



**MEETING WOMEN
MADE EASY**

1

AUTOMATIC SEDUCTION

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To Your Success,

Sixty

Welcome

Welcome to Automatic Seduction.

Each book in the system will cover three main sections. The Mindsets. The Tactics. And just in case you need more help we will troubleshoot your “sticking points”

Before we get into the main techniques of the system let’s take a minute to go over how to meet more women.

Meeting Women Made Easy

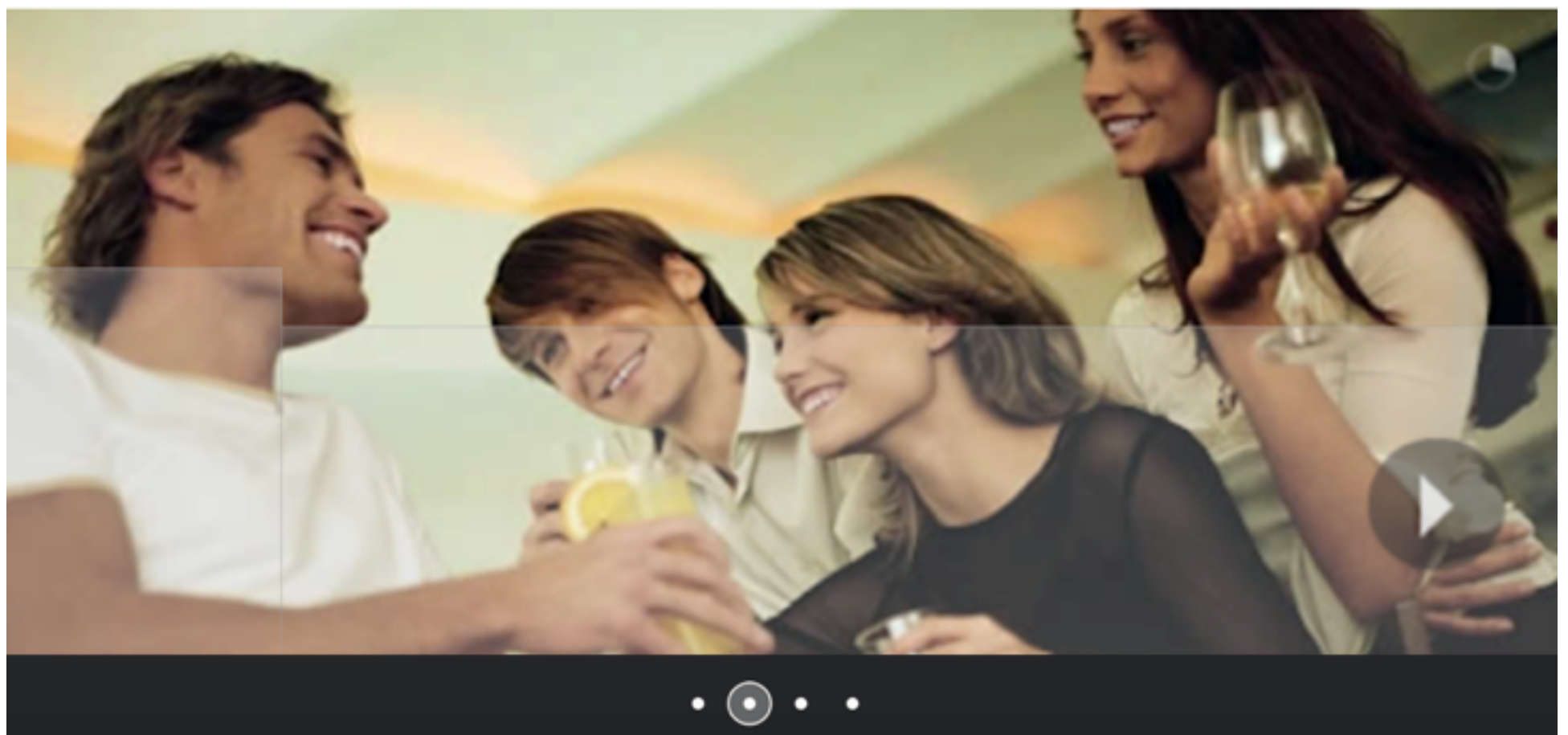
The goal of this book is to give you the proper “mindsets” for starting conversations with women. Why is this so important? Well, as you’ll see, being SOCIAL will give you more opportunities to use your new SEDUCTIVE skills.

The tactics we cover will help make meeting women super easy. You will learn that a persons social skills aren’t good or bad, but rather they are FLUID and based largely on momentum. You will also discover how to open yourself, start conversations without speaking and use the power of rejection to your advantage.

Part 1

SOCIAL MINDSETS

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Mindset #1

Opening Sucks!

Stop the Lies!

Opening isn't fun.

Stop waiting around until you become great at opening. You aren't ever going to be great at it. You opened 1,000 women. Good for you. You're still bad. And that's fine because opening to me is a "screening process" where you weed out uninterested girls. Not a judgment on how good you are at "seducing women".

Just Be Confident

Am I the only one tired of these get pumped up about opening and "just be confident bro" advice. Ten years later and we still can't solve a guys fear of approaching women.

Sure, we can tell you why you are scared to do it. 10,000 years ago a caveman might have smashed a brick on my head if I approached the wrong woman. Interesting information. But what does that do for me?

We can tell you to destroy your ego. We can pump your state and get you approaching for a weekend. But after you come down from your "approaching high" you're right back at square one.

Let's stop kidding ourselves...

Approaching women is not fun. It will never be fun. If it was fun everybody would be doing it all the time.

It's not that fun for me to approach new people and I'm one of the most social guys I know. I'll admit, I don't usually enjoy it. The fear never really goes away and the days that I am really confident, I can be apathetic and I don't feel like doing it.

Just Looking for One

Opening women is not fun. You don't have to pretend to be happy about doing it. Don't walk around forcing a fake smile. It's not fun talking to girls that aren't interested. It's not fun to almost always have to make the first move.

The strategy for meeting women is simple. Make it as quick and efficient as possible.

The trick is you want to contact as many cute girls as you can in the shortest amount of time.

You want to get to the fun part, seducing

I would rather be listening to an interesting woman while seducing her with my eyes than go around approaching random people.

I really enjoy spending time with women that at least have some interest in me. Even though I hate opening, Finding these girls is my motivation. Because I know, for every 9 frumps, there is always one really cute and interesting girl that I have a lot of fun hanging out with that night.

I am only looking for her and you other girls are wasting my time.

Get out of my way so I can find her.

Mindset #2

Opening is NOT Seduction

It's called the seduction community. Not the SOCIAL community.

Starting conversations is a SOCIAL skill and has little to do with SEDUCTION or how good you are with women.

However, the more social you are, the more opportunities you will have to use your seductive skills.

That's the good news!

Your goal is to have social freedom. To be able to start conversations without fear.

Unfortunately, even having complete "social freedom" and the ability to deal with "social pressure" doesn't mean you are good at seduction.

Keep in mind, being social does not get you women, being seductive does.

If you really want to judge yourself take a look at how seductive you are. If I introduced you to a female friend and put you guys on a couch for a few minutes, could you get her interested? I bet you could.

Not many guys are smooth at starting conversations with women. But it doesn't matter because starting a conversation has little to do with seductive skills. As such, never take the reactions too personally.

If you approach a woman and at first she rolls her eyes does that mean you suck with women. Not at all. It doesn't mean anything. Opening is no big deal.

Nothing that happens when you are out being SOCIAL can take that away from your SEDUCTION abilities. Being social doesn't get the girl. So why should you even care about this part of the process?

Because being social can put you in more situations where you can be SEDUCTIVE. Being seductive gets you the girl.

So I would like to suggest that you free yourself from the burden of opening. Forget everything you thought you knew. You have a free pass to mess up and have fun. Get rejected and smile. So go out tonight and talk to everyone but DON'T take their reactions personally.

Because being social is no big deal. And talking to women isn't either.

Being Social is a Great... When It's Observed

Here's where guys really get it wrong.

With women you want the VIBE between you to be seductive and slightly serious.

Okay, got it.

However, with her friends and your friends, you want her to observe your social and fun personality.

That's probably because back in our caveman days a social guy that was good with people could get them to help out his offspring and family. This trait would be very attractive to women.

However being social only gets you points when she observes it from a distance (wow this guy is popular and fun) but not when she experiences it from you directly (he's funny, I see him more as a friend)

Remember, the 1 on 1 vibe between you and a woman is always best when it starts out SEDUCTIVE not SOCIAL.

You can always let her observe your awesome social skills so you get the best of both worlds.

Mindset #3

Her Reaction Doesn't Matter

There is this myth that as soon as you open a woman she has to be all over you. That she should be so captivated by what you say that you don't have anything else to do. Thinking this way puts a lot of pressure on the approach.

The point of starting conversations is not for it to go good or bad. The only point of starting conversations is to do it and not avoid it.

Her reaction doesn't matter that much. Stop worrying and take the pressure off yourself.

Introducing yourself is no big deal because it's not a true judgment of your seduction skills. Meaning, opening does not give an accurate assessment of your ability to take a woman who has some interest in you and make her very interested. That is what seduction is really all about.

Opening is only about finding girls who are interested and screening out all the rest quickly. Opening is the numbers part of the game. And you need to put in the numbers to find the one cool girl you are looking for.

Her Reaction Doesn't Matter

It doesn't matter if it goes great, it's really awkward or she tells you to leave. You have opened. Good job. That was the only point. Whatever reaction you get, just move forward from there.

This isn't exactly rocket science guys.

There are really only 3 types of reactions

- I. She can be rude
- II. It can be awkward
- III. Or she could be excited

I find it funny that guys are still surprised when they get a certain reaction. They're like "oh man I didn't see that one coming". Opening is easy. Just don't be naive and think her initial reaction will always be positive. Go in fully expecting and prepared to deal with all three different types of reactions.

Nothing Shocking

I see guys who open and then act shocked if they initially get a rude response. They look totally puzzled when it starts out slow with a shy girl or crushed when she's being polite but giving one word answers. It's supposed to be a bit awkward at first. This is totally normal and to be expected. It's just another day at the office.

Understand you are going to feel anxiety no matter what her reaction is:

- Even if it goes good you will still feel tension because she likes you
- If it starts out slow you will feel some social anxiety
- If she ignores you or says something rude you will probably get upset

No matter what her reaction, opening will always get your heart beating.

Remember, women are funny

Sure, it's hard to recover when a woman says nothing and rejects you with a facial expression (just rolls her eyes). It doesn't give you much to work with. The only thing you can really do is smile and laugh along with her.

Anytime a woman says something rude it's usually a trap for you to break rapport. You can always handle her attitude by being humble. Not many women can resist a confident but humble man. The sane ones anyway.

Sometimes it can be hard to tell if a woman is uninterested or just shy. Lots of guys assume shy girls are uninterested and give up too easily. Unfortunately, others think a woman is interested just because she is being polite and end up overstaying their welcome.

Using this system you will be able to tell the difference.

Mindset #4

Numbers Game and Skill

You've hear people say seduction is "just a numbers game"

Other claim seduction is a skill.

Actually, it's both.

Seduction is a numbers game AND a skill.

I know we would like to believe we can get any woman we want. But in reality, you really wouldn't want to get involved with every woman you meet.

Thinking you need to get one particular woman is the same thing as having one special girl syndrome. She is not special. There are many cute girls that look just like her but have better personalities.

More importantly, there is a girl that looks exactly like her that actually likes you. You need to find her.

You first need to experience a good lead.

Once you see what a really good lead looks like, in business or with women, you will never again settle for less. You now know what you are looking for and this girl is definitely not it.

When you date a quality woman or land a really good client a new benchmark is created. Those who don't match up are turned away quickly in order to make time for the really good leads. Time spent with bad leads is time taken away from the good leads.

The Numbers Game

The numbers part of the game is weeding through all the girls with low interest, avoiding the frumps and finding the girls with at least some interest.

In other words, find the good leads. The numbers part of the game is mostly about being efficient with your time. There is a lot of LOW and NO interest out there.

No interest is great because they don't even want to talk to you and will let you know quickly. But low interest is dangerous because they tolerate you just enough to waste your time in a conversation going nowhere.

The Skill Game

The skill part of the game is making the women you found who have some interest, very interested. You accomplish this through creating a seductive vibe (more on this later in the book)

Unfortunately, most guys can't deal with the numbers part of meeting women which consists of starting conversations (whether verbally or with eye contact) with several women in a short window of time. Their egos can't handle what they perceive as a string of rejections. Instead, they should see the numbers part of the game for what it really is, a screening process.

And you are screening them.

Or just think of it as a scavenger hunt.

The numbers part of the game is finding the interest.

The skill is converting the interested.

What's Your Magic Number?

I am sure a person in sales would be offended if you told him that what he does is just a numbers game. Sales, as in seduction is both a numbers game and a skill.

In fact, some managers actually reward their sales people with money for every NO that they get. Each no gets you closer to a yes.

The Magic Number

A magic number is how many women you have to contact before you find one who has interest in you based solely on your presence.

Here are a few ways to make a good first impression

- genuine approach
- confident body language (good eye contact)
- smile
- seductive vibe

What's Your Number

A guy with no confidence, bad posture and no style could have a magic number as high as 100. Meaning he would have contact 100 women to get one good lead. This is an extreme example, but still, even with a few minor tweaks to his presence he could easily reduce that number to 1 in 50 girls.

Good to Know

What if you knew with 100% certainty that if you approached ten women you would attract one of them. I think you would be really excited to start approaching ten women.

Having a magic number is helpful because no matter what happens with the other women you approach, you know that once you reach your magic number you should have one good lead.

Because you have the seduction skills to turn these good leads into dates this is very exciting. This makes any rejections you get while working up to your magic number irrelevant.

Social Exercise: Recording The Magic

Please complete the following social exercise:

In order to get an idea of how much improvement you need to make, it can be helpful to keep a record so you can estimate your magic number. Once you have an idea of the number, you can work on reducing it.

You can lower your number by improving your presence, being more genuine in your approach and making a great first impression.

Mindset #6

5 More Social Mindsets

Mindset #1

I'm only giving her an opportunity to meet me.

You are not opening. You are just giving her a chance to meet you. You are an interesting, attractive guy with a lot to offer. You know she would love to meet you but she is too scared to approach you. Let me say that again. She wants to meet you, she is just too scared to approach you. And you thought you were nervous.

I don't care how cool or good looking you think you are. Even if you were Brad Pitt the best you would probably ever get is women hovering around you. You still have to start the interaction and give women an opportunity to get to know you.

Mindset #2

Being social is an adventure

If it's so much work, some girls are frumpy and it makes you nervous why bother being social in the first place? Because, besides giving women the opportunity to meet you, starting conversation is a rush. It's exciting. It makes the night out fun.

You meet all different types of people who can help you in other areas of your life. Every night out is an adventure and you never know what is going to happen. For me, being social is also part of my life mission which is to use my sense of humor and conversation skills to brighten someones day.

Mindset #3

I'm not opening. I'm screening her.

Sure, you are being social, but in reality you are going around screening for cool, attractive women that like to have fun and are up for adventure. You opened her but you are really just screening her.

Give women two chances to meet you. Meaning at first if she is rude or shy give her another chance to realize she is dealing with a guy who knows the deal. You don't need to spend time convincing someone they should talk to you. You already know you are an attractive guy. Anything else is a bonus.

As my friend Joe says: I am not interested in women who aren't feeling me. There are 3 billion women on the planet. And more of them want to hangout with me than I can possibly date in a normal lifetime.

Mindset #4

Be Social but on your own terms

You are social but you don't have to put up with mean girls or annoying guys. Don't stay where you aren't wanted. It's very rare, but some people will be rude. Fair enough. Move on and don't let it effect your mood. Pleasure meeting you.

Let it go. Don't analyze it. This is a small price to pay for being a social guy but you are more than willing to do this to achieve your social mission. If something truly bizarre happens, like a girl starts screaming at you for no reason, just use that story as a conversation starter later.

Mindset #5

The social phase is a free pass to have fun

You get a free pass in the social phase to basically do whatever you want. Have fun. Try new things. Amuse yourself. Get rejected. It doesn't matter because the social phase has nothing to do with seduction or your seduction skills.

This isn't an excuse for you to act like a clown, but don't take being social so seriously that you become paralyzed by fear. Y

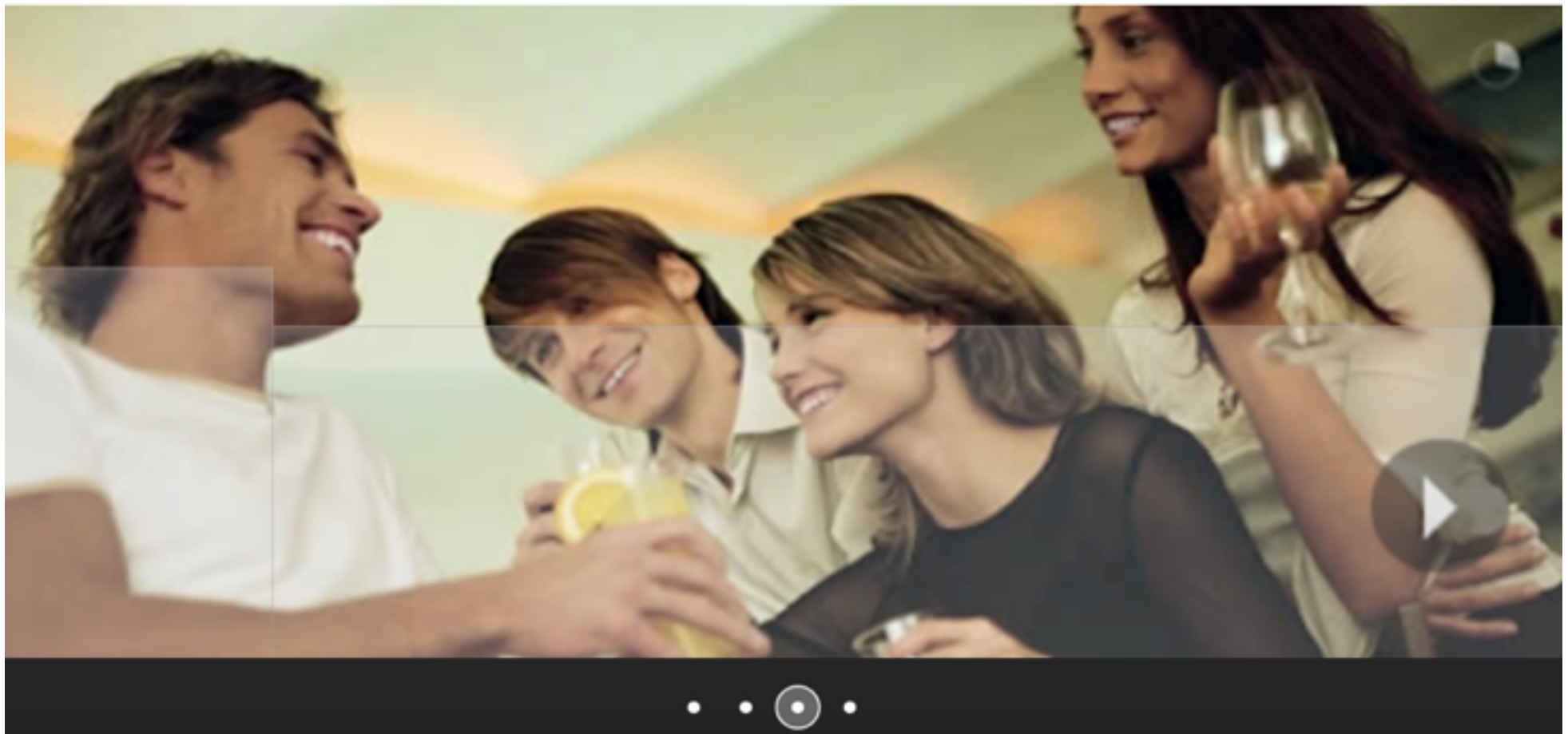
ou will see that it's pretty random what works and what doesn't. For instance, you may have met a really awesome girl last night but today you open a woman and she laughs in your face like you're a loser.

It's a big joke. Have fun.

Part 2

SOCIAL TACTICS

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Tactic #1

Open Yourself First

The first person you need to open every night is yourself. YOU are your first approach. Open yourself by opening up and tuning in to the non-verbal communication going on all around you.

How to open yourself:

- Warm smile
- Hold eye contact with people a second or two longer than usual. Keep open posture
- Do not cross arms or legs

Uninterested women will avoid your eye contact and inviting posture. Good. But when a cute girl holds your gaze simply say hello and smile. Not every woman will say hello or smile back, but many will. Congrats, you have just opened your first set of the night. You.

Opening yourself draws women to you like magic

Some girls will open you and with others it will seem like the conversation just started mutually. Don't be surprised when women come up to you and say "I know you right". If she feels like the conversation started mutually you will be off to a great start. Remember, no matter how confidently you approach, the frame is still that you wanted to come over and talk to her. Instead, go for mutual opening.

This sort of positive reaction is great for building momentum at the start of the night and avoiding the big zero.

Physical "Defense"

The opposite of opening yourself is when you avoid eye contact, put on a tough guy face, cross your arms and fight against the vibe of the venue. In other words, you look uncomfortable and closed off. This is just your body's defense mechanism for when you start to feel nervous and self-conscious.

Notice when you are around guys who are bigger and taller than you are that you automatically go into a defensive posture. For example, crossing your arms. It's a natural reaction.

This is just your bodies subconscious way to defend against an attack. You might not even be aware you are doing this but all these little things all add up to unattractive posture and being closed off. .

Emotional “Defense”

The same thing happens when you are in a situation where you feel uncomfortable. Hot girls. Cool guys. Big bouncers, \$1000 bottle service and VIP areas. Long lines and bad attitudes.

Before you know it you are closing yourself off to protect yourself emotionally. This closed posture keeps you from meeting new people. Stay open. Instead of analyzing other peoples body language, first take a close look at your own

And the longer you wait to start interacting with people the more closed off you become. It's a negative cycle that is hard to break as the night goes on.

Step #2: Now Open Women In Your Immediate Area

After opening yourself, the second thing you want to do is open the people in your immediate area. Wherever you are that is the place to be.

And wherever you are the people in your immediate area will open much easier. Especially if you are already open yourself.

Social Exercise: Here How To Play Hello Neighbor

Picture an imaginary five foot circle all around you. This is your area. Anyone inside the circle gets opened.

The people in your immediate area all have something very important in common with you. You are all sharing the same space! It only makes sense that you should introduce yourself. Cheers!

Open the cute women in your “immediate area” before you start prowling around searching for sets to approach.

Because women in your immediate area will open easier, warming up on them helps you build confidence and positive social momentum. Plus, you might as well assume the women in your immediate area are giving you an invitation to start a conversation. Hmm.

Ever been a bar or club where inside everyone was acting all too cool to talk inside, but if you went out to where people were smoking everybody was having conversations. They were sharing the same space. (the same thing happens when waiting on lines)

Social Exercise: Let Them Come To You

Another great opportunity is when women come directly into your immediate area.

