How To
Attract
WOMEN
FAST
Seduction Guide For Men
“How to Attract Women Fast”

~The Basics~

By: Matt Rocks
Disclaimer

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How to Attract Women – By: Rocks

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I. Introduction

I’m so excited to share with you this report!

After 4 years of studying and testing what works in attracting women, I realized three interesting things:

1. Attraction is somewhat illogical
2. Being too nice and romantic is not attractive (really...)
3. And non-attractive guys can date hot women too

At first I thought only good looking guys can date the hot women in class. But I was wrong...

I’ve seen a lot of non-attractive guys that date 9’s and 10’s (that's a woman's ratio scale of 1 to 10)

Now that made me ask myself:

“How the hell can I attract these beautiful women?”

And after a lot of devastating experiences with women, I discovered that there is only one word that can make me successful in meeting beautiful women.

You want to know what it is?

It's the word CHANGE...

Change how you:

1. Think – How you perceive attraction
2. Move – How you act when in front of women

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3. React – How you handle situations
4. Look – How you take care of yourself

In short, change and improve everything that is modifiable.

You see, a few years ago, I perceive attraction as being nice and romantic. When I like a beautiful woman, I'll tell her anything just to make her feel good.

When you come to think of it, it makes logical sense right?

• When you're nice, she'll like you...
• When you give her everything, she'll want to be your girlfriend...

But then I realized that when I'm being nice and romantic, I always get a hard time with attracting women.

I wasn't able to understand it at first, but everything changed when I learned that attraction is somewhat illogical.

A woman can tell you that she wants a 'nice and romantic' guy, but the truth is, it's not what she's attracted to.

1. I have a 'good looking' friend who's sooo nice but is not getting any success with women (he's 21, and he only got one girlfriend in his whole life – not mentioning that the girl is not attractive)
2. I have an 'asshole' friend who's really an 'asshole' but he gets more women than other guys that are more attractive than him.

Isn't that crazy? Yes, I thought it was crazy, but that's the truth.

Attraction is somewhat illogical.

So the first thing that I want to teach you is to change how you think.
The problem with guys is that they have no idea on how to make women attracted to them and just fall into giving them gifts and compliments. Well, that's just a big mistake.

I've seen lots and lots of ugly guys that are dating hot girls.

Do you think it's because of their gifts and compliments? Well, to tell you the truth, NO. This is what most guys would do when they date hot women. So why would they pick the unattractive ones when they can pick a better prize?

The only reason why these guys can date extremely hot women is because they simply know how attraction works.

In this guide, you will finally discover how they do it... and I hope that it will make you become more successful in dating women.

What you’re about to see here will definitely change your life.

But before anything else, I want you to know that getting good with women takes practice and not just knowledge.

Don’t expect to be real good at dating women the next day after you have read this book.

This is just a basic guide that will help you increase your game. You still have to take action, put everything into practice and discover the things that will work for you.

“Getting good at something takes years and not just overnight.“

So after you read this guide I recommend you to put it into action and if necessary, invest more on your knowledge.
II. How to Attract Any Kind of Woman

Imagine yourself waking up one morning and seeing a very hot chick with a sexy body (like Megan Fox) sleeping beside you (with no clothes on?)

Feels great right? (oh yeah!)

How would you feel if she’s the one calling and asking you to go to her house instead of you?

How would you feel if there are three women competing each other to get your attention?

Great right? Of course!

That’s what every man dreams about.

And I can tell that it can happen to you.

Do you know why? Because it already happened to me (well, not exactly Megan Fox)

Now I’m not telling this to brag but I have to tell you, I am not good looking (I’m kind of an average looking guy) and I also had problems with women before.

So there are no more excuses for the average and below average guys out there.

If you consider yourself below average, I’ll tell you big stuff that will change what you think of yourself (and it’s all about what you think!)

This is the first one.
You know, when I was still in college, there's this hot chick that I'm really into. And you know what? I lost her from a guy who looks way below average than me! That's for real.

It's not all about looks. It's about increasing your game. My life totally changed when I realized that.

