the GET LAID Guide

Preface

Many people are lonely, or just missing out on meeting people of the opposite sex because they do not know where or how to approach them.

The chapters presented here offer thoughts on the development of mutually satisfying relationships. They are based largely on the reading and experience of the author and as such are not intended to be a definitive discourse on the topics covered. The comments are offered as something to think about in an age when great pressures are placed on both men and women in their efforts to play responsible roles in family life.

More radical elements press women to forego their femininity for across the board equality with men. They see men as the adversary to be attacked and defeated. At the other extreme there are those who believe men should be the sole providers at a time when one income families are becoming more and more disadvantaged.

Men and women, therefore, no longer have the security of a definite role in life which all of society approves for them. On the other hand, they now have more freedom to chart their own course, and live according to principles, which ring true to their own inner convictions. The evaluation of the many different avenues open to them, however, can cause confusion, and the aim of the author is to make people aware of their choices and, hopefully, to guide them to make the critically important choice of a life-partner on a sound and rational basis.

A glance in a dictionary tells that to seduce is to lead astray or to entice to a surrender of chastity. Viewed in this light it is not exactly a praiseworthy path to follow. Seduction is, however, a widely practiced art in Australia. An unfortunately high proportion of single men attempt this selfish art with no deeper feelings for their female companions.

But isn't that what women are looking for? They want to be loved don't they? Yes, women do want to love and be loved. However, there are two facets of male/female love. Sexual passion or it's fulfillment is known as love, but so too is regarding someone with affection. It is this second meaning that your girlfriend has in mind when she cries out for love.

Girls who would be content with a life of "one night flings" are in the absolute minority. I don't know any, do you? From this you must deduce that the gentle art of seduction is unethical unless it is the pre-planned forerunner of the selfless act of loving.

LOVING

Loving is a rational, disciplined action requiring complete and unrestrained giving. There must be trust and complete honesty and this requires concentration and patience. A cared-for person is the object of watchful regard. To regard is to notice carefully, to hold in high esteem and to understand.

In "The Art of Loving" Eric Fromm suggests that love may provide us with the answer to the age-old question of the reason for our existence. Viewed thoughtfully and with care it is reasonable to believe our purpose in life is to love. from love derives all that is good in human relations. Love solves all problems. By the same token, however, love is not a task to be lightly undertaken. Failure is the rule, success quite a rare occurrence in our "civilized" society.

Few of us would admit it, but what we are in fact searching for when we set out looking for love is "to be loved" rather than to love. We are actually embarking on a study of "how to be lovable - how to be attractive and successful."

COMPANIONSHIP

Alone-ness is an in-built basic anxiety from which we suffer until we find companionship. We then seek the fulfillment of companionship in loving. We too often are not sufficiently aware of our needs to examine just what we are looking for and contemporary literature; entertainment and the media drive us in a direction not entirely of our choosing. Could we only sit quietly, without pressure and "find" ourselves we would be better able to see in what direction happiness lies. Although horribly clichéd, it is still true to say that nothing worthwhile comes easily. So it is with love. The act of loving is an all-encompassing thing. It takes all of your life but the rewards are beyond those obtainable in any other way. Money, success, material possessions and sex are all hollow pleasures without love to give them substance, a sense of purpose and fulfillment.

ROMANCE AND SEX

Romantic love can be deceptive but it does have a little to do with the real love two people search for. The problem comes with the acceptance of romantic love alone as being "the real thing." Romantic love is a result of intimacy and excitement. It depends on conditions of particular need or on a "romantic" environment. For this reason it is often a substitute for a greater need and, as such, is brief and unsatisfying.

The sexual urge is both psychological and physiological. Men often seem to be unaware of this. They find purely physical relief to be pleasant, but it leaves them with an empty feeling. It is an unsatisfying experience because the psyche is left unfulfilled.

There is an in-built desire for a bond to form between males and females, which is strongly sexual, (survival of the species) but to call the sexual desire "love" is deceptive. The air of mystique created by lack of complete knowledge of a person coupled with sexual desire and that basic human need of companionship has led to a belief in what we call "love at first sight." These are in fact the components of romance.

Romantic love must, however, in no way be dismissed as undesirable. In combination with rational, active love it gives a full, balanced relationship. the romantic element becomes a voluntary act and not one deriving only from unexpressed needs and desires. However, the romantic love must be kept alive, and here a conscious effort is essential.

GIVING

Having established the romantic element, the other basic element of love is giving. there is appoint of confusion which often arises when talking of giving. the giving in love is not to be confused with sacrifice. Apart from its religious meaning sacrifice is a surrender made in order to gain something. Sacrifice is too often the vehicle by which martyrdom is achieved. the martyrdom we talk about is an affliction which is often used as a substitute for romantic, mental or physical fulfillment in life. Giving can lack maturity. an immature person will give only in direct proportion to receiving. This is not love. Giving is a difficult and studied art, but the rewards are many. Freely giving is in itself an enriching experience, even apart from the indirect benefits.

Our society today is based on "having fun." We are told every day that to buy things (commodities like food, drink, movies, television etc.) is having fun. Unfortunately, this makes the achievement of a worthwhile relationship a little more difficult because real loving is not always fun. Having fun is a pleasant part of our existence, but as with all things must be kept in perspective. To develop a worthwhile relationship requires a mature balance of "work and play." If we succeed, it will be satisfying and enriching, but we cannot approach it in a manner of "buying things." that is to say, the relationship based exclusively on "you dig the garden and I'll make the beds," or the fair exchange principle, will not work very well or for very long. In love there must be a desire for understanding and the communication of

feelings and desires. In practical terms it comes as a sharing of tasks as the occasion and need arises. With the lessening of stereo-type occupations for males and females in our society there is widening scope for the application of this aspect of love.

A couple can find the answer to their individual and differing needs in job sharing. each partner might work two or three days a week in an outside job and thus create the opportunity to share in the duties associated with children and the home. The immediate excellent result of this is the enhanced understanding of the day-to-day problems found in the home, leading to a sharing of the burdens of living in our hectic world.

KNOW THE WORDS OF LOVE

Here are some useful words to know when embarking on a course of love.
To be *inoffensive* is to not cause displeasure or annoyance.
Aim to be cultured and not aggressive or impertinent.
To be *cultured* is to be free from what might be considered coarse or rude; to be refined.
To be *interesting* and interested is to show concern and to be engaging; to arouse curiosity.
To be *helpful* is to give aid and be useful.
Moderation is the art of being free from excess. It is being restrained rather than radical.
To be *tolerant* is to be enduring, indulgent; to be forbearing.

These are everyday words in a loving situation and it is useful to consider what they mean to you and how they apply to your attitude to your partner.

MEN

The personality of a man is generally one of activity, discipline, adventure and guidance. Men are reared to be competitive and can find it difficult to relate to those outside their peer group. In a peer group the leadership structure is well defined through time and experience so the need for continual competition is to a large extent removed. Outside the peer group however, the need to compete prevents any intimacy from developing. The man finds it easier to retreat into his peer group at the expense even of female companionship. The necessity to be 'one of the boys' and a corresponding lack of knowledge of the female as another human being often prevents the man from carrying on a thoughtful, considerate relationship of any kind with a woman. Because he is forced to act out a role in his peer group, which is not truly representative of himself, he is often prevented from relating intimately with men or women. This can continue into marriage and unless the man is able to be himself with the partner it can lead to disillusionment in both parties. A failure to realize that the answer really lies within him can lead the man to seek fulfillment in other relationships, inevitably at the expense of his marriage.

In the new relationship the cycle merely begins again. The intimacy of the initial romantic interlude must be nurtured and made to grow if a relationship is to flourish.

WOMEN

Women on the other hand, are productive, realistic, tireless and maternal. They are raised with a more gregarious, cooperative outlook and are uninspired by the competitiveness of males. A woman wants a man who has the character and discipline to be himself. It matters little what type a man is so long as he is straightforward and honest with himself.

Any woman prefers a mature man -- indeed many will accept nothing less. Maturity is reached when the need for hiding behind alcohol and other drugs and impressing mates is seen to be no longer necessary. In 'The Art Of Loving', Eric Fromm explains the need for some males to show their expertise in sex as the result of immaturity. The male's masculinity has not yet developed and so the man over-reacts in the male sexual role.

SEXUAL RELATIONSHIPS

Many men are unaware that there can be more to a sexual relationship than simple physical gratification. It is this lack of differentiation between emotional passion and physical passion that turns many women off. Women want to love and be loved, and resent being merely the vehicle of male sexual release. A woman looks for and needs a total sexual experience. A women is not generally as easily aroused sexually as a man and needs care and understanding and the right conditions to have a satisfying sexual relationship.

It must be remembered that the woman will have the fear of unwanted pregnancy in her mind. The possibility of this 'unhappy accident' may not even occur to a man during his single-minded drive to satisfy his lust. Such a lack of responsibility is a sign of the adolescent mind and will be very poorly met by any thinking woman.

It is interesting to compare the most common reasons why men and women marry. Women marry for marital affection, security of financial position and of love, 'acceptable' motherhood and because society and friends expect it of them.

Men marry to gain acceptance of themselves as a person in their own right. They marry to obtain a secure sex outlet, for physical and social comfort, perhaps because 'the company' demands it and because 'manliness', society, family and friends demand it. Some even marry for love.

SWINGERS

A comment on sex and marriage today would not be complete without a word about 'swingers' or couples, married and unmarried, who participate in combined sexual activities and partner-swapping. In Australia and America 'swinging' has been through a boom and has leveled off. Reports from America suggest that swingers are largely very ordinary people and that couples often break up as a result. Swingers are most often bored, unimaginative pleasure-seekers with little creativity. Jealousy, recrimination and rejection often cause a break-up. In many cases, the women are forced into the situation for fear of losing their partner. Those couples that do stay together appear to have had very shallow relationships to begin with.

THE LOVE COMMITMENT

In conclusion, we can say that love is a conscious commitment. We decide to love someone for life when we marry. In this light, the idea of waiting for the 'right' person takes on less importance. Note that by 'right' here we mean that person of our dreams that television soap operas lead us to believe is necessary for a lasting relationship.

Romance, but not 'love at first sight' is desirable, but more important is a mature evaluation of the cultural and socio-economic background of your proposed partner. There is a generally pretence we live in a classless society. We really know better. We should also realize that the demands made upon both partners in carrying out the commitment of loving will generally be less between two people of similar social and educational background. John Nicholson, lecturer in psychology at London University, noted in his book, 'Habits: Why Do You Do What You Do', that in a friendship of less than six months standing dissimilarity seems to be the rule, whereas longstanding friendships of more than one year tend to be between people of similar personalities. A marriage based on companionship has a greater chance of survival than an erotic, infatuated relationship.

"Confidence contributes more to conversation than does wit" - FRANCOIS LA ROCHEFOUCAULD.