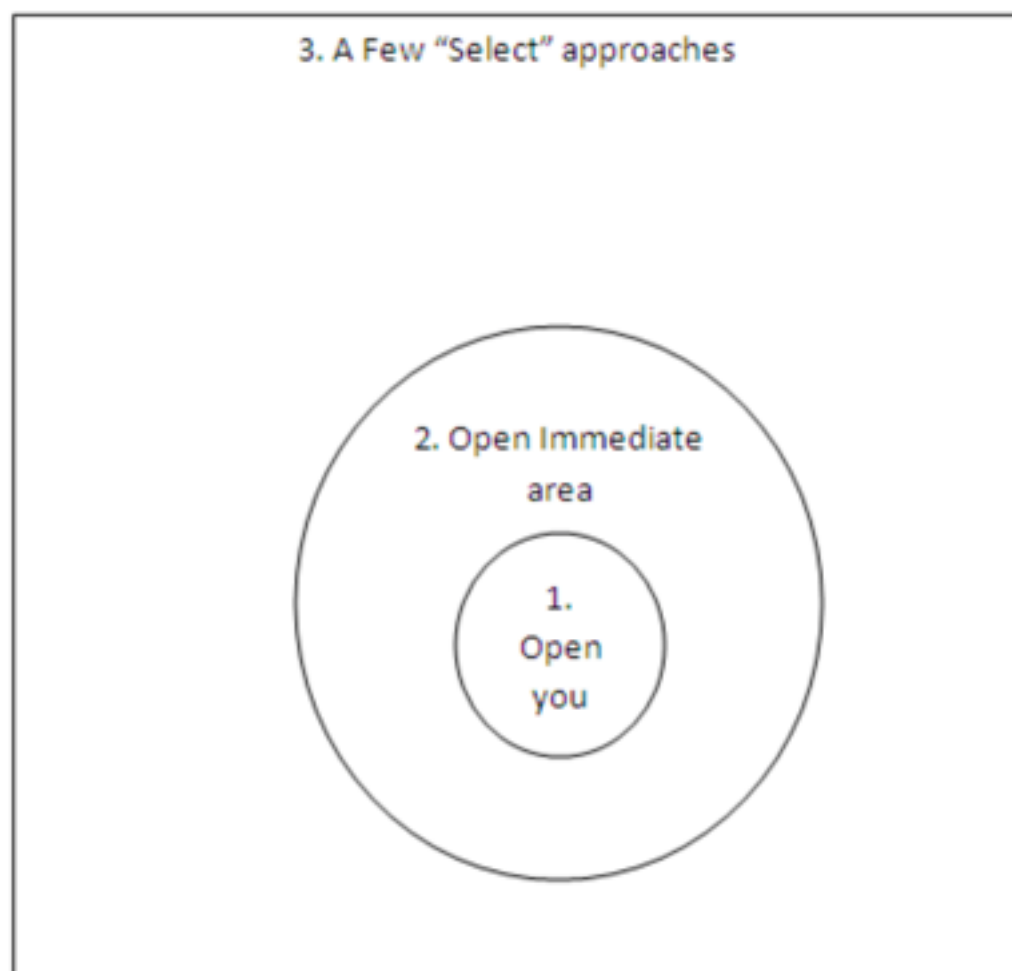
For example, you are sitting at the bar facing the crowd and she comes over to order a drink. You definitely want to open her because she came to you. You were just sitting back and relaxing.

This approach is much better than lurking around. In fact, a great exercise to warm up socially is to sit at the bar facing the crowd and introduce yourself to the first ten people who come next to you to order a drink.

Every girl has to come up to the bar eventually. Let them come to you first.

Step #3: Later on when you are socially warmed up you can FINALLY walk around and approach a few “select” people

You first. Your Immediate area second. Walk around last.



Tactic #2

Micro-Avoidance

Anytime you avoid doing something that you really want to do out of fear, no matter how small, your self-esteem takes a hit.

Right From The Start

Avoiding approaching women starts way before it becomes time to go talk to that cute girl. Most likely, you have been practicing micro-avoidance since the moment you showed up at the bar. In fact, most guys have been avoiding things all day.

Just a Thought

Let's say that we have about 16,000 thoughts per day. Now let's assume that once a minute we have a desire to do something. If we are awake for 16 hours that's about 1000 things we would like to do a day. Now, how many of those desires do you avoid for one reason or another.

For example, I just had a thought that I wanted to shave tonight so I would have a nice 5 o'clock shadow for tomorrow. My next thought was "Forget it. It's too much of a hassle and shaving at this time will probably irritate my face". This example may sound silly but these are the types of negative thoughts we are having all day long. After a while it all starts to add up.

Every minute is another opportunity to turn things around and stop avoiding things. To stop being so negative. To stop procrastinating. You can start building positive momentum in your life right now.

A Typical Night

You're standing in line waiting to get in your favorite club. It's not moving. What the hell is the hold up? Despite your frustration, you avoid going up to the front of the line to ask the bouncer for an update. You don't want to disturb him. Worse, you don't use it as an excuse to chat up those two girls behind you. You just shut up and wait.

You finally roll in the spot. You would like to ask the bartender what the drink specials are tonight. But you avoid asking her because you don't want to hold up the people behind you. You order a \$9 drink that you didn't even want. Actually, this drink sucks. Where's the alcohol buddy. Forget it, I don't want to complain.

The funny part is you didn't even want to drink tonight, but you're afraid to order ice water. You hate ordering water because you fear the bartender will roll her eyes. Plus you don't want girls to think you're weird for not drinking.

You honestly feel she doesn't deserve a tip. She didn't even look at you or smile as she rudely slid you a poorly made drink. But despite being short on cash tonight you still leave a big tip. You don't want this bartender to think you are cheap. You dream up some scenario where she tells all the other bartenders that you are a bad tipper.

Missed Opportunities

The bar area is very crowded and chaotic. There is an empty bar stool in a great spot, but it's right in front of a full drink sitting on top of the bar. But you notice nobody has come back for the drink or the seat for the last 15 minutes. Still, you pass up taking the seat. Your mind conjures up images of a huge guy coming back and kicking your ass.

Wow they have a pool table. Nice. You would really like to play a game of pool. You love pool. But you're afraid to ask someone if they want to partner with you. Plus, you don't want to bother the bartender again by asking for quarters.

Back at the bar you overhear two girls having a conversation about a topic that really interests you. They are talking about an exam they just took that you are studying for and are taking next week. But instead of introducing yourself, making some new friends and chatting them up, you sip your beer and say nothing.

"Oh man, that girl is smoking. Just my type too, a cute brunette. Alright, it's time to approach and do my thing. Actually, hold on a second, let me just finish this beer first."

You just need to work on your approach anxiety. Right?

The truth is there are a lot of things you have been avoiding from the very first second you showed up at the bar. Not just approaching.

All the Small Things

The subtle drop in confidence and lack of momentum that comes from avoiding all these small, seemingly innocent things always comes back to hurt you when it's time to start conversations.

Anytime you avoid doing something that you really want to do, no matter how small you hurt your self esteem.

How close are you to living to a life where your impulses for what you want to do and what you actually end up doing match up?

Tactic #3

Use The Power of Rejection

“Guys think they are doing really good because they haven’t been rejected yet. It’s actually a bad thing”

Stiff and Scared

Make it a goal to get your first rejection out of the way early in the night. Before the first rejection guys look very stiff and scared. They stand around in a huddle looking like they are getting ready to jump out of a plane.

After the first blow off I get a little crazy. There is an anger that builds inside me. Not an anger at women. The anger is because in that moment I realize that rejection and criticism is such a joke that I can’t believe I ever let the fear of it prevent me from doing everything I want to do in this life.

After this realization I become unstoppable. I go on a tear. I really need that first rejection to have a successful night.

Women are Funny

Big deal. A woman rolls her eyes when you say hello. Talk to the hand, really? That stuff is funny. This is what you were scared of. You will know you have made progress when you start seeing women acting bratty as funny instead of getting upset. After a harsh rejection the best thing to do is laugh along with her and say thanks, that was funny.

People who get angry easily and make a dramatic scene are trying to manipulate you emotionally. They are hoping to intimidate you. I’m sure you know people like this at your job. The best way to react is to see their little tantrum for what it really is, funny. Don’t take them seriously.

Please complete the following social exercise:

Go out and try to get at least one rejection and then notice the difference in your attitude afterwards. Most guys fear rejection. Learn to love it. Some guys do worse after being rejected. I do much better. I know this about myself. Until I get rejected I am too cautious. That is why you should look to get one social rejection out of the way as soon as possible.

Have you gotten rejection out of the way yet?

Tactic #4

Social God Mode

Your social and physical skills are not simply good or bad. These skills are fluid and based on momentum. Anyone can do this.

You should try to get rejection out of the way early in the night. This way you will have lots of time to capitalize on its positive effect.

Achieving Social God Mode

Getting a bad reaction just for making conversation.

I am sure you have all witnessed this phenomenon before. As the night begins you are being very shy and timid. You procrastinate opening that first group. You finally introduce yourself and get a bad reaction. Maybe they look at you weird or don't participate much in the interaction.

After that you say screw it and drop the ego. You stop playing it safe. You realize these so called "rejections" are a complete joke. This feeling is very liberating.

A half -hour later you are a social machine. Way ahead of the average guy who is sitting around still scared of getting a bad reaction from women. As such, every woman you talk starts to respond very positively and you get on a roll.

Women are responding to better because they can sense you are confident and you don't care what people think. Welcome to social god mode.

Physical God Mode?

Making a move and getting rejected (Getting the first NO)

Even if you now have social freedom, you are still playing it too safe when it comes to physical escalation.

You know the girl you are talking with is probably interested, but you are still too scared to move closer and put out your hand. This is because although you may have social freedom you don't yet have physical freedom. In other words, you have overcome your fear of starting conversation for the night, but you still haven't overcome your fear of escalating.

Have you ever noticed that the first girl of the night that shows interest in you can be the hardest to escalate on? For some reason you just can't make a move revealing your interest. This ends up wasting a lot of time.

And If you don't make a move with the first girl, you set a very bad precedent for the rest of the night. In other words, you won't escalate with the next girl either.

By escalating with this ONE girl, you will end up being able to escalate with ALL girls for the remainder of the night. Getting a NO THANKS early in the night has the same positive effect on your "escalation" skills as an early blow off has on your "social" skills. Women will sense that you are more confident because you are no longer afraid to blow it.

Social Exercise: Create "The Momentum Effect"

Please complete the following social exercise:

Are you good with women or do you suck?

The answer is, both. If you can build momentum you can be a superstar with women in only one night. But that still doesn't mean you just magically wake up the next day and have no more fears. The next time you go out you could be horrible again.

What this means is that your social and physical fears need to be overcome again and again at the beginning of every night.

Complete your mission by going out and noticing the change in your confidence when you start to build momentum. You can even build momentum by getting rejected.

That's because no matter what happens you get the self-esteem boost just from doing it, regardless of her reaction. The faster we get rejection out of the way, the more time we will have to enjoy its positive effect.

This is how you become really good with women in only one night.

Tactic #5

The First 30 Minutes Are Key

For a beginner, the first 30 minutes are usually the most important of the night. It sets the stage if you are going to be social or have another lame outing. Usually, guys spend the first 30 minutes getting comfortable with the bar, talking to their friends, and drinking. Bad idea.

This precious time should be used as your social warm up. There will always be plenty of time to drink and talk later.

This Place Sucks!

To start building momentum, you want to introduce yourself to someone as soon as you walk in. Try not to hesitate for even one second. Do not order a drink or scout the place out first. The longer you wait to get started, the greater chance that you will engage in over thinking.

Do not give your mind time to form opinions like “this place sucks” or “those girls probably have boyfriends.” **The less you know about what is going on at the bar the better.**

Remember, you are never as cool as when you first walk in as the new guy and women are checking you out. All the other guys inside have already played themselves out. Women are looking for someone new and exciting to walk in that door. YOU. If you procrastinate and miss this window of opportunity you make meeting new people much harder on yourself.

Please complete the following exercise:

The next time you walk into a lounge, bar or club strike up a conversation with the first man or woman you see. Starting a conversation with someone as soon as you walk in has a 97% success rate.

Even if you simply say “how’s this place been so far tonight”. This starts a snowball effect where every group in that bar seems to open like magic.

Always try and get off to a good start.

Tactic #6

Positive Social Momentum

It is my contention that a persons social skills aren't good or bad. Rather, social skills are fluid and based solely on momentum.

Positive Social Momentum

One of the keys to any successful night is building positive social momentum.

Definition: Doing versus avoiding social opportunities early in the night that when added together put you in a social, talkative state where you have no fear of rejection or embarrassment.

The battle for control of your mind starts early. As we discussed, when you are first starting out the first 30 minutes of the night are key.

Typical Night Out

- Should I wait for my friends to be ready or just go out alone and meet up with them later?

Inner voice is telling me don't go out alone. It's lame.

I feel like going out now so I roll out by myself. (+1 momentum)

- I chat up two girls getting drinks at the bar. I wouldn't mind joining them at their table.

Inner Voice: You can't join them, you just met them. You are by yourself. They probably just want to talk to each other.

I ignore the negative voice and go sit down with them. (+2)

- I introduce myself to everyone in my immediate area.

Inner voice: This is weird man, No one cares who you are. I do it anyway. (+3)

- I see a cute girl playing with her phone.

Inner Voice: She's probably busy. Wait for a better time.

I approach anyway and we have an awesome conversation. (+4)

- Two cute girls sitting down on the steps. Inner voice: “They look mean don’t do it.”

I open make them laugh and walk off. My friend comments that I am fearless. (+5) —

- Two girls sitting on bar stools talking with each other. They caught me checking them out. Damn!

Inner voice: “They saw you looking. They think you are creepy. Abort.”

I approach anyway hold their attention and introduce my friend. They aren’t interested in us but I still feel more confident. (+6)

The Results?

Ten minutes later I meet the girl who I will be with tonight. When I approach her I have great body language, I am smiling and holding eye contact and I have NO fear of being rejected.

My inner voice which started out so negative is now positive because anytime I doubted myself I took action. I know this wouldn’t have been possible if I avoided doing all the small social things that built positive momentum before I met her.

I can usually trace success or failure back to a few situations early in the night where I decided to avoid something or take action. Whenever you avoid taking advantage of an opportunity to be social because you fear rejection or embarrassment, realize you are building negative momentum.

Do all the little things early so when you meet the girl you really want you will be ready.

Please complete the following social exercise:

See if you can ignore every negative thought you have and go 10 for 10. By this point you won’t ever want to break your streak. Congrats, you are on your way to social god mode. You can also practice building positive momentum as you go throughout your day. Don’t avoid small things like making that tough phone call or asking for a favor you need done. By making this a part of your lifestyle you will be so pumped about your life that when you go out at night you will be attracting women by your presence alone.

The Negative Voice

That negative voice in your head is always there. *She looks mean. Don’t do it you will look stupid. They are going to say no.* Your goal is to keep doing what you want anyway. Just keep ignoring that negative voice until it gives up on you and goes away. Once the voice stops you will be reacting instead of thinking. Your mind will be clear. This is the ZEN like state you want to be in often referred to as social god mode.

Tactic #7

Use Non-Verbal Opening

Approaching enough women per night is usually the hardest part. Guys can contact over 50 women a day online without worrying about rejection. They are safe sitting behind a screen. They get a date with one girl and forget all about the others who didn't respond.

If you have even average skills and can approach 10 women in real life you are guaranteed to at least get some good interest going. The reason you don't put in the numbers is because your ego couldn't deal with that much live rejection.

So how can you contact a lot of women per night without the drop of confidence that comes with a lot of rejection.

Non-Verbal Opening (Silence is Golden)

- I. **The Spin:** Walk over and don't say anything. Grab her hand and motion for her to spin. If she refuses to spin don't talk to her
- II. **The Cheers!:** Hold eye contact for a second and then clink her glass. As the tension builds wait for her to say something first
- III. **The Handshake Hold:** Walk over holding seductive eye contact and simply put out your hand. Don't say anything. If she takes your hand don't immediately let go. If she doesn't pull her hand away, the conversation is on

Yo, What About Eye Contact?

Sitting around and waiting for eye contact is alright, but way too passive. You want to get out there and into the action but you don't want to be a "dancing monkey". And sometimes you want to meet people but you really don't feel like talking much.

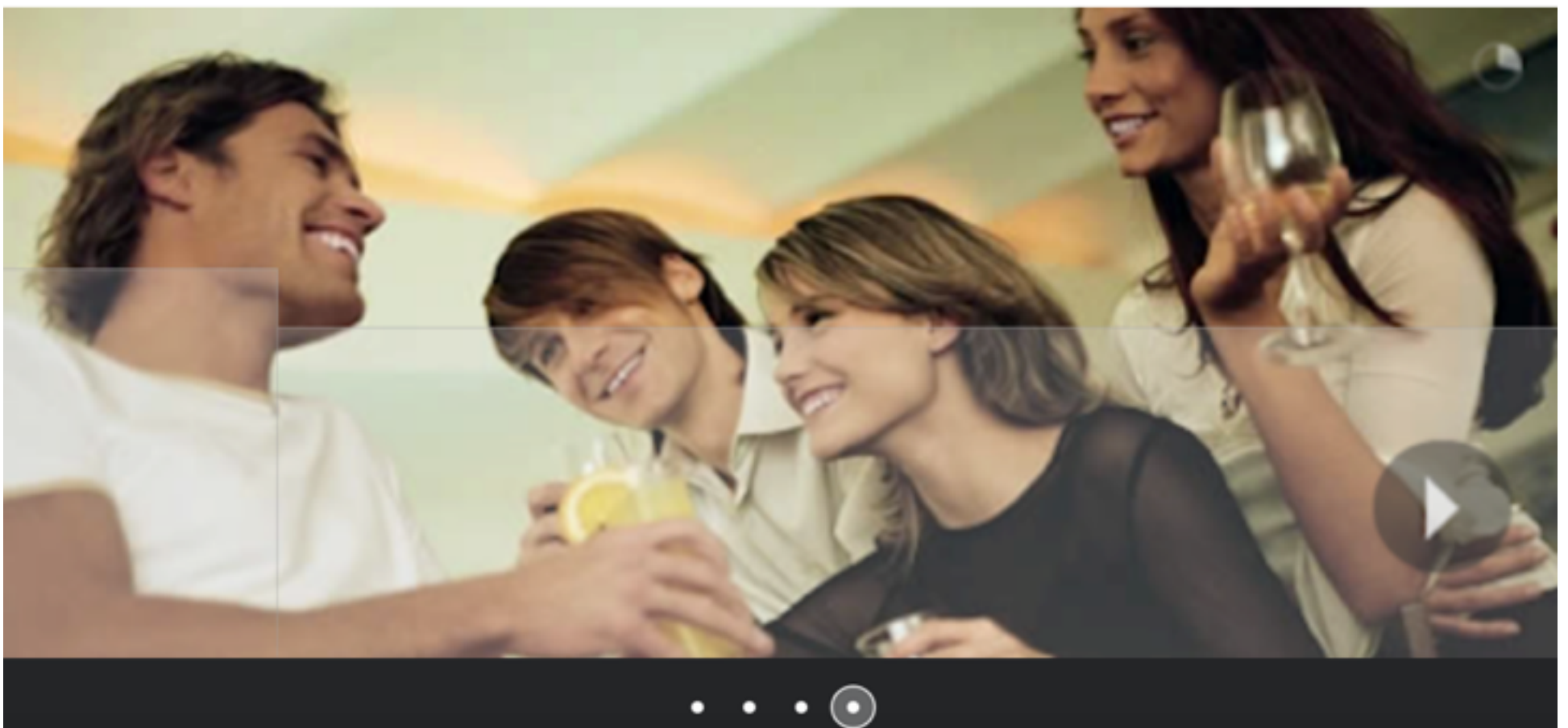
You know you need to put in the numbers but it can be time consuming to talk to all those girls. Women with LOW interest will waste your time, so using non-verbal opening becomes a highly efficient tactic. You don't even waste ONE word on girls who aren't interested in you. Sweet.

Her initial compliance (spinning, cheers, putting out her hand) or lack thereof, lets you know if she has any interest in talking right from the start.

Part 3

STICKING POINTS

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Sticking Point #1

Avoid The BIG Zero

I don't like the term approaching. I would rather just call it starting conversations or even better, introducing yourself. There is really no such thing as approaching. You don't actually need to approach anyone. For example, you don't need to approach if you place yourself in her immediate area or she comes into yours space.

Avoid the Zero

The big zero are the nights where you talk to no one. You had big plans to talk to some women. You prepared all week for this. You're dressed nice and feeling good. But for some reason you still can't bring yourself to start even one conversation. When this happens the strategy most guys use is to wait around hoping a woman will open them. They hope something interesting will just happen.

So what should you be doing with your time if you CAN'T approach yet.

Momentum and Avoidance

On a base level, if you can't approach yet, you should at least not be avoiding other small things at the bar like ordering an ice water or asking someone for a seat (see micro-avoidance). By not avoiding the other things you want to do you build positive social momentum and give your self-esteem a boost. This confidence often leads to approaching women.

Social Exercise: See if you can go all day without avoiding anything that you want to do (besides approach women). This leads to feeling good about yourself and excited about your life.

Get Her to Open You

As you open yourself up your first goal is to see how many women you can get to look, and then smile back at you. Getting lots of smiles from women means you are doing this right. But if you can hold woman's gaze a bit longer than usual and get her to open you (you look familiar) you're really doing this good! Positive reactions like women opening you will really help build your confidence. Although, keep in mind looking at a woman for a few seconds without saying anything does come with the slight risk of being considered creepy

Mutual is Always Better

It's always better if the start of the interaction seems mutual. Did you look at her first, or did she look at you. If it's unclear in her mind, that is good. Remember, no matter how great your opening line, the frame is still that you had to go over to her. Add lots of talking and entertaining to that frame and you really reduce your chances.

Social Exercise: Hold eye contact, smile warmly and say hey or how are you to people as you walk by. For guys a simple "what's up" will suffice. Although, saying "hey" rarely leads to a conversation, it seems to have a positive effect on warming up socially.

Get Her to Look at You First

You can get women to look at you first by being open. Simply hold her gaze for a few seconds and then introduce yourself or cheers her glass. Try not to grab women walking by or tap people on the shoulder to force meeting them. Don't worry, if you stay open I guarantee you will get your opportunities to meet new women. It doesn't really matter what you do, but when a woman returns your gaze, you need to do something.

If you don't immediately say Hi I'm Chris or Cheers she will make a face implying that you are creepy. That's because the initial tension created from a guy looking at her has now become more awkward than exciting for her. She doesn't know what the hell you are looking at, so to protect herself she will try to reject you before you can hurt her. Of course, you will take it

Intimidation Factor

Keep in mind, the most intimidated you will ever be by a woman is right before you go over to start a conversation with her. You may think she is really hot now but once you start talking to her you will see start to calm down.

On the other hand, your interest level is never lower than when she starts liking you. You get overconfident and start looking for her flaws. You think, if she likes me she must not be that great. Of course, once she leaves your interest will skyrocket back up again. The point is your interest in another person isn't static, it definitely fluctuates.

Paid to Be Nice

Please complete the following social exercise:

The next time you go out to socialize, warm up by introducing yourself to the women who are paid to be nice to you first. For example, you can playfully flirt with you hostess, waitress or bartender. Consider these warm up sets that are guaranteed to go well.

Sticking Point #2

When You Can't Even Say...Hi

Issue #1: You are Lurking Around

Remember the old saying, wherever you are, that is the place to be. Stop everything.

