

Deeper Than Game

How
A
True
Natural
Plays
The
Game

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Why Write Another Guide?

Those of you that have been keeping up with me ever since the beginning may be wondering why I'm releasing another guide on how to pick-up women when I already have such guides out already. I decided to write this guide for a number of reasons. The first reason being that I am not one of those guys that just worries about himself while not paying attention to the problems and issues that other guys are facing. I am constantly reading what those who are studying game say, and I am constantly out in the field watching other guys, training other guys, and paying attention to their problems and issues with picking up women.

Surely, you have read guides by other authors, and to me, they seem to be a little out of touch with reality. Absolutely nothing is wrong with what they are doing, but it's almost as if they are ignoring their followers and fans when they release some of their stuff. For instance, how many of you can honestly say that you're not going to drink when you're going out to a BAR? If I could take a wild guess, I would say that almost all of you drink when you go out, which means that anything too technical probably isn't the best idea. Although I am not completely against technical game, I believe that if anything, it should be sprinkled in, and used mostly to handle logistics.

How many of you have read about a technique that other gurus use and have said to yourself "I don't think that's really going to work in my situation"? For instance, do you really think busting out a routine is the best idea in the classroom or grocery store? Your basic common sense ought to be telling you that it isn't. Another big thing is "peacocking", which means dressing yourself up in an almost performer like fashion to attract attention to yourself. Nothing against it, but I would guess that a lot of you are going to feel incredibly out of place when you're getting weird stares, not because you're attractive, but because you are a spectacle, and not necessarily in a good way.

I bring these technical game tactics up because what I've come to realize is that if you want to become universally good at picking up women, in almost any given situation or environment, then you need to stray away from the more technical side of game, and instead, concentrate more on the mindsets and principles. Although on the surface, it may appear that it is the verbalism

and performances that gets a man a lot of women, that aspect of game has very little to do with whether or not you get the girl.

You know that something makes for really good game when it is incredibly versatile. If something is only useful in one or two particular situations or environments, then it is what I like to call “junk” game. Like junk food, junk game is initially very appealing if you briefly examine it, but if you take the time to place it under further examination, you’ll come to see that it isn’t very good at all.

This guide is what is left (and added) after getting rid of almost all of the junk game that is meant to razzle-dazzle the camera and the naïve. We are about to take a look at the aspects of game that have been ignored for far too long. Clear out your schedule and get ready, ready to go Deeper Than Game...

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Finish What You Start

Before we get started, I want you to commit to reading this guide at least three times, as it is much more likely to stick. I will respect your time by getting straight to the point, and trying not to babble on about stuff that doesn't matter. If there's one thing that I can't stand when reading a book, is when the author babbles on about a bunch of nothing for the sake of extending the length of the book.

Why Finish What You Start?

Alright, so why do you suppose I began the first part of this guide with "Finish What You Start"? Because it has single-handedly been the most useful lesson I've ever learned in my life. Not with just women, but with LIFE. If you can remember just this one thing, not only will you be MUCH more successful with women, but with life as well.

So where do we begin? I want you to pick one thing that you've been having difficulty improving or finishing, and then absolutely COMMIT to finishing it, no matter what the cost. Whether this is establishing a workout routine,

finishing school, buying an entirely new wardrobe, getting a new car, talking to strangers, or whatever. Commit to finishing it. And not some bullshit easy task either. I want you to pick something that is actually difficult for you and will improve your overall life or situation with women.

Why do I say this? Because once you finish that one thing that you've been reluctant to do, your confidence will shoot through the roof. All of a sudden, you'll feel like you can do anything. Any time that you run into difficulty with something, you'll have that experience to turn to, and be able to say to yourself "Hey, I did that, so I know I can do this."

Completing just that one task is where you will turn the corner. If you can do that, no one will ever be able to tell you that you can't do anything. You will feel like a champion. Not only that, but it begins to snowball. You'll start taking on difficult task after difficult task, and actually succeeding at each and every one. Just tell yourself that you're going to finish what you start. You don't have to do everything at once, but just commit to finishing what you start, one task at a time.

How Does It Relate To Women?

Finishing what you start also directly relates to how you deal with women. Finish what you start. What do I mean? Let's say that you've been talking to a girl in a bar, and she seems to be really into you. Don't walk away from her to go back to your friends without at least getting her phone number. Finish what you started. Don't try to pick up another girl in the same bar that night. You have a woman that is into you. Don't ruin it by jeopardizing what you started. Finish it by not throwing in added risks. If you have a phone number from a girl, don't just ignore it. Finish what you started by calling. If you have a girl in your house with you, now is not the time to play hard to get. Finish what you started by going all the way with her.

Finishing what you start isn't a tactic. It is a mindset. When you're in a situation or dealing with something, ask yourself if it is finished, and if it isn't, then commit to finishing it. Committing to finishing what you start is a game changer.

Confidence Conquers All

Have you ever looked at a guy, whether a guru, or a regular looking type of guy, seen how successful he is with women, and then asked yourself what he is doing that you aren't? To answer your question, it's not what he is doing, but rather, WHO HE IS.

Confidence Conquers Methods, Lines, And Routines

Far too many guys and gurus say that it is their method, lines, or whatever that makes them successful with women. It isn't. It isn't routines, it isn't micro-calibration, it isn't micro-loops, and it isn't any of that fancy verbal stuff. All of that stuff makes for a great read, and sounds good in theory, but if you've ever used any of it (and I'm willing to bet that you have), then you already know that none of it lives up to the hype.

Then why are some of these guys who use that glitzy stuff experiencing success? It's because they have a high level of confidence, pure and simple. I was one of those guys. I'd try out a new pick-up product, and then praised it's effectiveness when I had success with it. Truth of the matter is that it was my confidence that was getting all of those girls, and not the seduction product. I could have said just about anything to those girls and still have gotten them.

An Example Of Confidence Conquering All

There were times when I would send a guy into a group of women with a routine or line, whether direct or indirect, he'd quickly get blown out, and I'd go into that very same group of women, use that same exact line or routine, and have success with it. I now know that it was my confidence and nothing more that got those girls. If it were the lines or methods, then so many guys wouldn't be failing again, and again, and again, while using glitzy routines, lines, and methods.

I believe that confidence is one of the most important, yet most ignored things in the seduction community. At best, you're likely to get a brief sentence or two dedicated to it in a seduction product, and then said guru highlights his method, never dedicating any real time to talking about confidence and it's importance. You can now understand why so many men are spending hundreds, if not thousands, of dollars on pick-up books, bootcamps, and DVD's, yet continue to fail, even though they are following certain gurus methods down to a t.

Are You REALLY Confident?

The biggest obstacle is getting guys to realize that they are lacking in the confidence department. A lot of men out practicing pick-up think that they are confident just because they can approach a girl and talk to her. What they don't realize, is that there is a lot that they aren't doing that they'd be doing if they were really confident. For example, if you were truly confident, you wouldn't rely on routines because you'd be confident that the girl would like you for who you are.

If you are constantly worrying about what you say or how you are positioned in relation to a girl or group of people, then you are not confident. Truly confident guys are very relaxed and comfortable with whatever position their body happens to be positioned in, and they are very liberal with their style of speech and don't worry too much about what they say to a girl. A truly confident guy feels like women are going to be attracted to him no matter what he does. Not to say that a truly confident guy doesn't use routines or position his body a certain way, but what I am saying, is that even if he didn't use the routines or worry about the little things, he'd be just as comfortable with himself and around women.

But how does one build this level of confidence? This is another thing that other gurus tend to ignore. How does a guy reach his confidence potential? I'll tell you right now that it isn't as simple as just "being" confident, nor is it as simple as just approaching a lot of women. Most men in the seduction community never reach a level of full confidence because they are never fully comfortable with themselves, and they make no attempt to improve what they think of themselves overall; what they think of themselves meaning that they're comfortable with who they are in almost any given situation, including the ones that have nothing to do with women.

How Confidence Is Built

Getting back to how you build confidence, how do you do it? It's incredibly easy. Any time that you find yourself in a situation where you can get a small boost in confidence for going through with something, then do it. I call these little victories. These little victories add up and boost your overall confidence, little by little.

For example, I use to absolutely be incredibly shy and afraid to talk to strangers. One day I started forcing myself to talk to strangers any chance that I could. Each time I did it, I got a small boost in my overall confidence. I also went to a meeting for a speech club (don't expect speech clubs to do much for your conversation skills, since speeches are a one way dialogue). On my very first day, when they asked one of the new guys to give a speech, I volunteered to give one, even though I had no clue of what to say. I got a small boost in my confidence for doing that.

Anyhow, you get the idea. Most men back down and avoid these moments that make them nervous. Instead of going through with something, they back down, choosing instead to do what they're already comfortable with. If you constantly avoid these situations, then you will never reach your true confidence potential.