What is shyness? Shyness is a paralyzing handicap of the mind. It is responsible for many, many difficulties we face in daily life, particularly for those involving relationships with other people. Shyness makes it difficult to meet new people. Shyness makes it difficult to make friends with people you do meet. Shyness makes it difficult to enjoy all manner of activities.

Shyness acts on your subconscious causing you to continually consider how you feel, how you look to others, what other will think if you do this. What if they don't like me? What if they say no? What will I say

to them? Shyness prevents you from expressing yourself. Your mind is not free to analyze what you should say. It leaves you no time to consider others. You miss out on what is happening in any gathering and then you can't remember because you couldn't concentrate enough to follow. Shyness makes it difficult for you to communicate with anyone and this prevents others from getting to know you. You can't make friends or have an intimate relationship and this causes loneliness and anxiety.

All these things contribute to giving you a fear of intimate contact with other people, but it can be overcome.

WHO IS SHY?

In studies into shyness it has been found that there is apparently more shyness among children than adults. This could, however, be because adults learn to overcome, compensate for or cater to shyness by adopting a particular lifestyle, which will hide their loneliness and anxiety.

Men and women appear to suffer from shyness in about equal numbers. Not all shy people are shy from early ages. Surroundings, teenage situation, type of school, relocation from a secure, friendly neighborhood can all lead to the development of shyness. Some remarkable people have confessed to being shy and overcoming it or living with it. They include such well-known names as: Phyllis Diller, Johnny Mathis, Carol Burnett, Elizabeth Taylor and Tennessee Williams.

THE EFFECTS OF SHYNESS

Shyness affects the part of the brain that enables most of us to look at and analyze any situation rationally. This causes shy people to be nervous and anxious people or in certain places or when performing certain everyday actions. Many shy people suffer anxiety in any situation, with anyone at all, others suffer only selective shyness. Many people are affected by shyness with friends and peers but can be quite normal, even aggressive with strangers.

Shyness has physical effects such as blushing and may cause compensating actions such as loud boisterous behavior. The most noticeable effect of shyness is the difficulty it creates in the attempts of shy people to make contact with others. It makes even more difficult the conversion of contact into friendship and loving. Shyness prevents a person from giving any of himself to anyone and this is crippling in regard to social contact.

WHY ARE PEOPLE SHY

Today there is a move towards smaller families, less stable families. The result is that we are given less opportunity to practice relating to each other. We do not learn intimacy, touching, listening and talking from within ourselves.

There are people who suffer shyness only mildly in particular situations and there are people whose shyness becomes a serious mental problem badly needing treatment. The average shy person, however, is the person suffering from lack of confidence. This invariably leads to, or is accompanied by, a lack of social graces or skills. The majority of shy people have difficulty starting a conversation, thanking a person for a small service rendered, asking or answering a question in class of lectures, asking for a ticket at ticket counters. They cannot dance or join in other such activities.

There are different theories on the basic cause of shyness. Some schools of thought say that it is caused by a lack of social graces or an inability to carry out everyday roles expected by society. Others say that shyness is inherited like other traits of personality. There are naturally aggressive and naturally sensitive, retiring personalities. Some say that these are totally due to inheritance and cannot be changed. People from the fields of psychiatry and psychology say that inner conflicts of the mind are responsible. Yet others say that social conditioning and environment are shaping forces in our shyness.

Elements of all these theories probably play a part in shyness. Without doubt, however, society definitely plays a strong role in the formation of the elements of shyness. We are taught from birth the value of

aggressiveness and a competitive outlook. We are taught that material possessions and monetary successes will be used to measure our worth. Anxiety results from our inevitable failure to live up to expected standards. We are often expected to live up to standards set by those who fail in those very same aims but wish to vindicate their failure by overseeing our success.

Values essential to our mental well-being are being over-shadowed by the material values of our credit card society. Love and tolerance, understanding and sensitivity are rarely considered. These are the personality traits needed to overcome shyness.

THE FAILURE EFFECT

Many people who are not shy will quickly become so if disparaged too often. This disparagement becomes the only criteria for self-evaluation and can be difficult to overcome on their own.

Shy people are terrified of failure through lack of ability and will take drastic steps to prevent lack of ability being shown to be the cause of their failure. They calculate that it is better to fail through lack of effort or by trying to achieve impossible goals and determinedly set out to do just that. They sit at a bar all night and will not ask anyone to dance or they ask the most beautiful and unattainable girl for a date knowing that they will fail but will not have to blame it on their lack of ability.

SHYNESS AND PROSTITUTES

Why do men buy sex? Shy people are often afraid to face a challenge and cannot easily give of themselves. With a demanding and intricate action such as satisfactory sexual relations shy men can have all sorts of problems. A prostitute will not demand excellent performance or detailed knowledge and so will not present a challenge to the male ego or personality. The male needs to give nothing of himself and the prostitute will guide him if he has trouble with basic actions.

Another prevalent reason for the visit of a shy person to a prostitute is the wish to play out fantasies. A shy person cannot confide in his wife or girlfriend but can quickly establish what he wants with a prostitute skilled in the art of pleasing.

SHYNESS AND ALCOHOL

Shy people like, or rather need, to be unnoticed, just one of the group. To qualify for membership of many male peer groups requires the drinking of alcohol. The result is that the shy person does nothing but drink behind the cover of his peer group. He needs alcohol to make friends. The result is that he comes to rely more and more on the drug until he cannot function at all without it. He may become an alcoholic, face rejection and have no friends. Who wants to be friends with a shy alcoholic.

RELATING TO OTHERS

Meeting other people is a problem to some degree for everyone. We weigh up the advantages and disadvantages to be had from the liaison before we accept the challenge. We risk the possibility of embarrassment through rejection or failure to meet expected standards. It requires knowledge, wit and maturity to easily relate to the many people we meet from time to time. The shy person overrates all these requirements and thinks of nothing but the consequences of failure leaving no time to be a worthwhile person and companion. He is much more aware of the need for acceptance and the fear of rejection. All encounters involve some risk but generally the shy person is not willing to take any risk at all.

A classic example of the difference between having to relate to people or just be with them is that of Laura in Philip Zimbardo's book 'Shyness'. Laura was twenty-one and would blush furiously if spoken to in class. In the evening, however, Laura worked as a photographic model in her own home. For twenty dollars an hour she allowed men to watch her, with or without cameras, as she assumed provocative poses in the nude. There was no need to relate to the customers so Laura felt no embarrassment.

MAKING A FRIEND

It can be difficult to make contact with shy people. Their shyness can be overcome if the right approach is made. It requires sensitivity to overcome this barrier. The approach must be subtle and not too complimentary, but with no hint that the shy person is 'different' in any way.

A relationship infers knowledge and giving by each party. Friends share personality, attitude, values, ambitions and experiences. To be known and shared, these things must first be disclosed and this is a major problem for the shy person. It is impossible to do this if you are too concerned about criticism or rejection. For this reason, many shy people place an impenetrable barrier between themselves and acquaintances who know enough about them to pose a threat.

Strangers offer no such threat and so the shy person can allow them to approach but as soon as the intimacy begins the shy person will retreat out of reach again.

A big problem is caused by the fact that shy people like to hide in conformity, to be one of the crowd. Any of us prefers to be friends with special people, people who show an interesting or provocative side to their personality. The shy person is too afraid to be different or special and so goes unnoticed.

OVERCOMING SHYNESS

It is mot important to remember that there are many, many people who are just like you. Some you don't see because they are hiding and others you don't notice because they cover their shyness with good acting and bravado. Quite often while you are wondering what someone is thinking of you they are wondering what you are thinking of them. Neither of you gives a thought to the other, and so a chance meeting goes unfulfilled. If you has just been gentle, friendly and open you never know what have developed.

BE POSITIVE ABOUT YOUR SHYNESS. WHY DO YOU CALL IT SHYNESS?

Because you read about the symptoms; someone told you that you were shy; you think you must be shy; what if you called the way you feel and behave by a better name? You might find you have sensibility, tenderness, sensitivity; or you might be emotional, unassuming, modest and sophisticated. All these are beautiful things to be and if you use them well they will make you an admired and sought after person.

Shy people are not all bad, you know. Shy people can listen, observe and avoid argument. Shy people do not bully and are never unpleasant or overbearing. What really nice people shy people can be.

So you really are probably a lovely person but your shyness might still cause a few problems. The next step is to change the bits you don't like or could do without. All animals are able to adapt to their ever-changing environment and humans are particularly good at this. You can do what you want if you REALLY want to. Many people cure their shyness in one way or another; it is basically just a matter of getting your problems into proper, rational perspective.

WHO DO YOU WANT TO BE?

Think about this and then establish some reasonable goals with regard to how you want to be, how you want others to see you. Make sure it is really you and not the image of someone you envy or admire. Use YOUR good points, remember, the ones you thought were only shyness.

Establish your personal goals and then set to work on them. Nothing worthwhile is going to be the least bit easy, but it is your future happiness you are talking about. Begin with understanding shyness in yourself and in others, especially in others. Think about shyness and our society.

A major problem in shy people is lack of confidence. Lack of confidence can be largely overcome by knowing how to act in all kinds of social circumstances. Develop your ability in the social graces and confidence will follow.

CONVERSATION

To carry on a conversation you must first know something to talk about. Read books, newspaper, reviews of books and movies. Develop your knowledge of your favorite topics. Develop little stories about events you have seen, heard or been involved in. Go to movies, plays, sporting events or functions that interest you. Remember interesting things about them.

The worst part of any conversation is the beginning. If you have done your homework with the above suggestions you will have no trouble if you can only begin. Watch others to see how they make first contact in various situations. Here are a few tips you might like to work on:

One -- Be in need of assistance so that you can make a request 'Quick, where's the restroom?' (with this one don't forget to come back and make use of the contact you have made), 'Gee they had terrific tiles on the walls in there. Wish you could come and take a look.'

Two -- Look for an opportunity to offer assistance. 'Excuse me, I notice you're drinking my drink, could I offer you another one.'

Three -- Own up that you are shy, haven't been here before or come from the country/city.

Four -- Compliment on dress, food, place etc.
Practice these beforehand and have them ready to zero in on your target. Don't forget, your target may be shyer than you so be gentle, quiet and unassuming.

LISTENING

Many shy people are listeners but the problem is that they are not good listeners. A good listener listens well enough to make comments but doesn't butt in or change the subject. Everyone is interesting in some way and many will be forever indebted to you if you will just listen.

DANCES

Learn to dance (see chapter four). Confidence is directly proportional to your view of your ability to do something. It is easy to learn a few popular disco or other dance steps and it will open up a whole new world.

ALWAYS take the plunge and ask that attractive girl to dance. BUT evaluate whether she is really attractive to you or is it just that you would like to be seen dancing with her? The latter course is a sure path to failure.

Be ready for a 'no' answer. Prepare your response beforehand. You might say: "It really is a bit warm for dancing", or "Actually I'm a bit shy about dancing myself". Now you have started a conversation. And that is what contact is all about.

