

The Vampire Method by Zef Palmer.
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The Vampire Method

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~A few words about the author :

[Zef Palmer started his “self development journey” back in 2010. Ever since then, one of his goals was to help people around him improve themselves and live a better life. This kind of lifestyle lead him to start teaching about Social Dynamics, making seminars to men around his city, and special “Webinars” for men around the world. He is most known from his Tumblr blog called “MensBlog” which is the place where he expresses his deeper thoughts either by posting photos with text or articles.]

Disclaimer : All the photos which are used on this book are taken from all over the internet. I do not own any of them unless I mention it in a specific photo. Also, the content of this book is a combination of various articles, books, guides, and of my own life experiences and conclusions.

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| *About The Vampire Method* |

The Vampire Method is a guide that will help you to successfully improve yourself and therefore your life. It contains the word “Vampire” because if you will follow this method, apply it to your life and make it part of your lifestyle, you will start desiring more and more success like Vampires desire the blood.

| *How To Start Your Self Development Journey* |

In order to start your self development journey in the easiest way possible, you should keep some things in mind :

- People are changing and they should be changing. We gather new experiences day after day and these are lessons that we should understand and therefore apply them in our personal life in order to make it better. Can you imagine a 40 year old guy having the same kind of behavior as he would have when he was 15?
- Imagine yourself as plasticine. You can change it's form again and again and again and this is how you should be. You should try many different things, keep what suits you the best, and throw away any kind of changes that would be unnecessary .
- Set realistic and not so long term goals. By doing this, you will start becoming more confident. You notice that you accomplish your small goals and then you get pumped up for something bigger and bigger, but If you will have big goals from the start, you lose your motivation.
- Stick to the program. Every new start is difficult. Motivate yourself before you will start taking action so you will have the correct vibe

to make things happen. You will notice that after a while you will start taking action because it became a habit and it is part of your life.

- You need to focus on one or two goals at a time.
- Don't be in a rush. Give yourself the time to fully adjust into the new lifestyle that you are building so you will become better, but also stay strict because time is important. Give yourself time, but not so much that you will start getting bored and have excuses like “I can do it tomorrow”
- Don't compare yourself with other people. Compare your “present self” with how you was before.

| *Real Self Confidence VS Situational Self Confidence* |



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Abraham Maslow created the hierarchy of needs, back in 1954. It was in a shape of a pyramid and it was looking like the photo above.

Pretty much in every guide around the internet, you will read about the same things regarding to success and self confidence :

“Dress nicely, put your perfume, look at the mirror and say “I am awesome”, watch motivational videos etc.”

All of the above make you feel confident for some minutes, or maybe hours, but is this what you want? Is this what you really want in your life? What if I told you that there is a way to feel confident for the rest of your

life?

This way is very simple. Just fulfill your needs. Be independent. Make a plan of the tasks that you need to do in order to take care of your needs.

People in general have the needs that I wrote in the hierarchy above, but besides that, every single one of you probably has some more, which are personal. Even if you are walking on the streets with the most amazing outfit that you can ever imagine, would you enjoy it if you knew that in the end of the month you would have to pay the bill for the rent, and you don't have the money to do so?

Real confidence is all about feeling completely independent. You can handle your life and it's difficulties by yourself and you fully trust yourself. Therefore you are confident that whatever happens, you will find a way to solve it. You will then understand that the 99% of the people around you just complain about their problems and do nothing about them, but you belong in this 1% of the people who stay silent and actually solve their problems.

Be proactive, not reactive. If you want something, go and get it. Don't wait for this thing to magically appear outside of your door. It may sound easy to say this, but it's difficult, that's a fact. If it was easy, everybody would do it. Make the difference, if you want to become a better person, a more confident person, start from now. Now is the time. If you was waiting for a sign to start improving, guess what, here it is. Learn to break your goals into smaller ones and achieve these first, because it's more easy, and by this you will start trusting yourself more and more because you see the improvement, you feel the difference inside you. If you want to go from your home to the supermarket in the end of the road, you don't make one big jump and you are there, but you walk, you take little steps until you get there, and this is exactly the way that you should walk the road until you will reach your goals.

Take small steps, be positive, relaxed, have faith in your plans, and eventually everything will become better and better in your life as the days pass. Just stick to the plan and don't give up. I believe in you, remember that. We are all going to make it. Just keep calm, and stay focused.

| *The Difference Between Fashion and Style* |

Fashion : Many clothing companies create new clothes every season and sell them to us. They have the control of what will be “trending” this season.