Why Do Women Love Bad Boys?

Why do you suppose women love bad boys? Is it because they are bad? Not really. That's only a small part of the story. Think about this question for a second: Have you ever met a bad boy type that wasn't extremely confident in himself? It's almost as if these guys don't care about the rest of the world.

They are incredibly comfortable with who they are, whether you like it or not. How do you suppose they got that way? They got that way by always taking on challenges and building up a ton of these little victories over time.

Reaching Your True Confidence Potential Is Sexy

Confident is the sexiest thing a man can be. When you reach your true confidence potential, women will look past a lot of your faults because there just aren't that many men out there that are authentically confident. There are a bunch of guys that pose as being confident, but very few truly are confident men.

What are the benefits of reaching your true confidence potential? You'll find yourself being incredibly relaxed in almost any given situation with women. When you're talking to women, you'll be more quick-witted, challenging, and funny. Why? Because you are not thinking; you are letting the conversation flow out of your mouth without giving a second thought as to whether she'll approve of it or not. I'm sure you've read some of my stories, and thought to yourself "Wow, did he really just say/do that?". That stuff is very rarely preplanned. It comes as a result of reaching my full confidence potential and letting whatever thought or idea flow from me unhindered by worrying about whether a girl will approve or not.

Live Dangerously & Roll The Dice

This section is not about going out and trying to kill yourself or trying to get sent to jail. It is about taking risks all of the time, as long as they won't kill you or get you sent to prison. Living dangerously is how you succeed. Men who don't live dangerously and roll the dice don't get laid.

What's This All About?

So what is living dangerously and rolling the dice about? Have you ever been in a situation where you're thinking that you should do something, or have wanted to do something, but not acted on it because of some kind of anxiety or imagined fear? I would say that almost all of us have been in that situation.

I know that I've been in situations where I should have sexually escalated the situation, but didn't. I know that I've been in situations where I know I should've talked to a girl, but didn't. And I know that I've been in situations where I should have said something risky, but didn't. As I get older, I have no regrets about anything that I've done, but I do have serious regrets about the things that I DIDN'T do. It's kind of crazy, isn't it? We live life thinking that we're going to regret doing something, but it is actually the things that we didn't do that we end up regretting the most.

Sure, we may regret doing something in the short term, but as time passes, we tend to forget them, and instead, the things that we didn't do are what we regret in the longer term. At least if we do something and regret it, we learn an almost immediate lesson from it. But with the things that we regret not doing, it usually takes years to derive any kind of lesson from them, so in a sense, it's much better to do something and then regret doing it than to have not done it at all.

Should You Do It?

If you're ever in a situation where you're thinking "Should I do this, or should I do that?", if it won't get you sent to prison or the hospital, always go with the option that you might regret. The very fact that you have to question it ought to be enough to tell you that you're in a situation where you should just do it and live dangerously, because what that tells me is that it is something that you want to do, but are too busy thinking of all the imagined fears and reasons not to do it.

If you're talking to a girl who seems into you, and you want to kiss her, don't be afraid to just shush her, and tell her that you want to kiss her (and then actually do it). If you see a girl standing with a group of guys, but you are unsure of her relation to them, don't be afraid to just walk up to her and try to claim her as your own. If you're talking to a girl and everything seems to be going great, don't be afraid to bypass a phone number or bypass an

afterparty to just invite her back to your place alone. Live dangerously and roll the dice. It is the difference between getting laid and going home alone.

More Examples

Before I end this section, I know that there are going to be those of you that will be reading this, and still not get it, so I think it is best that I give you a few more examples.

Let's say that you're walking along and come to a crosswalk. You're waiting and a cute girl walks up next to you. Living dangerously and rolling the dice means that you should chance it and talk to her, although you only have about ten to thirty seconds to make something happen before the crosswalk signal changes and she walks off. Let's say that you're talking to this girl and she's giggling and reciprocating your offer of conversation. What should you do if she has to go off in another direction? Living dangerously and rolling the dice means telling her that you're interested in her and asking her for her phone number before it's too late.

In another example, let's say that you've just left the nightclub. You're now in a store/restaurant/hookah bar about to walk out. However, you see a girl in your peripheral vision. Do you just walk out and walk home telling your buddy how hot she was? No, you live dangerously, roll the dice, and talk to her. Let's say that she also just left a bar. Do you just get a phone number? No, you live dangerously, roll the dice, and offer her the option to come to your place for a beer or two. This is how guys get those lays from out of nowhere. They don't plan it, they don't see it coming, but they happen to see an opportunity and decide to live dangerously, and roll the dice.

Default To Intuition

Let's face it; you're going to be in plenty of situations where you THINK that you don't know what to do. This is where those who rely on technical game crumble apart. However, I've come to find that when in doubt, your intuition will tell you what to do, and it's up to you to actually act on it. I've been in plenty of situations where there really was no book or directions on how to handle it, nor did I have any direct experience.

For example, when I slept with Cornfed for the first time, we had a conversation about Mirror Lake. I had no clue of what to do. I simply trusted my intuition and said whatever came to my mind, while trying to make it work to my benefit, and it worked. There was also another situation where I was awkwardly on a couch with a girl, sitting in dead silence for at least ten minutes. There was no book on how to handle that situation. I just trusted my intuition and asked her if she wanted to fuck, and we did.

Have Faith In Yourself

You have to put almost all of your faith into your intuition if you want to be successful at the game of women. You're going to be in many, many, many situations where you are simply not going to know what to say or what to do. It's going to be uncomfortable for you at first, no doubt, but you have to train yourself to just start acting instead of doing nothing. There is no special

technique for learning how to do this; you just start doing it, and keep doing it.

Do

This is one of the secrets that natural guys like myself have. We have trained ourselves to become really comfortable trusting our intuitions. Your intuition is nothing more than your sub-conscious telling you what to do. Almost every time that you freeze up when you have something to say, or something that you want to do, you're trying to search for something better than the first thing that comes to mind. I have news for you: By the time you think of something better, it'll already be too late and you'll lose your opportunity. You have a better chance of succeeding if you just trust your intuition and do or say the very first thing that you can.

And notice that I said "do or say the very first thing that you can", and not "do or say the first thing you think of". It's like when Bruce Lee said "Do, don't think, do.". When it comes to women, most of the time you'll have a very small window of opportunity to make something happen, and you must act quickly while you still can. Following that rule has served me greatly, whether it's with humor, getting a woman into bed, or basic conversation. Let your intuition take over. If your intuition were designed to keep failing you, it would have been weeded out of your DNA thousands of years ago. Intuition is one of the most powerful tools that you have at your use.

They Are Nobody

Too often, we get caught up in the “this person is this, and that person is that” bullshit to keep ourselves from doing what we want, and need to do. Have you ever seen a girl that you wanted to talk to, but didn’t because she knew one of the girls you’ve tried to pick-up before? Have you ever not tried to pick-up a girl at a bar because she works in the same company as you, yet had no say whatsoever in whether you’re fired or promoted? Or have you ever not tried to pick-up a girl because of your “friends” being around?

I have something to say about that. Unless you are using them for something that directly benefits you, then they are nobody. Far too often, I’ve seen guys not do this or not do that because of someone they “know” or is their “friend”. I have a question for you? Is that person doing ANYTHING other than possibly gossiping about you to other people that are also of no use to you? If not, then they are nobody, and what they think of you does not matter.

I have another question for you. If you consider that person a friend, then why are you so worried about what they think of you? True friends are your friends no matter what, and they know better than to hold against you, you attempting to get laid. If they do, then these are not friends that you want in your life.

Gossip Means Nothing

If you look at almost ANY successful person, there are people that may think they're a little weird, creepy, or crazy, but WHO GIVES A SHIT IF THEY ARE DOING NOTHING MORE THAN GOSSIPING ABOUT YOU? These people are holding you in chains and giving you nothing in return. If someone were your boss, then I would understand. If someone were giving you free drinks at the bar, then I would understand. If someone were a connection that you absolutely needed to further your own ambitions, then I would understand. However, if they are doing absolutely nothing for you, then what they think does not matter.

No More Excuses

This is a time for you to stop using the excuse of working with someone, or knowing someone, as your reason as to why you can't talk to them or try to pick-up women in front of them. You are not at work, this is not a work related activity, and they have no authority over you, so they do not matter. And just because you might have hung out with someone in the past, or you know them, there is absolutely no logical reason for them to be able to hold you in social chains.

You have to keep this same exact mindset when you are pursuing women. We are afraid to do things with women because we might upset or aggravate them. So what? You have to see it this way: you have a better chance at getting her if you take chances than what you would by trying to walk a straight line by not trying to upset or aggravate her. If you were talking to a girl earlier in the night or day and want to go get her phone number, then go get it. Don't wait around for a "next" time. If you called a girl and she didn't pick up the phone, don't be afraid to call her back. If she's talking to another guy and you want her, don't be afraid to interrupt her conversation and try to sexually escalate the situation with her. He does not matter, and if she doesn't like what you're doing, then so what if she gets upset? What they or anyone else thinks of you for going after what you want does not matter.