EVALUATE YOUR SHYNESS

Think about what scares you into shyness, and what seems to scare others. Think about how you handled past failures or bad scenes; what would you do this time? Plan and prepare. Increase your confidence.

For instance, you might find that you lack confidence to dance because you feel you are no good at it. You might be nervous with anyone you feel is better than you because you want to impress them.

Think about all the little pieces of your shyness. What are you unsure about? How can you change this feeling? What are your values? Are you confident about them? Will they stand up to the scrutiny of others? Be convinced about them and it really doesn't matter what others think.

Relax and plan before an unnerving event like meeting someone. Compare yourself with them. You have many good points too. They are just frail human beings like you.

What clothes do you feel best in? Use them; look the way you want to; the way you feel happy.

IN CONCLUSION

You can overcome your shyness, but you will have to really work on it. Here are three things to keep in mind to perhaps make it a little easier.

One -- Choose comfortable situations, people you have something in common with.

Two -- Forget YOUR image -- what do you think you like about THEM?

Three -- If you are apprehensive about a coming event, plan first and then act.

BUT ABOVE ALL ELSE -- ACT.

The force of this document is dynamic and sometimes harsh—before we begin, remember to ask yourself: How Would You Feel?

"Man is the hunter, woman is his game. " - ALFRED LORD TENNYSON.

How would you feel if you were placed in a woman's position in society?

It is certainly worth thinking about but as with most things there are two sides to the story of women's repression. Men today are expected to live in two worlds, each extremely demanding. The world of work involving the need for success, domination and competition and the domestic world of love, responsibility and peaceful co-existence. Society still deems that men shall put women in a domestic role and should not consider ambitions or contributions outside the home as being serious, but more and more individuals realize that women hold an equal right to control their own destiny and to choose the home or a career. I am not for a moment advocating that women's liberation movements are correct in their view of the situation or in their attacks on the male and their attempts to turn women into 'six gun toting tough guys'. Most women do not want to take on the responsibilities of the male role in society. They have an equally strenuous task carrying out their role as women whether this is as mothers or in careers where they are called upon to exploit ever feminine quality. Men look on their career as an obligation and as the means of obtaining the money they must have to uphold their 'manliness'. Some men also find it desirable or necessary to use their work as a retreat from the pressures of home and society. A man's role is tougher, riskier and often more unpleasant than that set aside for women. Young men are encouraged to be rough and tough by praise and rewarded for 'manly' behavior. The general behavior of boys is genetically different from that of girls but society feels the need to further reinforce this 'maleness'. Primitive societies have male initiation rites and so do we today. Boys are excited by myths about the male adult world. The life of a tough assertive male adult is made out to be glamorous and worthwhile. The glamour is unreal but is linked to the risk of failure, aggression and competition that the adult male is faced with. Women's liberationists object to this characterization because they are excluded from it. The true feminine women just doesn't want any part of it; and can in fact rationally fear the unreal aspect of men trying to live up to stereo-type disciplines.

Women Are Special Too

Women have special and unique abilities and qualities which should be recognized and given equal value and esteem. Equality across the board is unreal and undesirable. It can only be concluded that men and women are different but nonetheless equal. Each with their strengths and weaknesses. It is more important and constructive for men to consider the virtues and 'equality as human beings' of the female than to become involved in emotional debate on the merits or otherwise of women's equality in work and play. Love requires respect and consideration and the fact that one's partner is male or female does not provide an excuse for poor performance when it comes to loving.

Women - A Vision Of Loveliness

Women today are less shocked by the male use of obscenities but most do not like it. It is clear the extent to which these obscenities consciously or unconsciously serve as a means of putting down or degrading women in men's eyes. Can we blame the men? Wherever we look women are displayed as sexual objects. In every form of advertising women's sexuality is exploited never accepting the woman as an equally important human being. Glossy magazines have always shown women as objects of sexual fantasy. Today the only thing that has changed is the amount of bare flesh portrayed. Men are able to look at women they know as people; as their mother, lover, wife or sister. They look at all other women and don't see them as people but as visual experiences because this is what society expects of them. Men commenting on the physical attributes of a passing woman to their mates are often compensating for their general insecurity with women by demonstrating their sexual prowess. Alone with a woman, these men show very different colors and are often awkward and embarrassed, unable to relate to the person in the woman. This is hardly surprising considering that they are torn between the sexual object of their fantasies and the human being with whom they are confronted. Communes practicing nudity and some nudist colonies are able to overcome this problem to a large extent. Little sexual interest is aroused between members as the mystery and curiosity which leads to mental undressing of females by males is gone and an intimate, casual atmosphere of communion and touching is more conducive to acceptance of one another as equals; just people, warts and all.

Finally, when “the game” is over, you only have each other.

Chapter One

NO EXCUSES!

MAKE NO EXCUSES FOR YOUR DESIRES AS A MAN.

Do you really want to get laid with all the women you could ever possibly want? Then STOP MAKING EXCUSES FOR YOURSELF! Don't make excuses for wanting to look at a beautiful woman. If you're caught looking, and she asks what you're doing, tell her!! Tell her you're enjoying studying just what a perfectly beautiful body she has, and to heck with her if she's too uptight to appreciate a real man who doesn't apologize for knowing what he wants!

Stop making excuses for wanting to meet a woman! Stop making excuses for wanting to ask a woman out, and most of all stop making excuses for wanting to FUCK the living shit out of a woman you want! This kind of direct, powerful, go-for-it-attitude is an incredible turn on for women that can't be beaten!

Listen! It isn't even the words you use that convey this attitude! It's your tone of voice, your facial expressions, your posture, the speed at which you speak, everything non-verbal about you will show this attitude *far* more than words.

This doesn't mean you have to be arrogant, or lack a sense of humor. You can be warm and friendly at the same time you are being direct and *powerful*. The key is finding the balance. Once you do you will not be able to keep women away from you.

Now, it's easy to talk and tell you that you *should* have this attitude, but that won't help you to actually get it. That's why the next couple of chapters are so important. They will show you how to install this attitude in yourself so that you *automatically* find yourself living by it in your approach to women. You won't even have to try or to "think about it." It will just happen.

DON'T GET RATTLED BY SETBACKS
LEARN FROM YOUR MISTAKES.

Look - unless you are unusually lucky, chances are you are going to make a few mistakes as you practice the ideas in this document. And, as great as these tricks are, they won't work every single time.

Unless you know how to learn from your mistakes and accept and occasional loss, you will get nowhere. The most successful guys I know at scoring all have two great strengths: They have the first power attitude we've just looked at, and they also know how to accept getting rejected without it bothering them and they learn from their mistakes.

Chapter Two

AUTO-PILOT

There is one small point you have to get before you can use this exercise. Take a minute to imagine yourself riding in a roller coaster. See yourself sitting in the front car, riding up and down.

Now, make another picture of a roller coaster, but this time, do NOT see yourself in the picture. See it as if you were actually looking out of your own eyes, sitting in the roller coaster. Ride for a few moments.

Now, which one of those felt more real in your body? I'll bet anything it was the second kind. An image or goal only appears real to your mind if it comes in the second form, as if you were seeing it through your own eyes.

THE FAILURE TO UNDERSTAND THIS SIMPLE DIFFERENCE
BETWEEN THE TWO KINDS OF MENTAL PICTURES PEOPLE MAKE
IS THE SINGLE BIGGEST REASON WHY MOST PEOPLE
NEVER REACH THEIR GOALS.

You could imagine yourself acting confident and powerful until you are blue in the face, but unless you give your mind some cues as to when it is going to tap into those pictures you will get NOWHERE. You will never tap into all those great resources you've been imagining.

For ease we are going to call the first kind of picture, where you do see yourself, picture type 1, and the second kind of picture where you do not see yourself, picture type 2.

OK. Now that we have made that clear, let's get on to the exercise.

Step One:

Recall a time in your past when you felt confident and powerful. A time where you fully felt the way you'd like to feel around women. This can be anywhere and about anything - a great golf shot you made, or an "A" book report you did in school.

Step Two:

Close your eyes, and see yourself in the first kind of picture, going through that experience again.

Step Three:

Now, step into the picture, and see the events as if you were actually looking out from your own eyes. See what you saw, hear what you heard, and feel how good it felt in your body. When those feelings of confidence and power reach their peak in your body, reach over with your right hand, and give your left wrist a squeeze. Run through this twice more, giving the same squeeze in the same place. This will train your mind to recall those feelings of power and confidence whenever you squeeze your wrist the way you are doing now.

Step Four:

Think of a situation or circumstance where you would like to be more powerful with women or more poised or whatever it is you'd like.

Step Five:

Picture it the second way, as if it were going on and you were seeing it through your own eyes.

Step Six:

As you do so, reach over with your right hand and squeeze your left wrist, triggering your confidence anchor. This will train your mind to automatically call up the feelings of confidence and power when you are in a situation like the one you are seeing through your own eyes. You won't even have to think about doing it, which is the advantage. (And that's why anchoring works where "positive

thinking" won't, because often by the time you get yourself thinking positively, it's already too late.)

Chapter Three

CONFIDENCE

A great deal of success and power with women has nothing to do with how you act and feel about them, but a lot to do with how you act and feel about yourself. What we're really talking about here is SELF-RESPECT.

Plenty of men who wouldn't take a bit of crap from another guy turn into down right spineless wimps when it comes to women. Whether they are reliving old dramas with a mommy they couldn't please as children, or are scared for some other reason, they put the woman first.

Other guys have a slightly different problem. They may not take any crap from a woman, but getting laid is SO damn important to them that they lose sight of other priorities. In a sense in loses all the fun aspects, and gets to be a compulsion.

Guys like this may win the battles, but they are definitely losing the war. Women may be nice additions to your life, and if you find the right one, you might even chose to make her part of the center of yours. But a life spent doing nothing but chasing women is a pretty stupid one.

If that is your problem, then pull yourself up short for a minute, and ask yourself if you might be missing some of the other pleasures life has to offer. You might be shocked to learn that a quiet evening at home with a good book can actually be more stimulating than a boring date with a huge breasted bimbo with a room temperature I.Q.

So here's a hint for increasing your confidence with women: STOP NEEDING THEM SO MUCH! And a good way to do that is going out and finding a hobby that you can really enjoy. Something that gets you *AWAY* from women.

Not only will this increase your confidence as you are on the prowl, it provides a great escape for when that special lady you are with puts a bit of stress and strain on your brain, as they so often will.

Chapter Four

EVEN MORE CONFIDENCE

Here is a magic word that will bring you loads of success with women, and get you laid like crazy. It works with all women, but the more beautiful the woman, the better it works. The word is: NO!

That's right. No! The same word that will keep a puppy from wetting the carpet will also keep a woman from shitting on you!

You must say no to a woman once in a while, when it is over an issue of importance, and when you mean it.

No matter how gorgeous, or great in the sack or how otherwise wonderful she may be (and who else but such a goddess could possibly begin to deserve to be in YOUR company?) you must be willing to walk away from her if you can't deal with her from a position of self-respect.

