someone tonight. This woman will be looking hot and desirable.

Typically, she will wear clothes that show off her female form. She may draw attention to her breasts or legs. She may wear a tight skirt or top to show off her feminine curves. This woman wants to look her best so that she will attract male attention. She knows that she looks hot, and she has probably only one thing on her

mind – to find a sexual partner. A woman looking to meet a man will express open body language, and she will be watching every man in the room. She is looking to choose the lucky guy who gets to take her home tonight. Despite her outspoken body language, you should always follow the points in this chapter – make eye contact and flirt with her before approaching her. Instead of looking deep into her eyes, you could play with her a little and undress her with your eyes. A woman with the goal of a one-night stand will appreciate this gesture, and the chemistry will spark! This woman is sending out obvious signals of interest. **Now that you know even the slightest body suggestions you can pick up on her obvious desires.** You can be the lucky guy who attracts her attention using your own body language and takes her home!

Chapter 8: How To Talk With Women

Now that you have learned how to use non-verbal language to attract, approach, and seduce women it is time to figure out how to talk with women. When talking with a woman, you want her to feel a connection with you. A woman wants a man to understand what she is saying, and men want a woman to feel at ease with him. These two things go hand in hand. If a woman feels that you understand her, she will feel more comfortable and she will be more likely to be receptive to your advances and go out with you.

This chapter is all about the spoken language. Once you've mastered the material in this chapter, your actions or words will never be misinterpreted again. You'll learn the basics to having a successful conversation with any woman. You will learn what to say and what not to say, and a few general principles to keep in mind when talking to a woman.

Your Goal

There is one main reason you are talking to this woman - the chance you will get sexual with her. Maybe you want a relationship, maybe a one-night stand, but ultimately you want sex. You aren't talking to her because you really want to learn more about her or carry on a conversation.

You are using conversation as a way to get closer to your goal of establishing an intimate relationship with her.

Women gauge their relationships on how well they relate to that person. If you want to relate with a woman you have to create emotional involvement. Of course, for you, conversation is a way to get more information about her. But for women it is more about how she interacts with you, and how you make her feel. It is important get along well with her if you want to see her again. This means a lot to a woman. Talk about what you like and dislike, ask her questions, and answer her questions. Offer your personal opinions as well. This will make her feel closer to you and she will move to a more personal conversation.

It is useful to try to attach a feeling to the facts she reveals to you. For example, ask her how she feels about her work, or, if you see her at the gym, tell her how much you admire that she takes care of her body. Tie in your feelings with the situation and/or any facts she gives you. Remember, the more comfortable you make her feel by understanding her, and showing emotion, the better chance you have of seeing her again. You need to use this conversation to build the foundation for a possible relationship with this woman.

The main goal of this conversation is to become personally involved with this woman and to get certain information from her. You need to get three vital pieces of information if you want to see her again.

Get Her Vitals

Before we discuss how to talk to women, let us talk about what the conversation should get us. When you first meet a woman, there are three pieces of personal information you must get from her. The whole basis of your relationship depends on getting this information. Success or failure at this task will determine whether or not you will see her again. **You must make it your priority to get this vital information when talking to a woman that you have just met and that you're interested in.** Focus on these three very important pieces of information.

Vital Fact #1: Her Name

When you introduce yourself to her, ask for her name right away. Be sure to use her name in the next couple of sentences**. Women appreciate a guy who actually pays attention, and using her name will show her that you are interested in her.** Repeating her name back to her is also a good way for you to remember it, and to make sure you heard her correctly. The more you pay attention to a woman, the more she will like you.

Vital Fact #2: A Common Thread

You need to ask her a couple of questions to get more information about her. **Find a way for the two of you to be connected. This might be a common interest, a mutual friend, or the same favorite drink.** You want to use this common factor to relate to her, and you want to give her a reason to trust you.

Vital Fact #3: Her Number

Before the conversation comes to an end, you must make sure you have a way to get in touch with her. This usually means her phone number. Or, ask for her email address. In this day and age there aren't too many people that don't have email either at home or at work. You will learn more about getting her number in Chapter 10 How to Get and Execute a Date. Know these three pieces of information, and make it your priority to get them from every woman you are interested in.

The Basics

Now that you know about getting a woman's vitals, you need to know how to talk to her. This can be harder than it sounds. When you try to compare the way men talk to each other and the way women talk to each other it's like comparing apples and oranges.