No One Is Better

If I walk up to you and ask you who is better than you at what you do, you damn well better say “no one”. Whether or not you are the best doesn’t matter. What matters, is the mindset. If you insist that no one is better than you at something that you want to be good at, then you will find yourself working to be the best. Some of you may be wondering how I got to where I am in the seduction community and with women, and it was by insisting that no one was better than me.

Any time I find someone doing something better than me that I want to be good at, I find myself pushing myself even harder to be superior to them at whatever it is that we do. I don’t exactly know how I am going to better them, but I keep my mind set on that. What eventually happens, is that I keep finding little ways to improve myself, until one day I am actually the superior one.

Applying This To Women

So how does this apply to women? It's quite simple, I must say. Anytime that you see a guy with the types of women that you want, pick him apart as much as you can. Look at him, pay attention to how he's behaving, pay attention to his style of speech (if possible), pay attention to what he's wearing with laser-like attention. Do this enough, and it'll become almost automatic for you to take mental notes of people that you want to be better than.

Guys always want to be good at something, but they completely ignore the best resource that they have, and that is their rivals and colleagues. Don't just pay attention to one aspect of them; pay attention to the whole. What I've seen students do with seduction gurus, is become deeply concerned with what the guru is saying to women, and not paying attention to every other aspect as well.

Ask yourself what does his eye contact look like, what do his clothes look like, what kind of car does he look like he's picking up women in (it matters), what does his body type look like, is there something behind the scenes that I can't see or hear (like him living in a rich neighborhood when he tells girls where he lives, or him telling girls over the phone to meet him at a restaurant he owns; talk to him and try to get the whole story if possible) etc. The more aspects of a person that you look at and analyze, the better your chances are of besting him.

When you insist that no one is better than you, then you become better, little by little. Anytime that you accept being the inferior person at something that you're trying to become good at, you are also accepting that you are Ok the way you are, and therefore are less likely to seek constant improvement. I'm not even going to get into what this will do for your confidence, as you should be able to figure that out on your own with a little common sense.

Be Generous, No Bitterness

If you want to be a more likable guy, get into the habit of giving without asking for anything in return. Many people don't like those who are stingy or take without giving. Not only does this hurt you with women, but also it hurts your efforts to build a social life. People will avoid you; they'll feel used, and usually won't want to be around you.

Give Without Expectation

Giving without asking in return is a great way to win people over. I always see all of these group tactics in game, when the group can easily be disarmed by doing something as simple as buying them a drink or providing good conversational fodder as if it is no big deal. The same goes for if you're trying to make friends. If there is something you can do for someone to help them out in any way, then offer to do it. They will appreciate it and feel the need to be nicer to you and do nice things for you as a sign of their gratitude.

There is No Place For Bitterness

It also isn't just a physical thing. If someone tries to hurt you in any way, you have to act as if it doesn't affect you. Bitterness almost NEVER works out in your favor. If anything, it causes people to dislike you even more. When you don't show bitterness, it doesn't give people the opportunity to make fun of you. Why? Because making fun of someone is no fun when the person in question isn't affected by it.

When it comes to women, not showing bitterness, and staying calm as if they don't affect you when they don't give you what you want, shows that you are an experienced man. I've had women reject me, only to see that I wasn't bitter about it, and then actually pursue me or change their minds about not giving me what I want. Bottom line: Give without taking, and never let bitterness get the best of you.

Get Into The Mix

The mix is basically what determines the frequency at which you'll be meeting new women. The further into the mix that you are, the more often you'll be meeting women. There are men out there that should be doing really well with women, but aren't simply because they aren't in the mix.

Move Somewhere Hip

So how can you get into the mix? You can start by moving to a hip young urban neighborhood with a high population density. In these areas, you should constantly see people walking out and about. These types of neighborhoods are highly walkable, and usually have plenty of local stores, shops, restaurants, and bars that you can walk to. In these neighborhoods, you really shouldn't need a car to take care of most of your daily activities and errands.

When you are able to walk to a lot of the places you frequent, not only are you going to run into a lot of women, but also you'll have the opportunity to make a lot of friends and grow your social network. The suburbs are one of

the loneliest places to be if you're single. Everyone drives, and you're pretty much stuck talking to the neighbors on your local street. Not only that, but most of those people are already married or in serious closed off relationships, and pretty much just keep to themselves. This is not very good for making new friends and meeting new women. So, what you need to do, is do whatever it takes to get into a hip young urban neighborhood, even if you have to live in a shithole apartment. When it comes to meeting women, a shithole apartment in a hip young urban neighborhood is still better than a huge house in the suburbs any day of the week.

The other benefit of being in the mix, is that it's convenient for everyone. Your friends and any women that you meet will most likely only be a short distance away. This makes it easier for everyone to meet up without having to deal with the hassle of a lot of traffic. It's a lot easier to tell a girl that you live down the street than it is to say that you live 30-40 minutes away in the suburbs. Not only that, but when you're in the mix, there's always something going on, whether it's a local event, or one of your friends who knows about something going on.

When you're in the mix, you have the benefit of being close to bars and nightclubs. This makes it very convenient for you to meet women on the slower nights of the week. You'll be able to check out happy hour, and you'll be able to stop by and see if there are any women in the bars on the slower nights. If you're in the suburbs, it's a big hassle to have to drive all the way to an urban neighborhood and find out that there is nothing going on at any of the bars and nightclubs. But if you are in the mix, it's no big deal for you to walk 15-20 minutes to the local bars, see that nothing is going on, and walk right back home. If nothing is going on, then it's no big deal, as you didn't lose a lot of time out of your day.

Be The “Go To” Guy

There is something else that you can do to enhance the mix. It's simple: Take advantage of people's own laziness. What I've come to find is that when you're in an urban neighborhood, no one organizes anything, but instead, frantically calls everyone to see what's going on, or sits around doing nothing, while waiting on someone to invite them somewhere. You need to be the guy that has something always going on.

Why not have a BBQ at the local park when it's nice out? Why not have a small gathering at your place and have a few drinks before heading out to the bars? Why not go to a local concert (these are perfect places to pick-up women who don't normally go to bars, by the way)? Why not scour through the local neighborhood papers to see what's going on, pick something that you wanna do, and then call and invite a few people? Most people are too lazy to do this, but it only takes you five minutes to call a few friends or send out a mass text message inviting people to something that you want to do or have going on. Not only will you find yourself meeting new women this way, but you'll also be boosting your own social value amongst your friends and women that you already know.

Health Is Easy

One of the easiest thing for you to do to increase your success with women, is to simply get healthy and into shape. Upon initial view, getting into shape sounds incredibly difficult. However, if you look deeper, you will find out that it's nothing. First, let me begin by saying that you don't have to be this guy that looks like he is on steroids. You don't have to be this super buff guy that spends four hours at the gym everyday. There's only so much you can do before you start to see very little reward for the time you spend in the gym.

What matters the most to women is that you are simply in shape and have a masculine outline to your body. That's it. With that in mind, don't go trying to kill yourself in the gym or by going on some ridiculous diet. When you follow what I'm about to tell you, you won't need to pay for an expensive trainer, expensive gym memberships, idiotic diet programs, or even expensive gym equipment.

How I Got Into Shape

I suppose I ought to tell you guys what I did in order to get the body I wanted. The most important thing for you to do is to establish a habit of working out on a regular basis. You don't do this by trying to slave away immediately. If all you can do is one bicep curl, and one sit-up every time you work out, then that's all you do. Don't make it to where you're going to

be reluctant to workout. What's far more important is that you just do it. If you feel that you're not going to workout if you have to do a lot of work, then don't do a lot of work.

This sounds stupid at first, but it trains your brain to at least get into the habit of working out. When I first started working out, all I would do are bicep curls and the bench press a few times. I simply didn't want to do anything else. As time went by, I found myself adding a little weight here, adding an extra set there, etc.

What's going to make things really easy for you and speed up the time in which you'll be in shape, is buying some kind of workout video program. Personally, I'm going to recommend P90X or Insanity. I happen to use P90X, as well as a few of my friends, and I can tell you that it works. It saves you money by not having to go to the gym, buy expensive gym equipment, or hire an expensive personal trainer. All you literally have to do is press play and do whatever you can. Remember, don't try to kill yourself. If you feel like all you can do is one rep of something, then do one rep. If you feel you need to press pause, then press pause. If you feel like you can't finish the video because you're exhausted, then don't finish the video.