Style : As a person, you have your own personal preferences when it comes to what you want to wear. You can choose clothes from different clothing companies, and buy stuff in different seasons. So what you have in your wardrobe right now is your “own style” when it comes to clothing.

If you want to be “In Fashion”, just wear similar clothing items as you notice in the shops. Same colors and combinations.

If you want to be called “Stylish”, wear what you like and what you think that suits you better.

| *Everything You Need To Know About Men's Style* |

Style matters. When you are walking on the streets, all that somebody can see is the way you walk, and what you wear.

Style is important. Go to shops, take many different clothes with you, go to the fitting room and try them on. Take a mini walk with them near the mirrors of the shop, take a minute and try to sense how their fabric feels on your body. Do you feel confident in this outfit?

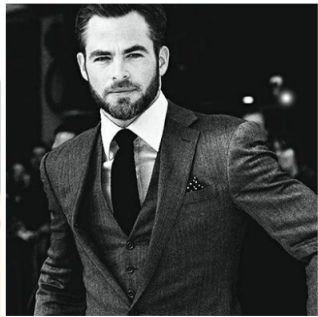
It suits and fits you well?

After you do all of the above, you will need some tips to take your style to the next level. The tips that I always give to men, are :

- Use layers in your outfits, you make them look more interesting.
- Put at least one interesting item that will create contrast.
- Accessories are an extra, and to extras we say “why not”.

Personally, I wear classy clothes most of the times. They make me feel very confident and comfortable.

Here are some examples of some of my favorite outfits :





And below you will see a collage of some of my personal outfits :
Usually you will see me wearing colors like : Black, White, Grey, Blue
and Brown...



| *How To Successfully “Build Your Wardrobe”* |



This is the cheapest and smartest way to build your wardrobe. What you need is :

- ✓ 3 shirts. Preferably one black, one white, and one deep blue.
- ✓ 2 blazers or coats. One black and one gray or brown.
- ✓ 3 t-shirts. Make sure they fit you well.
- ✓ 3 jeans. Two of them should be blue, and one black.
- ✓ 2 dress pants. One black and one gray.
- ✓ 3 shoes. One pair of sneakers, one pair black dress shoes, and one pair of brown shoes.
- ✓ 2 belts. One black and one brown.
- ✓ 2 pairs of watches.
- ✓ 1 black tie.
- ✓ 2 pairs of sunglasses.

All of the stuff above are the most basic things that you need to have in order to start building your wardrobe and at the same time these are the most essential items. You can make many combinations with these, experiment, and find what suits you the best for each occasion. The colors were just examples of what works for me the best. The colors are your personal choice.

| **Full Guide About Perfumes** |

Smelling good is very important. Every woman likes a man who smells good. Most men don't realize that. Also, keep in the back of your head that a person's sense of smell is one of the longest lasting memories we have. You may not remember a face or a name so much, but you will remember somebody's smell much longer.

9 scents. Companies around the world make their signature colognes based on different combinations of the following scents :

- Citrus
- Herbal
- Fruit
- Floral
- Spice
- Wood
- Musk
- Powder
- Leather

All the things that I wrote above were easy to understand, but now comes the a little bit tricky part of this article.

Most of the people buy a cologne based on it's price, shape of bottle, and of course it's smell. But truth is, that if you try to smell many different scents, your brain gets kinda confused.

If you will notice, companies advertise their colognes based on three themes. Sports, Fashion, Outdoor Lifestyle. Choose companies that suit your style and move on from there.

Having a woman near you when you are about to choose the right scent, would be a good thing to do. If you want to attract women, a woman's opinion is a must.

Some of my favorite colognes, are :

- I. Bvlgari Black
- II. Zara Green
- III. Bvlgari Pour Homme
- IV. Dolce & Gabbana The one
- V. Jacques Bogart Silver scent



| *Best hairstyles around the internet* |
Just a little motivation for your next haircut.