Stop thinking. Stop walking around. Stop looking around. Pick a spot and stay there. Preferably a good spot at the bar facing out towards the crowd. Now lean back and relax. Let them come to you. Your social mission is to talk only with the women who come into your immediate area.

For example, the girls who come up to the bar to order a drink. Forget about all the women that were already there when you arrived. You are invading their turf. You want fresh leads. Women who feel like they came over to you will always open much easier. Later on as your confidence grows you can walk around looking for women to talk to.

Social Exercise: Introduce yourself to the next ten people (men or women) who come into your immediate area.

Issue #2: You Don't Feel Like Talking (Approach Apathy)

I think we can sum up approach apathy with this statement. Guys never feel like having a conversation until they are in one.

Let's say you can't even introduce yourself yet. Maybe you are nervous. Or you just don't feel like talking. This happens a lot when guys are out by themselves.

Social Exercise: Whenever you start to feel nervous or apathetic work on opening yourself first. Since you aren't feeling talkative you should focus on your non-verbal communication. Hold eye contact, smile and keep your posture open. You don't need to force people to look at you, just be open and inviting in case they would like to.

Issue #3: You are Paralyzed By Fear

Your night out has gone from bad to worse. You have become so paralyzed by fear that you can't even speak. You don't even have the confidence to hold eye contact. In fact, you can barely bring yourself to force a smile. You're just not feeling it tonight as you stare at the ESPN highlights.

It's time to break out the big guns.

Non-verbal opening.

The easiest opener in the world is the cheers. Not many women will refuse your offer to toast glasses. Don't worry if she doesn't have a drink in her hand. That can be your conversation starter. What, not drinking tonight?

Women will usually have some story to tell about that. If you start to cheers a few people, at the very least you will get into one conversation. What are you guys celebrating? Sometimes even one brief conversation is all the motivation you need to get back on a roll.

Social Exercise: Get women to look at you and then use non-verbal openers like the cheers, the spin or putting out your hand.

Sticking Point #3

The 3 Types of Girls

Red Light Girls

When you open: Gives you a rude response or she ignores you

Initial Vibe: avoids eye contact, not smiling

Remember: Most girls are actually nice

What she expects you to do: Call her a bitch and walk away

Solution: Laugh along with her. Women are funny. Especially when they are pretending to reject guys. Be more genuine “I wanted to meet you”. Give her one more chance to open up. If not, “pleasure meeting you” and turn your back on her.

Yellow Light Girls

When you open: she gives you the deer in headlights look

Initial Vibe: polite smiling, nervous laughter

Remember: she is probably more scared of you than you are of her

What she wants: for this not to be awkward

Main Worry: Is this guy just messing with me

Solution: Be humble...*You guys looked fun. I thought I would come over and introduce myself.*

The girls we classify as yellows need a minute to warm up so never say the following:

You guys don't talk much do you? Are you in a bad mood tonight?

Green Light Girls

When you open: enthusiastic, smiling

Initial Vibe: flirty, seductive

What she wants: for you to shut up and move things forward

Main Worry: Is he going to kill the seductive vibe by talking too much

Sticking Point #4

Social “Over Thinking”

You have a serious problem that is limiting your success with women. Your mind thinks it can accurately predict situations and prejudge people before you even meet them. Your mind doesn't know anything. Unless you go over and find out for yourself it's all just social mental masturbation.

Social “over thinking” is when you make assumptions about a person or situation. You think just by looking at someone you can tell if she is mean or cool. You think you can predict which girls are going to like you and which ones won't. You say things like *I bet they're having girls night out, they don't want to be bothered.*

At it's worst stage guys with this affliction say things like “nobody hooks up at this bar” or “all the girls here have boyfriends”. These guys apparently know it all.

Nerds and Hookers

One night I saw a bunch of girls wearing these weird glasses in a trendy neighborhood in Manhattan. I told my friend that I refuse to go talk to them because I can't stand hipsters that think they are cool. Turns out they just had decided to have fun and come out dressed up as nerds. They ended up being really interesting girls.

Another time I saw an attractive woman alone at the bar and my brain said “dude she must be a hooker”. I didn't talk to her. Twenty minutes later all her cute friends showed up and I felt like an idiot.

Please complete the following exercise:

The next time you walk into a lounge, bar or club strike up a conversation with the first man or woman you see. Starting a conversation with someone as soon as you walk in has a 97% success rate.

Even if you simply say “how's this place been so far tonight”. This starts a snowball effect where every group in that bar seems to open like magic.

Always try and get off to a good start

Please complete the following social exercise:

The next time you want to talk to a woman take a second to write down the exact reason why you didn't do it.

Be very descriptive.

For example, you see a cute girl you want to approach but your mind says "she looks really mean".

Now go over and talk to her. Oh, she is visiting from Texas and she is really sweet. Interesting.

Make sure later on when you get home you write down three things.

1. What you wanted to do (approach a particular woman)
2. Why you didn't want to do it (she looked mean)
3. What actually happened when you did it (she was really nice)

Pay special attention to the difference between what you initially thought and what actually happened.

After a few days you will see that the "aloof bitches" were actually girls on vacation from Brazil that just didn't speak English.

The girl that "has to be with one of these guys" really just met them tonight.

The two girls "who probably just want to talk to each other" were actually excited to meet you.

I have done this exercise and it's really fun. You become shocked at how far off you are on your pre-judgments of people.

Have you ever pictured in your mind what you think a person looks like only to meet them in person and have been totally off. But hey, if you always end up being right, at least you can say I told you so.

Over thinking is stopping you from being social and meeting new women. Plus, your mind is wired to paint most people with a negative brush before you even approach.

The bottom line is you can't predict people with any accuracy.

You need to go over and find out for yourself.

Sticking Point #5

Leave on a LOW Note

I have a friend who won't approach women. He's a pretty smooth guy and expects women to come to him. If they ever do approach him, since they feel like they did all the work, they fall for him hard. This usually leads to a long relationship with the frame that he is the prize. The only problem with this approach is it's very passive. He can go a very long time without meeting any new women when he goes out. It will be a while before he gets another girlfriend.

Other guys are just the opposite. They will approach anyone and everyone hoping for some scrap of attention. Even if they get a rude reaction or end up talking with a frumpy girl with no interest, they will still try to plow through. After a while, this really hurts your confidence and makes starting conversations a burden.

The best option is to contact a lot of women but only invest time in the ones that are enthusiastic about you approaching them. That means the ones that smile, laugh and contribute to the conversation right away. If you don't get a good initial reaction you don't have to stick around.

Just Leave

One way to avoid to stay confident and maximize your results when socializing is to limit your time dealing with frumpy people. Don't give them even one more second of your time then they deserve. You do this by giving yourself the option of leaving on a low note.

Leaving on a low note means you don't have to wait around for a perfect exit opportunity. You can always just walk away. Even at the most awkward time. Just as easy as you get yourself into a social interaction, you can take yourself out.

You are in Control

I think some guys don't approach many women because they feel like once they go over and start a conversation they are required to stick it out and make it work. They feel trapped. They feel like they have to "hang in there" and plow. They will just stand there and get abused instead of walking away. After a few interactions like this it's no wonder why some people think approaching women is such a chore.

If you give yourself the option to leave on a low note, you will always feel free.

You Can Go

You approach two women. At first they are polite, but quickly they end up facing each other and talking while totally ignoring you. Obviously they aren't very interested.

Still, you stick around anyway hoping that they will include you again so you can at least say "nice meeting you" and leave on a high note. Why just stand there like an idiot. Just smile and take off. Leave on a low note. If you really want to you can always come back later.

You start a conversation with a woman at the bar. She is cute but she is being sarcastic and not in a playful way. She makes a joke about the shirt you are wearing. Then she starts baiting you to argue about politics. You don't really like her personality - so why stick around and debate with her? Just turn your back and ignore her.

Leave on a low note.

The Last Word

When out being social you don't need to save face. You don't need to get the last word. You don't need to leave on a high note.

Remember, if the girl you are talking to is being rude, leave on a LOW note.

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Sticking Point #6

Add a Spark of Tension

The best opener in the world is “Hey, I wanted to meet you”

No Excuses

Some guys are more comfortable using what can be considered excuse type openers. Whether that be making a situational comment, asking her a question or looking for an “opinion”. Although these social openers are low risk and rarely lead to rejection, it still makes it pretty vague as to why you are coming over to start a conversation with her.

No Tension

I know some guys still think this ambiguity is a good thing. It’s better if she is wondering about your intentions, right? Actually, not really. That’s because there is almost no tension when you start a conversation this way. It’s way too comfortable for her right from the start.

Most times after your initial comment and subsequent thread runs its course, the interaction fizzles out. On the other hand, using very direct openers (ie. you are absolutely stunning!) can also be hit or miss.

As such, you can choose the middle ground. For example, a great way to start a conversation is *“Hey, you looked interesting. I figured I would come over and introduce myself.”* This line is delivered seductively but slightly aloof. Yes you want to meet her but you’re not completely won over.

This opener obviously creates some tension but it’s not so over the top that it’s awkward. It doesn’t box you in. You can still be a challenge and she still has to qualify. In fact, by adding that she “looked interesting” most women will want to stay consistent with that and try to live up to your initial perception of them.

I know it can be hard for some guys to build-up enough confidence to walk over and simply introduce themselves to a beautiful woman. And some guys just can’t do it at all. They feel much more comfortable with the comment, question or opinion format for starting conversations. So for them I recommend making a situational comment and then following that up by stating their intention.

Example

Step 1: Be Indirect

situational comment: *looks like you are really enjoying that book, is that something I should be reading?*

Her: *actually it's really funny! I can't stop laughing.*

Step 2: Now Be More Direct (state your intention)

"Well you looked interesting, so I thought I would come over and introduce myself."

Making a situational comment first and then stating your intention is helpful for many reasons.

The main one being nervous guys can calibrate if they want to state their intention or not based on her initial response. For example, if you make a comment and she basically ignores you, you probably wouldn't follow that up with "I wanted to come over and introduce myself". This format lets guys experiment being direct with less risk.

Adding a Spark of Tension

Stating your intention that you wanted to meet her adds a little spark to the beginning of your conversations. Women get a bit nervous. Her heart starts beating faster. She starts fidgeting. All really good things!

It's just like dating apps. Everyone is only there for one reason. When you get a match or send a girl a message they know exactly what the deal is. It's not a mystery. You are not there to ask questions or make random comments. You are there to get a date.

As such, there is a certain excitement and tension people feel when they get a message. These guys are taking advantage of the built-in excitement that comes when someone is interested in you. People like people who like them.

When you stay completely vague about why you came over to talk, women won't register the interaction as anything to be excited about. She can relax. She can stop listening and start playing with her phone. That's because she really does think you are just being social or you were just making a random comment. Even if she eventually realizes you probably came over to talk to her, she isn't going to give you any points for having confidence.

Sticking Point #7

Be Genuine and Humble

Too Cool For School

A lot of your social anxiety comes from wanting to be cool. You want to be really good at this. You think for her to want to talk you need to be better than her. It seems the trendier the venue the more guys need to get back in touch with their humble side.

Instead of trying to be cool, approach women with kindness. Be humble. Be genuine. Remember, you want to meet them. That is why you are coming over.

Be Genuine

Meeting people is a time to be genuine, not a clown. It's time to put yourself on the line, not protect your ego by being cocky. She knows you are only acting cool and pretending you are joking to relieve the sexual tension.

You are not always going to feel nervous in social situations. But whenever you start feeling social anxiety, immediately switch to love mode.

Confident but Humble

The secret to women is to know when to be confident but also know when to be humble. Know how to be a challenge but also know when it's time to be genuine.

Shy Guy?

Someone asked if you should be slightly shy when you start a conversation to make it seem like you aren't a player and you don't do this type of thing often.

I think you should always start a conversation with confidence, whether that be verbally or with eye contact. However all the resulting tests you will get from her for being so confident should be handled by being humble.

“Do you always just come talk to strangers?”

Here are the best ways to handle these types of tests on the approach:

- Don't say anything

- Shy smile with seductive eye contact
- Be genuine and humble

You ask two girls a random question. At first they are nice, but out of nowhere her friend says

“Is this your excuse to come and talk to us?”

Now I know most guys would think this is the perfect time for a cocky comeback. Instead I said:

Actually, you guys looked fun so I wanted to come introduce myself.

Do not let women bait you to break rapport when you first start a conversation. Once you break rapport, it's usually all down hill. Do not give her an excuse to reject you right away. Remember, your confident approach already has her at least slightly intrigued. Women don't test guys they aren't at least a little bit curious about.

If she tries to make it difficult for you just be genuine and humble. Once she opens up just move closer and grab her hand. (More on this in the next book)

There are lots of awesome things you can do with a confident and humble attitude. From starting a conversation all the way to the bedroom. Women always root for the confident guy who is also a bit humble. They want you to succeed. Even if that means sleeping with you.

Even though women think the overly cocky guy is sexy, she will still reject him to get back at all those bad boys from her past. Unlike most men, women will reject you even if they are attracted to you. Sometimes, girls like this are rejecting you because they want to protect themselves. They have doubts and don't believe you are being genuine in your intentions.

Diffuse Major Drama

You can always diffuse drama by being genuine. One time I went to cheers a woman's glass and she immediately yelled “don't touch me” and pulled away with a scowl on her face. Later on she came over and her friend tried to stir up some more drama.. “why were you trying to touch her”.

Although you may think this would be a good opportunity to tell this girl she is crazy or make fun of her, I would never do that. I knew these girls wanted drama so I gave them the complete opposite, humble.

“Actually I wanted to meet her because she looked interesting. So I thought I would make the effort, maybe I got a bit carried away.”

Immediately her demeanor softened and she wanted to know what I found interesting about her. She actually started flirting with me. I wasn't really interested at that point, but there was no more drama and everyone left feeling good.

If you are ever genuinely apologize to someone and they still bring up the drama, get away from the fast. You are probably talking to a crazy person. Run.

Confident but Genuine

I'm sure you have seen a beautiful woman walk by a construction site. Like clockwork one of the guys will whistle, look her up and down and say

Oh yeah! You are looking real sexy girl. Where you going?

Or your buddy, who makes a weird mating sound while staring down every girl who walks by, but never actually approaches anyone.

Of course, she may force a smile but I don't think in the history of the world this tactic has ever resulted in one single success. So why doesn't this work? You could say these guys are direct. They seem to have a lot confidence.

It never works because although on the surface you seem confident, she knows you are really just over-compensating.

She knows you are afraid to actually put yourself on the line. You are scared to approach her in a genuine way so you go overboard with being direct. This way you can pretend you were just kidding.

In other words, you make a joke out of it to protect yourself.

Here is a confident but genuine way to approach a woman.

You looked interesting. I thought I would come over and introduce myself.

That opener displays genuine confidence. That is a real example of putting yourself on the line. This is what is attractive to women.

Low Risk, No Reward

Keep in mind, although a social opener is low risk, the more funny and entertaining your make it, the harder it will be to switch to a seductive vibe later.

2



ESCALATION
IS ATTRACTIVE

AUTOMATIC SEDUCTION

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To Your Success,

Sixty

Part 1

SEDUCER MINDSETS

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You Don't Want To Sleep With Her

It's brutal honesty time.

This will hurt, but just a little. And I promise it's for your own good.

You ready for this?

Your biggest problem with women is that you don't really want to sleep with them

Well, I mean you do, but it's not your first goal.

Let me explain...

You see, as guys we have two core needs. The need for sex and the need for affection. And these 2 needs are constantly battling each other to be at the forefront of our minds.

For example, have you ever checked out a girl from a distance and started imagining what she might look like with no clothes on. You may have even turned to your buddy and proclaimed "I would do her all night bro".

Yeah, from 50 feet away you were operating from your sexual desires

But what happens when you actually go talk to her.

All of a sudden your talking about puppy dogs and ice cream. You avoid her eyes, stand too far away and make that "I'm just happy to be talking to you face". And you don't dare sneak a peek because you're scared to get caught checking her out.

Yep, you are now operating from your NEED for affection. And the worst part is she can actually feel that neediness. This is a HUGE turnoff for women when done too early in a relationship.

Look there's nothing wrong with wanting female affection (that's what's so awesome about girls) but if you start acting like you really just need a hug before you've even kissed her, it's not going to go well.

Okay, nod your head if you've ever had this happen

You realize it's late and you're alone, thus you start to get in the mood. You might surf the internet or if you're "old school" you pop in an adult DVD.

Notice how when we're relaxed and have no worries we automatically divert back to Need #1...which is our desire for sex. Cool.

But what happens when you go out to a social gathering like a party, bar or club?

And you start to notice all of the better looking guys and groups of unimpressed girls staring at their phones.

Yep, you start to feel self-conscious

All of a sudden you're trying to impress people you shouldn't care less about. You try to be funny, interesting and "cool" hoping to make women like you.

Bottom line, your need for VALIDATION has taken over your brain again. Sex is no longer your main goal. And let's face it, your local bar is not the most "boner friendly" environment.

So when you go out to meet women (and especially when you're talking to one), you can bet your need for validation and affection is going to win out over your need to hookup.

And that means there will be NO sexual tension.

In the following pages of this book I will show you how to avoid this trap.

Anti-Manifesto (Do Less)

You don't really need to do much of anything.

There is already tension between men and women. By definition that tension is sexual. It's always lurking just beneath the surface. If it was acceptable I believe people everywhere would be having carefree flings with multiple partners all the time. This tension is so dangerous it often leads to complete strangers hooking up in minutes.

Do Less, Not More

Just by showing up, without doing anything, there is already sexual tension between you and women. It is natural and automatic.

That means:

1. There is really nothing "special" you need to do or say
2. Most women are already naturally attracted to you

My Anti-Manifesto

It is my belief that it's not so much what you need to do or knowing which "special" things to CREATE attraction as much as you just need to NOT do the small things that reduce the sexual tension that is already there. What kills it forever?

- talking
- laughing
- reacting
- fidgeting
- bailing her out
- supplicating facial expressions

I consider this an anti-manifesto because most strategies usually focus on what you need to do or say. There is nothing to say. There is nothing to do.

Your whole life you have been doing things to lessen tension. You have always tried to make everybody else around you feel more comfortable at your own expense. You do this with your friends, your co-workers and especially the women you like. When things get tense or awkward you're the big clown making everyone laugh and feel comfortable.

Even when girls reject you, you are more worried about their comfort level than your own. You don't want her to feel awkward. Aw, what a nice guy!

This is bad because doing things to help women feel more comfortable with the sexual tension will be viewed by her as supplication.

A woman is never going to be attracted to a man that can handle LESS sexual tension than she can.

In the end it always seems to come down to who wins the little tension battles:

Eye Contact: who is going to look away first

Introduction: who pulls their hand away first

Silence: who gives in and talks first

Resistance: who tries to diffuse the awkward moment first

Who breaks down and needs to have a talk about "what is going on" first

Let's look at a few subtle ways guys reduce the sexual tension in their interactions with women:

Opening & Silence

The reduction of tension starts right away. Most guys will use a social opener or make up an excuse to start the conversation. This may help you and her both feel comfortable, but is that really such a good idea?

Right from the beginning guys are scared of silences. In fact right after you introduce yourself, you want to pause for a second and give her a chance to contribute. Instead what guys usually do is just assume it's their job to talk and entertain the whole time. It all comes off as they are trying to qualify themselves instead of the other way around. (The person talking is the person qualifying). When silence happens, as it always will, who feels the pressure to talk first?

Seductive Listening & Facial Expressions

Another way guys break sexual tension is by making supplicating facial expressions when listening. Instead of using this opportunity to bask in the natural tension of the moment guys get wide-eyed, flash goofy smiles and do lots of head nodding. And don't forget the nervous throw away lines like "oh my god that's so funny". Instead you want to keep relatively quiet and use more of a blank stare when listening. Similar to a poker players face. By listening intently but not giving her much feedback she will feel like she needs to qualify herself to you.

Escalation & Resistance

Anytime you get verbal or physical resistance there will be even more tension in the air. This is good news. Resistance is great! But if you react to the resistance verbally (ie. trying to diffuse the awkwardness by making a joke) you will kill that tension. The same thing happens if you look sad and become pouty. If you don't react to her resistance it never becomes real. It's not official. It's like it never happened. Being un-reactive and keeping composed lets you be persistent without coming across needy.

Tests

Many times it's not just you. When women become aroused they will try to reduce the tension by baiting you to break rapport. Of course you fall for this trap because you think you need to break rapport to create sexual tension. See the problem? The sexual tension is already there.

Even witty comebacks and reframes can reduce tension. As such, tests are best handled this way. Hold seductive eye contact, smile and turn your head away slowly. If her test is due to a legitimate comfort issue then your response can be delivered in a more serious tone.

Her: We are not hooking up tonight.

We're both adults. We can do whatever we are comfortable with.

Bailing Her Out

When you ask women to exchange numbers, meet up or come over and watch Netflix, you should just ask her and then shut the hell up. When women start stalling or making excuses guys always seem to bail them out by saying something. They crumble under the pressure.

Instead don't say anything. Let the moment linger. It's her decision so the pressure is on her. If you can just keep your mouth shut long enough, women will see that you are not "over eager" to get her number or a date and she will agree to whatever you were asking for.

Risk Creepy?

As I mentioned earlier sometimes you have you have to embrace awkwardness and risk creepy. You want her breathing heavy and get her heart beating faster. That's because these symptoms mimic the signs of her being attracted. This tension is a good thing. In the early attraction phase, you don't want things to feel too comfortable.

How Dare You!

Not breaking the tension can be even harder for new guys with less experience. You will be tested more. Women will look at you like how dare you be so confident. Plus, if you think of yourself as not traditionally “good looking” you will automatically think you need to DO STUFF to make women attracted to you.

Actually it's just the opposite.

Guys need to do less. The things you are doing now might be getting reactions, but they are also reducing the tension. It's very subtle but when guys believe they don't have a shot with a woman, they say or do things to sabotage their chances.

The funny thing is at the beginning the sexual tension and attraction was there. But because they didn't believe she was attracted, that tension made them feel awkward. So of course they were the ones to break it off first.

The key to assuming attraction is to remember that on some level there is already sexual tension between you and most women. This tension exists naturally. An automatic connection if you will. As such, your focus shouldn't be on what “special things” you need to say or do, but rather on just not breaking the natural tension and attraction that is already present.

Do Less.

Nature's Seduction Secret

These attraction responses are automatic and exist naturally. In other words, there is not much to do. The sexual tension is already there.

All guys really need to do to create attraction is 3 things:

- Hold deadpan face contact
- Get a bit closer
- Shut up and listen (do nothing)

1. Deadpan Face Contact

It doesn't matter who the man is behind the eyes.

He could be anyone. He could be you. He could be me. It only matters that he had the confidence to hold a woman's gaze. That is what is so attractive. Of course, if you are not traditionally good looking women might look at you like how dare you be so confident. That still doesn't mean that your seductive eye contact hasn't attracted her. She still feels the butterflies. She is just testing you. How dare you try and attract me. You are not in my league. You lose if you let this type of reaction get to you.

2. Get Closer

Most of the time just by getting really close women will automatically feel attraction for you. A spark is created as your chemicals, pheromones, and energies interact with each other.