That is how I got to where I am. These programs allow you to stay home, go at your own pace, and not worry about other people looking at you while you workout. Slowly but surely, I got into the shape I wanted to be in, and I didn't have to kill or embarrass myself to do it. Nor did I have to waste time driving to and from the gym.

Make One Change To Your Eating Habits

With your diet, all you need to do is change one thing. Instead of going out to eat, commit to cooking. When you go out to eat, almost all of the food is fatty and unhealthy for you. Not only that, but you aren't all that conscious of what you're putting into your body. When you actually have to buy and cook your own food, you actually think about what you're buying and cooking. Before you know it, you'll find yourself looking at labels, or fatty foods, and putting them back or walking by them because you know that they're unhealthy for you. When you're working out, you really become conscious of it and actually want to take care of your new body.

Save The Supplements For Later

Should you take supplements while working out? I'm going to say no. Supplements are like a crutch. I see them as drugs. Why? Because they make you feel like Superman. The instant that you can no longer afford them or stop taking them, you will feel weak, and use it as an excuse to stop working out. I've dealt with that first hand. It's far better for you to just start working out without them, if only to get into the habit of not using them. If you have been working out for months and months, and decide that you want to take them, then so be it, but as long as you've established your workout habits before using them, just so you know that you don't need them. It sends a very serious positive message to yourself when you feel like you don't need them.

Fashion Is The Key

When it comes to a woman deciding whether or not she's even going to let you talk to her or not, fashion is the key (the same bodes for if you're trying to gain entry into any social group). If you're not dressed right, **ESPECIALLY IN NIGHTCLUBS**, women will dismiss you before you even say one word. That's how important fashion is. I already have several free articles on my website about fashion, so I'm not going to waste time talking about what is already mentioned there. However, I'm going to make fashion very simple for you.

We Are Different

I'm going to stray away from telling you specifically what to wear. Why? Because we are all from different cultures and backgrounds. Not only that, but we may be going after very different women. Instead of giving specifics for one social group, I'm going to give you some universal fashion advice.

First, find the guys that are getting the types of girls that you see yourself with in the future. Take a mental note of the type of clothing that they're

wearing. Keep them in mind when you go shopping for new clothes and shoes.

Money Buys Noticeably Nice Clothes

Next, after you know what general style you're going for, try to find the most expensive clothes you can in that style. You can try to be cheap if you want, but that is only going to hurt your chances with women. You get what you pay for. I also know of some guys that insist on dressing the way they already dress, while it is very clear that the women they want, want men that dress in a completely different style. If you aren't dressed like the types of guys that these women want, then you are only hurting yourself even more. When it comes to fashion, being stubborn about what you wear and pay for your clothing isn't going to benefit you at all.

What if you have an idea of how you want to dress, but aren't quite sure of what looks good on you? For this, I'm going to advise going to the smaller specialty clothing stores. You can find these if you just take the time to walk around the mall. I love these places because they do all of the work for me. I walk in and tell them that I'm looking for black jeans over \$100, and within five minutes, they have five pairs of black jeans all over \$100 lined up in front of me. If I have jeans with blue stitching and tell them that I want a shirt that matches the stitching, within five minutes, they have five matching shirts in front of me. The great thing about going to these more expensive specialty stores is that they provide the best service you can get and they won't let you leave with a horrible outfit.

And just because I'm telling you to buy the most expensive clothes that you can doesn't mean you have to go broke. All you really need are two really nice outfits that you can wear out. You should feel like the man when you put on these clothes. Also, be sure to wear the shoes you plan on wearing with the jeans you're buying when you go shopping. You're going to be upset if you end up buying boot cut jeans if you only have regular dress shoes. Also, buy the most expensive shoes that you can.

Jewelry Is Sexy

Jewelry makes you sexier. The jewelry you wear doesn't have to be the most expensive, but when stylishly put together in the right way, it helps you

stand out a little (in a good way), and it ups your sex appeal. Jewelry has the ability to make a good outfit a great outfit. So, when you're out shopping, don't neglect buying jewelry, as wearing jewelry completes your look.

Fit The Scene

I had a few guys ask me about suits and slacks. To keep it simple, what you wear depends on where you're going. You can get away with wearing sneakers during the day, but at a nightclub, you absolutely need dress shoes or a really nice pair of boots. And I wouldn't exactly wear a suit to a frat type nightclub. You want to look good, but you also don't want to look out of place.

Etc, Etc

I am against buying clothes online simply because you really don't know what you're getting. The only time that I would recommend buying clothes online is if you already have several articles of clothing from that particular designer, and you know what their clothing is going to look like on you. The sizing of every designer will look different on you, so that is why I advise against buying clothes online if you've never purchased anything from that particular designer before.

On my website, I've talked about hair styling and skin maintenance before, so I won't spend a lot of time here. Understand that your hair is a part of your outfit, and just like you would spend extra money on your clothing and shoes, you want to go to the most expensive hairdresser that you can afford. This means not going to your local Super Cuts or discount chain. You want to go to an actual hair salon that looks upscale. Great hair pays high dividends with women. And finally, whiten your teeth, and always carry breath mints. Women hate men with yellow teeth and stank breath.

Approach Normally

During my stint in the seduction community, I've come to find that how you approach or what you say when you approach doesn't matter. By the time you've opened your mouth, women have already judged you. I've tried every kind of approach, and there are no real significant differences between how women react to me.

The Key Is Confidence Plus Presentation

What matters the most are two things: How confident and calm you are when you approach, and how you present yourself (clothes and health). You can say just about anything that you would normally say to anyone, and if the girl is attracted to you, it won't matter. Whatever you do, just don't try saying or doing anything cheesy. That's what causes a lot of men to lose women that were initially interested in them before they opened their mouths.

So what do you say when you approach? What would you normally say to someone you don't know? You can make a comment about the environment or venue you're in, you can ask a question, you can say "hello" or "hey", you can go straight into a story, you can compliment them...whatever comes to mind. It does not matter.

She Judges You Within The First 15 Seconds

There is one thing that you need to understand: If a woman is into you, then she's into you. And if she's not, then there is very little you can say or do to make her like you. If a girl doesn't like you, then it has something to do with what

you did or didn't do BEFORE you even approached her (fashion/health/confidence etc.).

Use Common Sense

You should also use common sense when you approach a woman. If she is already busy with something, then it probably isn't a good idea for you to go and talk to her. I'm not saying that you should wait until she is in absolute dead silence waiting to be talked to, but if she looks like she is in a very deep conversation with someone or working, then it probably isn't the best idea to approach her right now. However, if she is doing something menial, like playing with her iPod, getting a drink, or joking around and laughing with a friend, then don't be afraid to interrupt and approach her.

Use Your Resources Wisely

Also, assuming that you go out to the same nightclub strips two or three times a week, make sure that you could approach no more than three girls per night (and for those who don't know, cold approaching is approaching women who are giving you absolutely no signs of interest before you approach). Why do I say this? Have you guys ever questioned why gurus have to move from city to city, eventually settling somewhere with a highly transient population? Because they do pick up seven days a week, approaching 10+ women in each venue every night. In short, they quickly deplete the resource of women. Pretty soon, almost every girl knows who they are, and they avoid these guys. I'm not saying this just to be saying it. I've had numerous women point out these guys to me.

When you're only cold approaching three girls per night in any given nightclub strip, you are not depleting your resource of available women to talk to. Before you can "sarge out" a venue, new women have come in to replace the ones you've already talked to. But what about you newer guys, right? If you're new to the game, then I suggest you practice at the shitty places where you don't normally want to be hanging out anyway. There, you can approach as many women as you want, and by the time you're ready for the places you actually want to be picking-up women at, you won't have to approach 10+ girls a night before you pull something solid.

I want to take a moment to quickly comment on this issue when it comes to day game. Anytime that you are in an open environment, the “only approach three girls max” rule doesn’t apply. Why not? Because if you’re in a busy urban environment, there are plenty of women. Sure, you might see a few of the same women, but as long as you aren’t on the same block or area every day, there should be plenty of women to pick up during the day.

Something Needs To Change

Remember, if you’re constantly approaching women, and still aren’t seeing results. Then something is wrong with what you’re doing BEFORE you even approach. Either your confidence is shaky, your sense of fashion isn’t up to par, or you look unhealthy. Each and every time that you go out, you should have something solid by the second or third girl you talk to. And if a girl catches you looking at her, approach her. The longer you wait around, the less confident you’ll look. Finally, please don’t do that retarded catcalling bullshit. If you see a girl that you want to approach, then actually go and talk to her instead of yelling at her. Yelling at women and catcalling almost never works past high school.

No Wingmen Necessary

Do not waste your time worrying about wingman game. To be honest, wingmen are more trouble than they're worth. If it isn't the guy trying to steal your girl when you're not looking, then it's just another guy that you have to worry about her and her friends liking. In other words, you've just doubled your workload (tripled, quadrupled, etc, if you have more than one wingman out with you).