Tip : Keep your hair at a length that you can style them easily and they suit you nicely. Don't put too much product on them, and ideally, use conditioner after you wash them with shampoo. It makes them fresh smelling, very soft and smooth.

| *It's Time To Get Fit At Home* |

**STRENGTH
 STACK 52**
 THE GAME OF FIT

PERIODIC TABLE OF BODYWEIGHT EXERCISES

	CARDIO	CORE					LEGS			BACK	CHEST		ARMS	
EASY	SPEED JACK	MOUNTAIN CLIMBER	CRUNCH	CROSS PLANK	AB FLEX	CRUNCHY FROG	SQUAT	SQUAT JUMP	KICK YOUR BUTT	SUPERMAN	PUSH UP ON KNEES	WIDE ARM PUSH UP ON KNEES	STRONG-MAN FLEX	
	HIGH KNEE	SKY KICK	FLUTTER KICK	SHOULDER BRIDGE	SIDE PLANK	CIRCLE KICK	WALL SIT	REVERSE LEG LIFT	CALF RAISE		PUSH UP	CHEST PRESS	DIAMOND PUSH UP ON KNEES	
MEDIUM	SWITCH KICK	QUAD HOP	BICYCLE	SIDE RAISE	VARIATION SCISSOR KICK	ROCK SHUFFLE	JACK SQUAT	LUNGE	CLOCK LUNGE		WIDE ARM PUSH UP	HINDU PUSH UP	TRICEP DIP	
	SKI JUMPER	SWITCH BACK	PLANK	BEAR HUG	CRUNCH	SPIDERMAN PLANK	REVERSE CRUNCH	TWISTING SQUAT JUMP	SINGLE LEG DEADLIFT	SCISSOR SQUAT		PUSH UP WITH CLAP	JUMPING JACK PUSH UP	DIAMOND PUSH UP
HARD	FROG LUNGE		HANDS UP	VERTICAL CRUNCH	HAGON TWIST		TWISTING LUNGE	ONE LEG TRIPLE JUMP			JUMP BACK PUSH UP	WIDE ARM PUSH UP W/ TWIST	PIKE UP	
	TUCK JUMP		SLIDING PLANK	SCISSOR	PLANK CRAWL		CHAIR POSE	SINGLE LEG SQUAT			CHEST TAP		PIKE PUSH UP	
INSANE			FLANK REACH	BODY ROCKS	EXTENDED PLANK			FLANKING SQUAT			DRAGON WALK		SHOULDER ARMBLASTER	
			TRICEP EXTENSION PUSH UP	SPRINGING TRIPLES	SINGLE LEG TUCK JUMP	SLAP SURFER	KNEE SLAP PUSH UP	RUAY THAI PUSH UP	AZTEC PUSH UP	CRUCIFIX PUSH UP	ONE ARM ONE LEG PUSH UP	SUPERMAN PUSH UP	L SEAT	FROZEN V SIT

As you can see from the photo above, there are plenty of exercises that you can do at home without using any kind of gym equipment. You only use your bodyweight, some work ethic and you are ready to roll .

My suggestions/tips for you :

- Always start with one cardio exercise and do it for 2 minutes so you will get warmed up.
- Start by doing two exercises for the chest, then one for the back, after two for the legs, one for arms and three for the core.
- Exercise 3-4 times per week and make your program like this : One day you exercise, the following day no.
- Do 4 sets and 8 or 12 reps of each exercise. Make them slow and focus on your muscles. There is not any need to rush.
- If you don't know how to perform any of the exercises of the periodic table, google the name of them and find out how.
- Drink a lot of water throughout the day.
- Eat food that contains a lot of protein, especially after you finish exercising. (Eggs, tuna, etc.)
- Have small meals, several times per day. I personally eat 7 times per day. (Every 3 hours)
- Sleep well. (At least 8 hours)
- Try to focus in one goal at a time. You either want to build muscle, or to become leaner, not both at the same time.
- Make fitness part of your lifestyle and not just a boring task that you should do.

| *The Difference Between a **Gentleman** and an **Alpha Male*** |

- Definition of a **Gentleman** : A well-mannered and considerate man with high standards of proper behavior. [source : thefreedictionary.com] He treats the people around him very good, he is talking in a very kind way, etc.
- Definition of an **Alpha Male** : The title “Alpha” describes someone who is the leader, the most powerful male of the group. There is an alpha wolf in a wolf pack for example. It’s the wolf who eats first when the pack goes for hunting, the wolf who usually has more opportunity to mate with the available females. This system developed because strong males will produce young which have a better chance for survival. This title adjusts a little bit different in humans. An Alpha male is someone who displays dominance and confidence. An important Alpha Male trait is the sense of humor. An Alpha Male does not care about what other people think and does not need other’s approval. People around an Alpha Male tend to get sucked into his reality because he’s interesting and makes them feel comfortable. The Alpha Male forgives himself for his failures and he knows that failure is a part of life. The only men who do not fail are those that do not try. Success is just a few failures away.