**The Three P's That Attracts Women...**

1. Personality – Your game (Humor, confidence, challenge)
2. Physical Appearance – Good looks and looking good (There's a difference between the two)
3. Power – Money, authority and leadership

Okay, looks do have a factor here... So what?

Remember: Attraction is somewhat illogical.

A woman can say 'I only date hot guys' and when she meets a guy
who's capable of lowering her guard and is funny, challenging, and confident, she may feel attraction even if the guy is not a 'hot guy'.

“Attraction isn't a choice” ~ David DeAngelo

It's not all about looks.

Do you know why?

Because attraction happens as an emotional response to certain factors.

Women are emotional creatures. They respond highly to emotional triggers and they decide basically on how they feel about a certain thing.

They are attracted to good looks, but they are more interested in guys with great personality (because personality influences emotions more than good looks)

They want guys who know how to make them feel.

• You can have good looks, but if you're boring and predictable, you're out!

• On the other hand, if you don't have the looks but you know how to trigger a woman's emotion, women will love you!

Remember: Attraction isn't a choice.

Women are not capable of choosing whom they will be attracted to. It just happens! It's like it responds automatically with guys who have solid game.

If a woman interacts with a guy with solid game and forms attraction
within the first minutes, there's nothing she can do about it.

She can't stop herself from being attracted because she can't do anything about it. Attraction does not happen on a logical level.

So the thing that I want to stress out is: it's all about increasing your game.

Increase your game... your game... your game... your game...

Got it?

**A Quick Definition On Attraction:**

"**Interpersonal attraction** is the attraction between people which leads to friendships and romantic relationships. The study of interpersonal attraction is a major area of research in social psychology. Interpersonal attraction is related to how much we like, love, dislike, or hate someone. It can be viewed as a force acting between two people that tends to draw them together and resist their separation." ~Wikipedia: [source](#)

As simple as it is, attraction is much like how we are emotionally connected with one person.

Always remember that the very basic key to women and attraction is connecting with their emotions.

So the question is: how can we trigger her emotions?

I have often asked myself before: how can I attract women? I even asked the ladies and they always had this one answer: they want a kind, thoughtful, and romantic man.

It kind of confused me though, because it was completely different
from what I’m seeing in the real world. I’m not saying that nicer guys aren’t getting any woman, I have been so nice before and I got a few girlfriends with that attitude.

But here’s what I’ve discovered: the ‘jerks’ or let’s just call them ‘the bad boys’ always get the hotter women. Not only that, they also get most of the women.

Now I’m pretty sure that some of you guys have thought about what I’ve been thinking. Maybe that’s the reason why you’re reading this book right?

So let’s continue to our journey.

After studying and testing some few things, here’s what I discovered: what women says about attraction is somewhat illogical.

One friend of mine shared a story about two guys that was dating her. The first guy was a nice and romantic guy, she said. There’s nothing wrong about him because she told me that he got the attitude of what she was looking for. But there came the guy number two, he was kind of a bad boy. The first guy has met her first, but do you know who won her heart? Yes, you’re right! It’s the second one!

Take note: the nice guy has dated her for months and she replaced him with the second guy who just dated her for days!

Interesting...

Now I’ve asked her, why did she pick the second one? She couldn’t find any answer.

You see, attraction is illogical in this story. She told me that the first guy has the attitude that got what she wants in a guy. But the truth is, it’s not the attitude that she was attracted to.

The truth be told, they want a man who is kind, thoughtful, and romantic... but they are attracted to a man who is capable of
triggering their emotions. They won’t tell you this because probably they themselves are not aware of this tiny fact of attraction.

The problem was, the first guy in the story was just too nice...

Now let me tell you this...

**Being too nice is just so BORING.** I've got a friend who's more good looking than me, yet I get 10x more women than him. It's just simply because of our game. He's got no game. He got the looks, but he's too nice and boring and that's not attractive to women.

You see, women are attracted to looks, but a great personality is way more attractive.

They want a man who can make them happy, but not only that; they also want a man who can make them mad, excited, sad, nervous, and all sorts of different emotions.