However, with that being said, I do not like going out alone. It's boring, you have no friends to talk to when you're not talking to a girl, and you're just not as jolly as you would normally be when you're with your friends. Having friends out with you when you're gaming is good, but having wingmen isn't.

How do you solve this dilemma? Invite your friends out as if you normally would, but make it clear to them not to interrupt you or come in when you're talking to a girl. And even if you are polite and introduce him, that is not a pass for him to interfere with you and your girl. The only time I like to bring wingmen into my sets is if the girl is a definite lock in for me. And by definite, I mean we have already gone out on a date, hung out before, kissed, or had sex before.

From Friend To Wingman

But what if you're trying to have sex with a girl and her friend(s) just won't go away? THAT is when you bring a wingman in. If they all insist on coming with you when you leave a bar with her, THEN you bring in a wingman to handle the friend(s). Otherwise, he is unnecessary.

I don't mean to trash every guy out there, because there are some good wingmen like myself who know how to only talk when needed, but guys like myself are rare. Almost every other guy is starving when it comes to women, and will interfere or screw up every set while he tries to do things for his own selfish benefit. I hang out with the same guy every weekend simply because he doesn't get in my way and we work well together. If you find such a guy, keep him around. With everyone else, make it clear that you guys are just FRIENDS and not wingmen, and to not come in and get in your way when you're trying to talk to a girl.

Choose Your Friends Wisely

When you are choosing your friends to hang around, choose them wisely. The last thing you want are a bunch of loser friends that bring absolutely nothing to the table. What do you suppose is going to happen when you're talking to a girl and you introduce her to your loser friend? That doesn't exactly give her the greatest impression of you. And if you invite some loser friend over when trying to have sex with a girl at your place, her friend will simply want to leave and bring her with her because you tried to set her up with a guy that is a complete loser.

The Conversation Is Already There

The greatest dupe in the seduction community is that a guy needs these special secret conversation skills to talk to women. In fact, this is what almost the entire industry is built on. I have news for you: There are no special secret conversation skills that are necessary in order to talk to a woman.

Almost all of you already have the conversation skills that are necessary to talk to women. I VERY rarely use any routines or say anything spectacular when talking to a girl. If you feel like you have to do all of these tricks and routines to win over a girl, then chances are, you are already starting off from an unattractive standpoint, and you need to go back and look at the things you're doing before you even approach girls (health/fashion/confidence).

Do You Know How To Talk To Your Friends?

If you have friends and know how to talk to them, then you know how to talk to girls. What I find guys doing, is when they get around girls, they almost completely change how they talk due to their own lack of confidence in themselves. I basically talk to women the same way I talk to my friends. The only difference between you and I, is that I am just as confident talking to women as I am talking to my friends, and you aren't.

So how do you get to that same point? Start talking to strangers, guy or girl. It doesn't matter if you're in a bar, store, or at work; just try making conversation with complete strangers. Not only does this enhance your confidence when in conversation, but it also gives you a chance to build your vocabulary and mental database of topics in which you are going to be knowledgeable and comfortable talking about. That's how I cured my shyness and solidified my confidence talking to women. I basically got a job talking to complete strangers and I would always try to say something to people I really didn't want to talk to, whether it was a simple "hey", or a generic comment about whatever is around me. What you say doesn't matter. What matters is how confident you are while saying it.

Now I know there are those of you that THINK you are confident with women, but if you are changing your behavior in ANY way to accommodate women, then you aren't confident. Just because you can approach a woman and open your mouth doesn't make you a confident man. A confident man is one that is very comfortable being the same guy with women that he is when he is around his friends and family. Stylistically, you should be talking to girls the same way you'd talk to your friends and family.

Talking Oils The Gears

Before I wrap this section up, I want you to know that you should always be talking in any social venue, bars and nightclubs, in particular. If you look bored, then you're not going to be in a very talkative state when you see a girl that you want to talk to. The purpose of talking all the time isn't so you can show people that you're being social, because trust me, they're too busy doing what they're doing to worry about what you're doing.

The purpose of talking all of the time is so you can launch yourself right into conversation with a girl at any given time. Think of it as running a relay race; the runner starts running before the stick is passed to him. Keep that in mind when you go out. You want to constantly keep the conversation going with your friends, so you can hit the ground running when you see a girl that you want to talk to, and to help keep your mind off of negative thoughts that might mess with your confidence.

Don't Pass An Easy Lay

Something that I've learned from watching guys in the field, is that it is nearly impossible to teach them how not to be needy without having them completely freeze up and over-analyze everything that they're doing. I figured out a cure for that: Get them a few easy lays. Getting rid of neediness is a natural process that occurs once you begin to sleep with more and more women.

As men, we become overly concerned with the women that we sleep with, if only for bragging rights. There are many a men out there who aren't getting laid simply because the girls that are easily within their reach don't look like Jessica Simpson. I have news for you: If you want those types of girls, then you have to put in your time and work. Those girls don't just fall into the laps of inexperienced men.

I'm not saying that a guy should sleep with absolutely horrendous women, because I wouldn't. However, if you have an OK looking girl that seems to be into you, then by all means, sleep with her, if only to help get rid of some of your neediness.

You Don't Have To Marry Ms. Right Now

If you're out looking for a one-night stand, now is not the time to be picky. You're not looking for a girlfriend or a wife; all you're looking for is something to poke on for the night. Sometimes, we pass on cute girls, in favor of chasing after the perfect looking girl. Nine times out of ten, you will screw yourself over, and end up talking about how you could have slept with the previous girl. But what happened? You got greedy and now you're paying for it.

Fact of the matter is, almost every girl that you come across is of some use to you. Even if you don't sleep with her, you can at least be her friend and use her to meet other women, or as a late night booty call, if nothing else.

Never Doubt Yourself Or Back Down

If you want to completely KILL your chances of ever getting what you want from a woman, then start doubting yourself. Nothing is as unattractive to a woman as a man who doubts himself. That and not taking the lead (always take the lead with women; don't wait around on them to do something).

A lot of what you do with a woman doesn't really matter. What matters is how confident you appear to be when you do it. A lot of what I do, I do with

unwavering confidence. And you know what? That's how I get a lot of what I want.

Escalate Tense Conversational Exchanges

What does having unwavering confidence mean? It means not backtracking when you say something that a woman questions. It means not flinching when challenged. It means escalating the interaction, especially when the woman tries to escalate it to scare you.

For example, I once told a girl that I wanted to fuck her. Her response was "Are you going to bruise me?". That was not the time to start doubting myself. I had to commit to my comment by escalating the interaction. In response to her question, I told her "yes".

In another example, I asked Cornfed what was the craziest thing she has ever done sexually, or something of that nature. I don't remember her exact response, but she told me that she wanted to have sex in public at Mirror Lake. I then escalated the interaction again by telling her that it would happen. She then escalated by asking me "with who?". And finally, I told her "with me". Notice how each and every time she escalated the interaction, I responded by escalating it myself.

Speak With Absolute Conviction

The point is, once you decide to make a move or say something risky, absolutely commit to it with unwavering confidence. Whatever you do, absolutely do not let on that you are nervous. Nothing is more vivid in my mind than when one night I told a girl that if she keeps saying something, someone was going to have to take her home and give her a spanking. She responded with "Who? You?" followed by hardcore eye contact as if she was challenging me, and I backed off. She then walked away. The correct move would have been to escalate the interaction.

The same goes for if a girl is trying to play stupid and question you. For example, if you try to touch her or kiss her, and she asks you what you're doing, don't be afraid to be straight up and tell her. They're used to getting wimpy responses or guys backtracking, and when you escalate the interaction like that, it shows them that you have unwavering confidence,

and it absolutely turns them on. When you decide to do something, or they ask you a question that most guys would cave on, absolutely commit to escalating the interaction.

Quickly Make It Sexual

The failure of many men is that they never make their interactions sexual. Some of you think you're being sexual when you do indirect kino(touching) escalation. That is a very WEAK way to go about making things sexual. You need to risk the rejection by directly making things sexual fast. Keep in mind that when I say that, I simply mean letting a girl know that you are interested in her on a more than friendship type level, and not trying to be passive about your sexual interest in her.

Just Reveal Your Sexual Interest

This isn't necessarily done with verbals. How would I non-verbally make things sexual? Very deep eye contact, while biting my bottom lip. Scanning her entire body, and making her very aware of it. Invading her personal space by getting close to her, etc.

Verbally, I do it by directly revealing my interest in her. If you haven't figured out how to tell a girl that you think she's cute or that you are

interested in her, then you're going to need more help than what you're going to get from reading a guide about picking up women.