The 6 Characteristics of the Alpha Male

- 1) *The Smile*
- 2) *Confidence*
- 3) *Well Groomed*
- 4) *Sense Of Humor*
- 5) *Connecting with people*
- 6) *Being seen as the social center of a room*

Gentleman is a man who has good manners and a man who treats women well. What men don't understand is that women like gentlemen, because they like to be treated well. They like men who are nice to them and would do whatever made women happy. Have you ever asked a woman *if she would sleep with such a man?* Women need to be challenged, they need to be teased and they need to not be treated as angels. These are things that Alpha Men know. The ideal thing is to be an Alpha Man and a Gentleman. Treat women nicely but also challenge them, respect them but also tease them, show your girlfriend how much you love her, but also fuck her hard. This is how men should be.

| *How To Successfully Approach A Woman* |

~Approach Anxiety~

Before learning the techniques of how to approach a woman, you should understand what is the “*Approach Anxiety*”.

Approach Anxiety is something that every man goes through when he is about to go and talk to a woman. Yes, you know exactly what I'm talking about. The whole war of emotions that takes place in your mind when you are thinking “*Should I talk to her?*”, “*What if she rejects me?*”. The cause of your stress which leads to start feeling nervous and maybe your lips feel a little dry and you start losing control of your body movements.

Physically, you can't get hurt by rejection, but emotionally, rejection is a sad experience. To better understand this, we must go back in time and look at the ancient environment for which we were designed. In a tribal group, there will be not so many women that would be : in about your age, pretty, healthy, etc. so you could maintain a relationship with them and eventually replicate. When you are going to approach her, you risk rejection, and if that happens : Your value will be lowered in the eyes of this woman and to all of the women in the tribe because women talk with each other about these things. If this happened, there would be

a possibility not to mate with any woman, because they will not want you, as you are a man with low value.

This is called pre-selection. Women look for social validation about their choices. A suitor which is pre-selected will be more attractive, whereas a man who has been rejected will be less so. She might reject you because she was already taken and if her boyfriend finds out, which is easy because news travel fast in small tribal groups, you might be in a physical danger. For the reasons above, and some more which don't worth mentioning, men are naturally selected to experience approach anxiety.

Logically, nowadays that is not a problem, because If I get rejected by a woman on a bar, I can go to another part of it , or leave the bar and go somewhere else. I will probably never see any of those people again. My emotions don't know that though and they are trying to do what's best for me. So as you can see, you can't avoid rejection. You can stop feeling nervous when you approach women by getting used to it. Go out and meet new people, no just women. Make conversations with people like the workers of big supermarkets. And remember : When you are going out to approach women, If you are going to talk with 10 of them and get rejected by 2 or 5, it's not a big deal, right? After practice, the number of rejections will get lower and lower.

"In order to successfully approach a woman, your desire to approach should be greater than your fear of rejection."

- Zef Palmer

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~Pick Up Lines / Openers~

Let me make it clear. Pick up lines don't matter at all. You have to realize that it's not all about what you say, but the way you say it. The energy behind your words matters the most. There are many techniques out there which describe two kinds of situations. Either you being direct, or indirect. What I support is that you can be both. Be adaptive. See how the particular woman reacts to your words and keep going to this flow while having in the back of your head that eventually you have to be very direct about your intentions.

At the beginning of your interaction you have to be smooth and act normal. Make the woman understand that you are not somebody crazy and

all you want to do is just have a nice talk. You have to be confident and dominant. Why you want to talk with her? Because *why not*. Because you are a *man* and she is a *woman*. Because evolutionary our ultimate purpose in life is to *survive and reproduce*. Because you don't need an excuse to approach a woman that you find attractive. Having a good opener, or a pick up line is only working for you to give a good first impression and move on.

Common opener that I was personally using was the "Hi, my name is Zef, how are you?". For me, that's enough. Aside from that, have in the back of your head this : What's important is how you will continue the conversation after your first sentence. Pretty much everybody can go up to a woman and say one sentence that he found on the internet, but not many people can keep the conversation after this. This is the reason why the openers should be serving this goal. Opinion openers work really good. You can make a google research about different openers if you don't have any good ideas about how to start a conversation.

A SIMPLE HELLO
COULD LEAD TO
A MILLION THINGS.