There is nothing you can do or say that is more important than this. She will intuitively feel like you guys have a connection and there is something special going on between you. Of course you feel something too. That crackle of sexual tension in the air. Her smell. The way she is looking at you. You just want to ravage each other.

I first started to notice this phenomenon when I was hanging out with women I wasn't that attracted to (not really my type) but for some reason when we ended up very close to each other (crowded subway, cab, by chance) I felt this strong and sudden powerful attraction towards them. It happened automatically.

When talking to a woman (whether standing or sitting) get a little closer to her than you would during a polite conversation with a friend. This sends the signal that you may be interested and creates a bit of sexual tension. **When you get more comfortable doing this you can get close enough that your leg or your hand is slightly brushing against hers.** If she doesn't move her hand away, it's a great sign that you can move forward.

Getting close is the true test of her interest level. Are you guys compatible? Is there a sexual connection here? Only nature knows for sure, but the answer seems to be yes way more often than no.

3. Shut Up. Become The Listener

When you meet a woman you like, instead of talking or trying to "game" her, ask her questions about her passions and use the seductive listening technique (more on this in a minute). This sets the frame that she is the one trying to impress you. Don't talk too much or try too hard. Stay a bit mysterious. It's a complete role reversal.

Now For The Bad News

Nature has already taken care of the attraction phase for you.

This is all just nature, biology and physics--nothing special. You are not some pick up guru. I used to think I was cool because most times I would get closer to a woman she would get butterflies (in a good way) or I would hold seductive eye contact and girls would blush and give me that puppy dog look. I used to think all of these positive responses were because of me. I'm the man!

The truth is we are just tapping into forces of nature and sexual tension that are already there. These feelings happen naturally as a result of a man and a woman being really close or gazing at each other. Nature senses a sexual opportunity and just assumes anyone inside this distance is there for a reason. This sudden magical feeling is just nature's way of giving you both an extra push to make sure something happens. It's an automatic response. It's not you. It's not me. We aren't cool.

If you can put your ego aside for a second you will see that this is actually great news.

It's Not You

This is all part of a bigger theme about how it's not really about us. You think you are so special because when you hold a woman's gaze or get closer to her you both feel that spark of sexual tension. It's you right? You're a seduction guru. Pfft. This so called

“magical feeling” and “connection” could happen to the same woman over and over again with many guys at the bar.

But few men have the confidence to give her a deadpan look, say nothing and move close quickly. Most guys are waiting for definitive signs she is attracted first before doing anything like that. And the rest couldn't deal with the tests they would get for being so seductive so fast. They would eventually say something stupid and blow it.

It's not that the guys who are good with women are doing anything special or different. It's because they are holding face contact, saying nothing and getting close to her quickly.

She WILL Test You

If you are not good looking, tall, or her type you will get tested a lot more. In fact, you will be getting tested all the time. When anyone tries to move beyond their allotted place in life, refuses to keep quiet and play their position, they will be tested mercilessly. Women will look away, make an eww face, imply you are creepy, and some may laugh at you. But that doesn't mean that they don't respect you for being a man and putting out a seductive vibe. But for now, you may get a lot of testing.

It all goes back to my saying: escalation is attractive. Holding face, moving closer and saying nothing are escalations. But more importantly, just by doing these 3 simple things makes her automatically more attracted to you. If you sit around waiting for signs of attraction before having the courage to get closer and grab her hand, you will be waiting forever.

Sexual Tension, The Dirty Little Secret

The dirty secret we all don't want to admit is that there is an undercurrent of sexual tension between men and women so strong that if it were allowed to run free, it would result in everybody hooking up all the time. Guys and girls sleeping with each other left and right. We can't let this happen. How would men ever feel loved? How would women sell purity to get married? This tension makes us very uncomfortable, even when we catch a glimpse of it on a television show.

This tension is why man invented things like religion and forced rules of proper etiquette upon us. Girls may fear seeming too easy, but most guys are sexually repressed in a different way. We fear the truth about the sexual tension that exists naturally between a man and a woman. That's why most men and women interact from a safe distance, don't stare at each other for too long and keep their hands to themselves.

Look, most of this so called “game stuff” is just mental masturbation. There is really nothing special you need to do or say. This sexual tension between a man and a woman exists naturally. It’s already there. Most of the times attracting women is really just about not doing things that break that tension.

You know like laughing, talking too much, reacting, looking away, fidgeting, and using supplicating facial expressions. If there’s really anything to do it’s real simple stuff like shutting up, moving closer and grabbing her hand.

Any time you get an attraction-test like (you couldn’t handle me) don’t say anything and just smirk at her with sparkling eyes. Pass these tests and she won’t be able to resist the sexual chemistry you guys have that exists naturally.

And no, this doesn’t make you special.

Don't Wait, Escalate

Don't Wait to Escalate

It's not what you do, it's when you do it. The longer you wait to escalate the harder it becomes. Meaning, you had a much better chance of it working five minutes ago. By the time your brain sends the signal "I should probably do something" you have probably already waited too long.

You only have a "small window" to move things forward. Wait any longer than that and you could be on your way to the friend zone. (good news, you'll have company)

An Attractive Quality

There is absolutely nothing you can ever do or say that is more attractive than escalating quickly. Not teasing her, telling stories or having tons of social proof. Nothing comes close. Fast escalation beats them all.

Let me be very specific. To me (and for the purposes of this book) fast escalation means holding deadpan face contact right from the start. Moving close to her and mutually caressing each others hands, usually within minutes.

Let me also be clear about what this is NOT. This is not about touching or groping women (we don't even touch her), or lunging for a kiss or to keep trying when she is obviously not interested. Be seductive but be respectful. And always act like a gentleman. If you can't do that, these techniques are definitely not for you.

Fast escalation is an attractive quality. That is because women view guys who escalate as confident. As such, there is little downside.

Just the fact that you hold face contact and moved closer makes you more attractive than you were a second ago. Why worry about using teasing and disinterest to make her attracted when escalation - seductive eye contact, silence and moving closer can do it. Plus with escalation you can create attraction and move things forward at the same time.

You can't wait around until you are sure she is attracted to be seductive. That takes too much time. Don't you guys get it?

It's making the move quickly that makes her attracted. Escalation turns the women who were only slightly interested in you into very interested.

The Hard Truth

For some guys using fast escalation will be the only way they can ever create attraction with really attractive women. The confidence displayed by fast escalation overcomes all of their shortcomings in other areas.

Most guys don't escalate quickly because they want to make 100% sure she is attracted first. They view holding face, moving closer and seductive listening as something you only do if you're sure it will work.

While they were waiting around looking for indicators of interest, she already put them in the friend zone.

Or maybe she does find you sort of attractive. But because you have been so polite, well-mannered and "nice" she starts sizing you up more for that "boyfriend" role. It's sounds good in theory but most of the time you never become the boyfriend or get to kiss her.

Look, she already has more than enough friends and guys chasing her around wanting to be her next boyfriend. There is some tough competition there.

Enter....The Mystery Man

But when you escalate quickly you are offering her the ONE thing she can't get from all those other guys. A fast, passionate, no strings attached adventure with a new mysterious man.

You only get a few minutes to fulfill this fantasy for her.

Part 2

SEDUCTION TACTICS

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Technique #1

Escalate The Vibe

Most guys are scared to escalate verbally or physically but they can ALL escalate the VIBE.

When you go out, you don't need to worry if you are always talking to a woman. All you should care about is that when YOU ARE talking to a woman you like, is that you escalate the vibe. Escalating means moving the interaction from social to more seductive.

Despite what people think, "fast escalation" is not about touching women or being verbally direct about your sexual desires. It's about quickly escalating the vibe by getting close and maintaining good eye contact. We are creating non-verbal tension because hitting on her verbally could lead to rejection.

To get good at escalating the vibe you will need practice. Look, if being seductive was easy everybody would do it.

When the vibe turns sexual (even if it happens by accident) most guys can't deal with the tension and break it right away. However, if you win the sexual tension battle she will be the one to blush, act weird and loopy. This is good. She is qualifying to you now.

Its a Secret

And nobody knows what is going on. Her friends and other guys have no clue because you aren't saying anything special and you aren't touching her. Plus, your facial expression is pretty neutral (poker face).

Since you can't see VIBE there is nothing for them to protest. In fact, you can and should be genuine (and humble) towards her guy friends.

Unlike teasing her, putting out a seductive vibe makes her wonder does he like me (in a good way). You don't even have to break rapport. In fact, you can and should be a nice guy. A gentleman! Non-verbal sexual tension is much more effective than verbal tension.

In the beginning when you are escalating the vibe you don't want to get baited into break rapport. In fact, her tests are great opportunities to increase the vibe and sexual tension. Just look at her, smile and saying nothing.

Technique: The Invisible Hand

Do not touch the woman you are talking to. (yet)

See if you can get her to tap your arm first by using bedroom eyes, getting closer to her and ramping up the sexual energy.

Imagine that your “seductive vibe” is an invisible hand turning her on without having to physically touch her.

Plus, her reflexively touching you first is usually a great sign and can give you the confidence to make a move later.

Tip: How To Be REALLY Interesting

There is a big difference between a shy guy who women ignore and a guy that doesn't say much but has an interesting presence. By the way, who's bright idea was it to have guys who are introverts talk a lot. They would be better off just listening and escalating the vibe. You may think putting out a seductive vibe is creepy, but it's a lot less creepy than being creepy verbally (hey baby) or creepy physically (being too hands on)

When putting out a seductive vibe there is not much you need to say. **You don't need to be interesting because your vibe is interesting.** You could both be talking about the most boring topics in the world, but the vibe will still be sexual. That is why seduction has little to do with words.

You also don't need to tease her to create tension because the vibe is already creating sexual tension. The best part is you won't be breaking rapport with your words which is usually her excuse to reject you.

They say women get bored easily, and this is especially true down at the bars and clubs. You see it all the time. Some poor guy starts panicking as he begins to lose her attention. As a result, guys start talking too fast, trying to be even more interesting and funny.

Women won't usually talk to you (a stranger) for too long unless you are interesting and entertaining. Unfortunately, too much talking and entertaining has a low probability of leading to hooking up because there is no tension. So the only other way to be considered interesting to women is to put out a sexual vibe and escalate.

People never get bored talking about themselves. Put out a seductive vibe while you listen and you will always have her attention.

Technique #2

Micro-Escalation (Invisible Seduction)

ONE BIG MOVE

Most guys think it's "all or nothing" when it comes time to make a move on a woman. They usually start out acting like a "disinterested friend" and then out of nowhere:

- They lung in for an awkward kiss.
- Or dramatically confess their feelings (I've always liked you)

These are all examples of BIG moves and they hardly ever work!

Thus, it's really no surprise when most times a woman will simply turn her head away...or give you the dreaded "I just don't feel the same way" speech

So, What's The BIG Deal

Well, once a woman verbalizes her rejection of you "out loud" she is very likely to stay consistent with it...FOREVER !

She could just be thinking "I'm not sure how I feel about him" or "maybe we are better off as friends"...

But once she says these words out loud to you... it becomes REAL

This is called "the consistency principal" and it's something you want to avoid in seduction at all costs

What to do Instead (use small moves)

Instead of making one BIG move you want to use a series of smaller moves that are subtle and under the radar (thus you can't ever be rejected for using them)

Examples of Invisible Seduction:

- Instead of asking for her phone number (which she can reject by saying “sorry I don’t give out my number... I have a boyfriend” -- simply glance at her seductively to let her know you are interested in more than just “being friends”
- Or instead of touching her...(which she can reject physically) simply move very close to her (but without actually touching her) – getting as close as you can without touching actually builds more tension than if you actually touched her
- You can also use: staring at her lips while she talks, visualizing kissing her in your mind and speaking in a slow and sexy voice - basically anything that enhances the mood without being obvious (you can get creative with this)

All the small things

All of these “tiny techniques” escalate the seduction... but because they are so “small and innocent” she will have nothing tangible to reject. This gives you more time and chances to seduce her

And why can’t she reject you?

Because you aren’t freaking doing anything! (wink, wink)

Technique #3

STFU and Let Her Turn You On

When you find yourself talking to a woman you are now in what I consider **The Enjoyment Phase**. You are not trying to attract her or do anything special. You don't even have to talk much or touch her.

By simply changing your focus from "attracting her" to "enjoying her" you will see an immediate difference in your results.

How Do I Enjoy Women?

Enjoying women means to relax and notice all of the little things about her that turn you on. Her perfume, her lips, her sexy heels. This will get you into a more "seductive mood" and sets the stage for using all of the techniques.

Being turned on by a woman also helps reduce your fears. When you feel aroused you have more motivation, take rejection less personally and generally have a much better time out meeting women.

Your only job is to enjoy this unique woman and listen to her. Learn about her. You appreciate her, but you don't supplicate or kiss her ass. In fact, you are screening her. When you do this there will be moments of sexual tension. Enjoy them.

STFU (Silence is Golden)

One way you can tap into this natural tension is by being comfortable with silence. Be still. Sexual tension always seems to reveal itself during those short pauses. Or in an extended gaze. A sexual connection forms naturally when you are simply enjoying the woman in front of you instead of worrying about what to say.

Technique: The Silencer The next time there is a pause in a conversation don't feel the pressure to say anything. Most guys think it's their job to entertain women so they end up blurting out something stupid and kill the moment. Instead, let the silence linger for a moment and bask with her in the sexual tension.

Special Words?

You will have to guard against feeling like that if you don't do or say special things, she will leave. Enjoying women will also come with the risk of creepy. Don't break the sexual tension.

Some women can't deal with this sexual tension so you will have to be ready for that. Keep alert, so you don't get baited into breaking rapport or turning the vibe back to social. You will be tested, but all tests in this phase are just drama. And the cure for drama is deadpan.

As we get into more tactics remember the thinking you need to do special things to create sexual tension is NEEDY. The truth is on some level sexual tension between a man and a woman exists naturally. An automatic connection if you will.

I'm sure you've noticed it's usually lurking just beneath the surface of even your most polite conversations with women. In most cases there is really nothing special you need to say verbally or do physically. Most times attracting a woman can be as simple as just tapping into the tension that is already there.

Technique #4

Seductive Listening

Don't Talk, Listen (Shut Up)

How do you do nothing and still engage women? You Listen.

Is there a way you can NOT try and still be trying. Yes, it's called...

Seductive Listening.

it's a great feeling to know I don't have to say or do anything. My whole game is based on listening and escalation. The longer you talk, the more opportunities you have to blow it. At least until you make attraction official, then you have more leeway.

Social to Seductive

You need to escalate the vibe from social to seductive. I know it's hard, but you need to resist the urge to talk a lot and be entertaining. Yes, this goes against everything you have learned. You can be much more seductive with your eyes and build more sexual tension when you are listening versus when you are talking.

Of course you can still be funny, but use deadpan humor. You are still interesting, but you just tell those stories slower. You are still making the first move, but your relaxed demeanor makes you come across serious and aloof. Slightly bored. (Yawn)

No Risk

Seductive listening is an escalation. You are escalating the vibe. Escalating the vibe is a NO RISK escalation. What I mean is, you can't be rejected for escalating the vibe. What is she going to say "I know what you're doing. You are escalating the vibe." But escalating in this manner can give you important information about her level of attraction.

The goal of seductive listening is to create sexual tension - which creates attraction. Seductive listening also helps build a connection.

The Magic Formula

Girls always say that they want a guy that listens. They would rather talk about themselves and wonder about us. The problem is, we never learned how to listen correctly. Usually when we listen to a woman for too long we end up in the friend zone.

There is a right and a wrong way to listen.

Let's start with what not to do:

- Limit facial expressions: the nod, goofy smile
- No filler phrases: that's so funny!
- Don't interrupt her: with own story or funny comment

Now what you should be doing:

- Hold Deadpan Face Contact - Seductive Smirk
- Visualize Kissing Her Lips

Qualification is Attractive

Shut up. The person talking is the one who is qualifying. Just by listening you are qualifying her. Qualification is attractive. As she talks your facial expression should be slightly skeptical. The only feedback she will get from you is non-verbal.

The Eye Contact Close

When done correctly there will come a brief moment while seductive listening when you will both be silent. You lock eyes. There is a crackle of tension in the air and time stops.

Who is going to talk first? She's in a trance. Your eyes sparkle. She starts to blush and smiles. Flash her a confident but slightly shy smile as if to say "I feel it too". Then turn your head away very slowly to release some tension. This is the eye contact close. A moment of mutual seduction. It is definitely on!

You have a short window of seductive listening before it gets played out. As such, make sure before you begin listening to her that you are in a good position close enough to put out your hand (whether seated or standing). Listening to her for a long time without caressing her hand is often a one way ticket to the friend zone.

At some point you are just going to have to put out your hand for her to grab. Transition the hold into caressing. This makes the attraction official. Again, if you don't touch her and create an it's on moment all sexual tension you created becomes mental masturbation. It all gets forgotten.

The idea that you need to do special things to create sexual tension is wrong

That is why I prefer techniques like listening that let you tap into the natural tension between a man and a woman. You want to be silent so you can enjoy the amazing woman in front of you. For example, getting turned on by her smell, voice, or energy.

Seductive Listening Conclusion

You guys don't need to be alone to use seductive listening. No matter who's around the connection becomes a sexy secret between you and her. Other people won't really know what is going on. Your friends will think you attracted her by magic. Don't be surprised if she starts eye coding you about other guys who are trying to hit on her.

This means you guys are communicating on your own non-verbal channel. When you are communicating with a woman non-verbally, you are way ahead of every other guy around.

Of course seductive listening requires risking creepy. Some girls will try to switch the vibe back to social or bait you to break rapport. Don't fall for the trap.

You can find out everything you need to know by listening.

If a woman constantly avoids your eye contact, moves back when you move closer and doesn't react when you put out your hand, she is NOT interested. No worries. Make sure to still behave like a gentleman.

Nothing was verbalized so you can both walk away and save face.

Technique #5

Get Closer (Parts Touching)

When you are talking to a woman you want to get slightly closer than a friend would get. It's very subtle, we are talking about a really short distance here, but it communicates so much.

Not only does tension and desire build when a man and woman get closer, it's also a nice way to test her interest level in you. If you move a bit closer and she seems to drift back, she is likely not interested.

However if she stays, or even gets closer herself, that is a good sign.

When you pay attention to this it really becomes like a back and forth dance as you feel each other out.

Technique: Parts Barely Touching

A subtle move you can use it to get so close that your arm or leg is very slightly touching hers. I'm talking just barely. If she doesn't move her arm away or leg away that is a good sign as well.

Never jerk your arm or leg away quickly like you just got caught doing something wrong. It's a reflexive habit, but it makes you look like you can't handle the tension and she will instantly think you are scared.

Sometimes hands get really close (almost touching) while standing up and talking. This can lead it being ON very quickly and we will cover how to do this in the next module.

Face Time

Getting your face slightly closer is a good move as well. Again, it's very subtle (not like you are a close talker). Tension definitely builds when you get your faces close and she doesn't want to move back.

Facial Expression #1

The Poker Face

The most interesting man in the world is a good listener.

I finally figured out the best way to listen that will have women constantly trying to qualify themselves to you. This is the holy grail of seduction. The one and only move you need.

The Blank Expression

The key is to keep a completely blank expression on your face and stay absolutely silent. Similar to a poker player's face when he doesn't want to give away his hand. For example, do not smile, widen your eyes or even nod your head. Do nothing. Complete blank stare. The poker face works even better than using "I'm skeptical about you" facial expressions when she talks.

The reason this works so well is because you aren't giving her any verbal or non-verbal feedback. Thus she will keep talking (qualifying herself) and try harder and harder to get your approval.

No Feedback

On the one hand she likes that you are such a good listener. You're holding seductive eye contact and paying close attention to her. But for some strange reason she still feels like she needs to impress you and isn't quite be sure why.

In fact, she is used to every guy supplicating to her through small facial expressions like constant nodding and smiling. Little do these guys know they are validating her and breaking the sexual tension with their micro facial expressions.

Guys are also famous for constantly interrupting women mid-sentence with their own even better, cooler and funnier story. This only sets the frame that you are trying to impress her. Remember the person talking is the person qualifying.

Seduce Her With a Look

At first keeping a blank poker face might feel uncomfortable and it may be tough for you to stop all of your micro-expressions. Yes you might even doubt yourself and think "this is creepy". But the blank stare is the key to seducing her while listening and setting a qualifying frame without saying a single word.

Facial Expression #2

The Magic Mirror Technique

Are you good looking or NOT?

It depends how comfortable you are with sexual tension.

The magic mirror technique is about giving a woman an opportunity check you out. This shows her you are confident with your face, which really means you are comfortable with your looks. Thus, you are good looking.

Yo Chris, what about eye contact?

I prefer holding face over using seductive eye contact. The concept of using seductive eye contact is fine but it can sometimes be weird or uncomfortable for both parties to keep up. Instead of holding intense eye contact, look at her but don't focus anywhere specifically on her face.

This way she can comfortably check YOU out.

Pretend your face is a mirror for her to look at

Prolonged direct eye contact can make women nervous. This makes it more likely they will look away or avoid your gaze entirely, which is obviously not what we want. That is one reason why I changed from holding eye contact to holding face. It's been very effective.

The problem with forcing eye contact is you are "trying" too hard to be seductive. However, when you hold face you are simply giving her a chance to check you out. She is the one doing the work. Holding face helps you create sexual tension without trying to be seductive. And because you have a deadpan facial expression, she feels like she is the one qualifying to you.

In order to break the tension from holding face I've had many girls blurt out "you're cute" or "you're so handsome" If this happened once or twice I could chalk it up as a coincidence, but it happens a lot. When a girl tells you that you're cute, she really means that you are comfortable enough with your looks to hold her gaze.

When you give a woman the opportunity to check you out...you will now be considered good looking. Even gorgeous!

Facial Expression #3

Sexy Screening Look (Deadpan)

There is big misconception about escalating the vibe. That somehow you have to try look all sexy (like your Don Juan or something) which usually comes off as trying too hard.

Instead, what you want to be what I call **deadpan sexy**. You want to be relaxed and chill, NOT staring the girl down like you guys are about to rumble.

Use The Sexy-Screening Look

This is a look that says “I want to sleep with you but I’m not completely won over yet.”

It’s... **50% I want to BANG you. And 50% ...Hmm, I’m still kind of unsure about you.**

You can even rotate between these two facial expressions (I’m interested/I’m skeptical). This gives her a positive challenge (does he really like me?) and makes her chase you. You balance the escalation (looking at her seductively) with a challenge (screening her).

I’m sure you have noticed when most guys check out a girl they always give her that look like "aw yeah girl I will do you right here baby" as they stare at her body. That is not what deadpan sexy is. It's a mix of being seductive and screening her.

Deadpan Rapport

In this method we don't worry too much about creating rapport. In fact, our main focus is on not letting women bait us into breaking rapport. And believe me, if you come across as a sexual guy women will bait you at least a few times. Especially before you have made the attraction official. Not letting her bait you to break rapport builds sexual comfort which is the most important ingredient for getting together quickly.

This style is mostly neutral rapport. Meaning we don't kiss her ass verbally (that's so funny) or with supplicating facial expressions like the “I'm just so happy to be here smile” We keep the vibe deadpan and we don't try to force connections or commonalities. Of course there is always “basic rapport” and good manners. You listen well and you don't interrupt her. Always be a gentleman. But again you are not trying too hard.