The First Five Minutes

In Assanova Method 2.0, I told guys that they have five minutes to display their sexual interest in a woman. If that sexual interest is not reciprocated, then it's time to move on. If you keep approaching women and none of them are reciprocating your direct sexual interest, then perhaps you need to examine your health, fashion, and confidence level.

The sooner you claim a girl as your own by making things sexual, the quicker her friends are going to leave you alone, and the more of a reason you have to openly shoo other pursuers away. If a girl openly reciprocates your sexual interest, then this will just make your interaction go so much smoother. Not only that, but women have a lot more respect for men that have the confidence to display their sexual interest in a woman. It doesn't have to be vulgar or "gropey", as I like to call it, but you should just make it obvious that you aren't trying to be just friends (unless that's what you want).

Start Off Attractive And Be Direct

If you're the type of guy that feels like the only way you can get a phone number or a girl back to your place is by being indirect with her, then what that tells me, is that you're starting off from an unattractive standpoint and that the only way you get girls to sleep with you, IF you even get them to sleep with you, is by tricking them. You should always be starting the majority of your interactions from the standpoint of being an attractive guy who is able to be direct about his sexual interest (notice that I didn't say vulgar) in a woman, and you get to that attractive position by working on your health, fashion, and confidence.

Certain Types Pair Up

If you're playing the numbers game, then you are wasting your time. It makes no sense for you to have to approach a near countless number of women in order for you to get one lay. Nor does it make any sense for you to have to work hard to get a lay. When you approach a girl, there should be a good chance that you're going to sleep with her without working hard to do it.

At the same time, it does not make any sense for you to have to wait around on eye contact before you approach. You as a man are a hunter. Therefore, it is your job to go out and hunt for women. If you wait around for women to give you eye contact or to come to you, then there is a good chance that you might starve.

Also, if you are in an environment where there is a lot of competition or just a lot going on, unless the girl has a hardcore crush on you, then there's a good chance that even if she does look at you, you're not going to see her doing it. If there's one thing that women are good at, it's sneaking peeks at guys without their knowledge. I've had friends of girls come up to me and

tell me that a girl likes me, and not once did I ever get the slightest hint of the girl looking at me. In other words, she must have been looking at me when I wasn't paying attention.

Fish The Ones That Are Likely To Bite

Then what is a good way to hunt for women? I find that the best way to hunt for women is to have a general idea of which women are most likely to have a predisposition to date and sleep with men that are like you. This doesn't necessarily mean that the girl is going to look like you, or even have the same personality type. It means that certain types of girls tend to date and sleep with certain types of men.

Guys who ignore this fact and instead play the numbers game make it hard for me to believe that they've slept with a high number of women. Why so? Because after you've slept with a certain number of or dated a certain number of women, you begin to recognize similarities between the girls.

The Numbers Game

A guy that sleeps with a lot of women by playing the numbers game is a guy that spends entirely too much time gaming. Think about it for a second. Do you really want to be spending most of your free time trying to pick up women that are never going to sleep with you, or would you rather go out, approach one or two girls knowing that one of them are highly likely to sleep with you, you're not going to have to work hard to do it, and then go back to playing videogames, watching sports, or whatever it is that you like to do in your free time?

Also, do you really want to go out, spending money in a bar, sitting around doing nothing, while you wait on eye contact that might never come your way? None of that makes any sense to me. I want to go out, talk to one or two girls, have an easy time laying one of them, and then go back to doing what I was doing in my life. If you have to play the numbers game, then you're doing it all wrong and wasting your time.

Every Girl Has A Type

Getting back to what I was saying, you should recognize what types of women usually go for guys like you. You can either do this by looking at your own successful dating and mating history, or you can look at guys that are very similar to you, and see what types of girls they're with. For example, girls with big asses tend to date black guys. Why? Because they're use to being hit on by black guys, and have more than likely grown comfortable dating them.

In another example, I know that women that were never exposed to black guys in their youth tend to like them. Why? Because black guys are exotic to them. Unfortunately, there is no way for me to know that the girl was never exposed to black guys without asking her, so this isn't a good way to decide what girls to talk to unless they are in my social circle and I know who they are. Keep that thought; I'll get back to how this relates to social circle gaming in a second.

Asian girls pairing up with white men are another example of certain types having a predisposition to pair up. Short girls and short men are another example, and so are strippers and drug dealers. Pay attention and you'll notice all kinds of people having predispositions to pair up (lonely women in the suburbs pairing up with almost any guy that'll talk to them is another example.).

Women Advertise It

If you pay attention when you're out, women will try to advertise to attract the types of guys they want. For example, the girls with the big asses know that black guys love them, so what do these women do? They'll wear really tight jeans and shorts; anything that accentuates and advertises how big their asses are. If a girl likes hardcore rocker/biker type guys, she'll attempt to advertise to. If you pay attention, you'll notice that she'll have wildly colored and designed hair, tattoos everywhere, piercings, etc.

The best way by far, however, is to just look at your own dating and sexual history. You won't need to look for little advertisements, but rather, you'll be able to look at a girl and just KNOW whether or not she is going to go for guys like you based on your own sexual and dating history. Using the data of my own sexual and dating history, I decide which women that I'm going to go after when I go out.

This Is Only Mostly True

Keep in mind that not all generalizations are always true. I can't exactly say that I can always generalize girls by the size of their asses, etc. However, I just know that there is a good chance that a certain girl will respond well to me if she has certain traits. There is no definite list of traits, but when a number of certain traits add up to be very similar to the women I've already dated or slept with, then there is a good chance that I can easily pick up that particular girl.

Why is this information important other than the reasons that I've already mentioned? Think about it for a second. In another section, I stated that a guy shouldn't approach more than two or three girls in any particular venue on any given night, otherwise, he risks depleting the women he hasn't already talked to yet. He might be able to approach ten girls on one night, but if he keeps approaching at that rate every night, after a little time goes by, he won't run into too many girls that he hasn't already talked to (or one of their friends).

Your History Greatly Enhances Your Success Rate

This information exactly why you need to understand what types of women are predisposed to like you. It ensures that when you do approach a girl, as long as you're very confident and look like you have your shit together, you should have a very good chance of picking her up because she is very similar to the women that you've already slept with or dated.

Getting back to why this information is especially important in social circles, when you're gaming in a pretty tight social circle where everyone knows everyone else's business, you only get one, MAYBE two chances to successfully make a move on one of the girls before they all decide to never do anything sexual with you because it looks like you're going after whatever you can get. When you're in a tight social circle, you need to carefully decide which woman to make your move on. Knowing what types of girls are predisposed to like guys like you is very useful intelligence for knowing what girls to pursue, and what girls are most likely to either give you a very hard time, or be a waste of your time.

The information within this section can be the difference between a guy who experiences wild success, and a guy who struggles with women. Different types of women hang out in different pockets, or venues. For example, let's say that I know that educated black girls aren't really into me because they have something against black guys (at least in my city). This makes it really difficult for me to find educated black women that are going to hook easily. However, an educated white friend is highly likely to experience a lot of success with educated black women, all things being equal between us (assuming he has his shit together like fashion, health, and confidence). If I keep going to places where the majority of the women are educated black women, then I'm going to continue to have a really tough time pulling them.

Women Have Different Tastes In Men

This is the thing that a lot of guys don't get. All women are not the same and don't go for the same types of guys. I don't care how good an Asian guy claims his game is. If we're hanging around a bunch of country girls that are into black guys, he simply will not be able to compete with me. At the same time, if we're hanging around a bunch of northern Asian girls that despise black men, then I'm going to have a difficult time competing with him. You need to understand that different types of women operate in different venues or areas. It is up to you to figure out which types of women usually go for guys like you, and then adapt by picking them up wherever they hang out at. And don't ask me, because I am not you, and have no idea about what types of girls are going to like you, even if you're a black guy like me. All I know are which types of women are going to like me.

Finally, this is not to be used as an excuse not to talk to women. Sometimes you won't have the sexual or dating experience to draw from, nor will the types of women that are predisposed to like guys like you always be available wherever you are. If this is the case, then you might have to settle on working a little harder. What I am saying, is that if you have the option to go after girls that are predisposed to like you, then you should pursue that option over a more difficult one. However, IF, and only IF, you don't have the luxury of being around women that are predisposed to like you, THEN you should go after women that typically don't have a tendency to be with guys like you.

Devour The Weak

There is a time for backing off of a girl, and letting her come to you, and then there is a time for you to be really aggressive in getting what you want from her. Really, it all depends on the type of girl you're dealing with. There are basically three types of women that you're going to encounter. There are the women that will resist you every step of the way no matter what you do or say. There are women that will start out strong and eventually give in if you apply enough pressure. And then there are the girls that will easily give in after applying very little pressure on them.