~Hook Point~

So after your “opener” you should keep the conversation going. One very good tip that will make you accomplish this goal is to use questions which start from “Why, How, Where, Who, For which reason”. When you put these key words in the beginning of your questions, the particular girl should answer with a full sentence and not with just one word like “yes/no”

You should be a good listener and make the girl understand that you are interested about what she is talking about. Wave your head like you say “yes, yes” when she is talking, ask questions about this subject and keep in mind that in the start of the conversation you probably invest the 80% of it and she invests the other 20%, but after some time it should get balanced to 50 and 50. This is when both people are interested about one subject and they equally invest on it by agreeing with each other, adding to the fun, and asking more and more questions to keep the flow going.

If the girl is asking questions about you, you should consider it as an indicator of interest. Also a good tip that I should add here is that it's important to look the girl in the eyes. Eye contact is a must. It shows that you are an open person, you believe on what you say and you fully support your words, it shows self confidence, dominance, sureness.

One other reason to look a girl in the eyes when you are talking is because when somebody is interested on what you say and therefore to you, the pupils of this person's eyes become bigger.

~Avoid The "Friend Zone"~

When you are attracted to one girl, and you go up to talk to her, you should at any costs, avoid the friend zone. Here is how to make it. It shouldn't be a friend to friend communication, but a man to woman kind of communication. Touching is a must at this point. If eye contact is the level one, touching is the level two. Try to touch her in the shoulder while talking and make it as natural as possible. Look at her eyes while doing it and move your head slightly to the side. It makes you look kind and without any bad intentions. See how she reacts to this touch and after some time try to touch her in one of her triceps, then again notice how she reacts and if the reaction is positive, touch her again at the hands, etc. Remember that you should always say what you believe and not what she want to hear. Don't be a people pleaser.

~Pressure On, Pressure Off~

In order to arouse a girl, she should see that you are a man of high value, and you should also use the pressure on, pressure off technique. If you are self confident, well dressed, smell nice, truly believe in every word that comes out of your mouth, and you also get indicators of interest and she reacts positive in your moves when you touch her, she already considers you as a person of high value. So about the pressure on and pressure off. When you look her in the eyes, it's pressure on. When you make her a compliment, it's also pressure on. When you touch her, make her smile, etc. it's pressure on. When you break the eye contact, when you stop touching her, when you talk about something kinda hot but stop it and say anyway, bla bla bla, these are pressure off. You should use a combination of pressure ons and offs so you will create a little bit more arousal.

~Closing~

So after the whole talking, it's time to move things one level higher. You have some variants of what you can do next :

- Kiss close : Best way of kissing the girl without making it awkward is after talking her and touching her, to try and make pauses while talking for maybe 3 seconds. Talk slower and with a more erotic tone in your voice. Come a little bit closer to her and notice if she looks at your lips. Lean in and give her a kiss. If this is not your style and you want to say something before doing it, you can say “give me a reason not to kiss you right now”. Whatever the answer may be, kiss her anyway.
- Number close : If you want to take her phone number, just find an excuse that you have to go and meet one of your friends, say that it was nice talking with her and that you should meet again and go out somewhere. Give her your mobile phone and tell her to write you her phone number. After she will, just call her at the same moment so she will save your number, and voila!
- Sex close : This is the most difficult thing to accomplish but it's not impossible to be done. It's more easy if you are out in a club. You should plant the seed from before. While talking with this particular girl, you should scan her logistics. What I mean is that you should take information that will be important for your next moves. At some points of the interaction you should ask if she has any room mates, or if she is living near, etc. After having a good time with her at the club, you can say “let's go to the after party” which is pretty much your house.

~Bonus Tips~

- Search on the internet about body language. Most of the women find attractive the hand gestures.
- If you want to sex close a girl when you are at a club, do it after 2 am, because it's not likely that she will go with you somewhere if she got to the bar 30 minutes before you approach her. She wants to have some fun, and sex would be the cherry on the cake.
- Take small steps every time that you try something. First check how she reacts and if she is positive, you move on, if not, you take a step back and try again later.