Men talk facts, women talk feelings.

If you want to talk the same language as women then you need to express emotion when you talk. Inherently, men aren't very good at this, and that is why the first thing you should do in a conversation is listen to her. You need to listen to her and relate to her conversation. Ask questions about what she is telling you, and involve yourself in her future. You need to learn how to share personal experiences with a woman to create an intimate connection.

Listen

The first thing you want to do while having a conversation with a woman is to listen. Too often, men ramble on about themselves leaving their date bored and feeling ignored. You want your date to open up, to share personal feelings and opinions, and to establish a trustful relationship with you. When a man listens to a woman, and really pays attention to what she is saying, she feels that he is genuinely interested in her for her, not just for her body.

Women want a man to show genuine interest in her life, her opinions, and her contributions to the conversation.

Women don't want a self-absorbed guy who only talks about himself, and who is just trying to get into her pants. Of course, this can be your ultimate goal; you just need to play it cool with a woman in the beginning, until she feels an emotional connection with you. Reassure her that you are listening by nodding at her and by making verbal comments such as "uh-huh," "yeah," and "oh really." Once a woman feels that you understand her, and you want to know all about her, she will relax and become more inclined to go to bed with you.

Show Interest and Ask Questions

When you are listening to a woman speak, you need to reassure her that you understand what she is saying. Use positive verbal comments, as I have outlined above, and be attentive. Involve yourself in the conversation and demonstrate your interest. Ask questions about what she is telling you. You want to ask her What? and How? questions to get more information from her. You mustn't ask her Why? questions, though, as it will put her on the defensive and she may feel threatened. You don't want to lose all the ground you've made so far by asking her an offensive question. Get background information about her: Did she grow up in this city? Where did she go to school? What brought her to this city, if she has moved here? Ask her about her work, what she likes about her work. If she is telling you about a current situation or a problem she is having, ask her questions about how she feels, how she might deal with her situation, or what she has done so far to solve the problem. Show some interest and be involved in the conversation and you will surely impress her.

What NOT to Say

When you first meet a woman, you want to give her your best impression. When you read Chapter 3 What Women Want you learned the importance of a good first impression. This is when you want to portray your most attractive qualities. You don't want to be rude, obnoxious, or degrading in front of a woman you are interested in. Do not talk about old girlfriends, do not make rude or sexual comments, and don't criticize her or put her down. A woman won't respond well to a man who is rude to her.

The fastest way to get rejected is to give a woman no attention or to give her negative attention. She needs to feel relaxed and open around a man if she is going to go out with him. Remember that you want to get along with a woman you are interested in. You need her to feel comfortable around you. **If she is feeling threatened or insulted she will not be open to your advances.** Never insult her, belittle her, or hurt her. This may sound obvious, but never ever do these things if you want to keep talking to a woman. If you insult her, she will immediately form a negative opinion of you and become defensive. Your chances with her are non-existent if you don't show her respect.

Never look for pity love. Don't tell her a sob story about how your dog is sick, or about how you just got dumped. Women don't respect a man who looks for pity love. In her eyes, you are trying to use an unfortunate circumstance to get into her bed. Women have no patience for this behavior. Women also don't have patience for pick-up lines like "Do you come here often?" A woman wants to feel that you are interested in her, not just any woman.

In addition, you should never say negative things about yourself. Use this time to show her all you have to offer. You want her to be attracted to you. **Never verbalize submission – don't apologize, don't whine, don't complain, and don't criticize yourself or what you do.** If she asks you what you do for a living, never say, "Oh, I'm just a _____." By using the word "just" you are telling her that you aren't proud of what you do. She will get the impression that you lack confidence, and she will see this as a negative characteristic. You have to be relaxed and confident when you talk to a woman. You want her to see your positive traits so that she will be interested in getting to know you better.

Remember That...

Every time you engage in a conversation with a new prospect, you will be trying to get her vitals. You also need to find out if she is actually single, and if she is looking to meet someone. Most women will give you an honest answer if you ask her if she is single. You also should use comments in the conversation to clearly indicate that you are single. You don't want to waste your time on a girl who isn't looking for the same thing as you are. If she keeps talking to you, she is probably interested in you. However, watch out for women who are just out to boost their egos by leading on guys. These women enjoy the thrill of the chase but they have no intentions on following through on their actions. It is often difficult to spot these women, but here are a few clues to watch for: she is wearing a wedding ring; she seems to be flirting with and picking up several men in a short time; her gestures are flirty but not sexual; or she refuses to give her number when you ask.