And if you ever don't know how to respond... Stay Non-Reactive, Always

Part 3

SEDUCTION STICKING POINTS

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SP #1: Confidence

How Dare You!

Why does everybody hate confident people?

Because they secretly want to be like them.

I've noticed something strange. It's almost as if really attractive women are actually "offended" by you being seductive. They give you that puzzled face right.

How dare you be so confident!

How dare you hold seductive eye contact with me and expect me to look away first. How dare you get closer to me. Did you really just put out your hand. Really? You're not tall, good looking and wearing a tight shirt. You are better off just keeping things social buddy. Tell some jokes or something. Entertain us or go away. Don't try that seduction stuff on me.

Have No Fear

Don't be scared to be seductive. Don't let them stop you. Ignore the whispers. Let them giggle. Let them make a face. Let her imply you are being creepy.

Resist the urge to get her back by acting cocky or putting on a tough guy face. You hurt me so now I am going to hurt you. This is just a defense mechanism. Stay cool and smile. Be confident but humble. You have nothing to prove or apologize for.

Shutting up, holding her gaze and moving closer isn't just for good looking guys. You don't have to be George Clooney to do this stuff. Screw Clooney. Anyone can do this. You have just as much right to be seductive as anyone else.

But You Will be Tested More

Listen, I know women will try even harder to scare guys like you away from being seductive. You are going to be tested a lot more than most guys. Who cares. Risk creepy.

You will be most likely be getting this pushback for the rest of your life. But the good news is women are still attracted to confidence.

Play Your Position Small Soldier

The reason you are getting all this resistance is because you are trying to move up the invisible social pecking order and women (plus men) are testing you on it mercilessly. How dare you be so confident. You aren't good looking. How dare you try to make me attracted to you. I'm a fashion model.

Most people want you to just shut up and play your position in life. Don't try and move up or we will smack you back down. This type of resistance is never going to go away. In fact, it is only going to get worse as you keep pushing yourself further and further. Resistance and rejection will be a part of your life, so get used to it.

If it makes you feel any better, if you are doing everything we talked about right (holding deadpan face contact, getting close, and keeping quiet) then despite all the testing, these women still respect you.

Guys like you are going to have to ignore this resistance more than others. You can't take it too personally. Keep smiling. I know it's so hard. But sexual tension and attraction is not about the way you physically look. It's about confidence.

It's interesting how some of these good looking seductive guys, who've had a lifetime of positive reactions from women, don't have the confidence to start conversations with lots of women like you do.

Now you can do both social and seductive. Nice.

SP #2: Fear of Being Creepy

Risk Creepy

Ew, he wrote me a note, that is so creepy.

Aw, he wrote me a note, that is so sweet!

Guys don't get enough practice being seductive. They have tons of practice being social and opening women but not much practice being seductive.

So if being seductive is really so simple and effective why doesn't everybody do it. Well first of all many guys fear that if they act in a seductive manner women will consider them creepy. And there are few things as scary to a man than being labeled creepy.

He would much rather have a woman tell him to F off. As such, being seductive has become something you only do when you have definitive proof a woman already likes you. For example, guys think using bedroom eyes, being silent and getting close are only things you would do after a woman has professed her love for you.

If you want to be a seducer you need to risk creepy. In fact, there is no way to avoid it you might as well admit it right now. You are kind of creepy. Ha!

Using seductive eye contact, looking at her lips while thinking about kissing her, and being silent can turn women on.

But women will try to scare guys off their seductive game with the threat of the "creepy" label or the "you're creepy" look. And guys will never be at their seductive best if they are still scared of creepy.

Ewww or Awww?

Creepy is often just a TEST women use to scare clueless guys off. The truth is, if she likes you, then you are sexy. And If she doesn't like you, or she feels that you are not in her league, then you are creepy. This can change girl to girl or even moment to moment.

You can use the exact seductive same eye-contact, closeness and silence on two separate girls and one will call you creepy, the other will think you are sexy.

So, which is the truth?

Neither.

The tactics you used were exactly the same!!!

Sure, Sometimes It's True

Of course there will be times when you really do try to be seductive and get blown out. For example, you hold seductive eye contact but she gives you a weird look implying you are creepy. Then she gets up and moves her seat further away from you. Ouch!

Yes, that is an actual FAIL.

But there is really nothing to fear. It's no different than a verbal rejection. I would much rather have an "eww creepy face" than a verbal rejection.

I know creepy is the label you fear

It is the reason you hold back and don't escalate the vibe. The reason you stay in "social mode" all night. You would rather get blown out by being cocky and disinterested than with seductive eye contact. This way you can keep your cool guy rep.

Your biggest weapons for seducing her are deadpan face contact, moving closer and silence. And they all come with the slight risk of creepy.

Be seductive. Risk creepy.

The Real Meanings of Words

Guys need to get over their fear that starting a conversation with a stranger is "weird", and being seductive is "creepy"

SP #3: Nervousness

The Pressure is NOT on You

The Numbers Game

I used to love to ask every cute girl I talked to for their phone number.

That was something I prided myself on. At first it was tough but I got to the point where I didn't even think about it. Out of nowhere I would say "I'm going to need your number". And then I would shut up and not say another word.

I heard every single excuse in the book of why they couldn't give me their number. But over time it became funny to me. I started to love catching women off guard and having them stall, get flustered and try to make up an excuse. It was hilarious! It got to the point I could hardly wait to ask for numbers because I knew I would give myself a good laugh.

No Pressure

Can you guess what happened next? I hardly ever heard the word NO. Almost every time I asked for a phone number I got it. This is pretty much still true today.

My mindset had changed from the pressure is on ME to the pressure is on HER

Because I no longer felt nervous, my eye contact and body language radiated extreme confidence. This comfortable vibe created the interest necessary for me to get her thinking *"He seems cool, I can give him my number"*

Women Don't Say No

When it comes to asking for things guys are usually too indirect. We hope she will give us an opening to ask her out. By doing this you are only helping women reject you. Women do not say NO and we can use this to our advantage. From an early age women learn that the male ego is very fragile and needs to be let down easily.

If you are indirect or vague she will:

Ignore your offer, but in a way that doesn't hurt your feelings to keep you thinking one day you may have a chance

Be Direct

If you want to meet up with a woman simply call her up and say:

“I want to see you this week. What day is good for you?”

And then shut up and don't say another word. If you hear anything besides sounds good she is likely NOT interested in you. She would at least respond with a counter offer or help you set something up for another time.

You have to really enjoy the tension of these situations. It becomes fun. You either get a date or you get to laugh later at her creative excuses. Plus this saves you time.

The Tension Point

Right after you ask a woman anything she will pause for a second and look at you. She wants to see if you are being serious and genuine (ie. will you pretend you were joking by cracking a smile).

She also wants to see how you handle the tension of those few seconds. She is looking for neediness. Based on how you handle yourself goes a long way in determining what her response will be. Remember most decisions to say yes or no are made in the moment.

So make that moment count.

SP #4: Be Sexual AND Nice

Breaking Rapport Is a Trap

The most dangerous seducer in the world is SEXUAL and NICE

I don't worry about creating rapport. My only focus is on not letting her bait me into break rapport.

Women will secretly reward and encourage guys to keep doing and saying things that either reduce tension or never give you a window of opportunity to create it.

- Talking
- Being funny
- Being interesting or entertaining

They will smile and nod, encouraging you to keep talking. They are only nice to you when you keep the vibe social. You think because you have her attention you are getting closer to your goal. In reality, you are moving further away. This is a trap.

Women rarely create a seductive vibe for you. That is your job. If you don't create a seductive window there will probably be none. Even worse, some women will try to scare you off with the threat of creepy.

Her Blame Game

Her: "...you couldn't handle me"

It's the oldest trick in her playbook. Women will bait you to break rapport and then blame it on you. They do this to reduce the sexual tension (not consciously of course) and give themselves a reason to reject you. If you give off the vibe that you are a confident, sexual guy women will continuously try to bait you into breaking rapport with them.

- Testing you
- Baiting you to debate or argue with them
- Questioning you or being skeptical about you

Breaking rapport is a trap for guys who are already coming off as attractive to women. Guys came up with all these ways to "break rapport" because we wanted to create some tension.

But it's become obvious tactics like "cocky comebacks" can put some guys who are already attractive to women further away from their goal. There are much more seductive ways to create sexual tension that don't sacrifice rapport.

The Tension Rapport Rule

In seduction, don't use any tool that creates TENSION only to sacrifice RAPPORT. You can create all the tension you need by being sexual and escalating. Things that create tension (good) but break rapport (bad)

Being Cocky

Sarcasm

Debating

Teasing

Witty & Funny Comebacks

Sexual and Nice... A Deadly Combo

She is so shocked by being attracted to a guy she normally wouldn't be, that she is looking for any excuse in the book NOT to like you. But she can't find one. You are sexy, confident and SO DAMN NICE! Even her friends love you.

It Becomes Her Excuse to Reject You

When you break rapport, you think your teasing was playful, she just uses it as an excuse to leave. You think you are being witty, she thinks you are being sarcastic. You think you are funny, she thinks you are being a clown. It never hurts to just keep your mouth shut.

Understand as funny as you think you are, most girls aren't going to understand your humor. As calibrated as you may be, not every girl can tell that you are joking. It's awesome when you are both on the same page humor wise, but it doesn't always happen.

Don't Go Back To Being Social

She wants to reduce the sexual tension and make the vibe between you SOCIAL. No matter how much tension a "verbal comeback" could potentially create, it pales in comparison to the sexual tension that silence and a seductive look can create.

Technique: The Sly Seductive Smile

Don't help her reduce the tension and come up with an excuse to reject you. Instead, when she tests you, just give her **The Sly Seductive Smirk**. This look consists of deadpan face contact, a sly smile and then turning your head to the side slowly. When you handle tests this way, the more she tries to break rapport, the closer you get to seducing her.

More Tools:

- Be humble
- Sincere, deadpan apology when called for
- Don't be afraid to reveal a vulnerability (or make fun of yourself)
- Genuine compliment

The POWER comes from the Contrast

There is a nice contrast between a man who is confident enough to start a conversation with a woman and escalate quickly, but at the same time is humble, genuine and not afraid to give a compliment or apologize when he does something stupid.

None of the non-verbal “seductive” escalations like eye contact break rapport, but they definitely create sexual tension. She is NOT comfortable but you have given her no excuse to reject you. She has no opportunity to try and turn the vibe back to social.

Technique: Be a Positive Challenge

After attraction is official (mutual) you only want to use positive challenges. A positive challenge is any challenge that makes you more attractive, but doesn't sacrifice rapport.

For example, teasing her gives her a challenge, but it also comes with the risk of breaking rapport.

If you feel you still need an extra bit of value you can use the following challenges:

- The willingness to walk away from her if she does something you don't like
- Being seen having fun with your friends and other women (popular)
- Playfully blaming your seductiveness on her (she's turns you on too much)

Putting it all Together: Be on the “Same Team”

All of the best interactions have both sexual tension and rapport. This is easier said than done. It really is a delicate balance. You want to be on the same team and not battling each other. You want her to be rooting for you to succeed in seducing her.

It makes everything so much easier.

SP #5: Groups

Creating Tension in Groups

You now know how to create sexual tension when interacting one on one with a woman.

But for creating tension in a group you need to do things a bit differently. And let's face it, not every interaction you have when you go out is going to be 1 on 1. It also removes the excuse most guys use for always being social and not seductive.

"I couldn't get her alone bro - so I didn't go seductive!"

The trick is to hold eye-contact with the listener.

Let me explain...

Sometimes a friendly guy will come over and indirectly try to hit on the girl you are talking to. He means well but he is very talkative and thinks he is good with women. The key here is to stay quiet and keeping holding eye-contact with her (in this case the listener) while he is busy doing the talking and entertaining.

Do not look or turn your body towards him. Don't comment on anything he says. This will just give him more attention. Just keep smiling and holding eye contact with your target. This technique is very powerful because you are communicating with her on the non-verbal level while he is still stuck on the verbal level. You can even start using eye-coding her by implying that this guy is trying so hard.

He will never be able to recover from that.

Groups

This technique is also great when talking with two girls or larger groups. When someone else is in the group is talking you just stay quiet and keep looking at the girl you like (the listener). Holding eye contact while your girl listens lets you seduce her under the radar without needing to isolate her from the group. Which might not be possible.

The reason it works is because it comes off like you are very interested in her reactions (her facial expressions) than what the person talking is saying. Tension is built as she wonders "why is he so interested in me". Having your attention broken up by someone else's boring conversation is what usually interrupts the sexual chemistry.



MAKE ATTRACTION

OFFICIAL

AUTOMATIC SEDUCTION

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To Your Success,

Sixty

Part 1

ESCALATION MINDSETS

The truth is you don't need to maintain sexual tension for hours, days or months. This is a huge misconception. In fact, sexual tension is such a powerful force you really shouldn't just use it haphazardly. If it goes on too long without things moving forward.... it can turn from being sexy (good) to being creepy (bad)

For example, think about a guy that makes eye contact with a woman from across the bar but never comes over to say hello. At first she thought he was sexy and mysterious... she was interested...but after five minutes of him staring without "taking action"... she starts looking for the nearest exit. Eventually you need to make a move and make the attraction you shared official. You need to take ACTION. Let's get started!

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Make The Attraction Official

Attraction Happens Fast, But Doesn't Always Last Long

Every woman you meet will respond differently to sexual tension. Some can handle it easily and others start acting, well...a little strange. Whether she says "what" when you look at her, won't stop talking or constantly tries to bait you to break rapport, the truth is some women are simply tension novices. This can seem cute but it can also be a turn-off after a while.

Make Attraction Official

One way to avoid this is to give her a slight break in the tension by making the connection official. A that move lets her know you are definitely interested. Keep in mind, a lot of her unresolved tension comes from her worrying "does he or doesn't he like me?".

Or as my friend Alex pointed out "at first sexual tension can feel more weird than arousing for her". Basically she is wondering if you are feeling what she's feeling. You can help relieve some of that uncertainty.

For the chatterbox who deals with tension by talking the whole time you can quiet things down by making a move. And for shy girls who seem nervous and fidgety, but stay relatively quiet, simply put out your hand and transition into hand holding/caressing. She just needs a little bit of comfort and reassurance.

The point of this moment is to do something physical to solidify the connection you have been building with your vibe. Thus reducing some of that uncertainty. It also creates comfort and a "we are in this together" frame.

After this mutual moment there will still be tension but you won't get as much nervous chatter, her saying "what" when you look at her, and constant testing. She will start to calm down a little bit and enjoy the seduction. Again, by no means does this mean the tension over. It's only just begun. Although there is a now a different type of tension brewing.

The bottom line is if you wait too long to make attraction official you are going to get women acting a little crazy in response to your sexual vibe. Inexperienced seducers

usually mistake this strange behavior as a sign of low interest. In this module, I will show you how to make this move.

Ever heard the saying “they are now officially a couple”...

Well that is what we are trying to do here. Making attraction “official” means that in her mind she’s thinking “I like this guy” and in your head you’re thinking “I like this girl”...but nothing has happened yet to make those desires a reality.

You need to make the attraction she is feeling... REAL

Here’s another reason why making attraction official is so important:

Because You Will Be Able To Survive

A woman’s emotions towards you will fluctuate up and down.

And when you first meet her, because you are a man, she feels some tension. Plus, in the beginning, she is interested in figuring you out. What’s this guys deal? You are still a mystery to her.

However, after talking “socially” for a few minutes that tension is reduced and her curiosity diminishes. She has you pegged.

But if you can make that initial attraction “official” your interaction can survive all the natural fluctuations in sexual tension, interest and emotions.

You are now locked in and have more time to work.

Mindset #1

3 Escalation Excuses

You will never get enough practice if you only try escalating on girls that are 100% into you. You are not escalating for her. You are escalating because because you need the practice.

Here are the 3 main reasons guys don't make a move and miss out on crucial escalation practice:

Escalation Excuse #1 She's Too Hot

If you think a woman is too good looking (compared to you) you won't escalate. You think you need a special line or magic technique for hot women. The magic technique for hot women is escalation. Showing her you are confident enough to make a move is ten times better than the best story, line, or challenge you could ever come up with.

Any time you start thinking she is too hot for you slap yourself and immediately escalate. Worst case scenario you become comfortable pulling the trigger around hot women. This leads to being more confident in these situations giving you a much better chance succeeding with hot girls in the future.

Escalation Excuse #2 She's NOT Hot enough

"I would never join a club that wanted me as a member"

This is one of the strangest phenomenon's in seduction. Many times when it's going really good with a woman, guys don't escalate because all of a sudden they think "she's not hot enough for me." They start searching for and noticing imperfections that aren't even there.

This could be a sign of low self esteem if you always think there must be something wrong with the women who like you. After she's gone you kick yourself and think "damn that girl was actually cute". You wish you had her back.

Don't let your friends or ego decide who you should be attracted to. Who cares what they think. It only matters what you think. Unless you have zero attraction it's a good idea to escalate every time. Even if it's just for the practice. Practice grabbing her hand, leading her around and creating sexual tension. horny, escalate.

There is nothing wrong with being selective.

The problem comes when a woman you like shows interest but then you immediately second-guess if she is really good enough for you. In that moment of hesitation and mental masturbation you miss the window for quick escalation - which is attractive.

An extreme example would be a guy I taught that got a really great reaction from this hot older woman right off the bat. But because she was all over him so fast he convinced himself that she had to be “working for money”. He froze up and didn’t do anything.

When I first started I was doing well with this cute girl who was by herself. Perfect opportunity right? Well I didn’t make a move because I keep thinking why is this girl alone? Is she a loser or something? Is she some drunk who hangs out at the bar alone? There must be something wrong with her. I didn’t escalate.

There was nothing wrong with her; there was something wrong with me. It’s not like if you make a move quickly and then later on realize “eh, she’s not as great as I thought”, all of a sudden you suck with women. No one is going to make fun of you.

Escalation Excuse #3 No/Not Enough signs of interest

“A great sign of interest is when she could easily leave, but stays”

Why are you waiting around looking for signs of interest? Escalation can create the interest for you. With some girls you won’t get many signs of interest. It’s the same thing with assuming attraction. It’s great when you are feeling confident and it happens, but you shouldn’t rely on that feeling. It’s a crutch. Even if you are feeling like the world’s biggest loser, make a move.

The Escalation “Sweet Spot” Fantasy

It’s very rare that you will ever find the escalation sweet spot:

- you feel confident that you can definitely get her
- she is hot enough that she turns you on
- she is giving you clear 100% indicators that she is super interested

These things are great when they happen, but they are all crutches. Don’t rely on them because they are rarely going to occur. Most of the time you will be in situations where you think the woman you are talking with is too hot, not hot enough or is not jumping up and down for joy begging for you to make a move.

Mindset #2

You Lose 2

You Lose Two Girls

Keep in mind that every time you don't escalate you always lose two girls. When you chicken out, you not only lose the cute girl you are talking with now, you will also lose the next attractive woman you talk to as well.

That's because anytime you avoid something out of fear it has a carry-over effect. The negative momentum will mess up your confidence with the next girl. So even if you go for it and doesn't work with this girl, it will still help you get the next one.

Think about that really cute girl you are going to meet tomorrow. Or even in a few minutes. Don't let this girl mess up your chances with her.

So if you know you waited too long to make a move and you most likely missed your chance escalate anyway. Take your medicine. Get rejected. You are doing it for the next girl, not her.

For example I was talking with a woman I was interested in but I knew I had waited too long to make a move. Her friends were getting ready to leave and despite our conversation I didn't pick up any signs that she was into me. I knew it was a lost cause.

Regardless, I told her "we should exchange numbers". As I expected she said "you can give me your number". I just looked at her, smirked and walked away. I didn't ask for her, I asked for the next girl.

The next cute girl I meet that I have a good conversation with I know I will ask for her number as well. Unlike the last girl, this one actually likes me.

But if I had a pattern of avoiding escalation and negative momentum I won't be able to take advantage of it.

Mindset #3

Assume She Wants You

Why not just assume a woman's interest in you is sexual.

The phrase "assume attraction" is cool but it doesn't tell the whole story. Let's replace it with "assume she wants you". Smiling and tapping your arm are not just indicators of interest. These are signs that she may want to hookup with you.

Obviously not every woman who talks to you wants to hookup with you. However, internalizing this mindset automatically turns your positive interactions with women more sexual.

You should assume she is flirting with you because she may want to get physical with you.

I mean let's not be naive here.

All interest eventually leads to a something physical happening eventually. Even when you read such and such celebrity is **DATING** so and so, it really just means they are hooking up (not going for brunch)

How To Implement The Mindset

Never underestimate your attractiveness.

If you assume her interest in you has nothing to do with "wanting to hookup" then you are selling yourself short.

And if you don't believe her interest in you could be sexual then you are being mean to her as well.

(what, does she not deserve pleasure too?)

Mindset #4

Needs 1 & 2

You can't download female affection from the internet"

As a man have you have two core needs. Until you learn to balance these two needs, your life with women will be in conflict.

Need 1: Sex

Need 2: Female Affection (Feminine Energy Enthusiasm, Snuggling, Compassion)

Men who are infatuated with one girl, but haven't gotten physical with her yet, have too much need 2 and are suppressing Need 1. That's fine, but the goal is to start a physical relationship with a woman.

Sex gets a woman more emotionally and physically invested in you. This lets you enjoy her feminine energy and affection for a longer time and form a masculine role.

I'm convinced guys don't even want to sleep with these girls they obsess over. They are content just basking in her feminine energy. They're happy just being around her. They are so awed by her that they can't even believe she would like sex. The problem is they don't project enough sexual energy around her, so they will never seduce her. Thus, they will never get her.

These guys can't or don't want to picture their special girl as a sexual woman. So instead they neuter themselves and become her pal. They secretly hope this strategy will let them spend more time around her so they can suck up her feminine essence like a vampire. We tell these guys to sleep with ten other women, but they really just need to learn how to want to sleep with only one woman. The one girl they are obsessing over.

Until men realize that the same special woman that they desire affection from is the same woman who would enjoy having sex,, they will never have the sexual presence necessary to seduce her. Getting the girl means starting a physical relationship. Bu when you become needy for affection you lose touch with your drive.

It's much harder to get the girl when sleeping with her is way down on the list of things you desire from her. Right after compassion, affection, and a cute smile.

It's funny because women think all guys are only after one thing. If they only knew how many guys hang around them just to leech off their feminine energy, they would be shocked.

Affection

As we discussed, a man's two core needs are sex and female affection. These needs can lead to two problems.

1. Neediness for feminine energy
2. Suppressing your sexual desires

For example, when I was younger my desire for female affection outweighed even my desire to lose my v-card. As you can imagine this lowered my drive around the girls I really liked. This always led to not hooking up with them. Thus, I only got to enjoy their feminine energy as "the friend". The confident guys got to sleep with the girls and enjoy their feminine energy. Jerks!

Girls can sense neediness. Not just our neediness for sex but also our neediness for affection. Our dependence on their softness, love, and kindness to make us feel good.

Bad Boys, Bad Boys

The so called bad boys do good with women because they are tuned into Need 1 and don't apologize for it.

They have the sexual guy part down which is attractive to women. But as tough as these guys act they are really just scared of affection. They fear the feminine. Thus, they think all girls are promiscuous and they are scared to have relationships. Some men who get burned by women become bitter and only focus on physical relationships. If you think like this you are also out of balance.