How Pressure Affects Different Types Of Women

With the first type, they're easy to figure out. If they have no problem giving you very heavy eye contact from the instant you start talking to them, and they're quick to challenge you on almost any and every point, then these are not the types of girls that are going to give in to pressure. If anything, trying to apply pressure on these types of women will only push them away from you. Your best shot with these types of women is to just back off when they resist you and let them come to you.

The second type of woman is the wishy-washy type. They'll never give you a direct answer; they'll try to wiggle their way around things and whatnot. These are usually the passive-aggressive types that never confront anything directly. With these types of women, if you start to apply the pressure and

counter whatever excuse they give you, they'll eventually give in because it has become easier for them to give you what you want instead of being all wishy-washy with you.

The third type of woman is the type that doesn't talk a lot, is easy to lead, and has difficulty maintaining prolonged eye contact with you when you're talking. With these types of girls, they'll usually give you what you want right away if you can get them alone when they don't have the protection of their friends around. At best, they'll resist or avoid you a little, but they will quickly cave in. These are the types of girls that will go out on dates with guys that they aren't super attracted to.

Because It Works

This is something that I began to really take notice of when I joined the seduction community. I'd bring girls home, and usually, I'd end up with an alpha female type, thus leaving the other girls to fend for themselves. What I noticed is that a lot of the girls were wish-washy with some of my friends I had at the time. They wouldn't directly let the guy know that they weren't into him, and would kind of find ways around his advances. I'd end up alone with the alpha female in my bedroom for however long, and I'd come out to find that these girls had either slept with or made-out with some of the guys I use to hang out with. Why? Because they eventually caved into the pressure.

Applying pressure on women is controversial, because it makes some women feel incredibly uncomfortable, and it can be seen as chasing women. However, this is not a guide about morals. This is a guide about what works, and applying pressure works on a lot of women. What it all really depends on is how badly you want the girl. If you really want her, then don't be afraid to apply the pressure if you sense weakness in her.

Call Her Before It's Too Late

This is the only one taken directly from my website, but I felt it was incredibly important, so I included it for the sake of completeness. And if you've read it before, read it again, because I've edited it some with additional info:

Have you ever been out, had a girl genuinely into you, give you her phone number, and then have her not pickup or return your call? Keep in mind that I'm not referring to you guys who force phone numbers from women that

really aren't into you. I'm strictly referring to when a girl seems to really like you. I'll tell you something that I have been very aware of, but never really acknowledged: Women do not like it when you don't pursue them like you really want them. If you're a guy, especially a cute guy, when you don't pursue a woman very soon after she gives you her contact information, she's going to think that you're a player and want nothing to do with you.

Not only that, but with a woman that has a lot of male options, if you wait too long to pursue her, then she will forget about you and start thinking about a newer guy. I will tell you this: When a woman has other options, and you try to toy around with her, she will not hesitate to move on to the next guy. Why not? Because almost every woman wants a guy that will actually pursue her immediately and not try to turn it into a game.

It's Personal For Me

Some of you might be wondering why I wait around to call a girl. It's because I know that if I wait a few days or weeks to call a girl, and she is still into me, I know that I have a woman that will let me get away with whatever I want. I know that I can ditch her, talk to other girls, and pretty much have my way with her, and at the very worst, she'll just cry. (Again, this is a PERSONAL thing I do, and doesn't mean it is the best thing to do, hence, why I am writing this post to clarify things.)

Respect Her Intelligence

The stronger types of women, or women that may be into you, but not enough to put up with your shit, will almost always pick up on your game playing antics and quickly move on to the next guy. These women are not as dumb as you think they are. When you try to play that "wait three days" or whatever game, they are very savvy to it. This is the main reason why a lot of phone numbers go bad. Men wait too long to call. These women know that you're either playing games, you're too afraid to call (showing a lack of confidence), or you're putting them off for another girl.

Call The Next Day

So what can you do about this? When you're talking to a girl, and she seems genuinely into you, make sure that you call her the very next day, AT THE

LATEST, and set up a date (if I met her during the day, I'd probably contact her that night). It shows that you are really interested in her, it shows that you aren't playing games, and it shows that you aren't putting her off for another girl. Not only that, but you're calling her when you are still fresh on her mind and not just a blur that she no longer cares about.

She's Already Into You

As men, we tend to think that we should wait to call women, and it's a very terrible way to go about things. What sense does it make to wait on calling a girl that is **ALREADY INTO YOU**? Do you think she's going to say "he called me the very next day, so I don't like him anymore"? I don't know a single girl that will all of a sudden not like a guy because he actually cared enough to call the next day. Women may not like it when you stalk them, but they appreciate it when you actually make an effort to show them that you are serious about seeing them again.

Meet Her Alone

Also, keep in mind that women like to go out on actual dates. If a girl **REALLY** likes you, like has a serious crush on you, then she will more than likely meet up with you at a bar on the weekend. However, Thursday through Saturday is usually the time that they set aside to hang around their own friends, and unless they have a serious crush on you, guess what'll happen when you try to go out on a date or meet up with a girl at a bar on the weekend? Not only is there a chance that it won't happen, but also if you do meet up with her, you'll have to deal with the distraction of her friends. So, when you call her and try to set up a date, make sure it is one on one, and try not to set up a date for Thursday, Friday, or Saturday.

But what happens if you meet her on let's say, a Thursday night? It's simple. Just contact and touch base with her sometime during the day on Friday before she goes out with her friends, and then try to set up a date for Sunday. You should also note that a lot of women are hard to get a hold of on the weekend, so if she doesn't pick up the phone, just try again another time when she is unlikely to be so busy. Usually, as long as it isn't a Thursday, Friday, or Saturday night, you should be able to get a hold of a girl. And obviously, if she has a job, you definitely want to try calling her after the usual work hours.

There are no excuses not to call the next day at the very latest. I cannot stress how important it is to understand that you need to call the women you meet by the next day. Don't have the money for a date? You still need to call. Don't have the time to meet up anytime soon? You still need to call. What's more important than even going out on a date, is calling just to touch base and solidify your connection. Just get into the habit of calling, so that when you can meet up, it's not this big thing. You are a guy that she's been talking to. The longer you go without calling her, the less likely it is that she'll ever go out or meet up with you. Never forget that.

Always Be Aware

Although this section is going to be short, it is still worth taking the time to note. One thing that drastically changed my game is always being aware of when I can apply the knowledge that I have acquired. We all seem to go about our days and nights, not quite paying attention to what's going and using the knowledge that we have. We do this either because we choose to ignore these opportunities, or we never stop and think. Eventually, we shouldn't have to stop and think, and it should be automatic. And unlike technical game, there are no drastic complicated steps that we need to take. All we need to do is change our mindsets and take action.

Go After Her

How many times have we been out during the day, seen a girl that we could have talked to, yet ignored it or brushed it off? Too many times. It's a shame, because a lot of the girls that we see out and about during the day aren't the types to hang out in bars and nightclubs, where they get hit on all of the time. A lot of these girls are lonely, and wish a decent guy would talk to them. Not only that, but chances are, when you're out and about during the day, women aren't going to write you off as some drunk guy hitting on them.

And how many times have we just been alone with a girl, most likely a cute friend, and not made a move on her? Instead of making a move, we just act

as if nothing is going to happen, and go on with our lives, saying to ourselves that she's "just a friend", and nothing more.

How many phone numbers do you have that you know you should be calling the next day, yet push off for whatever reason? Anyhow, you get where I'm going with this. You have the knowledge, but it is up to you to actually be aware of the opportunities you have to actually use it. If you want to be successful, then you can't just ignore these opportunities to use the knowledge that you have. You have absolutely no excuses, as nothing that I am teaching you is horribly technical. It's just a matter of being aware of it, and taking action.

Attraction Over Money

Get it through your head that money means nothing most of the time. I've already written a similar post on my website that you can view for free, so I won't waste a lot of time in this area. A lot of guys that have a lot of money simply aren't getting laid. Why not? Because a lot of women have their own money and absolutely despise men who try to buy them. Of course there will always be the few gold diggers, but unless you're dealing with a bunch of broke women without jobs, then it just doesn't have a dramatic effect in whether or not a woman will sleep with you.

Also, how can a woman tell that you have a lot of money when you are trying to attract her? She can't see your car. She can't see your bank account. And she can't see your house. Even when she does see your house, if she's willing to even come to it, she has already decided whether to sleep with you or not (assuming you're inviting just her, and not some friendly party type deal).

Clothing Is The Only Thing That Women Can Price

Really, the only way for a woman to tell how much money you're worth, is by what you're wearing. If you're some rich executive banker wearing very common clothing, and I'm wearing expensive clothing, then the gold digger will choose me over you, although you may in fact be the guy with the bigger bank account. This is exactly why the majority of your financial

resources need to be put towards what women can immediately see when you're talking to them. You can tell her how much money you have all you want, but a picture is worth a thousand words.