During a conversation you need to balance asking questions and sharing information. Listen and pay attention to what she tells you, and be sure share your interests, passions and goals with her. You want to show this woman that you are sensitive and caring. It's okay to appear vulnerable if it will help you get a woman into bed. It is natural to feel anxious when talking to an attractive woman for the first time. Just behave the way you would during your first day at a new job - listen, smile and be agreeable. If you are nervous it is better to tell her you are nervous than to continually fidget with your straw or a napkin. Don't be afraid to use comedy

to ease tension. If you stumble on your words, make a joke about being so nervous around her that you can’t even talk. Just try to laugh it off.

When you meet a woman and are trying to have a good conversation with her, allow it to flow naturally. Don’t try to steer the conversation too soon. Just relax and enjoy talking to the woman in front of you. If you try to rush the conversation you may appear desperate, in which case you won’t get her number. You want to project confidence and have fun.

Be sure of yourself, relax , have fun and show your interest.

Chapter 9: How To Successfully Approach Women

Approaching women doesn’t have to be difficult. You might think that there are a million different things to know about your approach, but that isn’t the case. It is true that there are many different situations where you could approach a woman but these situations share a number of factors. It is possible to break down all the possible ways to approach women into a few basic techniques. This chapter describes these approach techniques, as well as other considerations to keep in mind when trying to pick up a woman.

Recognize the Opportunity

It’s been said before - anytime and anywhere is the right time and the right place to meet a woman. You are surrounded by endless opportunities to approach women; you just need to see them all! Each time you notice an attractive woman crossing your path, be aware that this may be the only time you’ll ever see her.

You must initiate a conversation, build a trustful connection, and get her vitals!

If you want to see a woman again, you have to act quickly on the situation. Learn to recognize all the opportunities how to take advantage of them. You will learn how easy it is to turn a brief encounter into a
telephone number and a date.

Icebreakers and Success Makers

The best icebreaker is saying "Hi" with a smile. Simple, yet true. Once you start a conversation, you should say something that will encourage further response from her. The next line should be a statement or a
question that shows interest in her. You could compliment her, or comment on something she is wearing or carrying. Whatever your approach, it will likely fall into one of four basic approach techniques. These techniques are defined below for you to learn and practice. Adapt these suggestions to your personal style, and do what

you feel comfortable with. Use these techniques together or separately to get the success you want.

1. Use a Compliment

Every woman needs to feel appreciated. An honest compliment is an easy way to show your appreciation for her and the care she takes to look good. Compliment her outfit, her hair, her eyes, or her manicured fingernails - something specific about her that you are attracted to. A compliment can work great for opening conversation with a woman as long as you put some thought into it. You do not want to sound cheesy or pre-rehearsed. You also don't want to give her a compliment that she may have already heard.

Get creative and personal with your compliments.

Use something that she is doing or wearing to personalize the compliment.

When you see a woman you want to talk to, look at her carefully. Notice something about her that you like, and tell her what you like about it. Be truthful when you compliment her - women can sense sincerity.

When you are figuring out what to say as a compliment you should think of these three structures: use an analogy, follow a compliment with a question, or ask her about what she does. When making an analogy try to compare her to another object. Tell her that her lips or her eyes remind you of something. Or, tell her that the blue in her shirt brings out her eyes. If you are going to follow a compliment with a question notice

something about her and figure out if there is anything that you might like to know. For example, if she is wearing a St. Christopher is she religious? If she is wearing a unique ring ask her if she picked it out, or if it is an heirloom.

The third structure is to compliment what she does. If you meet her in her workplace, and she is doing a phenomenal job, then tell her you are impressed. If she works with children or she volunteers somewhere tell her that you admire the time she spends helping others.

It is important to notice something about her, and not to use a general come-on line.

No matter what type of compliment you decide to give her, be sure to personalize it. It helps to memorize a few generic lines and tailor them to the woman you are talking to at the time.