The problem with guys is that they were used to thinking that the key to a woman’s heart is to give her everything, be sweet and romantic, and not to make her mad for any reason.

But you know what, it's not our fault. We were raised like that. We were told by our moms to be good with women.

There's this part of our nature (which is our superego) that tells us to have ethical values to be socially accepted.

In other words, our minds were set to be good in order to be liked by other people.

But that's not the real key in attracting women.

Whenever you have thoughts like “I must be kind and thoughtful if I want this girl to be mine” or “I have to be a gentleman because I want her to be attracted to me”, blame your superego.

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Why?

Because these kind of thoughts will only lead you to the "let's just be friends" zone.

Your superego is making you too nice that's why you're not creating enough attraction. That's the reason why you end up as friends with her.

Sounds familiar?

Always remember that the key to attracting women is by triggering their emotions. Not only one, but different kinds of emotions.

**Being too nice does not trigger attraction.**

Do you know what really happens with 'being too nice and romantic'?

- The guy comes out as predictable - PREDICTABLE IS BORING and does not trigger emotions.
- The guy comes out as manipulative – He's being nice just to get in her pants.
- The guy comes out as dishonest – When the girl does something wrong and he stays to be nice, it shows dishonesty.

So if you want to attract a woman, stimulate her emotions and don't try to convince her of liking you on a logical level.

Do you know why women like drama so much? Because they're emotional creatures. They decide on things depending on how they feel.

This may sound illogical to you. But to tell you the truth, attraction is somewhat illogical!
Here’s my tip: Focus on how you can make her feel and not how you can make her act...

One of the biggest mistakes of guys is that they focus on how to get the woman act and not focusing on how to get the woman feel. They focus on “how can I get this girl's number?” or “how can I make her come to my house?” Don't focus on those, instead, focus on how you can make her feel. Feelings are so powerful that it can make her ACT.

III. So Are You Ready For Some Action?

I want you to read carefully as I’m about to reveal the most important secret in being good with women!

Before I do that, I want to ask you a simple question:

- Do you really believe in waiting for the right one? The right girl destined to marry you?

If you do, then you might need some work!

If you’re letting yourself stuck in your own room doing nothing and waiting for the right girl to come then you are slowly killing yourself. That’s not the way to get to those super hot chicks. Seriously.

If you continue to do that, then you might end up with some average looking girl (or worse... none!) because of the fact that you’re lacking options with women

So what do you need to do?

You need to get out! You need to get them.
If you want to get hot women, you have to get out and get them. They're not coming to you.

We are the tigers. We hunt our prey.

The biggest reason why men fail in dating hot women is not taking the opportunity! They always dream about having the hottest girl and be her boyfriend, but when the time comes to actually talk to the girl, they always give reasons to back out.

It's all about numbers. This is a numbers game.

The more you meet women, the better you become. The better you become, the more you become attractive to women!

Tip: Have your own schedule of meeting women.

Set your goals:

How many days per week will you practice your skills in meeting women? (Advisable: 2-4 days/ Week)

How many hours per day? (Advisable: 2-4 hours/day)

Have your own consistent method of meeting women because as you practice your skills, you become more socially inclined and you further increase your experience and social value.

IV. You Are The Man! Yes You Are!

Is that a nice title?

I picked it as a title to let you know that your success with women depends on how you perceive yourself.
Maybe you’ve heard this before but I want to point this out a little bit because this is a biggie.

Have you seen super hot women hanging around with jerks? Do you know how they got those hot women?

- They can date hot women even if they have bad-ass attitude.
- You’ll see women getting hurt but still stick up to their jerk boyfriends.

Do you know why and how that is happening???

It’s because of their attitude. It’s not the whole jerky attitude (you don’t have to be a complete jerk to be attractive) but they have a crucial part in their system that highly attracts women!

So do you want to know what part it is?

It’s the “You Are the Man” (Or Alpha male) mentality.

They think of themselves as superior. They rule the world. They have a strong confidence within themselves which makes women attracted to them. They claim themselves as people with high status. This is a strong aura that is naturally attractive to anyone!