And self-respect, my friend, is mostly a matter of what you say no to. It's a boundary set by what is not permitted, tolerated or allowed. And while it may be negative from this semantic sense, in reality it is the most power and positive force you have going for you. When a woman senses it in you, she knows she's found something she's instinctively wanted since she realized she's female: A MAN SHE COULD NEVER HOPE TO CONTROL.

I know this isn't easy. It hurts, really hurts to have to walk away from someone you really dig because she isn't treating you right. But love can often be like a street fight, and remember the street fighter's number one rule: Ignore the pain and carry out your offensive with everything you've got. If you can pull this off, you will walk with a confidence and power that women of all ages will be able to sense. And more importantly, you'll like the guy who lives inside your skin.

Chapter Five

STILL MORE CONFIDENCE

George S. Patton Jr., the hell-for-leather General of World War II fame was once asked what he thought of his rival, the British Field Marshall Montgomery. Patton replied, "He's the best General the British have. But he's more interested in not losing than he is in winning. Unfortunately for many men, that's their attitude toward women. They walk on egg-shells, cautious as can be, hoping against hope that they don't make a mistake.

If you want to have DYNAMIC power with women, begin to focus on what you want, and what you are going to do, not on what you might lose or what's going to happen to you if you don't win. Of course, give the risks a glance. But don't focus on them.

Focus on what you desire. What will it be like when you're with that woman you want? What will you see? What will you hear? What will you feel in your body?

In short:

GLANCE AT WHAT YOU MIGHT HAVE TO LOSE,
BUT FOCUS ON WHAT YOU WANT TO WIN.

Chapter Six

HOW TO FAKE IT

When I was in college, and struggling just to get a date, let alone get laid right and left, I knew one guy who ALWAYS had great looking women around him. He seemed to know practically every girl on campus, and they'd always come up to him and give him hugs and kisses. No, he was not a coke dealer or a pimp. Of all things, he was an evangelist.

I'd watch him go to work on women who were absolute strangers and within a few minutes, they'd be laughing and punching him playfully, sometimes giving him hugs.

And what was his secret, a secret I hope YOU use to launch you on the way to getting laid like a bandit? His affinity and warmth made women feel ADORED. He didn't come on all hot and heavy, like a hungry wolf on the prowl. He came on with all the friendliness and fun at his disposal - as if these strange women were long lost friends that he dearly loved.

And they bought it! Even the chickiest woman, who is very uptight about being a sex object, wants to feel loved and special. And just by the warmth in the tone of his voice and his smile he made these girls feel as if they WERE long lost friends.

Look at it this way: Even the nastiest person finds it hard to react fearfully or angrily to someone who makes them feel loved and appreciated.

I suggest you make this AS IF principle part of your bag of tricks. The next time you approach a woman who is making you burst out of your pants with lust, try putting aside the lust and turning on the warmth.

Conveying warmth and affinity isn't so tough - just think of how you look and sound when you see a niece or nephew, or even a pet that delights you. No, I am not suggesting baby talk as a way of scoring babes. I'm trying to give you an example of where it's natural for you to behave the way I'd like you to try behaving with women.

The important principle to apply here is that THE MEANING OF YOUR COMMUNICATION IS THE RESPONSE IT GETS. If you use a tone of voice or a facial expression that makes women fearful or suspicious, then no matter how clever your words are, the message you convey to her is that she should be afraid and suspicious of you.

If voice tone and physiology (and again I don't mean your appearance per se, but rather your posture and facial expressions) are so crucial in how women react to you, then what is the key to producing voice tone and physiology? Your belief and expectation about your outcome.

If you believe you are going to get rejected then you are either going to convey fear, and make her fearful or else you are going to try to beat her to the punch and act so obnoxious that she rejects you right off, so you don't have to wait too long in suspense for your negative prediction to come true. You just want to get it over with quickly so you actually produce the humiliation that you believe you cannot avoid.

By contrast, if you act as if you truly were someone who everyone liked and received warmly, then that warmth is what your tone and physiology will convey, and that's the response you will get, nine times out of ten. I'm not saying you'll get laid with everyone you approach, but seldom will you have a nasty experience either. And any woman who doesn't respond positively to warmth and affinity is seriously sick and should be avoided at all costs anyway.

PRACTICE EXERCISE: OK, I know this one is going to SEEM a little silly, but it's going to help you get laid like CRAZY, so just do it!

Step One:

> Remember the words to the pledge of allegiance. In case you don't here they are: (You may stand and put your hand over your heart if you so choose.)
>
> I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one nation, under God, indivisible, with liberty and justice for all.

Step Two:

> Practice, out loud, saying these words with all the warmth and friendliness you can muster.

Step Three:

> Practice saying them out loud as if you thought they were the funniest thing in the world and you might crack up laughing at any moment.

Just remember -

> IT ISN'T SO MUCH WHAT YOU SAY TO A WOMAN,
> BUT YOUR TONE OF VOICE WHEN YOU SAY IT!!!!

Chapter Seven

GETTING HER ATTENTION

It's that first sentence that determines whether they even read the rest of the ad!

Look at meeting women like an advertising man who's writing copy for a newspaper ad. Maybe one out of a hundred readers is actively looking for the product you are trying to sell, and they will read your whole ad no matter what the headline says.

The rest of the readers could care less. They are busy flipping pages, trying to get to the comics section or the sports page. They will only stop if something grabs their attention.

So it is with the average chick. In a few lucky situations, your looks alone will snag her. But the rest of the time you won't have much chance of selling your product unless you grab her attention and grab it fast.

Below are some of the best ways to grab a girl's attention. Keep them in mind as you read the next few chapters.

1. Humor
2. Appealing to her curiosity
3. Putting an unusual or unexpected twist on an old, cliché pick-up
4. Role playing
5. Faking like you already know her
6. Appealing to her ego
7. Showing outrageous balls or guts

Chapter Eight

HOW TO BE “THE ONE”

The next step after you've got her attention is to introduce yourself and get her name. I hope you are smart enough to do that without my advice.

Then you've got to create the illusion of rapport. For those of you who don't know what rapport means, the dictionary defines it as: "Accord, affinity, relations marked by harmony."

The techniques you use to create rapport will vary according to the type of pick-up you are using. Of course, we've already gone over the proper way to use your tone of voice.

Here are two other very sneaky and powerful ways to create rapport with a woman. You should use them when you're actually on a date as well as when you first meet a woman. They take some practice to master, but work quite well.

MIRRORING

There once was a very powerful and successful hypnotist by the name of Milton Erickson. When you are through with this instruction you may well want to build a shrine to Erickson, because this man is going to help get you laid more than having a million dollars cash and a killer body.

Erickson could hypnotize anyone, even the most resistant patient or client. One of the ways he did this was by mirroring the breathing of the person he was hypnotizing.

Now, I'm going to pause for a minute so you can go through your "Bullshit" reaction. But mirroring someone's breathing is a very powerful way to make him or her unconsciously feel in tune with you. Erickson would watch the rate of his client's breathing and then begin to match it with his own breathing, or with the pace of his speaking. Or he'd tap his chest with his hand in time to the persons breathing, and then begin to gradually slow the tapping. The person's breathing would slow in time to the tapping!

Mirroring works because your unconscious picks up and is aware of things your conscious mind has no knowledge of. To convince yourself that this is so, try this experiment:

1. Get a friend of yours and have them close their eyes. Ask them to keep their eyes closed, and guess what you are doing.

2. Stand in front of them, and begin speaking. As you do so, sway your head from side to side.

3. Ask them what you are doing.

Of course, they will be able to tell you that you are moving your head back and forth. Now, ask them how they knew - they'll tell you they could hear the difference in how you sounded.

Now, try it again, but this time ask them to keep their eyes open. Ask if they can hear the difference now, and of course they can't? Actually, they CAN hear the difference, because they still have the same pair of ears - they just aren't CONSCIOUSLY aware of it. But unconsciously, you bet they are!

In the same way, if you mirror a chick's breathing, or her tone of voice, or rate of speaking, or even a particular gesture she uses, on a conscious level she won't notice. If she does notice on a conscious level, then you are being too obvious and she's either going to think you are a weirdo or are making fun of her, and neither of these will score you points.

But if you do it subtly, then all she will know is that for some odd reason she sure seems to feel right down comfortable with you, old buddy, as if she's loved you for years!

Chapter Nine

HOW, *WHERE*, AND WHAT TO SAY

You are about to learn some very effective methods for meeting women. While all of them are effective, some of them might not be right for you to use in an overall sense. If, for example, you need to work on being more direct, then using some of the trickier methods that rely on getting a woman's attention via some kind of ploy might hurt you in the long run. Use your own best judgment and try to think long term.

Singles Bars

Even though I don't particularly care for singles bars, I guess I am obligated to tell you some ways to work them. Here are some things to keep in mind if you want to use singles bars to pick up women:

1. Women in singles bars are sort of like motorcycle cops. Motorcycle cops have heard every story in the book from people trying to talk them out of tickets. Women in singles bars have heard every story and line (if they are halfway decent looking, that is, and if not, who cares?) trying to talk them out of their panties.

2. Since you are running against the odds, you are going to have to go through some numbers before you get a pick-up. Unless you are a movie star or look like a Greek God, figure about 10 "no's" (would you believe, "fuck off") for every yes, if you are lucky. So pick an approach you enjoy doing, since you are going to have to use it a lot. Personally, I prefer a funny approach, because I like getting a laugh, enjoy a woman with a sense of humor, and generally have fun with this angle of attack.

3. Since most bars are so loud, what with hundreds of people talking at once, and more often than not, music blasting as well, BRING A PEN AND SMALL NOTE PAD!!! This will save your voice and allow you to communicate!

4. Keep moving, and don't let a less than optimum response stop you. This is a numbers game, and if a particular girl isn't giving you the response you like, cut bait and move on to greener pastures.

OK. Here is my favorite singles bar method. It involves using a note pad and pen. What I do is pick out a girl that interests me, scribble this note, and hand it to her:

"Hi," I'm taking a survey on bad lines. Circle which one you think is the worst.

"1. `Come here often, sugar pants?'

"2. `Hey, baby. Can we go out in the cold and hug?'

"3. `Hi. I'm taking a survey on bad lines.'"

This almost always gets a laugh. When it doesn't, I just walk away, because if the chick can't take a joke, then to heck with her. But, as I said, this is a fun, enjoyable approach for me, it's unique and different, and it's a good opener.

There are lots of variations on the basic note pad and pen approach. You could pretend you are writing a book for men and want to survey women on the best ways to meet them in bars. But this approach might arouse some suspicion, and I kind of think it's more common than you'd believe.

Happy Hours

Your local restaurant or bar's happy hour is a great place to meet women. They go there to relax and unwind after work, and that means alcohol consumption, and plenty of it. So, you already have one strike in your favor, because their inhibitions are going to be a lot less than normal.