2. Use a Conversation Piece

This type of comment or question involves observing her, and her possessions and drawing a conclusion - correct or incorrect, it doesn't matter - and using it to start a conversation with a woman. **Always look at the woman you are interested in to see if she is wearing or carrying anything you could comment on.** This could be a book, a briefcase, a gym bag, a shopping bag, or anything! Use this object to strike up a conversation. Ask which gym she works out at, or if she would recommend the book she is reading. If she is sporting a company logo ask how she is affiliated with that company. If she is wearing a unique piece of jewelry ask her

about it. Is it an heirloom? What stone is it? If you meet a woman in your office building and she is carrying a briefcase, or papers, then ask her if she works in the building.

Using a conversation piece as an icebreaker can be very effective and can be used anywhere. It is especially good if you briefly meet a woman, as you can adapt it to any location. If you keep probing her for information, and time runs out, then you have the opportunity to ask her to lunch. Ask for her number, or give her your card.

3. Discuss the Situation

Another aspect to consider is where you are, or the event you are both attending. **Using location to open a conversation is already personalized because you are both in the same place.** If it is a party, you can always talk about someone else - maybe there is one very drunk guy who is making a fool of himself. Laughing at other people seems to be a great way to bond.

Use a comment about the current situation to call attention to the fact that you are both "here now!" If you refer back to the list of places and activities given in Chapter 5 Where Women Can Be Found, you will notice that the middle column is a list of places that would indicate a common interest. If you are both at a sports event, comment on the game. If you are at an Art Gallery, point out that you both like the same painting. Meeting a woman at a place such as those listed is a suitable situation to point out that you share an interest.

If you are in a situation where you don't know anyone, and you see a woman you'd really like to meet then walk over to her. Be honest about your attraction. Tell her that you want to meet her, but you don't know anyone to introduce you. Then introduce yourself and start a conversation. You have nothing to lose by introducing yourself to a woman. Once you start the conversation keep in mind your objective to get her vitals and then ask questions to get the information you need.

4. Ask Her a General Question

Tried, tested, and trued. This technique is a simple, effective way to engage in conversation with an attractive woman. Look at the woman you want to talk to and ask her any question - from "Do you have the time?" to "How do you like the snow?" (Weather permitting, of course!) It is better to ask a good question to which you might actually need the answer. You could ask her where a certain restaurant is, or how to find the nearest bank. Any kind of question could be used to approach a woman, but the more you can relate it to the situation, the better off you'll be. You can combine this technique with any other and it will be even more effective.

You can use questions as general or as specific as you like.

You don't have to be a smooth talker to get a woman to respond with this approach. Even if you don't actually need the information, asking a question will open the door to further communication.

Summarizing Your Approach

Whichever approach you use, remember to personalize your approach. Women want to feel appreciated, so pay attention. When you personalize a comment or a question, she'll take note of your attentiveness and she will hopefully accept your

invitation to chat. Once you break the ice with a woman, you need to get her phone number to ensure future communication. Chapter 10 How to Get and Execute a Date will explore in depth the next **steps of dating.**

Chapter 10: How To Get And Execute A Date

Once you start a conversation with a woman, you need to get her vitals. (You know all about getting her vitals from Chapter 8.) The most important piece of information to get is a means of future communication. You need to be able to get in touch with this woman to set up a date with her! Usually this means her number, either work or home. You can also consider asking for her email address, her location of work, or any other information that will help you contact her again soon.

You will call her or visit her at work, or go to the same café that she frequents in hopes of seeing her. For the purposes of our discussions, I will primarily refer to her means of contact as her phone number.

To give out personal information, a woman needs to see a possible future with you. You need to impress this woman, talk to her and ask for her number. Once you get her number you have to know how to handle the phone call, the first date, and any subsequent dates. This chapter will help you make as few mistakes as possible when getting and executing a date. If you can master the art of getting a telephone number, then you are on the right track to getting all the women you could ever want!

Basic Considerations

Before you start walking up to women and asking them out, there are a few things you should know first. Here are some basic considerations to keep in mind when asking for a number, calling a woman, and asking her out for a date. These concerns are often overlooked because men don't often consider these important points. This section will also address concerns that come up during the dating process. Take a good read through this material and **make sure you don't make any of the avoidable mistakes.**

Prove You Are Trustworthy

Before a woman gives out her number to any man, she must be able to trust him. You should try to reassure her that you a normal, honest, hardworking guy who is worthy of her trust. Always offer your name in your introduction, and ask hers if she doesn't offer it in her immediate reply. Try to use her name in the next couple of sentences to show her that you are courteous and attentive.