Tap into the power of Need 1 and let it enhance your sexual presence. Never be ashamed or apologize for it. Even that one special girl would rather you want her because you find her sexy than because you need her affection. This will lead to starting more physical relationships, giving you the chance to enjoy feminine energy and affection from a masculine position.

If she is a good person, you may choose to spend more time around that energy. But don't let fear or one bad experience with affection turn you into a jaded guy who thinks all women are all untrustworthy. Don't be afraid of feminine energy.

You will not feel complete until both needs are in balance. Yes, one woman can satisfy both of these needs.

Part 2

ESCALATION TACTICS

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Tactic #1

The Seductive Handshake

Your best shot is in the first few minutes. And your best opportunity to escalate quickly is the initial introduction.

Think About a Normal Introduction

It's a few seconds of direct eye contact. You get physical contact, a handshake where you can hold onto her hand for a bit longer than usual. (Let her pull away first) And some rapport is built after exchanging names.

That is why even if you open with a situational comment, introducing yourself is the very next thing you want to do.

Next Level Intro

But you really want to take your introductions to the next level.

Most guys have a lame introduction like “nice to meet you” followed by a quick limp handshake. Instead, you want to milk the intro. Which basically means, use the initial introduction as a chance for fast escalation:

- Hold seductive eye contact for a beat longer than normal
- Hold onto her hand and don't pull away first (let her pull away if she wants)
- Give her a compliment (wow, you have soft hands)
- Spin her around
- Then pull her closer to you

It's On That Fast

Your goal should be to try and make it ON right off the introduction. For example, you have pulled her in very close to you and you are still holding hands. Now just lead her somewhere quiet where you can talk.

Talking is Optional

You don't even need words to pull this off. You can walk over and simply put out your hand with the option for her to take it. Or start the conversation non-verbally with an invitation to spin or a cheers!

Don't let go of her hand. And keep holding face contact. Move a bit closer. You will really start feeling the urge to say something and break the tension. Don't.

She might say something or ask you a question to try and break the tension. Just smile. Now lead her by the hand somewhere quiet so you can talk.

Introduction Compliance

Anytime a woman you haven't met asks you to do anything for her:

- can you take our picture
- can we use these seats
- can we get in your spot to order a drink

Always use it as an opportunity to get an introduction.

You: "only if you introduce yourself first"

Do I Know You?

Sometimes guys are surprised when a woman opens them. For example she says *Do I know you from somewhere?* Whenever a woman opens you, instead of using logic (trying to figure out where you know each other from) just put out your hand and introduce yourself.

Tactic #2

Don't Pull Away First

Talk With The Hand

There will be certain situations where it can be more difficult to start touching her. For example, your waitress is standing while you are sitting down. Or the girl you like is working behind the bar. You might not have the opportunity to use any touching but you can still use this one powerful move.

Despite distance or bad positioning you can always ask for her name and put out your hand.

Never Pull Away First

“can I have my hand back now”

Whenever you shake hands with a woman make it a rule to never be the first one to let go. Always let her pull her hand away first. In other words, hold on for at least as long as she does.

You already do this right? Think again.

You will be surprised to learn that it's actually YOU who is pulling your hand away before she does. Maybe you just want to be polite or after a few seconds you start to get nervous. But being polite doesn't create attraction. You want to add a little spark.

Tension. It's On.

Holding on to her hand a little longer than she expects creates tension and gets her heart beating. Which is a really good thing if she likes you. (And may get a bad reaction if she doesn't). Like most things in seduction it's the person who can better deal with the sexual tension that wins.

For example, who is going to be the first one to talk, break eye contact or pull their hand away. Sometimes she won't pull her hand away and you will stay holding hands right off the bat. Some women have already decided if they like you based on your looks and presence. This bold move just confirms it right away.

Testing Interest

And you are?

Something as simple as asking for her name and shaking hands can reveal a lot about a woman's interest level. Also pay special attention to how long she keeps holding your hand. Does she hold on for as long as you do or does she pull her hand away quickly and seem uncomfortable. You can actually feel her trying to pull her hand away.

No Introduction Makes it MUCH Harder

Here's another tip for turning more of the women you introduce yourself to into good interactions.

Investing time and effort into a woman before you have introduced yourself is pretty silly. Women always give you a lot more trouble before you have introduced yourself. You are already teasing her and telling stories, but to her you are still just a nobody. Until you introduce yourself you are STILL a total stranger.

Exchanging names is also a good idea because it builds rapport and locks you in. But don't worry she won't be feeling too comfortable. When you combine holding onto her hand with seductive eye contact, there will definitely be a spark of electricity in the air.

The handshake introduction is a great move for building rapport, testing her interest level, creating tension and making it on quickly.

As such, putting out your hand while asking for her name is a must do in every interaction

Tactic #3

The It's On Moment

Fear of The Kiss

I don't worry about a kiss close. My kiss close is a hand-hold. All you really need is an it's on moment of mutual caressing.

ie. caressing each other's hands

The IOM (It's On Moment)

Definition: An IOM is the mutual and physical manifestation of the connection that has been building between you and a woman

The key words here are mutual and physical. Moves like lunging for a kiss may convey assertiveness, but that is not mutual (or cool)

A phone number is not an IOM. An agreement to meet up in the future is not an IOM. Grinding up against her on the dance floor is not an IOM. Ask yourself why you are afraid to make an overt physical move?

However, mutual hand caressing is

An IOM is a mutual physical move that puts you on the same team and makes it more likely she will continue to comply with future physical escalations.

I'm sure you have seen a guy all over a woman on the dance floor only to find out later that she won't even go sit down and talk with him for one second. No IOM, no dice.

After an IOM you both get that powerful new couple feeling. You are both under the influence of the pleasure chemicals that are released. You are now on the same team. You are working together. She has admitted non-verbally that she likes you. There is also a lot of comfort built during an IOM due to the mutual caressing.

In other words, after this moment the less important escalations guys worry about become unlocked. Things like her number, kissing and even going somewhere together all seem to take care of them self. Just go for those hands. They don't lie. Listen to her hands not her.

Make Attraction Official

Escalation is really about making the attraction that is already there official. There are probably hundreds of times in your life that you attracted a woman but you didn't solidify that connection by trying for an IOM. If you don't make an overt physical move that attraction you built never becomes official. It's like it never happened. You wasted a perfectly good opportunity. What a shame. Hundreds of connections lost, hundreds of women you will never get to know.

Creating The IOM (simple)

Simply put your hand out for her to grab
High-five her don't let go of her hand her hand
Keep holding on to her hand during the initial handshake

Quickly transition the hold into mutual hand caressing. The reason you don't stay holding her hand for too long is because the connotation of "holding on" is needy. Plus a hold isn't really mutual.

Troubleshooting

What if she doesn't grab my hand or pulls her hand away quickly?

The only rule is, don't verbalize what happened or make a joke to reduce the tension. Believe me, she won't bring it up either. You can always just try again later. The good news is, you have more opportunities to go for her hands than escalating with words (can I get your number). Even if you get rejected it's like the resistance never even happened. Think about it. Do you get more chances to go for the kiss or go for her hands? Which is easier to do with other people around? Which move if it gets rejected requires almost zero damage control? The hands win every time.

What is Escalation?

Most guys think escalating means only one thing, kissing. They will spend hours trying to create the right moment to go for a kiss. Not surprisingly, that perfect opportunity never comes. Instead of waiting, just go for her hands. A woman's hands don't lie. What can you trust when she is giving you mixed signals. Her hands. If she won't even hold onto your hand for a second then I'm sorry man, she is not interested in you.

Time Wasters

One thing these time wasters will never do is mutual hand caressing. You will notice she absolutely will not caress your hands. She will not touch you back. She knows what you are doing and she doesn't want to participate.

Laughing, smiling, and tapping your arm. No problem. All these things she can fake. But mutual caressing...engaging in this with you would disgust her.

It repulses her because this is something people who really like each other do. And she doesn't like you. No return hand caressing is a dead giveaway you are with a time waster. That is why you always go for those hands.

An IOM Can Happen in Seconds

The easiest most consistent way to get to this moment is by playing with each others hands. The easiest part of your body for her to feel comfortable about caressing is your hands. She isn't going to just start caressing your legs.

The whole game of touch is just two people feeling each other out. It's like a secret conversation. And it's the only conversation that matters and the only one you should be paying any attention to.

This is how a guy who knows nothing about escalating gets lucky with a girl who already liked him. It take him three hours to have the perfect seat arrangement, get close enough to her to accidentally brush up against her hand, making her reflexively touch his hand, leading them to both have enough courage to start playing with each others hands. It finally becomes on.

IOM Conclusion

So forget the out of nowhere kiss close and these other unimportant escalations that are stressing you out. Kissing just reduces the sexual tension and gives her validation. Instead go for mutual hand caressing.

Tactic #4

You Can't Plan a Kiss

I used to think kissing was the only way to make attraction official and mutual. The problem was, although some of my attempts were planned a lot of them just happened magically.

To this day, I still have no clue how it all went down.

We were just talking and...

In other words, the first kiss can be almost impossible to plan out. Sure, you can think you are going to slow down, gaze in her eyes, move closer and then the kiss will just happen. But that is not usually the case.

Because you are trying to create the right conditions for a kiss it will almost never happen.

That is probably why the ratio between the number of women who are attracted to you, and the number of women who you make attraction that attraction OFFICIAL with, is so low.

In contrast, it doesn't take some magical moment of silence, closeness and seductive eye contact to grab a woman's hand.

Of course, during mutual hand caressing is definitely a good time to go for that first kiss. It will just flow naturally.

The First Kiss Test

When a woman who you feel a connection with says something you agree with or "like" give her a high five and don't pull your hand away first. (let your hand linger there for an extra second).

If she's interested she won't pull her hand away either and you guys will now be holding hands. If you're holding hands there's a good chance she wants you to kiss her. Go for it.

Hold Hands First. Then Go For It.

In fact, if you guys are already holding hands it is the perfect time to go for that first kiss. Whenever two people are holding hands there is already this "we are on the same team feeling" going on. You can take advantage of that.

Tactic #5

How To Avoid Time Wasters

Before reading this, the only way to find out if a woman was wasting your time was going for the kiss. The good news for women who love getting your attention was that it's pretty hard to go for a kiss in front of her friends or at the coffee shop.

There also needs to be other elements in place like having your faces close and a moment of silence. Since there is rarely a good time for the kiss guys just assume that because she is still hanging around she is interested.

With hand caressing you can check her interest level right away - even in front of other people. You don't need to worry about being alone or in the perfect spot.

Even when you are on a date you don't need to wait until the end of the night to check if she is interested. Forget the awkward kiss attempt at her doorstep and simply put out your hand at the table before you order. Think that might save you some time and money?

It's not that time wasters are bad people. In fact, they *actually* do like you. That is why they are trying to keep you around as long as possible without revealing that they can't hookup with you. They think you are really cool, but they just aren't attracted in that way. Sorry.

You should thank the girls that reject you right away because they don't want to waste your time. Nice girls who like you as a person, but aren't going to hookup with you are so afraid of hurting your feelings that they end up taking up most of your night.

Another huge benefit of escalating quickly is you save time. Let's face it, rejection hurts. But it's twice as bad when you get rejected and also realize you wasted a lot of time. Doh!

You also cringe when you think about all of the things you told her about yourself. How you tried to be all cool. It all means nothing now. You wasted your time and you revealed things about yourself you wish you didn't.

Hey, nice meeting you!

Part 3

ESCALATION STICKING POINTS

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Mindset #1

You Are Not a Challenge

You are NOT a challenge... you're a wuss.

The problem with pretending to be “disinterested in her” is that it plays right into the hands of guys who are already scared to escalate. Instead of having to face their fear of making a move they can now think they are making progress attracting women by "acting disinterested".

There is a very fine line between a guy who is a challenge and one who is just scared to make a move.

Women know the difference so you can't fool them.

The irony is many women start out liking you because you are scared to escalate. They think you are a REAL challenge and start chasing you.

But it doesn't take long for women to realize - *Wait a second, this guy isn't a challenge. He's just a wuss.*

He is scared to make a move and admit he likes me.

Instantly, all of her attraction for you disappears.

You're out.

Mindset #2

Don't Turn Resistance Into Rejection

You had a great first date. You walk her to her car and decide to try and kiss her goodnight. Instead, she politely turns away.

How should you respond?

Resistance only becomes rejection when you respond to it.

Keep quiet. Don't say anything. Let her objection be heard and become part of the official record. Now if she stays and gives you positive signals later, you can try again.

Resistance doesn't become real until you respond to it: For example, trying to convince her verbally to change her mind.

Likewise, resistance doesn't become real unless you react to it. For example, when your facial expression gives away that you are upset.

Not Interested?

What goes through your mind when when you go to kiss a girl and she turns away. Do you take it as meaning she doesn't like you? Or does it mean she is might need more time to get comfortable with you.

This is very important because your response will be based on your interpretation. In other words, it's the difference between staying calm (persistence) or giving up and looking sad (pouting).

Resistance 1: Her Tests

No matter what test she throws at you just give her seductive eye contact and smile. She is likely already attracted to you so you don't need to say anything. Don't let her bait you into breaking rapport and turn the vibe from seductive back to social. At a certain point, mosts test stem from a woman's desire not to seem too easy anyway. You should be ignoring most of these comments. You are now on the same team and working together. Don't go backwards.

Only respond verbally to a test if you have something really good to say. I mean it better be really good. If not, it's much safer to just keep your mouth shut, hold eye contact and smile. There will be way too many tests for you to always have a good response. For example, which response to her test do you think is better?

“Do you always just go around talking to strangers?”

1. Cocky: You looked lonely so I thought I would come help you out (wink)
2. Hold seductive eye contact and smile, turn head away slow

Although the “you looked lonely” line is funny and challenging, it also comes with the risk of breaking rapport - giving her an excuse to reject you, even though she likes you. When it comes to tests the safer play is always seductive eye contact and a playful smirk.

Resistance 2: Sexy Eye Contact

Escalating the vibe with eye contact is non-verbal so you will rarely get verbal resistance. In rare cases she might say “what” or “you look tired” but you should just smile and ignore those comments and use them as important feedback.

Resistance 3: Going Home With Girls

Let's go watch a movie.

She says I can't. I'm not leaving my friends. Don't try to convince her logically by saying that her friends won't mind if she leaves. Keep quiet. Let her objection be heard and become part of the official record. Smile (No pouting). Later if things are going good you can ask her again. Let's go. This time she says okay.

The Right Way to Be Persistent (Try Twice)

There is a direct relationship between resistance and persistence.

Don't pout the first time you make a move and you get resistance (it's really about the second try) and also trying twice shows masculine persistence and not neediness (which is attractive).

Never Try to Convince

Anytime you try to verbally convince a woman of anything it quickly turns into debating before you know it. This is one small step away from arguing. **You are making her resistance real.** It is now official in her mind. *I am resisting this guy.* Instead when you get

any type of resistance don't say anything. Never verbalize what is going on. Never have a talk about the seduction.

Dates. Don't Break The Tension

We should grab a drink this week.

This week? Um, I think I might be working. awkward moment

That's cool. I know how that is.

It's not your job to make her feel comfortable. You sense she feels awkward after resisting you so you try to make her feel comfortable by breaking the tension and saying something. She just rejected you and you are more worried about her feelings than your own? Weak. Instead let her feel bad for breaking rapport with you. Let her feel the pressure. Sometimes this moment of silence gives her a second to reconsider, which leads her to agreeing to your request.

Actually I might be off on Thursday. Sure, let's go for a drink.

She became more attracted because she saw you could deal with the tension. This can't happen if you let her off the hook with words. Keep the pressure on.

If it's obviously going nowhere and you really need to say something, simply say fair enough and leave or hang up the phone. You don't owe her any further explanation than that.

No Big Deal

Resistance doesn't mean the same thing to a woman as it does to a man. Men don't have much experience playing hard to get. Men don't worry about how they will be perceived for sleeping with someone. A woman fully expects to slow things down at least once.

It's men who always seem to take minor setbacks so personally. They think that it means they are being rejected. To her it's part of the dance.

Don't turn minor resistance into a major rejection.

Mindset #3

But Dude, I Touched Her

One of the biggest limitations of relying solely on touch is that touching doesn't create attraction, it reveals it.

Do you really think she remembers your incidental arm taps and you touching her shoulder?

Pft. You go home and post about it like it was something memorable. She went home that night with someone else.

You don't get additional points for doing extra touching. This isn't a video game. You can spend hours doing 100 different moves or you can simply put out your hand for her to take, transition the hold into mutual caressing and boom it's on.

I'm not saying mutual caressing is something she will remember forever either, but it's a good start. Something real, official and key word mutual has now happened between you. She is now more invested. She will remember that moment way longer than all this other mental masturbation touching guys talk about that they did.

I left my hand on her lower back for three seconds bro it was totally rad!

Everybody talks about how they got some good KINO going. What the hell does that mean? Usually not much.

I call this mental masturbation because the guy thinks it all somehow meant something to her. Sorry guys, unless the caressing gets returned and becomes mutual it meant nothing. When you leave it all gets erased. It's like it never happened.

Despite all the effort, you didn't reach goal #1 which is making it mutually on. You couldn't create the it's on moment. If you don't have a goal you are basically just feeling around in the dark hoping something will work.

You want to create attraction with your vibe and then make it official with your touch. You have it backwards. You are trying to create attraction using your touch (and your words).

Touching her a lot doesn't create sexual tension. Most times it just reduces all of the tension you just created with your vibe.

Remember, since you have said nothing verbally and done nothing physically to reveal your intentions – it's the vibe that creates sexual tension.

The problem with touching that doesn't lead to anything mutual (ie. leaving your hand on her back or caressing parts of her body besides her hands) is that she may know what is happening, but she can simply ignore it (and YOU)

Remember, the goal is to make the attraction mutual. It's obviously not official if she is playing dumb about what you are doing. However, she can't pretend mutual caressing isn't happening if she is participating in it. If a woman is not participating in the seduction it's probably because she doesn't want to. She's not interested.

Making attraction mutual is a skill. Guys who can make attraction official in a tactful way (not lunging at her for a kiss in front of her co-workers) are viewed as highly skilled with women.

If you try to skip "mutual caressing" and go straight into "turning her on" it will rarely go well. At best, you've made things much harder on yourself.

Women make their decision about you pretty fast and you fear the verdict

So of course you clown around with interesting conversation, incidental touching, asking for her number, setting up future dates that are never going to happen or using non-serious escalations (yo, the double kiss).

But you won't grab her hand and test for mutual caressing. You can't go for mutual because you are scared of the truth. And she knows you don't want to know - which is the foundation of every friend zone arrangement.

So you delude yourself that you are working on "attracting her". Anything to not have to admit that the attraction isn't mutual.

None of these "pickup techniques" make attraction mutual and official

- I. Exchanging numbers
- II. Giving her your business card
- III. A verbal agreement to go on a date sometime in the future
- IV. Talking to her for a really long time
- V. Her accepting but not returning your touch

Always Make The Attraction Mutual

You can't leave it up to her to make attraction mutual - that is your job.

The feeling of attraction is created 100 times more than it ever becomes official.

That's 100:1. Creating attraction is easy, making it open and mutual is harder.

Things will always be different after you make attraction mutual. Similar to how things are different after you hookup with a girl. She will always view you and treat you differently. And that is the whole point.

Sure, there are hundreds of girls who at one point really liked you, but that attraction never became open and mutual, so now it doesn't count.

It's gone.

It's like it never happened. (Sad)

Y

Mindset #4

Hands Versus Lips

Hands Are Easier

Some guys still prefer the kiss close and aren't yet sold on the idea of hand caressing. For them I have some interesting news.

First, it is much easier to kiss a woman when you are already holding her hand. It's much more likely that she will comply because you are already engaging in something mutual. Thus, you have a greater chance of getting a kiss if you are already holding hands. It would be pretty awkward for her to reject you when you guys are holding hands.

Hands Vs. Lips

There is another great benefit of going for her hands versus her lips. The pretense for going for her hand can be disguised (handshake, high five) whereas going for a kiss can not.

If you go for a kiss there is no mistaking what you just did. You tried to kiss her. However, if you go to shake her hand, that is just a social custom. But this innocent social custom also gives you another opportunity to make attraction mutual. You may only get one chance to go for her lips but you will get a few chances to go for her hands.

Walking with a girl is another good opportunity to try and make attraction official. Grabbing a girl's hand while you walk in the street is a natural thing to do. The same is true when helping lead a girl through a crowded bar.

When it comes to making attraction mutual the hands are much safer than the lips. It's just easier to get those hands than get to her lips.

And everything is much easier when you are holding hands.

Mindset #5

Bold Move in Just 1 Minute

The truth is you can make a bold move like grabbing her hand as early as the first minute. And if she is initially attracted to you it will work.

If you believe it is possible for a woman to become attracted to you in seconds. So why do you think it should take longer than that to make that attraction official?

In fact, most times waiting too long kills your chances. Sometimes you are never as mysterious and sexy as you will be in those first few minutes after you meet her. Guys are usually at their best during the first few minutes of vibing when the sexual tension is strong.

I have screwed this up many times myself. There have been plenty of times when I had a strong connection with a woman right away. She would look at me seductively and smile, we got really close and I could just feel that it was definitely on.

But because all this was happening in the first minute I thought I still had to wait a little bit before making that mutual physical move. As if it would blow my chances or she would reject me because it was too soon.

The truth is there is not set amount of time you need to wait before you can make it officially ON. If attraction happens in seconds, then when you decide to make that attraction official should be as soon as possible.

When things are going really good at the beginning you assume you have all the time in the world to make that mutual physical move. You figure you will get around to doing it (escalating) eventually. No hurry - she's really into me. But what always ends up happening when two minutes turns into five and then into ten?

Not surprisingly, that initial vibe starts to wear off. She moves slightly away from you. Now she isn't smiling as much. She has already asked you the prerequisite getting to know you questions. Then her friend comes over and interrupts the vibe. Now you start doubting yourself so you put off making the move again as you wait until you can get things back like they were in the beginning.

You went from thinking it was too early to make an overt move to now being afraid to make an overt move.

The bottom line is you want to make the attraction official as soon as possible. And escalation to me, in this case making one overt physical move, is really about revealing the attraction that is already there, when it's there.

And that's the thing. Just because she was attracted in the first minute doesn't mean she is going to be attracted to you forever. The feeling of attraction and sexual tension fluctuates. Your connection with her is not solid yet because in reality she just met you. Thus, the best time to make attraction mutual is during that automatic spike in attraction that usually happens naturally during the first few minutes.

Obviously you want to take advantage of the attraction when it's there. It just so happens that when you first meet a woman and you are the new mysterious guy you automatically get your best chance to make the attraction official.

Once your connection becomes mutual, now you can survive the natural interest level fluctuations that are bound to happen during the first ten minutes of getting to know each other.

You want to avoid the big letdown. As soon as you sense she is attracted you want to make it official. That is the real point of escalation. Don't put it off. It doesn't matter if it's only thirty seconds in. Take advantage of the fact that things are usually at their best in the first few minutes.

If you don't make the attraction official it will feel like a big letdown for her later when her initial interest dips and nothing mutually physical has happened yet. I'm sure you have noticed that it always gets a bit awkward when you start out fast by escalating the vibe but then you waste time clowning around and never make that mutual move.