The "taking a survey method" works better in this setting than in a singles bar, as women are, as I said, less suspicious. You're probably better off saying that you are writing a book for men and you are working on a chapter on bad lines. Ask the women you meet to tell you the worst pick-up lines they've ever heard. They'll be more than happy to tell you - one of the things women do most when they get together for drinks is to chick about men, so you'll probably be right on subject! This is a fun approach, that adds some humor to the stale "best ways to meet women survey" approach. You'll meet lots of women, and some of them are bound to go for you, out of sheer numbers alone. Who knows, you might find out that some of your favorite lines are actually the ones women think of as being the worst! That alone would make it worth your while!

Waitresses

One of the things I noticed when I was first trying out singles bars and happy hour strategies was that the waitresses were almost always better looking than any of the female customers! Take a good look next time you go to these places and you will see that I am right.

I love picking up waitresses. There is far less pressure, they have to talk to you, and you can take your time. Unlike a girl you meet in a bar, who you will more than likely never see again unless you get a date, you can pretty much know where and when the waitress of your dreams will be.

I should point out that with waitresses, as well as sales clerks, and other "working women" you have to decide on a one step or two step approach. By that, I mean that if things seem to be going really good on your first meeting, you can ask her out right on

the spot. If not, you can try to build more rapport on later visits, before you hit her for the date or phone number.

Waitress Bait

As with any pick-up, key first step is to get your targets attention. Here are three good ways to do that:

> 1. The clever line approach. Here's a line that I've used time and again. God must have whispered it in my ear, the first time I used it. It works when you are in a singles bar or other bar or restaurant that has lots of female customers, and your target is busy serving drinks. Just look at her and say,
>
> > "I just wanted you to know that ninety-nine percent of the women who walk in that door would kill their own mothers to look half as good as you do."

This is probably the most effective line you will ever use. It's one thing for a beautiful woman to hear that a man thinks she's good looking, but it isn't really that big a deal to her. After all, she already knows it is true, and may even be tired of hearing it.

But, women being such cat-like creatures, nothing pleases them more than to know that they are *SO* beautiful that other women hate them for it and are insanely jealous! Even the most jaded, hard-assed woman would love to believe this is true!

> 2. The direct approach. Here, you are direct, but you also acknowledge the reality that you are a stranger to her, and that you respect her need to earn her living without being harassed by pick-up artists. Walk up to her and say,
>
> > "I don't mean to interrupt you while you are working, but I just wanted you to know that I think you're one of the most attractive women I've ever seen, and I'm really glad I worked up the courage to introduce myself to you."

Tell her your name, ask her hers, and then let her get back to work. Chances are, *she'll* be so impressed, she'll come over to talk to you. This line is very flattering, and what really makes it work is the last bit about "working up the courage to meet you." It implies that she's so beautiful that you just had to overcome all that shyness just so you could get a chance to meet her. Women eat this line like candy and it will get you laid by waitresses, salesgirls and the like with startling frequency.

> 3. The dirty, sneaky, fake like you are in show biz approach. Here in L.A., 99.999% of the better looking waitresses are aspiring actresses, waiting for that big break. Some of these women are so gorgeous they would make you drool in your pants, and they are ripe for someone who they *think* can help them along in their career. Now, keeping in mind the ecology warning at the beginning of this chapter, let me tell you how I stumbled on

to this scam and how it can help you to sleep with the most beautiful women around.

At the time I stumbled on this approach, I had a roommate who worked for a small aerospace research company. They had just moved into a suite of offices that previously had been occupied by a talent agency. Opening a closet one day, they discovered a few hundred pictures of very good looking actresses who were applying for a role in a film.

My roommate brought about a hundred of them home, and as I was going through them, slobbering all over myself, it suddenly occurred to me that:

A. Most of these girls were probably working as waitresses to support themselves.

B. What better way to get favorable attention from some cutie pie waitress than to walk into a bar or restaurant with these and just start going through them.

So, that's what I did. And sure enough, before long, a very gorgeous young food and drink service technician (bureaucratese for waitress) came by to see what I was doing. I told her that my sister ran a company that makes movies for TV (which happens to be the truth, but don't worry if you don't have a sister that does that, you can talk about *my* sister if you feel guilty) and that she wanted me to go through these pictures and select the ones I thought were the most attractive. Naturally, this sweetie pie was an aspiring future Oscar winner, and asked if she could get a resume to me. I said it would have to be fast, as my sister wanted to know by tomorrow. Of course, she invited me to come back to her place after work to get the picture, and well, we had a few drinks and.....

The key to this method is not to make it seem like you are blackmailing her. Tell her you would be happy to submit her picture and resume to the right person. After you have agreed to that, THEN ask her out. The threat of you not doing it if she doesn't accept hasn't been made, and nice guy that you are, you wouldn't even think of *implying* it. But *she* might be afraid of losing your good will, and so will accept. Try to get her to go out with you on the spot.

Now, some of you may be wondering, "Well, it sounds great. But what if I don't have a roommate who happens to work for an aerospace research company that happens to be in the same office that used to be used by a talent agency?"

Good question. What you do is put a simple ad in your local paper along these lines:

"Models wanted! All expenses paid, plus $500.00 photo shoot in Tahiti!
Send 8 x 10 to: Your Name Productions, Your Address."

That should get you some nice responses.

Street and Supermarket Pickups

One of the toughest places to pick-up women is right on the street, and that's why I love it; it's a real challenge.

Of course, one of the easy ways out is the old "taking a survey" method, but that isn't nearly as much fun as using lines.

The absolute key to street pick-ups is to be very upbeat, happy, warm and friendly. Do NOT come on heavy on the street. Women are naturally (and justly) cautious in the big city.

Here's a great street pick-up for you that will also work in a supermarket. I call it the compliment string.

Pick out your target, then walk alongside her. Find one thing about her you can genuinely compliment, then say:

> "I like your hat."

She'll say "Thank you."

> Then say, "I like your watch."

She'll say "Thank you."

Then what you do is pause, sort of look at her sideways for a moment, and say with as much charm and good humor as you can:

> "Come to think of it, I like everything."

Nine times out of ten that will get a big laugh. If she doesn't laugh, she's a very uptight chick and you'd just get rejected if you straight asked her out anyway.

Once she's laughed you hit her with this:

> "My name's _____. By what name are you called, you shining example of genetic perfection?"

(I know that sounds corny but it will get a big laugh. Trust me.)

Once she tells you, you say,

> "You know, I can tell you're woman with fantastic good taste. And you know how I know that?"

She'll ask how.

> "Because you laugh at all of my jokes."

She'll laugh again. Then you hit her with another laugh line.

> "Do you believe in irrational and self-defeating infatuation at first sight?"

She'll laugh again. If she says yes, then you should jokingly look heavenward and say,

> "Thank you, God. Would you like to get a cup of coffee?"

If she says no (to the infatuation question, not your coffee invitation), you say,

> "Great. Then I'm not being irrational if I ask you to have a cup of coffee (or some frozen yogurt, or whatever is nearby and convenient).

Whatever the response, you want to try to invite her to do something with you, in a public place, right then and there.

If she says she'd like to, but is in a hurry to get somewhere, ask her out for that evening, if it is at all feasible. Say something like "I'd be very flattered if you'd have dinner with me tonight." Be direct, but charming at the same time, and don't back down! Your very directness is part of what makes you appealing, and when you combine it with charm, a smile, and the ability to make her laugh, you are really going to hit her hard. And that bit about being "flattered." Well, for some reason I can't figure, that works very well. Make sure you add that in. It's like you're saying that the nicest compliment about yourself would be to be seen in public with her.

This approach will also work well in a supermarket. It's unique, different, funny, direct, and fun and romantic for you and her. I discovered another great supermarket pick-up totally by accident. I was suffering through another attack of hay-fever during allergy season, so I went to the local Osco drug store to get something for it. As I was walking along I spied an incredible honey wearing very tight jeans and an equally tight T-shirt. As I walked by her, I had to sneeze, but the sneeze wouldn't come out, so I paused right next to her as I struggled to sneeze. I noticed her looking at me, and instantly my magnificently sleazy brain phonied up a scam.

With one finger up to my nose, as if I were about to sneeze, I said to her,

> "Do me a favor. Pound me really hard on the back."

She said, "Are you sure?"

> I said, "Yes."

She gave me a good slap, and I said,

> "Well, it didn't help the sneeze, but I think I just fell in love. What's your name?"

Then I hit her with the other lines you've already seen. Unfortunately, she was married. Oh well. But I've used the line on other occasions with success. It's a numbers game, good buddy, a numbers game. But you'll find this "sneeze" line works well in just about any public "non-pick-up" setting, such as the beach, parks, etc. Try it, and you'll see it's nothing to sneeze at. Ha ha ha ha ha ha ha. That's what's called an author's right to abuse his readers.

How To Ask A Woman Out
When You're Both In Front Of Other People

Once I was in barber shop, getting my hair cut, and an incredibly sexy lady was waiting her turn. She was wearing a skirt that was so short that you could easily see her juicy thighs. Her legs were screaming out to be mine, but what could I do? Although I was busy chatting with her in front of the barber and the other people waiting their turn, I couldn't graciously ask her out right there in front of everyone, could I?

I started reviewing my other options. I could hang around after my haircut, and wait for her to finish, and then hit her as she was coming out the door, but that would be lame, and kind of scary for her.

Well, I did a little mental exercise that really helps me when I'm stumped for what to say. I made a picture in my mind of myself, sitting in the barber chair. Then I saw picture of myself standing a few feet a away, watching me sitting in the barber chair.

Somehow this kind of "mental distancing" myself from a situation always helps. Sure enough, the right words came to mind.

I said to my target, "Let's see. You're a knock-out in the looks department, you have the great taste to laugh at all my jokes, and you're also very sweet. And life is so unfair that it's got to be the case that you're either married or have a boyfriend, or both."

This got a laugh from everyone present, most importantly her. "Actually, I don't," she said.

By this time, instead of being an embarrassment, it had turned into great entertainment for everyone present, and she was enjoying being the star of the show. You could have cut the silence in that place with the barber's straight razor, as everyone waited to see what the outcome would be.

"Thank you, God", I said, looking heavenward, holding my hands together in mock prayer. Another laugh from all assembled. Then I looked at her, smiled, paused, then said, "I'd be very flattered if you'd have dinner with me tonight." She said, "I'd love to." We set the time, and she gave me her address on a piece of paper and it was one of the most enjoyable and romantic evenings I'd ever had. And her legs felt as good as they looked.

A Last Ditch Method That Will Almost Always Get You A Date Even After A Woman Has Said "No" To Going Out With You

This method will work 9 times out of 10 and really knock a woman out. You should use it only after she's refused your initial offer for a date. I've seen it melt women who had no interest in me whatsoever and initially refused to go out with me.

It works like this. Find out when your waitress, or store clerk, or other working girl is on shift. Go to your local florist and get a nice bouquet of wildflowers and such made up. Don't go for a dozen red roses; that is way too heavy.

Write on the card, "To (Her name), from your secret admirer."