In your conversation, allude to your stable job, your involvement in a local sports team, or your family values if possible. You could tell her that you are exhausted from your soccer practice last night, or invite her out to a game on the weekend. Tell her you were visiting your parents on the weekend. Say anything (with some truth to it!) that will portray you as a sound, stable man. You want her to see you as a man worth getting to know - responsible, legitimate, and trustworthy. Reassure her that you are a decent guy before you ask for her number, so she is sure to agree.

Use a Business Card

An excellent way to establish credibility right away is to offer a woman your business card. This indicates stability and it is a way for her to verify what you tell her. If you tell her that you work in the same
building, then present your business card, you establish trust. She will know right away if you are being honest. A business card is a little classier, too, when writing down a woman's number. You will never again
have to dig through your pockets or your wallet looking for a scrap piece of paper. If you don't already have a business card, get some made up. If you don't have a job that warrants a card, you can always make up a
humorous occupation, like Lion Tamer or Breakfast Chef. This could be a great conversation piece, and you could have some fun with it if you wanted.

Get Her Number, Even if She Has Yours

Despite the fact that you have given a woman your card, you should always try to get her number. It comes back to the whole initiation thing… she might never call you if you give her your number, but you will surely make the first move to call her. You really want to go out with this woman, so you want to ensure you'll have the chance to set up a date with her. Get her number.

Be Confident in Your Approach

When it comes right down to asking for her number, always be self-assured and direct. Being direct also helps with your credibility. You don’t want to be shy when you make your move. Prove to her that you know what you want, and that what you want is to take her out. Use simple, straightforward language, make eye contact, and tell her you want to see her again.

When to Contact Her

You really want to talk to this woman again, but you don’t want to seem too eager. The best time to call a woman is when you said you would call her. If you did not tell her when you would call her, then the best time to call a woman is within 3 days after getting her number. It might freak her out if you called a woman within twenty-four hours. Don’t call the very next day, unless you had plans to talk. You want to wait another day for good measure, and then call her after a few days. So, if you met a woman on Friday or Saturday night, then you would probably call her on Tuesday. Waiting a full week is usually too long, and a woman will take this as a sign of disinterest. You want her to know that you are interested, but not desperate.

When you decide to call, you want her to answer. If you have her work number, be sure to call during her work hours, and not at lunchtime. You want to have the best chance to get her on the line. If you have her home number, try to call when she will be home. Be careful not to call too early or too late, though. You don’t want to wake her up. You want her to be in a good mood when you talk to her, so do not annoy her by calling at some odd hour.

If you phone a woman and you have to leave a message, either on her voicemail or with a roommate, be sure to keep your message brief. Leave your name and when you are calling, and say you will call her back. You don’t want to leave a detailed message because then you are relying on her

getting the information. If you don’t leave your number, you won’t expect

her to call you back. This way, there is no waiting game, and you simply call her again. Always call a woman when you say you will call her to demonstrate reliability.

Making the Call

When you do finally make the call, and you have her on the line, what are you going to say? What are your goals of this phone call? It doesn’t take much time to make a few notes to your-self before hand. Write down what you want to say to her before you call her. It helps to have a guideline for your conversation, especially if you get flustered and aren’t sure what to say next. You should already have an idea for a date before you call. Allow room for compromise but always have a good suggestion to start from.

When you decide to pick up the phone to call a woman, you want to make sure that you won’t be distracted. You want to be able to give her your undivided attention. Make sure the TV, roommates, or other background commotion won’t distract you. Go into a private room and then dial her number. When she answers, make sure the first thing you do is say who you are. Don’t expect a woman to recognize your voice right away. Say your name, then don’t hesitate to remind her where you met. Once you are beyond

introductions, make sure that you aren’t interrupting her. You already know that she wants to talk to you, because she gave you her number, so make sure that it is a good time for her. You don’t want to call during her favorite television program, or while she’s eating dinner, and have her feeling rushed to get off the phone. You want her to be relaxed so you can have a nice, casual conversation.