Here are some jerk or ALPHA MALE traits that HIGHLY attracts women:

1. Solid “Alpha Male” confidence – “I don’t need women, THEY need me.”
2. Relaxed and cool body language – “Why would I be anxious? I rule the world!”
3. Not seeking for approval – “I don't care about what you say about me. I'm still awesome.”
4. Have their own reality – “I am the man... I'm awesome. That's my
reality.”
5. Definitely not putting women up on a pedestal - “I'll make you self-conscious instead.”
6. Using negs - “You're not perfect. Nobody is perfect.”
7. Challenging - “You have to work harder than that if you want me to sleep with you”
8. Not afraid of touching or “kino” - “I am not afraid of touching you” ← with limits of course
9. Cocky - “I know you want me” ← mix this with humor.
10. Unpredictable – “I can flirt, tease, be playful or serious whenever I want to.”

These attitudes create emotions. That's how they attract women and that's how you can attract women too.

Let me make this clear, an Alpha male is not a jerk. You can be an alpha male without being a jerk.

Okay?

Now check this out:

According to Sigmund Freud (The father of Psychoanalysis), our behavior is motivated by our subconscious thoughts and feelings.

**The Three Levels Of Awareness:**

1. The Conscious – which refers to our thoughts and emotions that exist in our awareness.
2. The Preconscious – the thoughts and emotions that are not currently in our awareness but can be easily recalled.
3. The Unconscious – the thoughts and emotions that motivates us even if we are unaware of them.

Have you ever tried a pick up technique from the internet and did not get the outcome that you wanted?
It's because your subconscious thoughts and feelings (which is the combination of the preconscious and unconscious level of awareness) is not as trained as the author of the said pick up technique.

You see, those people who are already experienced in the dating and pick up world has their own solid subconscious foundation (or inner game) which you haven't achieved yet. That's why you have not achieved much success as the technique said it would be.

Now the good news is, you can train your subconscious thoughts and feelings to be more solid and powerful.

But it takes practice, experience and knowledge.

Exercise #1:
1. Get in front of a mirror and tell your self: “You're awesome!” everyday, once in the morning and once before you sleep. Also, before you approach women!
2. Don't stop until you convince yourself
3. You have to see, feel and believe yourself while saying it.
4. You're awesome!

Exercise #2:
1. Remember one moment of your life that you became so proud of yourself. (You won a competition, graduated with awards, etc.)
2. Close your eyes and then internalize that particular event.
3. Remember what you felt from that moment.
4. FEEL it again.
5. Now everytime you approach a woman, prepare yourself with this exercise.

V. What's With the Alpha Males?
“Some animals live in a social structure where the more powerful male in the group is decided by either simple play-fights or even very aggressive battles. The current alpha male must defend his ranking from younger members. When he is too old or not strong enough to win, he loses his position in the group.

The result of this is that the alpha male usually has more opportunity to mate with the available females. This system evolved because strong males will produce young which have a better chance for survival.” – Wikipedia: Source

So basically...

Women are highly attracted to strong and powerful alpha males because it’s in their nature to look for a partner who has **more chance of survival**.

But not only that, they also want a man:
1. That they can look up to
2. That demonstrates more power than them
3. Who knows how to lead, and not just follow all their command
4. Who can protect them
5. Who has great genes

The higher the woman's value, the higher her selection becomes.

The problem with guys is that they are so amazed at extremely hot women and give their power over them by giving gifts and doing what those women want (which demonstrate beta male traits).

This only shows that these guys have low value and have no great genes that's why they use manipulation such as giving gifts and being nice to the woman.

It's like they have this wuss gene when they see hot women.

When you tell to a woman 'Wow... you're so gorgeous' you're immediately giving your power over her. It means that she has the
upper hand and she has more value than you.

Dude, she's NOT A GODESS.

Well okay, she may look like one, and it could be really hard to stop treating her like one.

But when you act like this, it demonstrates lower value and you immediately give her the power to control the game.

So don't treat her like a goddess!