Then have a buddy deliver it on or before her shift. If you can't get a buddy to do it, try to talk a passerby into doing it. People usually enjoy helping out when it is a matter of love. Corny, ain't it?

Wait a few days, before you go for the piece de resistance. Go to your local T-shirt store, and have them make up a T-shirt. It should say, "I AM YOUR SECRET ADMIRER." Put this shirt on under a button up shirt or jacket, and then walk in on your honey pie's shift. Waltz up to her, tap her on the shoulder, and open your shirt or jacket.

Now, that will make an impression. You were clever, different, unique, and went to all that trouble just for her. (Never mind that you only have to pay for the shirt once, but can use it over and over again. Just make sure it stays clean, so it doesn't look used - that will really blow it for you!) After she gets through hugging you, or even kissing you, tell her you'd like to see her, and you're willing to go to some effort to do it, and then some. Then ask her out. If she's got any smarts and heart at all, she'll go for it. This is a great, fun method, and it really works like a charm!

Chapter Ten

SLASHING COMEBACKS

Women are not always sweet and friendly, dying to meet you, and eager to fulfill your every desire as a man. At times they can be downright nasty.

Who says you have to put up with it, fellas? Here are some wicked replies to her bitchy putdowns, to let her know just who's in charge!

> HER: I'M REALLY NOT INTERESTED IN MEETING YOU.
>
> YOU: One of these days you are going to see a man across a room and you're going to want to meet him but it's not going to happen because he's going to intuitively pick up on your incredible capacity for rude behavior.

Alternative One:

> YOU: Thank you for showing me how warm and feminine you are.

Alternative Two:

> YOU: You've got a little piece of snot hanging out your nose.

Alternative Three:

> YOU: (Gazing at her upper lip) Gee. It's amazing what they can do with electrolysis these days.

Alternative Four:

YOU: (pull out a tampon which you should carry for just this purpose) Here. It's gotta be that time of the month!

Alternative Five:

YOU: I'm a lonely person trying to overcome my shyness and you've just slammed me back into my shell for months. I hope you're happy.

Alternative Six:

YOU: Chill out, skirt!

Chapter Eleven

HOW TO *REALLY* USE THE PERSONALS!

Here's how to use the personals to get hundreds and hundreds of responses from just ONE ad! I got over FIVE HUNDRED responses the first time I tried it - you might do even better.

First, DON'T PLACE A PERSONAL AD! Now, I know I seem like I'm contradicting myself here, but please bear with me, because I'm not! If you place a personal ad just like every other guy on the singles page of your local paper, you aren't going to attract the attention that you need! Remember, ATTRACTING ATTENTION IS THE KEY TO MEETING WOMEN!

Instead, place a small classified ad on the singles page of your local paper or magazine. Keep it very simple and don't bother with artwork or fancy trimmings. The paper may do the layout for you for a nominal fee - if not, a graphic artist can do it. If you really want to go cheap, hire a art student from your local college.

Here's how the ad should read:

WOMEN: How To Find, Win and Keep the Love of Your Life
In Thirty Days or Less!

For absolutely free information send self-addressed stamped envelope to:

(YOUR ADDRESS GOES IN HERE, DUMMY!)

You are half-way home now. Instead of a few crummy responses to a personal, you are going to get HUNDREDS and HUNDREDS of women writing! Run the ad two or three times, to convince the skeptics.

Here's the second step. Write a one to two page letter that is a personal ad for you, describing EXACTLY what you want and don't want in a woman. Now of course, I can't tell you what that is. But I can tell you how your letter should start. Do it just like this:

> "Dear Reader,
>
> "I have some SHOCKING news for you. You may be just DAYS away from meeting THE LOVE OF YOUR LIFE.
>
> "I have even MORE shocking news for you. You won't have to spend more than 50 cents to meet him, and it shouldn't take more than TEN MINUTES of your time."
>
> I have STILL MORE shocking news for you. Even if this should happen for you, I will still owe you a GREAT, BIG, FAT APOLOGY.
>
> "Allow me a minute to explain.
>
> "This is NOT a pitch for a 'self-help' book. This is NOT a pitch for a 'dating service' or one of those disgusting '976' numbers. It's not even a pitch for a seminar, an irresistible love potion, or a psychic astrological-past life love chart.
>
> "So just what the heck IS this a pitch for then?
>
> "Quite simply, dear reader, this is a pitch for ME!
>
> "OK. Allow me ANOTHER minute to explain.
>
> "My name is (your name) and I've gone to the absurd extreme of pulling a crazy stunt like this because I very much want to meet a VERY SPECIAL lady to love and enjoy and respect. Who knows? Maybe YOU are her.
>
> "I KNOW you are out there, somewhere. But I've recently realized that I would have to do something DRASTIC to get your attention, while weeding out all the CRAZIES, LOSERS, and DUM-DUMS who are keeping us from meeting each other.
>
> "I hope that last sentence doesn't seem overly negative, but I think it's a pretty accurate description of the singles scene, for both men AND women."
>
> But I digress ....

OK, you get the point. Then go on to describe your good and bad points, what you DON'T want in a woman, and what you do want. Finally, ask them to send a letter and a recent full length photo. If you like what you see, arrange for a meeting.

That's the SMART way to play the personals.

Chapter Twelve

BIRDOGGING

You're at a party, and so far the action is slow. The classiest girls there are the ones who don't have cookie crumbs in their mustaches. You're seriously considering going home and thumbing through that used copy of Tit and Bum.

And then...in she walks. A stunning raven haired beauty, in tight revealing red dress, her pert breasts straining against the thin, clinging material, nipples jutting, pouting blow job lips parted ever so invitingly. But you notice, to your chagrin, that she's with another guy.

What *will* you do? What will you do??????????????

Here's two approaches for you to try:

APPROACH NUMBER TWO:
Hang out by the Bathroom.

> This is generally a good party approach anyway - everyone has to go eventually, and you get a great chance to see what's there in the room. Wait till either your dreamgirl or her beau has to go, and pounce then and there. One thing you should keep in mind - just because a girl is with a guy doesn't mean she's REALLY with the guy. He could be her brother, or cousin, or roommate. If he's really unlucky, he's someone with whom she's "just friends," which, being translated from womanese means, "he takes me everywhere and pays for everything, but if he tries to put a finger on me he'll never see me again." Brutal, aren't they?

Chapter Thirteen

GETTING THE DATE

OK, let's say you've managed to pick-up a more than passable bimbo. Where do you go from there?

Basically, there are two schools of thought. One school suggests getting her home phone number, waiting a few days to a week, and then calling her for a date.

The other advocates trying to get her to go out with you right then and there, the sooner the better. If you can't get a date with her that evening, you make a date for another time, right on the spot.

I've had both methods work for me, and their are certainly advantages to each. Personally I prefer the on the spot date method. Here's why.

Lots of girls who have nothing otherwise planned will go out with you that night if you make the pitch exciting enough. True, you'd probably like to be with a woman who has more interest in you, but then again we're going to show you techniques to make one of these "got nothing better to do" girls eager to sack with you regardless of their original intentions.

Also, there is something very exciting about going out with a stranger that you just met. It's an air of "anything could happen" that strongly helps to alter a girls mood and make her susceptible to doing things she normally wouldn't.

By way of contrast if you get her home number, and wait several days to call, odds are that the less interested girl is not going to be willing to squeeze you in to her schedule. And you've lost the original excitement of meeting a stranger. So it's up to you. If you like the selling challenge, or just the adrenaline rush of spontaneously making a date on the spot, do it. If you prefer to fight by a set plan, go with the phone number route.

Either way, the next two chapters will show you the winning techniques to pull it off.....

Chapter Fourteen

GETTING THE PHONE NUMBER

If you've ever asked a woman for her phone number, you've probably noticed an interesting phenomena - very few of them say "no" directly. Instead, they say everything BUT "yes."

Have you ever gotten these responses?

> "I'm sorry, I don't have a phone."

How do you communicate, chick? Smoke signals???

> "Why don't you give me your number?"

Right. And as soon as your back is turned, that card with your number on it will be shredded so fast the CIA would envy the chick's ability to destroy documents. DON'T BUY IT! If a woman tries this slick trick on you, just nod your head, smile, and walk off, leaving her secure in the knowledge that she met a man too smart for her to bamboozle.

> "Sure. It's 555-1212."

The old wrong number ploy. Icky, aren't they?

My point is this - if you get anything but her immediate positive response when you ask for her number, you are in big trouble, partner. Giving out the home phone number is a

major step into her privacy, and she usually ain't about to do it unless she digs you on SOME level.

What's the best way to ask for the number? Try to be as matter of fact and straightforward as possible. "I'd like to take you out sometime, can I have your home phone number?" will do just fine. If you want to be a little slicker, hand her a pen and a card and say, "Magic seven digits, please." That's a bit more inventive, and inventiveness never hurts.

If you do get the number, get lost as soon as you can. There's no point hanging around after you've closed the sale. Leave her wondering about you and get the hell out of there before you do or say something to make her change her mind.

How long should you wait before you call? That depends. If you sense her interest in you was pretty high, it's safe to wait 5 to 7 days. She'll be wondering what happened and why

Now, once in a while, a chick will cancel, but when she does she'll make a counter-offer to go out again another time. This at least is better than a straight cancellation without such an offer, but I'd strongly advise against accepting. She could be just throwing you a bone to make you feel better, but even if she isn't, your accepting her offer of doing it another time *makes you look too easily available and removes the element of your being a challenge to her.* This will make you look *much* less appealing in her eyes.

Here's the right way to handle this. Let's say you have a date for Saturday, and she calls you Friday evening.

> HER: I'm sorry, but I really can't make it Saturday. I've got friends coming in from out of town. But I really do want to see you. Can we go out Sunday instead?
>
> YOU: No, I have plans for Sunday (even if you don't and you are dying to be with her - bite the bullet and refuse!).

At this point you have two options:

Option One

> YOU: Why don't we try another time when your schedule is a little looser?

Then politely say goodbye, and hang-up. Wait 2 weeks, then call and ask her out for a specific night. If she doesn't accept or make a specific counter-offer, toss the number and move on.

Option Two

> YOU: Well, I'll tell you, this is just the way it is for me. It's just the way I do things. When I make a date, and someone cancels, I leave it up to them to make the next date. So, if you want to go out, I'm interested. Call me, and I'll say yes.

Personally, I prefer this option. It's not as down and dirty as the first one, but it is effective nonetheless. By putting the ball back in her court, you don't have to spend the two weeks before you call, wondering if she's really interested (you shouldn't be wondering this, but it's hard to have that kind of discipline, and I'm a sucker for situations that I can't quite figure out). You can just safely assume she *isn't* interested, forget about her, and leave it up to her to pleasantly surprise you. And you also preserve the element of being a challenge, conveying the all important message *I DON'T NEED YOU,YOU NEED ME.*

OK. Now you're ready for the ultimate secrets. In the next chapters we're going to be showing you how, just by talking to a woman, you can get her so damned turned on during the date that she'll be itching to screw you. Hang on to your hats, gentlemen.