Before you go out, make sure to :

- ✓ *Take a bath, hygiene is important. Apply deodorant after bath.*
- ✓ *Trim or shave any bodyhair. (leg hair, armit hair, pubes, etc)*
- ✓ *keep your breath smelling fresh (use mints or breath sprays. Do not use gums)*
- ✓ *Eat. You need to keep your energy levels up.*
- ✓ *Drink water. Stay hydrated.*
- ✓ *Wear clean and good looking underwear.*
- ✓ *Style your hair in a way that you will feel confident with the outcome.*
- ✓ *Listen to your favorite songs. This will make you feel happy.*
- ✓ *Wear your favorite cologne.*
- ✓ *Put on clothes that you feel stylish and comfortable when you wear them.*
- ✓ *Keep your shoes clean.*
- ✓ *Put two condoms in your backpocket*
- ✓ *Keep your house clean*

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- If you will do all of the above, you will not have any excuse not to go out and approach a girl.

| *Complete Guide To Foreplay And Oral Sex* |

-What is Foreplay?

In human sexual behavior, foreplay is a set of emotionally and physically intimate acts between two or more people meant to create sexual arousal and desire for sexual activity. As an Alpha Man, you have to be good at foreplay. For me, foreplay is like a secret weapon. Most men out there don't start with foreplay before sex, and if they do, it only lasts 5 minutes. Keep in mind that all of the techniques of this article have been tested several times in the past, and the feedback was far more than positive. First things first : Before even kissing her, talk to her with a deeper voice. Talk slowly and in a low volume so she will need to come close to you in order to hear you. You can say something like : "Come here" with a small sexual smile as you point to your lap. She will then sit on your lap and you will slowly touch her face with soft movements. Lean towards her, make a little smile and kiss her while touching her face or fixing her hair by putting them behind her ear.

- **Kissing :** Here are some tongue techniques : Run your tongue around hers and intertwine your tongue with hers. Suck on her tongue or suck on her lower lip. Be gentle. Lick the edges of the inside of her lips with the tip of your tongue. When you are performing these techniques, don't tense your tongue. Keep it loose and gentle. Tense only the tip of your tongue a bit.
- **Moving into foreplay :** As you kiss her lips, also kiss other places on her face too. Anything except the forehead because it's associated with non-sexual love. Now move to the area where her jawline, neck and ear meet. This is a very sensitive area. Kiss, lick and suck that area very gently, tenderly and slowly. You can then whisper to her ear with a sexual voice : "How good does that

feel?” (Remember to not over do it with the asking.) Then move down to her neck with some little kisses (take off her t-shirt) and when you finally reach the edge of her breasts, kiss, lick, and suck without touching the nipples.

- Nipple play : Some nice techniques to perform to her nipples. Use the warmest breath on her nipples. Swirl your tongue around her nipples. Flick the tip of her nipples back and forth with the tip of your tongue. Start slowly and go fast. Suck her nipples and press them between your tongue and the lips or the roof of your mouth. Nibble gently her nipples.
[Breasts are beautiful, and not just parts of the body that you are passing through in order to go between a woman’s legs. Many men just kiss them and then move on. Be different. Breasts deserve appreciation and should be seen as a destination and not as a spot where you stop on the way down. If you think that way, you will show the woman that you are a man who completely enjoys and knows how to fulfill a woman’s (sexual) desires.]
- On your way down : Now you will kiss, lick, suck the areas that you pass as you are moving to her abdomen/ tummy. As you kiss her tummy, tell her “I love your body” or “Your body is a piece of art”. Let her know that you love her body the way it is. Many women have insecurities about their bodies and as a Man, you have to let them know that what you get to see is beautiful and that you appreciate the fact they share their body with you.
- Extra step : You can kiss her back as well, but that’s an extra step and not necessary. If you want to make the difference though, take that extra step. There are women who have sensitive backs and love some soft kisses there. From the back of the neck and all the way down until you reach her waist.

- Kiss the legs first : (Unzip her jeans but don't take them off) The fact that you are near her pussy, will make her think that you are going to kiss it, lick it, and suck it next. She is thinking this way because most of the men out there can't resist and just go straight to it without kissing her legs and feet first. These are the underrated parts of a woman's body. But you are not like every other man. I don't train you to be just like everyone else. You are an Alpha Man. Now you can take off her jeans and you will notice that she is really turned on and more than willing to help you undress her. Her heart rate is rising up and she is wet. Now slowly open her legs while you keep eye contact with her. Give her a kiss and then open her pussy lips and kiss her pussy as gentle as and as soft as possible. Let her feel your lips touching her beautiful and wet pussy. Now start kissing her left leg, all the way down until you reach her foot. Kiss it. (If you have a foot fetish you can also suck her toes now). Then kiss her all the way back to her pussy. Open her pussy lips again and lick it from the clitoris and move down with your tongue until you reach to it's lower edge. Now lick her other leg, feet, move up and finally play with her pussy.
- It's time to drive her crazy : Kiss, lick and suck the entire area to the left and the right of her pussy. [I have to warn you about something : Do not extend your tongue as you lick her pussy as you may have seen in porn movies. This is only used to get good camera angles for the benefit of the viewer. The only exception is when you will perform teasing strokes.] Your tongue must be near your warm and moist mouth. In that way your tongue will always be wet and you can control it a lot easier. That's important because you will need to perform really fast moves later. Start with teasing strokes, move to indirect clitoral stimulation and finally move to direct clitoral stimulation (unless your partner is too sensitive for direct clitoral stimulation) Move inward and lick directly each