It's normal for hot women to get approached by men and receive gifts and compliments from them. The problem is, they're just sick of men that are TOO KIND and predictable. They're sick of guys who only kiss their asses.

They're having hundreds of guys that approach them everyday!

Now do you think you'll get noticed if you do the same?

If you want to date hot women, you have to avoid this kind of attitude. You have to be unique. You have to pass that initial barrier. You have to demonstrate good genes

“But how can I do that?”

Well, the only way you can do that to show her that you are a potential mate. Show her that you know what's happening. Show her that you know how the secret language works. Show her that you have game and you have absolute control of it.

To make it simple, show her that you're an ALPHA male.

1. You are the alpha - Be more dominant than your target
2. Be a challenge - Don't get easily attracted to a woman
3. Learn to have self-respect - Value yourself more than anyone
4. Don't be too needy and desperate - Instead, be the one who selects women and not the other way around.
5. If you want to be more confident, then don't need them so much!
6. Don't put her on a pedestal – Don't ever put her on a pedestal
7. Avoid falling into the "I think she's the ONE" trap

When you practice these tips when in front of women, they will perceive you with high value.

Hot women have some kind of filter that takes out low valued guys from high valued guys. Now when you start your interaction with them by demonstrating high value, you immediately pass that initial test.

One important rule that you must remember is to never give your power over any hot woman. You are the alpha male and you are the dominant one. You must have the power of self-confidence and coolness...

Let me get this 'Alpha male' clear. Let's compare two types of men (alpha and beta)

1. The Beta Male thinks like this:
   - He has average to low status (inferior mentality)
   - He doesn't deserve hot women
   - He’s scared to get rejected and embarrassed
   - He’s scared to run out of words when talking to women
   - He follows the Alpha Male

And...

2. The Alpha Male thinks like this:
   - He has a high status (even higher than any hot chick in front of him)
   - He doesn't care if she rejects him or not, he's there to have

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fun and knows that there are a lot of women that can replace her anyway.
- She has no taste if she rejects him.
- He’s cool 24/7. He believes that any woman are lucky to be with him
- He is a leader. He knows how to handle any situation at any time.
- He is CONFIDENT about himself

It's all about how you think...

You can definitely change what they think of you if you start changing how you perceive yourself. Think of yourself as superior and you will convince other people that you really are superior.

Now maybe you're thinking, “How can I be an alpha male if I don’t have the looks and the money?”

Well, you don't need those to be an alpha male!

Like I said, it all starts with your thinking. Start thinking what is cool and do what is cool.

Check out other guys who always pick up women. They have this cool, relaxed, and confident attitude. It's because these are the most attractive traits that you can have.

Train your mind to be confident and be like an alpha male. Of course it won't take overnight, it takes some time to gain knowledge and practice.

Look at it this way:

**Your mind is the cause, and getting good with women is the effect.**
Did you know that the secret of being wealthy starts in the mind? It's the secret of the most wealthiest persons in the world. This is what they call the “Law of Attraction”. This term became popular after the film “The Secret” that came out in 2006.

It's like this:
(1) You have to know what you really want and then ask the universe for it,
(2) You have to BELIEVE that the specific object you desire will really happen
(3) Be ready to receive it (it also means that you have to take ACTION).

This exact principle is also applicable in attracting women. You have to know what you truly desire and you have to believe yourself that you can have the woman of your dreams (or the "WOMEN" ;-) And then do what the most attractive man would do - be confident

Take this into practice: tell yourself 100 times that you are an attractive guy, hot women love to be with you, they're lucky to have you. Always tell positive thoughts about yourself when you wake up, when you sleep, and when you approach the girl that you want to hook up with. Trust me, this really works. You have to make yourself BELIEVE that it is all true.

Don't do this while thinking at the back of your mind that this is nonsense and it's not absolutely true. You have to think that it's 100% true. You have to BELIEVE it to become true. Believe that you are an attractive guy and you can really get hotter women.

Here are more tips that can boost your “You Are the Man” mentality.