Once you re-establish your connection, and make small talk, you want to stick to your goals of this phone call. You need to ask her out on a date. When you ask her, be direct and enthusiastic. The best way to ask out a woman is to suggest an activity. Don’t get her to commit to a time just yet – you want to see if she is okay with the idea first. Suggest going for a hike, or for coffee, and ask her when she would like to meet to do this. You don’t want to be overbearing or bossy. Give the woman some control so she will have a better feeling about going out with you. Ask her how she would feel about meeting for coffee, or ask her if she would be interested in checking out a new restaurant in town for lunch on the weekend.

Once she accepts your invitation, the two of you can work out a mutual time to meet. Don’t be offended if it’s not right away. Remember that this

woman has her own life, and she may be very busy. Once you agree when you will go out, be sure to figure out when and where you will meet. If you agree to pick her up, you should always phone before you leave to make sure you know where she lives. If you plan to meet somewhere, it doesn’t

hurt to call earlier that day to confirm the place and time. This will show her that you are looking forward to your date and that you will be there on time.

By this point, your conversational goals should be attained. You have talked to her, you have got her thinking about you, and you have got a commitment for a date. This is the time to wrap up the phone call; you don’t want to drag out this first conversation. Save the getting-to-know-each-other talk for when you are together. Maintain control of the situation and let her know you have to get going, but that you are really looking forward to your date.

Your First Date

This is the first real opportunity to get to know this woman. You want to be involved in a casual and fun activity that allows interaction with her. You want to find out if she is someone you’d like to go out with again. She will be figuring out that same thing, so you want to be yourself. Don’t be overly emotional, or romantic. At this point you want to be cute, and allude to your willingness to get involved. Don’t pick her up in a limo and present her with a dozen roses, dinner at an expensive restaurant and a serenaded dance in the moonlight. This only works in the movies. In real life it would likely scare a woman away.

Don’t go overboard or spend too much money on the first date. Use this date to feel the connection between you. This is when you are building a relationship with her. You want to find out more about this woman and what you have in common. You need to relax and be comfortable around her and evaluate her potential. Decide if you want to see her again, or if one date is enough with this woman. You don’t want to waste time and money taking out a woman that you don’t want or won’t have fun with.

If you are really interested in this woman, then you can work on building sexual chemistry (see Chapter 11), however, for your first date you don’t want to be too forward with your sexual interest. You want to flirt with her, and give her attention, but you don’t want to offend her with sexual advances! If you really like her, show her through subtle gestures like putting your hand on her back while she walks slightly ahead of you, or by giving her shoulder massage. Just take the time to check her out.

Do not pressure a woman to become sexual too soon.

If you are looking for a one-night stand then you should probably change your approach and your expectations. All good things come to those who wait; this is true for the good women, too. You have to understand that a woman with morals and/or values will want to trust a man and get to know him before going to bed with him.

Where to Go on a Date

An active approach to the first date usually works well for personal interaction and comfort levels. If you are both having fun then you’ll both be more receptive to the other person. The better time you have with her on the first date, the more time she will want to spend with you in the future. This section suggests a few great first date places, but you are by no means bound by or limited to these activities. The more fun you can have creating an awesome date the better. The woman you are interested in will notice any effort you make to ensure a fun time.

Go for coffee. This suggestion is a trendy pick-up line in itself. It is a date, but it isn’t formal. You both can be relaxed and you will be in a familiar environment. You can go to a restaurant, a café, or a popular coffee shop. It’s a great opportunity to talk and get to know each other with high comfort levels. You want a woman to feel at ease around you. Another good thing about meeting for coffee is the opportunity to continue your date. If you are both having a really good time, you can suggest another activity like going for a walk.

Go out for drinks. This is also a pretty common first date activity. It usually means a later date, likely after dinner, and the setting can be a

little more intimate. Though this sounds silly, going for drinks on a first date is a good way to relax and open up. Consuming alcohol usually allows people to feel less reserved, so a few drinks can make for a more personal conversation. Careful not to get drunk though, or you may lose you inhibitions all together and make a fool of yourself. Usually 2-3 drinks is a pretty good time limit for your date. Also, ending your date before you get drunk will ensure a safe drive home.

There are many variations to going for drinks depending on what you both want out of this date. A quieter environment is better for talking, but if you want to go out dancing then a nightclub is more appealing. Figure out what would suit you both before you decide where you will go for drinks.