Once the initial tension and attraction starts to fizzle without something mutual happening, the vibe usually gets a bit weird. Most interactions never recover from this fast start and weak finish. That awkward tension and weird vibe comes from a feeling that something was supposed to happen, but it didn't.

You are now pretending to interact with each other under the "friendship frame" after starting out with such a "strong sexual vibe". You both know you are being fake so it doesn't work. It's no surprise that once she feels the awkwardness from this situation you are only seconds away from "well, nice meeting you".

All of this also ties into the misconception that talking to a woman for a very long time means you are doing good. I see it as just the opposite. In my opinion, if I see a guy talking to a woman for more than a few minutes without making a move, it usually means he is doing bad.

Mindset #6

Building Comfort

Making a woman feel comfortable is very important.

But that doesn't mean you joke around or try to diffuse the topic of sex with humor.

Instead just be genuine.

Her: Just so you know nothing is going to happen tonight.

You: Cool. We're both adults. We'll do whatever we are comfortable with.

I guarantee in these situations this one line is all you will ever need to say. Don't be funny. Don't be a clown. Be genuine. Keep the vibe seductive and build comfort at the same time.

Remember, at this point it's NOT about building attraction. It's about making her comfortable with the idea of possibly sleeping with you.

No Big Deal

Nothing is ever a big deal and that includes anything to do with sex. When talking about sex it's important not to make it a joke. People use humor to relieve tension and nothing produces more tension than the topic of sex.

Just turn on the TV and it seems not one person can mention sex without trying to diffuse the subject with humor. Don't be that guy. By not making it a big deal or trying to diffuse the topic with humor you will be seen as very attractive.

Stay Cool

Whatever she says about sex, you need to keep your mouth shut and realize many times she just wants to make it clear that she is not easy. You don't need to make a comment. It's obvious she likes you. After all, that's why she is still hanging around with you. Just make her feel comfortable and good things will happen.

4



RELATIONSHIPS

AUTOMATIC SEDUCTION

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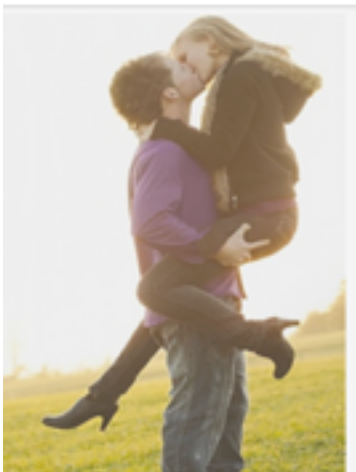
To Your Success,

Sixty

Part 1

Great Relationships

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One Special Girl Syndrome

The affection won't last unless build a strong sexual- connection first.

Anytime you try to enjoy the female affection (talking all night, shopping and lunch dates) before the sexual connection is solidified (what goes on in the bedroom) it always ends up bad for the guy.

Female affection only feels right when you are receiving it from a masculine position. And although it feels great now, the only way to guarantee her affection will stick around, is by making a strong sexual connection.

One Special Girl

Supposedly oneitis (a term to describe obsessing over one girl) was the hardest problem for the seduction community. I cracked it in less than two years. I also figured out why even the best seducers end up getting married (the fantasy of purity). Anything else you guys need me to do while I'm in town? Okay I'm bragging, I'll just shut up and tell you to get with ten other women.

Ten Other Women? Huh?

According to mainstream advice, to get over your one special girl you need to go sleep with other women. But do you really want to spend your whole life getting over one special girl after another. Or for once do you actually want to get your special girl?

Because sleeping with other women will not get you this girl or any other girl you really like. That's because even if you slept with 100 other women (that you don't feel this way about) it will never teach you how to get AROUSED for a woman that you only want AFFECTION from.

And you will meet a lot of these women you think are special over the course of your life. So you better come up with a good plan.

So What Went Wrong?

Let's make this easy:

1. You don't want to sleep with her.
2. To get a woman you have to start a sexual relationship.
3. How can you start a sexual relationship if you don't want to sleep with her

You got it backwards. You tried to take the AFFECTION before the SEX. You usually only get a woman's affection if you sleep with her. (Unless she is your mom)

The bad boy that she loves hooking up with also gets to snuggle with her. They are catching a movie later. She gives him sweet little kisses and acts super affectionate around him. Then later they go into the bedroom and do their thing .

In contrast, you are still trying to create the perfect opportunity to kiss her. But not because she turns you on. Only because you think her kissing you would mean that she likes you back.

If you would have slept together, you guys would be holding hands, snuggling, and giving each other pet names right now. Which is what us guys really want no matter how tough we try to act.

Aw, "pickup guys" really are sensitive. Dr. Phil should do a show on this.

Basically you are more concerned with basking in this girls "feminine energy" than getting physical with her. You let your desire for female affection surpass your need for sex.

Get Aroused, Get The Girl

It's the only way to win the battle and get the girl.

When you have 1itis you are still eh-hum "pleasuring yourself", just never while thinking about her. You no longer see her as a sexual woman. But having sex equals getting the girl. And being sexual around women is what leads to having sex. See the problem here.

Until you learn how to get aroused by a woman in which you see true feminine beauty, you will never get your one special girl.

All these cases of 1itis start with the same problem. The guy doesn't really want to sleep with the girl. Before we give him advice and the he does anything, first he has to actually get back that feeling of wanting to be with her. This last time he felt this way is about her is when they first met.

Madonna or Whore

The answer lies in the M/w complex. You think because you have seen her feminine beauty that she wouldn't enjoy having sex with you. You don't see her as a sexual being. Because if you did, you would be aroused, not nervous when she is around.

You Don't Really Want to Sleep With Her

You just want to "be around her" and bask in her feminine energy. That's fine. But for her to want to be affectionate with you, you need to sleep with her first. The strongest most powerful connection in the world is a sexual one.

You need to let your sexual desire eclipse your need for female affection. Right now it's the opposite.

Keep in mind the battle between your need for sex and your need for affection is always being fought. Even when you only talk to a girl for only 5 minutes. For most guys affection usually wins and they don't come across sexual enough. They don't get the girl. When you see your special girl all the time you can only imagine how stacked the odds are against you.

So What Can You Do?

Most guys are completely satisfied with their sex lives. They "do their thing" once a day. The porn today gives them unlimited new women to look at. Sexual release is not their problem. But something is still missing. That special connection with a woman. That feeling of being loved. Affection.

And you can't get find female affection on the internet. To get the affection they crave guys need to get back in touch with their sexual side. Next time you hang out start seeing her for the sexual woman she is. Check her out. Visualize what it would be like to spend the night with her. Now that you are aroused you should be able to make a move without fear.

If you really love female affection you better learn how to be a sexual man. Women absolutely love to be affectionate with a man whom they have a sexual connection with. There is female affection and then there is the kind of female affection you get when you have a strong sexual connection. Remember women only snuggle with guys who they are sexually attracted to.

And now that you guys have been together, you can enjoy her feminine spirit and affection from a much more masculine position. Aw!

This is the cure for having one special girl.

Remember guys, until you really want to sleep with her, you will never get her.

Avoid Crazy Women

These women don't even love themselves. How do you expect them love you?

Affection Needs

We all need affection. But you can't get your necessary fill of female affection from a crazy woman with low self esteem.

So many of the problems guys have in relationships could be solved if they stopped trying to get their female affection from women who are bad for them. These emotionally damaged women can't give you the kind of affection you are looking for.

The reason why these women are emotionally unstable doesn't matter. You're not a psychiatrist. Just know that if you are looking for pure affection, these women are not for you.

Don't be one of these men that become obsessed with a woman just because she doesn't like them. It just becomes two people who don't love themselves trying to get love from the other person.

You're So Crazy

"Good girls will test you, crazy women sabotage" – Jeremy

Difficult women with issues don't LOVE themselves. How are they supposed to love you?

They have low self esteem so they think anyone who loves them (you) must be a LOSER. But the guy who treats them bad, well he must be attractive. Because he sees what she really thinks about herself. She's lame.

Negative Challenge

Do NOT mistake mediocre interest and low self esteem with her being a challenge. She is a negative challenge. You want a woman who has a full life with lots of goals and aspirations. With tons of friends and a good family. This type of woman may be hard to get, but the difference is she actually likes you. She is a positive challenge.

Guys Love Drama?

Putting up with drama shows a lack of respect for yourself and is a sign of low self esteem. But some guys actually love all the drama and craziness. Don't waste time even giving them advice. They don't want to be helped. They don't want to be happy. As my friend Peter would say, *some guys have a love for drama that could rival that of a teenager.*

Getting Sex is Easy

Sex is easy. Getting quality female affection is hard. Getting quality female affection from a good girl who doesn't pressure you is even harder. One advantage of these crazy women is they don't usually pressure you with their agenda. Unfortunately, guys interpret their lack of interest in commitment as a challenge and try even harder to win these types of women over. Oh boy.

The Best Affection

I've had strong connections and lots of fun with women like this but I was honest enough with myself to admit that I had a desire for a certain type of female affection that I wasn't going to find with her. A man needs reliable and consistent female affection from a woman who respects his masculinity to be able to truly enjoy it.

You might get some affection from a crazy girl, but you will never get the type of female affection you are looking for. And although a strong sexual connection is the glue, affection and friendship is what a long term partnership is really about. What is the point of having an affection relationship with someone who can't give it to you?

No, you can't change her. Remember the old saying, difficult women remain difficult. It's very rare and takes a lot of effort for someone to change their core personality. What you initially see is usually what you will get.

He's Not That Into You

The real truth that the women on daytime TV don't want to talk about is these women are only attracted to men who don't like them because they have low self-esteem. They only obsess over men who don't like them back because they don't like themselves. **The nice guy who treats them like gold is a loser and the guy who treats them bad is attractive.**

Like I said, crazy.

Be A Challenge For You

“We often talk about how women test men, but realize that life tests men, and women are just our witnesses.” - Jim

The Secret

I spent years learning all of the secrets to keep one woman attracted to me forever. I finally realized the real question wasn't how could I keep one woman attracted to me. That was the easy part. It was how in the world I am ever going to stay attracted to one woman. I now needed to become a challenge for me. That is the moment I knew my journey was complete.

Challenge For Who

Guys always talk about how they were a challenge and did everything right but their girlfriend still left them.

Why did they fail?

Because they were being a challenge for her.

If a woman leaves you, that is the good news. But that's the main difference in mindset around here. Some guys want girls to break up with them so they will have more free time. And other guys will do anything to keep the girl.

When it comes to relationships my overall mindset is I am being a challenge for ME not HER.

I know too much time together will lower my interest so I limit the number of days we hangout.

I know constantly talking on the phone, texting, and instant messages will eventually turn me off so I don't do it.

I know arguing, debating and her nagging will make me sick so I diffuse it with humor or ignore it so I will still be able to like her.

I know if I don't go out with my friends, talk with other women and work on my hobbies I will lose attraction for her.

I also know every time I get jealous and hide her away instead of letting her social proof herself I'm decreasing my sexual attraction for her.

In other words, I'm way more concerned about me losing interest in her than I am of her losing interest in me.

I don't do all these things so she will like ME.

do them so I will like HER.

Gone Baby, Gone

I know once my attraction is gone it's over forever.

And that can be a scary thought when you really care for someone. So I'm sorry but I need to be a challenge to avoid me losing interest in you.

This is the mindset guys should have.

Everything you do and say should flow from this frame.

Surprisingly, guys with this mindset never have women leave them. They just seem to stick around forever.

It's Up to YOU

That is why it is so important to be a challenge for you. You can let her think you are doing it for her, but you are really doing it for yourself. If you really want to make the relationship work you can't leave it up to her to be the challenge.

You can't spare even 1% of interest level. Your interest level. You are now the prize.

5 Secrets of The Relationship Pro

These are the core frames, mindsets and skills you should develop before you get into a relationship.

1. The Ultimate Frame

Please break up with me.

I want you to. That would be great. I could go out and meet new women. I would have more time to hang with my friends. I actually wanted to travel around South America by myself for three months. This is the perfect opportunity. Thank You!

As soon as she takes her last bag out of your house, you smile, turn on ESPN, crack open a beer and think about where you want to go tonight. This is the ultimate frame and usually comes after all the other core elements are in place. Once you reach this point, 99% of your problems with women and relationships become irrelevant. You will know when you get here because you won't even feel like analyzing your relationship.

2. Impermanence. Nothing lasts forever.

The glass didn't break, it was already broken. Life is suffering. We are all going to die eventually. And when you are gone she is going to date and hookup with other men.

I do not own this woman forever. I am only enjoying her feminine essence for a short time while I can. That's fine because I will never share my masculine gift with only her. I may decide to make a commitment and be faithful to one woman but I will still go out and make other women laugh, smile and bring joy into their lives. This is my masculine gift and part of my core purpose in life.

The reality is that no one woman no matter how great can solve all of my problems. She is not my savior. Even when I finally master women and dating I still have much work to do.

3. Experience Walking Away

Besides the ultimate frame the "willingness to walk" is my trump card. It's the reason I don't need to worry about every little detail in my relationship.

I earned the right to sub-communicate this by walking away from other quality women who didn't meet my standards. I have taken my medicine before. I am no stranger to the pain period and being lonely. At first it was tough, but I can do it easily now.

Instead of turning the crazy girl who crushed my heart and ruined my life into a friend with benefits, I got rid of her and got on with the long process of actually getting good with new women.

This did wonders for my self-esteem, self-respect and helped me see women through a lens of abundance versus scarcity. When my current girlfriend looks in my eyes she knows I am not bluffing about walking away. I don't have to verbalize it, threaten her with leaving or give ultimatums. She knows if she messes up and she does something unforgivable, she's out. She knows I want her, but I don't need her or anybody else.

3. Know How To Seduce Other Women (a must)

Whether you want to settle down with one woman or not, you still need to be able to show her you can seduce other women. Preferably fast, as in one night. If she doesn't believe you can get another quality woman you don't stand a chance. There is no getting around learning this stuff.

You have done the work required to be a good seducer. You officially have choice with women. You will never be the best, you don't want to be. But if you go into a social gathering for a few hours you have the skills to come out with at least one quality girl to follow up with. This will most likely lead to sleeping with her or possibly a new relationship.

As a social guy and seducer you also have the skills to build a vast network of friends to rely on for your health, wealth and relationships. Even though you are in a relationship you still go out regularly to keep your skills sharp and show, not tell her, that other women find you desirable.

4. Experience Managing Emotions

You can't always control your emotions but you CAN control your actions.

I realize no woman is perfect and no particular woman is the one. It's not the woman it's the feminine energy. There are thousands of women that I could have a great relationship with. I understand my body is being flooded with chemicals and I enjoy the chemical rush, but I still get out and keep meeting women.

During this period of imbalance in my body's chemistry I make sure to keep extra busy on my projects and hobbies. I'm no stranger to this feeling. It's an old friend.

5. You Screen Women

“One time is an accident, two times is a trend, three times is a problem”

It's very hard to read all the fine print when the broker is offering you a mansion for no money down. You know the insanity of being in love clouds your judgment and makes you overlook her negative qualities. What guy want to focus on screening a beautiful woman out of his life after he just met her.

To counter this, new girlfriends are on probation. Only after she shows consistency in her behavior will you consider her request for an escalation of the relationship into something more serious. This ensures no difficult women with low self esteem and strange hang-ups are given access to your heart.

During this period the women who are bad for you will blow themselves out.

Your Relationship Maintenance Plan

Your maintenance program during the relationship:

1. The 1% Rule

She likes me 1% more than I like her.

It's subtle, but since we met she has always been chasing me. Since I have all of the core elements in place, my interest level in even the most attractive women never rises above 90%. I know a man with super high interest acts needy by default and being put on a pedestal is not what she really wants anyway.

This is the frame of our relationship. She worked hard to qualify for me and now she wants to protect her investment. Little does she know I was crazy about her the whole time. Luckily, I kept my cool and my objectivity. I realize if I am not the prize that all of my other relationship problems are secondary. I also realize that by not being the prize in a world where a majority of men, advertising, TV shows, and movies depict women as the trophy isn't a good frame to be operating from.

2. Have a busy life outside of her

My woman is not my only purpose in life. She is one piece of a complex puzzle of needs. I also have a life full of friends, family, career, and hobbies. I promise not to neglect any of them. In fact, they become even more important now that I am in a relationship.

3. Be a Positive Challenge

Don't stop the tension. I understand that by entering into a relationship with you I have signed up to be a challenge every day. I promise to remember to give you the tension you deserve in order to keep your sexual attraction for me high. I realize all of the challenge and tension I created yesterday no longer counts. Today is a new day and I am seducing you again for the first time.

4. Keep doing the little things right everyday

I will avoid becoming complacent. I understand that attraction is a feeling you get, it's not a choice. I will never take this mysterious feeling for granted by forgetting to do the little things. The small stuff I could probably get away with for a short period of time but I

choose not to. I don't want to be blindsided one day and have you say you don't feel any attraction for me. I know I won't be getting a warning.

At the same time I don't want to wake up one day and look at my woman and not feel sexual attraction towards her either. By doing the little things right I will keep her interest level high. This will make her work even harder for me, which as a result keeps my attraction for her strong. **Being a challenge is a cycle that benefits both of us.**

5. Great Sex

No sex equals no relationship. Although we will always have affection for each other, without the sexual component we are really just good friends.

In the end, she knows she got the cool guy who didn't NEED to be with only one woman.

He chose to.

She gets the best of both worlds.

She Doesn't Care

Attraction Doesn't Care

Attraction doesn't care if you are dating, engaged or married. Attraction doesn't care what you call your relationship. Attraction could care less about commitments to be faithful, rings, ceremonies and how much time you have in with your woman.

Attraction doesn't take the kids into consideration and it could care less that you have a joint bank account. Attraction doesn't care you get along great with her family or that you just closed on a 30-year mortgage.

And like a total jerk, attraction doesn't care that I did everything right for the last two years. It wants to know what have I done lately. Unfortunately, attraction doesn't accept excuses. But I was laid off from my job and hurt my back.

Too bad.

Sexual attraction is a selfish, mysterious feeling and taking it for granted for even one day is a bad idea. I respect attraction because when it's gone, it's isn't coming back.

She Doesn't Care

Keeping up the sexual attraction and tension is your job alone. It's up to you. You can't leave it up to her. Even if in a moment of honesty she did agree that a sexual connection is indeed very fragile and needs constant upkeep, she is never going to agree to things like spending less time together to make that happen.

In other words, a woman's agenda is in direct conflict with the ingredients for having a long lasting sexual connection. (And she knows it)

As such, she doesn't really care if the attraction gets reduced. It's just the cost of doing business.

That won't stop her from blaming the loss of sexual attraction on you though.

Women Are Comfortable

“Women start testing men when they’re just two years old. They’re like two feet tall and they can already make grown men crumble.”

Men Hate Drama

Men just want things to be comfortable. For everything to be calm. They just want to sit on the couch, grab a cold beer and watch the game in peace. No drama.

Women are different

Women are comfortable with things being uncomfortable.

If you are having a disagreement and she looks upset realize women can tolerate extreme discomfort. Not only can they tolerate the tension, they seem to enjoy it.

After an argument you may look at your woman sitting on the couch staring into space and think “man, she must be really uncomfortable right now.” Not so. She is definitely in her comfort zone. She has you right where she wants you.

This is a huge advantage for women in the negotiation process known as a relationship.

In order to relieve the discomfort that comes with his woman being mad at him:

- the silent treatment
- short answers
- pouting
- tears
- the disappointed look
- withholding emotional or physical affection

Men usually end up giving in to her demands because they just want to end the discomfort. So what if he agreed to do something he really didn’t want to do.

Home Alone

A guy will leave his house because he can't deal with his woman being upset and pouting. She is giving him the silent treatment and now he can't enjoy himself. He feels tense. Like a prisoner in his own home. He needs to escape.

In contrast, his woman looks like she could deal with the tension of the situation for ten more years and not blink an eye. So he leaves. And we all know what leaving your territory eventually leads to. Is it any wonder women usually keep the house after a divorce?

Men Can't Pout

Obviously as a man you can't go around pouting or crying to get your way. Not very attractive. Even if you did try and use pouting as a tactic, I doubt this would make your woman even the tiniest bit uncomfortable.

If you want to be in a relationship you need to get comfortable with things being uncomfortable.

Don't give in and don't run away. Realize the situation is only temporary and she is not as upset as she looks.

Problem Solver

One piece of leverage women have is they know men want to solve problems as quickly as possible. We want to negotiate a fair solution and get back to feeling peaceful. Tears, tantrums, pouting, and the silent treatment make us very uncomfortable.

She Never Wants You to Be Too Comfortable

Women also know if a guy is comfortable the first thing he will do with all his free time is go out and try to meet new women. As my buddy Franco would say, that's why women continuously try to have us invest "mental energy" in them.

The relationship isn't always going to be easy. But with practice you can also become a master of being comfortable when things are uncomfortable.

Part 2

How To Play The Field

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Affection Virgins

It's funny how all men want female affection, but women only give their affection to men who show strength. When you are at your weakest point you will get none of her affection, even though that is the exact time you need it the most.

Who is Really Good With Women

Sleeping with lots of women and racking up numbers is not that impressive. That is the easy part. I know lots of guys who can do this and still aren't very good dealing with women and relationships.

In fact, some of these otherwise really attractive guys have made such huge mistakes with their relationships that I cringe just thinking about it. Yes, they sleep with hot girls but they are on their second divorce and have kids with three different women. Can we really consider these guys good with women?

The Goal

What is impressive to me is guys who can get female affection and consistent sex from a good girl for long periods of time without having to give away their masculine power or follow a woman's agenda just to keep getting it.

Affection Virgins

Some guys have finally figured out how to get sex but they still have no clue what to do about their need for female affection. I consider these guys affection virgins.

Freaks, Lies & Agendas

First of all too many guys are ruining their lives trying to get their affection from damaged women who can never give it to them. These women don't even love themselves. How are they supposed to love you? Some of these crazy women may be fun and the sex amazing, but in the end your need for female affection will never be fulfilled.

The true test of how good a man is with women is not how he satisfies his desire for sex, but how he deals with his need for affection .

Other guys need to lie to get affection. For example, they are dating another woman but they can't be honest about it because they are scared their girlfriend will leave them. Instead they sneak around, lie to everyone and lead a secret life. It's really hard to feel good about yourself when you are always making up excuses and hiding your true desires.

But most guys go along with a woman's agenda to get their fill of affection. Even if they don't really want to hangout all the time or move in together. They have a suspicion (and they're right) that women only spend long periods of time with men who follow their agenda. They know if they don't go along with the plan, she is gone. They are constantly living in fear. Fear of losing her affection.

The Funny Part

The funny part is these men who jump from bad relationship to bad relationship actually think they are good with women. That's because they are technically always with a woman.

After a crushing breakup they won't even take any advice because they can quickly get a new girlfriend. They may even brag about it.

But someone should tell these idiots that it's very easy to get a girlfriend if you agree to follow her agenda. Even a guy who sucks with women can sometimes get a girlfriend if she thinks there's a chance it will lead to commitment. The hard part is getting female affection without having to lie, follow an agenda or have your life turned upside down by a crazy girl. Get back to me when you can do that.