Women Fuck Attractive Guys

And I'll tell you about a lot of the gold digging types. They get into relationships and marry rich guys, but they fuck the attractive guys. What this means for you is that as long as you look really well put together and have an attractive personality, you should still be able to sleep with a gold digger should you ever encounter one.

At the same time, if you aren't the most financially stable guy, it doesn't mean you're suppose to tell on yourself. Just keep your financial and employment information to yourself, and if she keeps pressing you, give her nothing more than vague answers. You are in this game for you, not her. Again, I am not here to be a moralist; I am here to tell you what works.

Never Do More Than Necessary

One of THE biggest mistakes that I use to make is doing more than necessary. Yes, you need to live dangerously & roll the dice, however, there is a time when you need to be a little conservative. When is that time? After, and only after, you know that you have the girl in the bag. When you know that there is little you can do wrong to repel the girl that you have attracted to you and sex is a sure thing, now is the time to be a little conservative.

Obviously, you have to make your move for sex, but what I am referring to is trying to apply little tactics to make the girl even more attracted to you when she is already attracted to you. Sometimes, you'll have a girl attracted to you, but you'll get a little cocky and try things just for the sake of trying them.

Learn From My Experiences

Let me give you a few examples from my own personal life experiences. I had a girl approach me, I talked to her, isolated her, and then I went into some kind of cold reading thing. I immediately knew that I had lost her by the look she gave me. The cold reading thing was completely unnecessary. Why? Because she was ALREADY attracted to me. All I had to do was just be chill.

With another girl, we had already gone on a date, she was all over me, crushing on me, and then I got real cocky. I invited her to a seduction lair meeting, and when I told her what it was, it completely turned her off and we never talked again. This was something that was completely unnecessary. If I had just been conservative, since sex with her was already a sure thing, I would have ended up sleeping with her.

In another example, I was kissing a girl, with my hands in her pants playing with her pussy and feeling up her tits, and then I started running my mouth, trying to be all smooth. What happened? Because of something I had said, we didn't have sex. For some reason, I said something offensive, and now that I look back on it, it was completely stupid and unnecessary.

Be Cautious With Technical Game

This is exactly why I stay away from just about all technical game. You'll have these other gurus telling you to do some pretty weird things. And thinking that you should do them, you'll do them, not giving a second thought to how weird and out of place it really is for you to do such things. This is why I tell guys to follow their intuition. It may not be right all of the time, but it is most of the time. Keep in mind that listening to your intuition is not the same as being fearful of something.

If something has worked for you in the past, then there is absolutely no reason for you to try something new, unless it is something that will cut down the time it will take for you to have sex with a girl, and that is more than likely going to be a logistical thing and not some kind of technical verbal game thing. When it's all said and done, only do things that are necessary. Don't try to wow a girl if she's already attracted to you and you don't have to.

You Determine Dating Success

How many times have you wanted to call a girl and worried about where you should take her on a date? A lot? I'd bet so. I use to do the same thing. All that's going to matter when you take a girl on a date is you. You have to stop looking at the actual place you date as what's going to make you attractive to the girl. An unattractive guy is an unattractive guy no matter where he is.

You have to stop and think about it. If the girl wasn't attracted to you, then she most likely would not have agreed to go out on a date with you. What this means is that the balls is in your court, and it is your game to lose. All you need to be is the same attractive guy that she met when she decided to give you her phone number.

Be The Same Guy She Met

What I see a lot of guys doing, and I use to do it as well, is that they'll behave pretty normally when they meet a girl, but when the girl agrees to go out on a date with him, he tries to change who he is, hoping that she'll find

him to be attractive. BIG mistake. You need to be the same guy, and not try to do anything too fancy, or change who you are.

Ultimately, you just need to be comfortable enough to be who you are. If you're more comfortable at a certain venue than you are at another, then you probably should be going there instead of some fancy new place where you're not going to be comfortable. I really can't understand why men take girls to these new places that they would NEVER go to if they weren't with a girl out on a date. They are setting themselves up not to be comfortable.

Familiarity Breeds Confidence

Where should you take women on dates? Anywhere you've been before, preferably somewhere that you go to on a regular basis. Do not expect the place you go to, to make the girl like you. It just isn't going to happen. I could take a girl to McDonald's and have a successful date. Why? Because it is me who makes the date successful.

And on a final note, understand that dates are for building rapport. They aren't places where you should even try to make a girl become attracted to you, because if she went out on a date with you, she is already attracted to you. You just need to relax, and let her become comfortable enough with you to go out on another date or have sex with you.

Use Attraction Momentum

If you're familiar with me, then you know that I've had a lot of one night stands. For a very long time, I thought it was because of my verbal game. There's no doubt that having good conversation skills had a lot to do with them, but verbal game in the sense of "say this, then say that" had almost nothing to do with my success. Then what had the biggest impact? Using attraction momentum to my advantage.

There's Nothing Stopping You

What is attraction momentum? It's basically taking advantage of the fact that things are going really well between you and a girl, and nothing seems to be in the way of keeping things from moving forward. What usually determines attraction momentum is the environment you're in, and what type of girl you're dealing with.

In college, I had a lot of attraction momentum going with girls. Why? Because when in college, a lot of women have the propensity to let one night stands happen if they are attracted to guys. All the guy has to do is take advantage of it. In other words, women in college don't have a lot of objections to one night stands, and their friends have a tendency to just let things happen and not get in the way.

What You Should Know About Your Favorite Gurus

If you really think about a couple of the other gurus who build their reputations around having one night stands, you'll see that game doesn't have much to do with it, but rather, taking advantage of attraction momentum. Think about New York women for a second. They're busy, and it's very easy for a woman to have a random sexual encounter and have no one find out about it. When they find a guy that they're actually attracted to, they'll let sex happen if the guy pursues it.

The same can be said of women in any vacation city (such as Las Vegas). They're more open to letting things happen, and they don't have to really worry about it hurting their reputations back home. Therefore, once they're attracted to you, you're going to have a lot of attraction momentum, and you can have sex if you actually take advantage of the attraction momentum.

If you want a lot of easy sex once the girl is attracted to you, then relocate to any transient enclave where women are more likely to just let things happen. Sex is going to be more difficult anywhere a woman has to worry about her reputation taking a hit and sticking with her over a long period of time.

It's the same thing with slutty women. If they're attracted to you, there is going to be a lot of attraction momentum, and there will be little standing in the way between you and having sex with her. One night stands aren't really about game. They're about taking advantage of attraction momentum. If you're talking to a girl, and nothing really seems to be standing in your way, such as her friends, then you should go for the one night stand.

Attraction Momentum, Dating, Sex, And Relationships

If you're on a date with a girl, or just talking to her, things are going well, she doesn't seem to be in a rush to be anywhere, makes no mention of having to wake up really early, and doesn't really have any objections when you escalate the situation (kiss, inviting her home, etc), then you need to use attraction momentum to your advantage and go for sex.

And it's not just a one night stand thing. If a girl has friends that she needs to get back to, they keep interfering, or she has business that she needs to attend to and decides to give you her phone number for a later encounter, then you need to use that attraction momentum and call her the next day and

set up a date very quickly. If you've already been on a date, then you need to take advantage of that attraction momentum and talk about setting a date up to meet up again.

If you pay attention to when a girl meets a guy that she's attracted to, things seem to happen very quickly, as far as being together goes. The two basically go from being single and hanging out with their own friends, to hanging out all of the time. If things are going to work with you and a girl, then almost every time, things are going to happen very quickly, assuming that you take advantage of attraction momentum.

With that in mind, you need to keep the attraction momentum going. If you meet a girl at night, and nothing seems to be standing in your way, then go for the one night stand. If you're on a date, and nothing seems to be standing in your way, then go for a sex. If you had a successful date with a girl, and there's no reason for you not to set up a second date on the spot, then set up that second date. Basically, if there is nothing in your way, then keep the attraction momentum going and escalate the interaction.

The Consequence Of Not Using Attraction Momentum

A lot of men lose girls simply because they don't take advantage of this bit of information. A girl will be at a nightclub talking to a guy, her friends are leaving her alone with him, she's not giving any signs that she would object to him taking her home, yet he doesn't do it. This can cause a man to get ditched and lose the girl.

But let's say that her friends are rushing her to come with them wherever, and she has to go, but gives you her phone number. She expects you to call it by the next day, and when you don't, she writes you off and doesn't care whether or not she sees you again. The same goes for if you don't set up a second date, and so on.

It's Deeper Than Game

Women want men to take advantage of attraction momentum. If you don't then there is a good chance that you will actually lose the girl. You now have a golden piece of very useful knowledge that other men don't. It's not about using verbal game or fancy tricks to make a girl do something. That

almost never works, and if it appears that it does, it's because there is something going on much deeper than that, deeper than game.