Chapter Seventeen

DECIDING YOUR APPROACH

The next few chapters will emphasize quick-lay strategies: How To Score on the First Date or even sooner than that!

> However, you may decide that you want something more than quick, hot sex with a girl. If you want a relationship with a lady, I recommend that you don't use the techniques in the next few chapters.

Chapter Eighteen

HOW TO USE HYPNOSIS

What you are about to read may stretch your ability to believe to the breaking point. I don't blame you for having that reaction at all.

All I can tell you is that this stuff works-it works so well that it scares me at times. My only comfort is knowing that as you become more and more successful and powerful with women, you lose the desire to abuse the power. Success makes you want to go a little bit easy on the poor defenseless creatures.

What I am about to show you will allow you to create very powerful feelings of being turned on and excited in almost any woman you can spend time with. You don't have to rely on luck, or that special "chemistry" or "spark." This chapter will show you how to create that in about ten minutes time, with almost any woman you want, in almost any circumstances. Instead of dates that end up with a polite peck on the cheek, you'll end up taking it as far as you want to go, regardless of how the woman felt about you before you used these techniques on her.

One last caution before I lay out this technology. In some states, rape is defined as "intercourse of a woman, by a man, by force, threat of force, or OTHERWISE WITHOUT CONSENT." In some states, if you get a date drunk, and fuck her when she's passed out, you could find your self facing a rape rap.

Likewise for hypnosis. I am not an attorney, and am not going to give you legal advice, but I warn you here and now of the possible consequences and am not about to be held responsible if you get slapped with charges. YOU USE THESE METHODS AT YOUR OWN RISK. (And I wouldn't have to give this disclaimer/warning if these methods didn't work as well as they do.)

HOW IT ALL WORKS:
COVERT HYPNOSIS AND THE STRUCTURE OF SEDUCTION

This method works because it *bypasses all of a woman's conscious resistance to screwing you.* It doesn't matter what that conscious resistance is based on. Maybe you are not her type and she THINKS she needs a certain LOOK in a guy to turn her on. Maybe she wants you but is afraid of looking cheap if she comes across too fast. Maybe she's just recently been burned by a guy and isn't eager to have it happen again.

It DOESN'T matter why, because *from now on you will be able to get past all of that by bypassing her CONSCIOUS mind and getting right to her UNCONSCIOUS.* If this sounds like bull, please stick with me for just a few more pages, because what you are about to see is a MAGIC key for getting laid with startling frequency.

SCORING TECHNIQUE NUMBER ONE:
STACKING REALITIES

Let me tell you a story about my buddy, Rick. Rick told me about this experience he had whenever he read a book. As he was reading along, he could begin to be aware of certain things. As he read, he could suddenly be aware of the unique darkness and shape of the letters. And as he became aware of that, he could also see the contrasting whiteness of the page. And he could also be aware of the smoothness of the paper. And as he became aware of that, he could also feel the rise and fall of his chest as he breathed, and the slightest little nodding, little nodding of his head. And as his eyes began to close ....

Now, what just happened as you were reading that? Even though I'm not standing over your shoulder as you read this, I'll bet my Batman comic book collection, that you started to notice the things I was talking about. You noticed the darkness of the letters, the brightness of the page, and the smoothness of the paper. And you noticed your breathing and your eyes started to close.

Here's the point: The only way to understand something you are hearing or reading, *is by having a little bit of the experience yourself. Naturally, and without any resistance, you began to experience what I wanted you to, because you had to do so in order to make sense out of my words.*

But notice something else of CRITICAL IMPORTANCE. I didn't suggest that you experience these things, or warn you in advance, or give you a direct command. *That would have caused immense resistance on your part.* Instead, I presented it to you as part of a story. *I told you about an experience SOMEONE ELSE HAD, AND THE ONLY WAY FOR YOU TO UNDERSTAND THAT WAS TO HAVE THE EXPERIENCE FOR YOURSELF.*

This is the same pattern and technique that you can use to put a woman into an altered state and get her to feel and do just about whatever you'd like her to. You start by telling her a story about someone else, and that story describes an experience that involves the feelings and actions you want HER to take. It sounds too simple and too good to be true, but it WORKS! And the more you practice the better you get.

Let's do a sample of this, to let you see just exactly how to use this technique that she'll be unable to resist. You may want to wait till later in the evening, when you are alone in your apartment.

Even though it usually only takes five minutes or so, you still don't want to run the risk of being interrupted.

After the usual small talk, here's how it would go:

> YOU: Hey, did I tell you yet about my friend, Mike?
>
> HER: No. What about him?
>
> YOU: Well, this is interesting. I remember one time Mike told me this story. You see, he had this friend. And this friend noticed something unusual when she'd listen to someone talk. Like for example she could become aware of the sound of his voice .... and as she heard the sound of his voice, she could also hear the other sounds of people in the room .... and she could become aware .... of the rising and falling of her chest .... and the slight nodding of her head as she listened .... and the deep, deep richness of his voice .... and as she became aware .... of all these things .... the pressure of her hand as it rested on the table .... and the outline of his face as she watched him speak .... her attention would become riveted .... on a very unique detail of his face .... whatever it might be that seemed to capture her attention .... so that as she focused more and more on this part of his face..she became more and more fascinated by what he had to say .... more and more captivated and totally enraptured by this experience of him that she was having .... and as she allowed herself to realize these things .... she could also feel a deep longing within herself for him .... to feel his touch .... his gentle touch across her face. (Reach and gently stroke her with the back of your hand) .... and as she felt this touch and her eyes closed with the pleasure of it .... her breathing began to deepen, and her heart began to pound .... to pound .... with the rich .... deep warmth of his voice...the rich, deep warmth that began to spread .... began to pound through her chest .... and through her belly .... and deep through her thighs .... as the warmth and the wetness and the deep rich pounding of her most burning female place .... the pounding burning place .... that longed to be filled, ached to be filled .... filled with his throbbing rock-hard man-ness .... and as she felt these things .... deeper and deeper and even more intensely .... the feeling of his hand as it touched her thigh... let her know that she would open herself to this man completely ...give herself to him .... at the time he chose to take her ....

Now .... I guarantee that THAT WILL GET you laid .... if she doesn't rape you right there .... just make sure you repeat that same touch you gave her on the thigh, later on in the evening.

In hypnosis terms, this is known as an anchor. Basically, all that means is that when a person has an experience, anything that is associated or linked with that experience will cause the person to recall the entire experience. It's what Pavlov did to his dogs - by associating the ringing of a bell with the state of hunger and drooling, he could set of that state by simply ringing the bell at any time thereafter. In this case, you are also ringing someone's bell, but hopefully she will NOT BE A DOG!!!

You'll have to decide when to use this approach. You can try it in the restaurant or wait until after when she's in your apartment. It depends on how daring you want to get.

FIRST DATE SCREW TECHNIQUE TWO: ANCHORING

We mentioned anchoring above, briefly, and here's another way to use it to get laid on the first date.

The first step to making this work is to find out your date's preferred representational system. (FOR A DETAILED GUIDE TO DOING THIS, SEE APPENDIX TWO AT THE END OF THIS MATERIAL.) You find this out by asking her to recall her last vacation and have her describe in her own words, what she liked best. If she says she enjoyed the feeling of laying out in the sun, and swimming in the warm waves, you've got a kinesthetic person. If she says she liked the sound of the pounding surf, and the quiet nights, she's auditory. If she uses visual terms, she's visual.

Next, ask if she can remember the most exciting experience she's had recently. When you say the word "exciting" drop your voice a bit, and give it an erotic connotation. Nine out of ten times a woman will recall an erotic experience.

When she answers yes, ask her to close her eyes a minute. Then, depending on what her preferred system is, ask her to remember, what she saw, what she heard, and how it felt in her body. As she experiences this, you'll notice things start to change. Her face will flush, her breathing will get heavy, her lower lip will get larger, and she will actually re-experience in her body all those lovely erotic feelings she had when she first went through the experience.

As she's doing this, tell her that when those feelings in her body reach their peak, she should wiggle her pink finger. When she wiggles it, reach over and give her right wrist a squeeze, and at the same time, say, "Good." Run her through this a two more times.

Then have her clear her mind, and close her eyes. Reach over, squeeze her wrist, and say good. If you've done it right, she'll go right back into the erotic state she was in before.

Now, tease her with it. Go back to normal conversation, then a minute later, reach over and trigger the anchor again. Look into her eyes, and smile at her as your do it, but this time, don't let go of her wrist. Keep squeezing, keeping her in the erotic state until you stop.

You now have a weapon you can use any time during the rest of the evening!

Later in the evening, when your get her back at your place, tease her a bit. Don't make a pass for a long time, just smile knowingly. If she makes a comment you think is interesting, reach over, squeeze the wrist, and say "good."

When she goes into the erotic state again, keep one hand on the wrist squeezing, then attack with the free hand and your mouth.

Practice anchoring. You'll get better at it and it does take some practice-we shouldn't kid ourselves about that. But shit - it works nicely!

What's great about this technique and the previous technique of stacking realities is you often don't have to go on a formal date. You can take a girl you just met for an innocent cup of coffee and get her ready to fuck you in fifteen minutes time. Why waste time going out when you could be going in?

FIRST DATE SCREW TECHNIQUE THREE: SENSORY OVERLAP

Again to make this work, you have to find out the lady's preferred system.

Once you do that, you start talking to her about the beach. You start by asking her to recall something from her preferred system about the beach.

Let's say you are talking to a woman who's preferred system is auditory. Here's how you'd do it:

> YOU: Hey, let's try an imagination experiment. Close your eyes for a second. Let's take an imaginary trip to the beach. You're at the beach. And you can hear the sound of the wind as it blows, and the sound of the waves .... and the sound of a gull, crying overhead .... and as you hear the sound of the waves .... (switch to visual system) you can also see a wave as it moves toward the shore .... you can see the sunlight glinting off the wave, and some of the white spray that's being blown off by the wind .... and as you see that spray .... you can also feel it gently touch your face now .... and as you feel the spray on your face .... and the rise and fall of your chest as you breath .... and the gentle warmth of the sun on your face .... you can begin to feel a deep and comfort and warmth .... and a feeling of being totally at ease.

(Here's where you get her. You've already hypnotized her, because when you switch people from their preferred system to a system that is normally not in their conscious awareness, they enter an altered state.)

> .... and that feeling of ease and warmth, begins to spread through your body .... with each breath you take .... the rise and fall of your chest .... allows a glowing rich warmth to spread throughout your body .... a warmth that feels so very good .... so good .... like warm and gentle hands .... massaging throughout your body ....

(From here you lead her in the same manner as the first stacking realities technique.)

MORE POWER CLOSES FOR GETTING YOU LAID

I want to emphasize again the important super-rule you should make part of you. I want you to eat, sleep, breathe and shit this rule:

I MAKE NO EXCUSES FOR MY DESIRES AS A MAN

This rule is important in every aspect of dealing with a woman, but no where more so than when you make that first serious pass.