Affection Variety

The best strategy to avoid neediness with women is to have some affection variety. In other words, have more than one girlfriend. These should be kind loving women, with good energy and positive attitudes that you enjoy spending time around and snuggling with. Of course you will always need much more variety when it comes to sex versus affection. Sexual variety (unlike affection) is a craving that seems can never be fulfilled.

But still, having more than ONE source of female affection is absolutely crucial for having successful relationships.

Guys who sleep with lots of girls don't impress me.

The only thing I want to know when I meet a guy who is supposedly good with women is how he deals with his need for female affection.

That is the first thing I ask him.

It's NOT You It's Her Agenda

Stay Humble

You might be the one, but you're not number one.

Sometimes we think we are so great that our girlfriend would die without us. We are irreplaceable. One day many guys will realize it's not you it's her agenda. No matter how attractive or great with women you think you are, always keep this in mind. Stay humble.

Where is this relationship going?

She didn't like his answer and she left him the same day. Packed up her stuff and poof she was gone. Less than 3 months later she is in a serious relationship with a new guy. She is moving into his house this week. They are engaged to be married. There is even talk of a child on the way.

What Happened?

Women are tough when it comes to their agendas and what they want. I give them credit. They don't mess around. No matter how cool you think you are, these relationships are not about you. Guys need to realize that just because she wants to move in with you or marry you doesn't mean she likes you the best.

What would your girlfriend choose? You or her agenda?

Do Women Love Us?

Women do not really love us. At least not in the way we all hope to be loved. Unconditionally. The only way to guarantee consistent, reliable and pure female affection is to follow the agenda. Women aren't giving their affection away for free. You don't get her compassion, hugs and feminine spirit just because you are a cool dude.

There is always a price to pay. And if you won't play ball there are many other guys who gladly will. And it is only one of those guys who will get her lifetime affection.

Lifestyle of Love

Trump Cards

A woman has two secret weapons in the battle to get a man to settle down and commit to her. Purity and the subtle communication that if you don't follow her agenda you will be replaced by someone who will. Even if she doesn't get you on the purity she will get you on the agenda.

Trump Card #1: Purity

The marriage trade off. Men get purity. Women get commitment. At first both parties are happy with the arrangement. Men just want to feel loved and the benchmark they use is she only has sex with me equals she loves me. Thus a woman's purity becomes something that must be defended at all costs.

The ultimate way to defend purity is by getting married. Even though you still want to have sex with other women. Men end up trading their freedom for her purity. Why do men need purity to feel loved?

Why is it so important?

This feeling intensifies when you're deeply in love during the honeymoon period. Men in this state will agree to do almost anything including marriage to keep her from sleeping with another guy. Of course guys will never admit this directly.

Guys only get married because they are getting something out of it. And it sure as hell isn't just sex. They are getting affection from a pure woman.

Even rock stars and celebrities end up getting married and they can have sex with basically any woman they want. But they can't get affection and friendship from a pure woman. Affection is powerful stuff.

Marriage guarantees a man years of consistent, reliable and pure form of the drug he really wants, female affection. Guys don't get married for the sex; they get married for the affection.

Because most men can't accept female affection (snuggling) from a woman who is having sex with another guy. It repulses them. This is rooted in our biology and the M/w complex.

Trump Card #2 : Her Agenda

It's not you it's her agenda. Guys also agree to get married because they realize if they don't follow her agenda they can easily be replaced by someone who will. Women won't threaten you directly but it becomes clear what is going to happen if you don't follow her agenda.

I need someone who is serious. We can't date forever. (hint, hint)

This gives men a small glimpse of the truth. Women do not really love us. Women only want to be with guys who want the same things they do.

They can call it love if they want, but we all know love means many different things to a woman. This shocking revelation is scary enough for most guys to immediately get in their car and drive to Jared Jewelers.

Just because she married YOU don't mean she loves you the most. Women don't marry the guy they like best. They marry the best guy out of the pool of guys who is willing to commit to her agenda. The guy she likes best is the sexy adventurous guy who refused to settle down.

The Alternative to Marriage

Instead of getting all your female affection from just one woman you are going to need to get it from several. It's easy to get sex from a variety of women but it's harder to get affection from a variety of stable, loving women.

Affection Variety

We have two needs sex and affection. Our sexual needs require variety, whereas we have no issue getting affection and friendship from the same woman for many years. So it makes sense why a man would stay with one woman for a long time to get affection and look for sexual variety outside of that relationship.

First of all, you tough guys need to admit that you need female affection in your life. You can help fill this need by diversifying where you get your female affection from. Even if you settle down with one woman, she cannot provide all of the female affection you will need.

Get a second girlfriend, have a few female friends, babysit your niece. Have a kid. Female affection and feminine energy has no age restriction. From children to grandmothers, each woman has their own special energy that can make a man feel good.

The Purity Affection Issue

Second you are going to have to deal with the purity/affection issue. Because by not committing to ONE woman, you are going to be getting some of your female affection from women who are sleeping with other guys. She is over your house right now and wants to snuggle and watch Netflix.

Sorry guys, but this is the truth of this type of lifestyle.

You still up for it?

It's tough but you need to deal with all of your Madonna/Whore issues if you want to avoid marriage and still have a constant flow of female affection in your life.

You may never have purity, but you will always have freedom.

Lifetime Dedication to Meeting New Women

Third, you will need to constantly meet and seduce high-quality good girls into your rotation. Not just any random crazy girl is worthy of being a good candidate for the important job of giving you the female affection you need.

For example, if you settle for any unstable woman just so you can get some scraps of feminine affection you are going to seriously screw up your life.

Not all of these women will stay with you forever as some will move on when they find a man that will commit. This will hurt as you love and care for these women a lot. Prepare for some pain. Plus, these quality girls will need to be replaced again and again over the years. This means your work is never done. It's not for everyone.

Lifestyle of Love

Fourth and most importantly you need to set up a lifestyle of love.

This simply means you need to diversify where you get your feelings of affection and being loved from. This is what women do and it's probably why they feel so connected and loved even outside of their relationship with their man. Look for sources of love outside of women.

Make lots of social connections which is easier to do today than ever before. Spend time with your family. Volunteer. Give to charity. Be a big brother. Rescue a dog. Tutor a child. Be a good friend. Work on your hobbies and passions. Look to make hundreds of smaller human connections instead of just one lifetime connection.

If you do all of these things, despite not being married you will never feel alone.

Male Affection Deficit Disorder

MAAD

There are many examples of how men get deprived of affection throughout their lives. In my opinion this leads to an over-reliance on ONE source of female affection making it difficult for men to maintain successful relationships.

Macho Culture

I spent a few months in Buenos Aires, Argentina. When men greet each other there they kiss on the cheek. There is also lots of hugging and touching between males. At first I thought this was a bit strange but I got used to it. Here in the United States if you greet a man with a hug or kiss you will probably get called gay.

Male Friends

Between guy friends there is always this underlying theme of homophobia. Whether it is showing your feelings, talking about your relationships, or not drinking your beer fast enough, guys will make fun of each other for not being tough enough. The most analysis you will get out of most guys when you ask them about a failed female relationship is “it is what it is bro”.

Women on the other hand are very affectionate with their friends. They talk about everything, especially relationships. They hug each other, kiss, say I love you and even share a bed together. God knows what else.

Fathers and Sons

It seems like most dads I know don't tell their sons that they love them all too often. At least I don't remember my dad saying “I love you” that often to me. Sons also seem to get less physical affection from dad overall. This not only reduces the child's overall affection, it reduces dads. When I become a dad I will make it a point to be verbally and physically affectionate with my son.

In contrast, usually daddy's little girl gets tons of physical affection. Of course there are plenty of sisters who don't get along, but the ones that do seem to be very affectionate with one another.

Male to Female affection: considered normal

Female to Female affection: considered normal

Male to Male affection: considered gay?

I Love You Man

Now I'm not saying you have to go around hugging men or telling your guy friends that you love them, but I think you get my point.

The fact that women have such an upper hand in the affection department is a huge advantage in their relationships with men.

Women can't quite understand why a guy is so willing to agree to anything just to keep getting pure female affection. They are puzzled as to why some guys are so needy for their comfort, caress and understanding. But I 'm pretty sure they're not complaining when they consider what they get out of it.

Women have such a variety of affection in their lives, that while the affection they get from their boyfriend is sweet, it's just one piece of an overall lifestyle of affection. Remember, women get us hooked on their affection, not sex.

A man's affection seems to get reduced even further once he gets an exclusive girlfriend. A woman who is engaged or married will still get lots of attention when they go out to a bar. It's almost like they are single. Women can easily still rack up tons of orbiters and male friends no matter what their relationship status is. Whereas a married man comes to rely more and more on his one and only source of affection. She now controls both your sex life and your affection life. Ouch.

The lack of affection in other areas of your life leads to extreme neediness for affection from one woman. You can't be affectionate with your friends and you have to act manly at work. The only place you can hide from the cold harsh world is in the arms of your woman. Where you can give and receive affection without being judged. I know you're a big tough guy, but you whimper like a little girl when your woman threatens to leave you. And you get flustered when your one source of affection is upset with you.

I think the tough guy; homophobic culture actually helps women control men. No matter what strategy you use, from being more open physically and emotionally to getting a second girlfriend, as long as you have affection variety in your life you will be less needy in your relationships with women.

So I ask you. How is your relationship with your brother, your father, your son and your male friends?

The Fantasy of Purity

The Fantasy of Purity: She only has sex with me. That means she loves me.

Why do guys stay in exclusive relationships when they admit they are bored and not getting the type of sex they want? Just because supposedly the girl is so sweet and innocent. A so called good girl.

So I'm calling your bluff.

If you're so bored and you're not having the type of relationship you really, want then get out of it.

Why do these guys stay?

It's because they are scared they will never really be loved. I believe despite the boredom some guys are enjoying a secret benefit of the exclusive relationship that they are embarrassed to talk about.

The Fantasy of Purity. She is only having sex with me. That means she loves me. I am loved.

I can see why the woman who loves sex is such a threat to any man who equates being loved with a woman's sexual choices.

Follow Their Logic:

If my girlfriend likes to be kinky that means she might easily hook up with someone else if I'm not there to defend it. If she does have sex with someone else that means she doesn't love me.

Which means I am not loved.

Defenders of Purity

Are you really going to spend your whole life trying to defend a woman from having sex with someone else so you can feel loved?

Are you really going to be too scared to take a long vacation with your buddies? Are you going to forbid her go to Vegas with her girlfriends? Are you going to sacrifice your freedom for her purity?

There are many guys who have absolutely no problem dating several women and do so with ease. They seem to sleep well at night. I bet they would tell you they feel loved.

What's their secret?

They don't equate she is having or might have sex with another man as meaning she doesn't love them.

They get their unconditional love from family. They get their self esteem from work and through hobbies. They volunteer, give to charity, socialize to give value and make hundreds of human connections throughout their lives keeping them fulfilled and feeling loved.

There are many other forms of love out there in the world. If you really want to be loved practice giving to others. Just like if you want good friends, be a good friend first.

Are you ready to stop relying on a woman's purity as the benchmark that you are loved?

And if so, what are you waiting for? Purity is just a fantasy. Be free and love yourself.

You will always have Freedom

Women don't just give away pure female affection with no strings attached for long periods of time. Purity is their trump card. Purity is a billion dollar business. And women are all too happy to give you your fantasy. But you will pay for it. Whether that be through freedom, money, time, or drama.

It's been said that as men we are biologically wired to feel repulsed when a woman we love has sex with another man. We find it too hard to accept their affection after that.

Maybe it's a defense against raising a child that is not ours. You might not be able to stop these emotions but there is one thing that will always cheer you up.

You may never have one woman's purity. But you will always have freedom.

The Purity/Affection Issue

These casual hook ups start out as just good sex but over time women get you hooked on their affection. Yes, a really good quality woman will get you hooked on her affection. Affection is a way more powerful drug than just sex.

We can get our sexual needs met from a variety of sources.

Friends with benefits. Porn. Same night hookups..

But we can't always get female affection from a good girl who is consistent, has integrity and is a giver. It just feels great.

Mr. Cool

So of course you're a cool guy and you tell her (or sub-communicate) that you don't want to commit to just one girl. At first, sure, no problem. However, as time goes by she gets you more and more hooked on her affection. And believe me, time is on her side. Of course, you can avoid this trap by only hanging out with her only one or two times a week max.

Purity

But no matter how much time you spend together most women will eventually try and get you to commit by playing her purity card, albeit subtly.

For example: *This jerk at the bar stole my scarf last night. He said if I want it back I have to meet up with him.*

Now she's got you thinking.

Women know purity is our Achilles Heel. And they know in order to accept female affection most guys need purity.

Men fear if her purity is taken away and she is hooking up with someone else they will no longer be able to enjoy what they are really hooked on.

Snuggling, caressing, holding hands, sleeping over. Her feminine energy.

All it takes is a subtle mention of another suitor and immediately guys are agreeing to be with only one woman. Or they just start hanging out with her so much that it's implied. There is nothing wrong with spending time with one girl. The problem is doing it when you aren't ready.

In other words, it's a problem if you commit out of fear.

Dating More than One Woman

For you guys who want to date several women you will eventually come face to face with the purity-affection issue. She likely will be sleeping with another guy.

It's not easy and may require overriding your own biological programming. But try to learn to accept a woman's affection regardless of her purity situation. Do not let a woman's sexual choices affect your ability to enjoy her feminine energy.

We have two needs. Sex and affection. As tough as you may try and act that is the truth. Realize guys who commit to only one woman will be getting massive amounts of stable female affection. Hey, they deserve it.

Lonely Nights

But for you female affection is going to come and go.

And sometimes that is going to hurt. There will be times you are getting lots of sex and not much affection. There will be some lonely nights. All the more reason to build a full life outside of women and make many human connections.

If you want to have female affection in your life but still date several women you will eventually have to come to terms with the purity-affection issue.



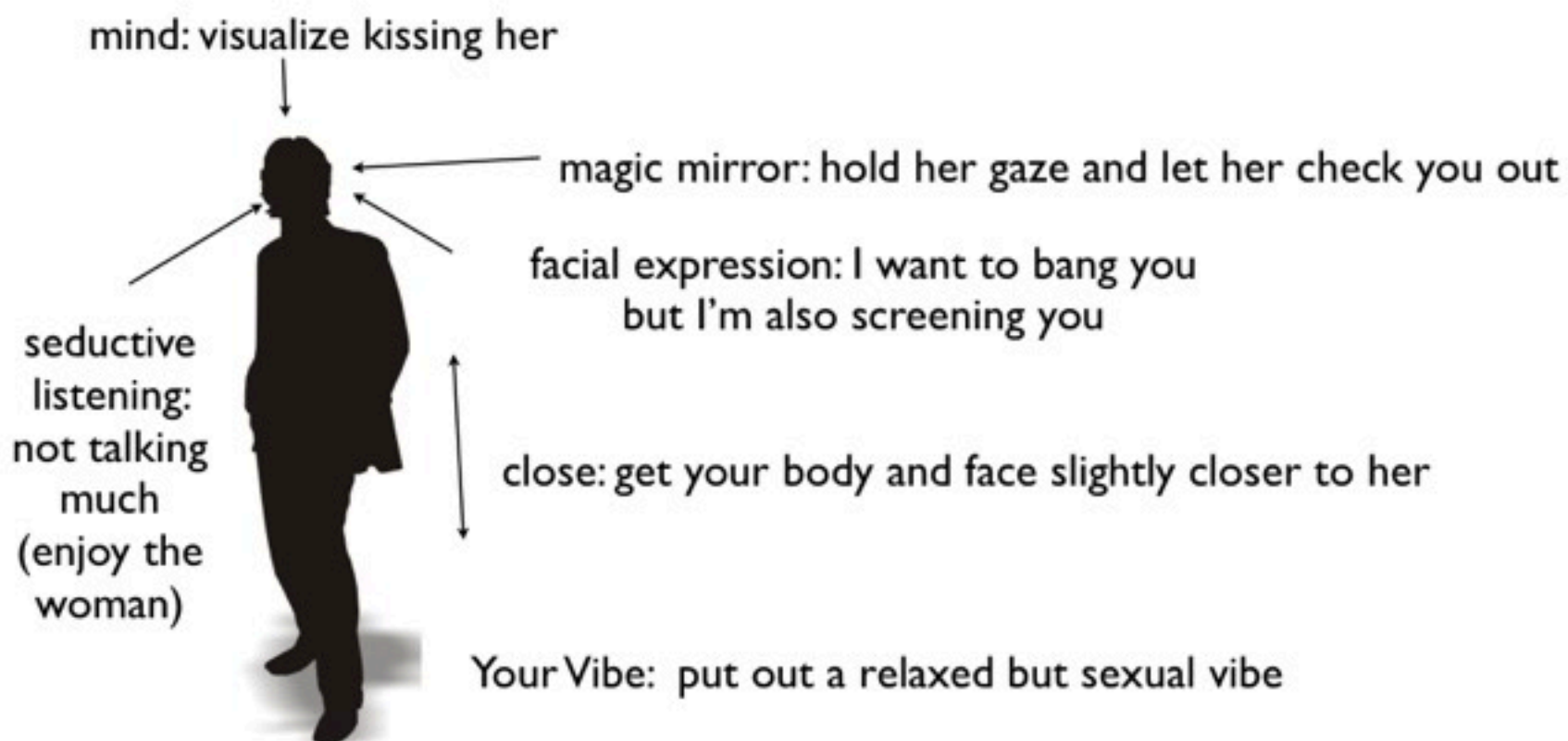
REVIEW TRAINING

5

AUTOMATIC SEDUCTION

TRAINING REVIEW

Demo



Now that you have read the books it's time to practice the 10 most important exercises for building and maintaining sexual tension with a woman.

Print out this sheet and review it once a day for the next 8 weeks. Especially before going out to meet women.

None of these exercises require pickup lines or touching women. This is all about improving your mindset, facial expressions and body language.

TRAINING REVIEW

1. Enjoy Women: The next time you are interacting with a beautiful woman do not try to attract her. If you're thinking that you need to do special things to attract women you've already lost. Instead, you must believe she's already attracted to you. And when a woman already wants you, all that's left to do is "enjoy" her. Enjoying women means to relax and notice all of the little things about her that turn you on. Her perfume, her lips, her sexy heels. This will get you into a more "seductive mood" and sets the stage for using all of the techniques.

2. The Magic Mirror Technique: When you hold eye contact with a woman maintain it for an extra second or two than you normally would. Never look away quickly like you got caught doing something bad. Let women check you out and don't look away (pretend your face is a mirror). This shows her you are comfortable with your looks and makes her believe that you're handsome (even if you're not good looking).

3. Get Closer: When talking to a woman (whether standing or sitting) get a little closer to her than you would during a polite conversation with a friend. This sends the signal that you may be interested and creates a bit of sexual tension. When you get more comfortable doing this you can get close enough that your leg or your hand is slightly brushing against hers. If she doesn't move her hand away, it's a great sign that you can escalate (see #10 the first kiss test)

4. The Silencer: The next time there is a pause in a conversation don't feel the pressure to say anything. Most guys think it's their job to entertain women so they end up blurting out something stupid and kill the moment. Instead, let the silence linger and bask with her in the sexual tension.

5. Seductive Listening: When you meet a woman you like, instead of talking or trying to "game" her, ask her questions about her passions and use the seductive listening technique. This sets the frame that she is the one trying to impress you. Don't talk too much or try too hard. Stay a bit mysterious. It's a complete role reversal.

6. The Sexual-Screening Look: This is a look that says “I want to sleep with you but I’m not completely won over yet.” The right facial expression is 50% I want to bang you, 50% I’m screening you. You can even rotate between these two facial expressions (I’m interested/I’m skeptical). This gives her a positive challenge (does he really like me?) and makes her chase you.

7. Cool as ICE: The next time a woman tries to test you or baits you to break rapport - for example she says “do women really fall for that line” - instead of getting flustered or using a cocky comeback, simply hold seductive eye-contact, smirk and turn your head away slowly. Get comfortable with not having to respond to everything a woman says (be non-reactive). This keeps the sexual tension burning HOT while maintaining your COOL personality.

8. The Invisible Hand: Do not touch the woman you are talking to yet. See if you can get her to tap your arm first by using bedroom eyes, getting closer to her and maintaining the sexual energy. Imagine that your “seductive vibe” is an invisible hand turning her on without having to physically touch her. Plus, her tapping you first is a great sign and will give you the confidence to make a move later.

9. The Poker Face: When listening to a woman you like talk, instead of always nodding your head with that big goofy grin on your face, keep more of a poker face (a seductive stare). This shows her that you are a good listener but not totally won over yet. Don’t agree with everything a woman says. You can be nice but also be a bit skeptical. Play devils advocate in conversations. “Eh, I don’t know about that”

10. The First Kiss Test: when a woman says something you agree with or “like” give her a high five and then don’t pull your hand away first. (let your hand linger there for an extra second). If she is interested she won’t pull her hand away either and you guys will now be holding hands. If you’re holding hands there’s a good chance she wants you to kiss her. Go for it.

AUTO SEDUCTION CHECKLIST

I confirm I have read the books and practiced the following 10 exercises. I will continue to practice and improve my skills.

1. When I talk to a woman I assume she already likes me and just “enjoy” her beauty and allow her to turn me on.
2. I can hold eye contact with a woman for a beat or two longer than most guys without looking away quickly like I did something wrong.
3. When I’m interacting with a woman I like I get a little bit closer to her than I would when talking to a friend.
4. If there is a pause in the conversation I do not feel the need to say anything. I just enjoy the moment and bask in the sexual tension.
5. Instead of talking and trying to “impress” women I ask her interesting questions and listen seductively. I understand that this makes her feel like I am the prize.
6. I use the sexual-screening look. The facial expression that communicates I want to sleep with you... but I’m not won over yet.
7. When a woman tests me instead of getting upset or acting cocky I hold seductive eye contact, smirk and turn my head away slowly. I always keep my cool and remain non-reactive no matter what she says or does.
8. Instead of touching women first I put out a sexual vibe that secretly turns her on. I wait to see if she touches me first so I know when to make my move.
9. Instead of agreeing with everything she says and smiling like a puppy dog I sometimes use the poker face (the blank stare). This keeps her guessing what I’m thinking and gets her to chase my attention.
10. When I get any positive signals (she stays close, holds my gaze, restarts the conversation or touches me first) I use the first kiss test. If she doesn’t pull her hand away I hold her hand and transition into caressing and later on kissing.

Final Thoughts

Key Differences

The two key differences with this style of meeting and attracting women are:

1. We don't worry about building social proof, being interesting, acting disinterested and all the other things that supposedly create attraction. We only use sexual tension (which exists naturally between men and women) and fast escalation to create attraction.
2. We never break rapport in order to create this tension (i.e. being cocky-funny, teasing her). We create tension via sexual VIBE but despite the strong rapport we avoid her feeling too comfortable with us by escalating very quickly. In fact, our main focus is on not letting her bait us into breaking rapport by being genuine and humble in response to her tests.
3. We do not sit around waiting for women to chase us. However, after we are with you, if you use the strategies from the Relationship Manual (Book #4) she will want to stay with you forever.

Thanks for reading. I highly recommend you continue with my monthly coaching program so that you can find more specific solutions to all your individual seduction needs.

Best of Luck,

Sixty

60 Method PU Cheat Sheet

AUTOMATIC Seduction