Getting active. This type of date is usually pretty fun and interactive. You can suggest any activity that you are both familiar with, like hiking or in-line skating. Or you can suggest trying something new, like indoor rock climbing. This can be fun and exciting, and the thrill of trying something new together will create a stronger bond. An active date is really good for relaxing the mind, because you focus on what you are doing and you tend to be less nervous about the person you are with.

Go sightseeing. Have you ever gone to the local monument building? The museum? The zoo? These activities can be a great way to explore your own city, and have fun at the same time. These dates are usually more casual and free flowing. There is less anxiety, because you will be in a public place, and there will be lots to see and talk about.

Whichever kind of date you suggest, be sure to incorporate personal decisions. Try to avoid "movie dates" at the beginning, as you don’t get much chance to talk. Dinner dates can sometimes be a bad choice as well, because they often cost more and the time obligation is significant, especially if you find that this woman isn’t what you want.

Your Second Date

Provided you liked her enough to ask for a second date, now is the time to turn on the charm and to start really showing your interest. The second date is usually when the sexual chemistry starts to build and the attraction grows. This date should be more intimate and romantic. Don’t be

hesitant to spend money on the second date; after all, you already know you like her. A nice, simple way to show your interest is to show up with a single flower. Or, if you know a personal tidbit about her, show her you pay attention by bringing her something personal. If she mentioned that she has a dog, take her a couple of doggie biscuits when you pick her up. No woman can resist thoughtful gestures like that!

You want to impress her with your good conversation and listening skills. You want her to feel appreciated and desired. Good manners are important at this point. You want to be respectful and make her feel like a princess. Open her car door first, allow her to enter the restaurant first, let her sit down first, and pick up the tab. Yes, I said pick up the tab. At this point, unless you have discussed going "dutch" prior to the date, you should pay the bill. Your willingness to expend time and money indicates your definite interest in a woman.

The end of the second date should be romantic as well. If you are driving her home, be sure to get out and walk her to her door. When you say goodnight there will probably be a little anxiety for both of you. If the

mood is right, and she is looking at you, you should give her a goodnight kiss. If you kiss her on the lips, it should only be lips – no tongue. Press your lips against hers and kiss once. Then slowly pull away and smile at her. At this point follow her lead. If she offers no lead, then say goodnight and tell her you will call her tomorrow. If you do not think she is ready, at least kiss her cheek or her hand. This will let her know that you are definitely interested.

Your Third Date

If you have gotten a third date with a woman, chances are good that she wants to take your relationship further. This is the date that will determine your future with this woman. One of three things will happen: you will start kissing her, and take her to bed; you will kiss and make out a lot but won’t have sex; or you will make an advance to kiss her and she will turn you down. If she turns you down, then you know you’ll never go out with her again romantically. If you take her to bed on the third date, then you definitely know where you stand. Hopefully she will want to explore this sexual relationship further. If she returns your sexual advances, and you kiss and make out, then you know that taking her to bed is just around the corner. You may have to wait a few more dates, but as you already know, good things come to those who wait.

Most women will actually expect you to kiss her by the third date.

The pretense for this date is like the second date, but you should ensure more intimacy. If you go out together, make her feel special, show her a good time, and pick up the tab again. If you went out for dinner on your second date, and you want something a little more intimate, then a great way to romance a woman is to make her dinner at your place. Or, if you aren’t a great cook, then you could suggest you order in. If she agrees to go to your place, either for a movie or for dinner, then she should be more than receptive to your advances.

Make sure your place is clean and inviting. Charm her and romance her as you cuddle on the couch waiting for dinner. Or you could eat out, and then go to your place to watch a movie. The transition from dating to sleeping together is much more natural if a woman is already at your place.

Summing Up the Dating Experience

Once you get her number, you have to initiate setting up a date. Make sure you go out and have fun while getting to know each other. The more you like a woman, the more you should impress her on the second date. Decide by the end of the second date if she is what you’re looking for. Reserve the third date for intimate romance, and take the opportunity to express your sexual interest. It is perfectly acceptable for you to kiss a woman on the third date.

After the third date, you should be getting more intimate with a woman if you haven’t already. The next chapter will show you how to make a woman more attracted to you, and then you will move into Chapter 12 How to Get Woman to Sleep With You.