If you aren't going to use the hypnotic techniques mentioned in the previous chapters, then I suggest you use one or both of the following power closes.

POWER CLOSE ONE:
TAKING WHAT BELONGS TO YOU CLOSE

What does the average guy do when a woman invites him into her apartment for a cup of coffee?

I'll tell you what he does. He makes small talk while the coffee is brewing, all the while sweating and nervous about when he's going to make his pass.

Then, when she serves the coffee, he drinks it nervously, wondering when he should make a move. Maybe they sit down on the couch, and he wonders when he should sit closer.

Time wears on. Nothing has happened, and he's getting more and more out of control. Maybe he spills his drink or has to keep going to the bathroom.

Perhaps he decides he better do something, so he moves a little closer and kind of apologetically puts an arm around her. He starts to slowly finger her hair, waiting to see her response.

The first power close cuts through all that nonsense Here's how it works.

She invites you in for coffee. You let her slide while the coffee is brewing. This is her safe time-the last few minutes she'll EVER be safe around you again. You can chuckle to yourself as you look at her and realize that.

The coffee is ready and she pours it for both of you. After she takes the first sip, don't say anything. Just suddenly stop talking and look at her intensely, with just the slightest hint of a smile.

At this point she'll notice, and probably ask, what is it. You CALMLY, SLOWLY, AND DELIBERATELY, put your cup down, reach over, take hers out of her hand, and put it down. Look at her for a second, take her face in her hands, and kiss her passionately.

This kind of action is sending a woman a POWERFUL message about the kind of man you are. You are in effect saying, WITHOUT WORDS, "Let's skip the crap baby. I want you, HERE, NOW, AND I'M NOT MAKING ANY EXCUSES FOR IT."

This is my favorite, non-hypnotic close, although I can't entirely call it that, because women seem to go into a trance with the slow, deliberate, but unexpected movements you make.

A key to making this pitch work is SAYING NOTHING! If you talk, you've ruined it! Also, your movements must be slow, and deliberate, not hurried and rushed, like you are afraid she's going to stop you.

POWER CLOSE NUMBER TWO:
THE TEASE

With this close, you operate as if you absolutely knew the girl wanted to desperately sleep with you, but you are determined to hold out till the last possible minute and to enjoy teasing her all evening.

With this approach, you lean into her as you talk as if you are about to kiss her. Then you MOVE AWAY. Get up and fix yourself a drink, or go to the bathroom. When you play with her mind like this, she won't know what to think. And when you put her in that state of mind, she's much more pliable and less likely to resist you.

A good tactic is to wait until she says something funny, and then reach over and brush the side of her face with the OUTSIDE of your hand. Then say something like, "You're such a funny lady." Do this slowly and deliberately, looking in her eyes the whole time. Then PULL AWAY.

Here's how you end this. While you're talking, suddenly yawn, look at your watch, and say, "I'm feeling a little bushed. Let's call it an evening."

If you're at your place, you proceed like this: "C'mon. I'll drive you home." Make as if you're really getting to leave. As she stands up from the couch, take her in your arms, and kiss her passionately. It's the last thing she'll be expecting, and the unexpected has the best effect.

THE MAKE OUT

When you are making out with a lady, you want to show her that you are determined and powerful and certain you will get what you want.

Don't waste too much time in her mouth. This is where most men make their big error. Go for her neck as soon as you can. As you go for her neck, cup her breast in one of your hands. Gently rub it with the palm of your hand. Let your hands roam freely over her legs and ass - you are the rightful king, and this is YOUR TERRITORY, rightfully yours to explore as you see fit.

Rather than trying to get your hands in her pants right away, take the palm of your hand, and place it over her pubic mound. If you press down lightly and move your palm up and down you will get her very hot and bothered.

Don't bother trying to take off her bra either, before you take her breasts in your mouth. Simply lift up her shirt or blouse, and pull the cup of the bra down, so the breast is exposed. Lick, AROUND the nipple at first, instead of going at it directly.

Then, let your tongue flick it quickly a few times. Then bite it .... not hard enough to hurt.

If she's wearing pants, move your head down, and kiss her on the crotch. Then reach for her belt, if she's wearing one, and undo. Don't be shy about it. Pull her pants right off, and try to take her panties with them, if you can.

Kiss back up to her chest now, but this time you work your palm on her naked bush, slipping your index finger on her clit, and in her cunt.

After a few minutes of this, move back down to her pussy. Kiss her inner thighs once or twice and then go for the eat-out.

Here is my favorite cunnilingus technique. I discovered it by accident years ago, and women go crazy over it. I don't claim to be the best fuck in the world - I know I am not. However, women have told me, over and over again that I give the best head of any man they have ever met.

Here's the secret. Kneel down so your face is level with her snatch. She can sit on the edge of the bed or chair or couch, with her legs over your shoulders. Take the index finger of your left hand, and the index finger of your right hand. Use the left finger to push away the skin hiding the clitoris on that side, and the right finger to push away the skin hiding the clitoris on the other. Once you've pushed this loose skin to the side the clitoris will be exposed. From here, what you do is use your fingers to push the base of the clitoris, so it pops up, fully exposed. This is sort of the equivalent of a woman squeezing the base of your cock when she blows you - it helps to keep your cock rigid by trapping the blood in it and also keeps it from moving.

From here, she's yours. You'll be able to suck and lick on the little bingo button and she'll freak out. The hardest problem will be getting her to hold still - if she thrashes around too much you are going to lose your grip.

At this point, stop for a minute and take off your pants and shorts. Resume eating, and when you feel ready, roll on your condom. You should practice this until you can do it quickly and without fumbling.

Then spread her legs open and slip it in slow and deep. Let her enjoy the pleasure of having your cock inside of her.

Chapter Nineteen

BREAK A WOMAN'S RESISTANCE TO SLEEPING WITH YOU

We've all heard the nonsense about "No Means No" and respecting a girl's right to refuse a pass.

Well, I hope by now you know differently. Often times "no" doesn't mean that at all. It could mean, "I don't want to appear cheap, so I have to put up token resistance first." Or it could mean, "I'm not sure." Or it could mean, "I'm scared of sex."

Whatever it means, the two worst responses you could make to a woman who resists you, are to:

1. Argue with her about it.
2. Give up and sulk.

The best thing to do is express agreement with how she feels, then back off and try later again in the evening. If she's just trying to avoid appearing easy or cheap, you'll nail her later anyway.

The real problem arises when the lady just happens to have a serious problem about sex or is just NOT attracted to you.

In the first case, you are in trouble, buddy. If she's this hung up, what kind of a fuck is she going to be anyway? Personally, I'd see her to the door and throw away her phone number.

If she's not attracted to you, but likes sex generally, you've still got a fighting chance. Let me show you several ways around the, "I'M JUST NOT ATTRACTED TO YOU LINE."

METHOD ONE: AS IF FRAME

This is perhaps the sneakiest and most unfair method I know to break a woman's resistance to sleeping with you. It is the H-bomb in your arsenal. It works on the principle that if you put someone in the physiology of a certain state, they will actually BE in that state.

Here's how it works. You make the pass and she rejects you. You should act apologetic. Tell her you are sorry you misread her cues. Say something like, "Look. I'm sorry. I'm just really dumb when it comes to reading women, y'know. Maybe you can help me with this? I know this sounds really dumb, but I don't want to keep making this kind of dumb mistake with women."

Odds are, she'll be willing to help.

> "If you can remember a time you were with a guy that you were really attracted to, can you show me what the look was on your face?"

She'll laugh at first, but then show you.

> "OK. But can you show me how your mouth was? Was it open? And how did your eyes look?"
>
> "OK. And how were you breathing? Can you show me?"
>
> "How were you sitting? What was your posture?"
>
> "And what feelings, closing your eyes for a second, were you aware of in your body? And how did those start to build?"

At this point, you have a choice. You can anchor those feelings and make a pass later by firing off the anchor, or you can make a pass then and there, using a transition like this:

> "And how would this touch feel to you if he were touching you like this, here and now?" Resume your pass now.

METHOD TWO: REDEFINE THE MEANING OF THE SITUATION

This is a more verbal approach than the last method. When she feeds you the "I'm just not attracted to you" objection, you reply as follows:

> "What you're really saying is you have an unprecedented opportunity to expand the range of people you can share joy and pleasure with."

That will blow her mind. You've taken a negative and turned it around into a positive opportunity for her to grow and expand her life. You've made her excuse for not fucking you her positive reason to do so. Wow!

METHOD THREE: CONSEQUENCES

Here you point out the consequences of her actions by saying: "Telling me that is only going to make me want you more, because I get really turned on when women reject me." Well, where does THAT leave her? You've let her know that pushing you away again is only going to make it worse for her! She can't win no matter what.

METHOD FOUR: SHOCK

This method relies on interrupting her pattern by reversing the tables. Here you say: "Attracted? Who says I'M attracted to YOU. As far as I'm concerned, honey, I'm giving you a MERCY fuck!" Then immediately resume your pass.

METHOD FIVE: HUMOR

Here you interrupt her pattern of rejection again, but this time more gently. Politely say, "Oh. I'm sorry. Excuse me." Then get up, and go into the kitchen. Get a paper shopping

bag, stick it on your head, and walk back over to her. "There," you say, "that should fix it!" As she laughs, resume your pass.

METHOD SIX: GUILT

One of the hardest things for anyone to do is watch a grown man cry. You are going to depend on that for this method, but be aware that this one is going to take some acting ability. Pull away after she rejects you and put your head in your hands. Quietly start to sob.

> "I'm sorry .... I should have known better than to think .... that a girl like you .... could like me .... " Sob some more. "Let me sit a second .... and I'll take you home." (Obviously if you are at HER place, you word it accordingly, dummy!) "It's just that I'll never know .... the peace .... of having you in my arms .... and loving you .... it would have meant so much .... (sob, sob). I've never been with a woman as beautiful as you .... you don't know the confidence it would have given me...and the happiness .... . (sob uncontrollably now) .... could you find it in yourself .... just to let me kiss you once .... to know I at least had that?"

Now I promise you, if the girl has any heart at ALL, she'll kiss you. And that's when you resume your pass. If she stops you, start weeping again.

Chapter Twenty

A FINAL WORD

Well, we've come a long way together. You've learned and hopefully applied methods to give you unbeatable and easy confidence with women. You know how to meet women left and right, and how to score with the ones you want, when and where YOU want to.

I sincerely hope that you put the techniques in this document to use. Make them WORK for you. You'll be astonished at how easily and quickly they can bring you success and happiness with women.

I've been a colossal failure with women and a colossal success and you know what? Colossal success is not only one hell of a lot more fun, it's also one hell of a lot easier! Once you know how to do it, it's HARD to fail with women, and EASY to get what you want.

I hope you discover just how easy it is! And how much nicer colossal success can be!

ALWAYS REMEMBER:

When you’re done “playing the game”, you only have each other…