pussy lip tracing it up to her clitoral hood. Move inward again and lick between the inner and outer lips with each stroke lick from the bottom of her pussy to the top and as long as a stroke as possible. Lick it with a long lick like it's ice cream. Make your tongue as wide as possible and lick from the bottom to the top with long broad strokes. Tongue fuck her. At this point if she will push your head near her pussy so your tongue will get as deep as possible, don't be surprised. They love it as soon as you do it right. All it takes is training, and believe me, your girlfriend will be more than Ok to let you "train" with her pussy. As a teasing technique you can draw the alphabet with your tongue to her pussy. Add a lot of "T" and "R"s. Flick her clitoris back and forth with the tip of your tongue. Start slowly and then a bit faster. Make circular motions around it, and experiment with these moves, feel what she likes the most, and stick with it. You can also suck her clitoris. As you are playing with her clit you can use your fingers to penetrate her vagina with. Make sure to lick them first so they will be nice and wet. Use two fingers and put them inside her pussy with your nails facing down. Now do the movement that you would do if you were about to tell someone to "come here". You will notice that the "surface" that you are touching doesn't feel like the rest of the inner of her pussy. If you press it, it comes back to it's natural position. That's her G-spot. Do the "come here" technique and press it as you do it. She will feel amazing and she will show it by moaning hard or by her facial expressions. If you keep going like this, the girl will eventually start squirting. Squirting is like the epitome of an orgasm, it's a very strong emotion and most women haven't felt it yet in their lives. So why don't you try it and be the first to offer her that kind of pleasure? Keep in mind that some women can orgasm only by playing with their clitoris, while some others need you to finger them and stimulate their G-spot.

- Sex : That was the end of the foreplay, and also the end of the oral sex. It's now time for you to have sex. Foreplay comes first, then we have oral sex, and then sex. This is the order as phases. While having sex, you can always spice it up with oral sex, though. It's all about your and your girlfriend's personal preferences.

~Tips

After a woman has an orgasm, give her a short break (30-90 seconds). Don't just watch her having the time of her life. Kiss her inner thighs while she is having that break. With the techniques that I teach you, you can bring multiple orgasms to your girlfriend, so you have to keep in mind to give her a break.

As you please her by licking her pussy, notice if she starts pulling her pussy against your mouth. If she does, she loves what you are doing. If she pulls back, she may feel too sensitive in the spot where you are licking her. My tip for you is to notice her body language and take it as a feedback for what you are doing. Also listen to her breathing and her moaning. If you lick her somewhere and she is moaning more, keep licking there.

~Positions for a great Oral Sex :

- Sitting on your face - facing you
- Sitting on your face - facing away
- Between her legs - over your shoulders
- Her legs bend back to her chest
- Woman on knees - You from behind
- 69 (I put that last because if you really know how to perform very good oral sex, women can't keep playing with your dick. They usually lose control.)

| Special Thanks To |

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| *Epilogue* |

This guide was created so you will improve yourself as a man. The final step that you should take in order to accomplish this, is to find the woman of your life. It should be one of your goals and your dreams. It's nice to dress nice, work out and going out approaching women, but keep in mind that every approach is another experience and you should take the most out of these experiences so if at some point you will meet the woman of your life, you will know exactly how to approach her and be in a serious relationship with her. Always be loyal, lovable, and caring. “The Game” is nice, but after you “Win The Game”, you should stop playing, and focus only on this woman.

I was working on this method for 5 years, but I couldn't publish it until I would find the woman of my life. So if you are reading this book, yes, I found my Queen, and this book is dedicated to her.

Mila, this book is dedicated to you.

Yours truly,

Zef Palmer