- Dress up with cool clothes – you should dress to impress yourself. If you’re not feeling like a million bucks with what you wear, then go to the mall and start buying new clothes. Being comfortable with your clothes makes you twice as confident. Look for some magazine and check out the latest fashion. Dress well... It will truly improve your confidence.

- Get ripped! This is definitely one effective way to attract women. Build your body and start working out because this is
another way to build value and confidence. You can feel more ALPHA with a ripped body and it really is attractive to chicks. Here's a great program for getting ripped: Vince DelMonte's Body Building Program. You can get free video lessons here just for signing up

- Project proper body language – have you seen guys that always look down and hunched over when standing? If you’re one of those guys then start changing your body posture. Stand up straight. Be relaxed when in public and don’t be scared to take some space. Spread those legs when sitting. Act like you own the world but don’t act like a jerk (it’s kind of a mental thingy, it’s a way to boost your confidence. Yes! You own the world!).

Always remember: women want alpha males. They always do so start being one!

Okay, let’s review:

ALPHA = Confidence

Confidence = Hot Women

This means:

ALPHA = Hot Women

Got it?

How to Condition Your Mind

If you’re having a hard time boosting up your confidence, try to do some mental conditioning.
There is this one existential therapy which is called the “Rational Emotive Therapy” where you find “irrational beliefs” that you use to make yourself unhappy.

When you get irrational beliefs, you get upset. So what you want to do here is to simply delete those irrational beliefs by giving a rational reason or solution.

For example:
When you got rejected by a woman, instead of exaggerating and generalizing that all women will reject you, try to rationalize and think how that particular event happened.

In other words, don’t take it personally and just think about what happened and try to make a solution out of it.

When you’re on a quiet place (ex. Your room or bathroom) think of things that makes you feel bad about yourself. Find them, know them, and know why and how they are happening. After that, find a solution for every weakness. You can do this by turning every negative thought into a positive one.

Delete negative thoughts and replace with positive thoughts.

DELETE AND REPLACE.

Don’t live in the past and start living in the present.

Always think positive about yourself because this is where your confidence comes from. List all the things that you’ve achieved and think of it whenever you’re planning to pick up a hot chick.

Any woman will be LUCKY TO HAVE YOU.

Got it? Good.
VI. The Magic of Approaching Women

Have you ever experienced looking at a woman but never got the chance to approach her?

Approaching women is one of the hardest challenges for most men (especially shy guys)

But you’re lucky! Because there is a powerful technique you can use to get rid of approach anxiety. I’m going to teach you right here, right now.

To deal with approach anxiety, you have to understand why and how it is happening. Approach anxiety is happening when you desire one thing (the positive force) and there is something that blocks/prevents it from happening (the negative force). These two forces produces approach anxiety when combined. So how do we prevent this?

The negative force is the thought of getting rejected and the positive force is your goal which is getting her number. To deal with approach anxiety, you have to delete the negative force which blocks you from reaching your goal.

To make it really simple, you have to forget about what may happen.

You must not think about the outcome.

Don't think of the outcome!

I know that it is easier said than done, but here's my tip: when you see your target, just do it! Just go and get her and don't think about anything else. Stop thinking about the right timing. Just go and get her because the more you think about the right time the more anxious you get. If you think, you don't act.
Here are 3 more tips to overcome approach anxiety:

1. Think of it as a game

The first thing that you need to do to get rid of your anxiety is to **not think of the outcome**. When you think so much of the outcome, you get anxious. You start thinking about “what if she rejects me?” or “what if I get embarrassed?” this is what you call “False Expectations Appearing Real” or commonly known as FEAR. If you want to get rid of fear, you have to forget about the outcome. Think about it as a game. You are just playing a game and nothing else. Play with a buddy and challenge each other to get the highest number of digits! **Always think of FUN** because when you think of fun, you forget about getting nervous and focus more on being good at playing the game. To spice it up even more, make a big consequence. 😊

Tip:

An American psychologist named B.F. Skinner developed a theory which is called “Operant conditioning” where a person learns a behavior through experience that is repeatedly reinforced.

Now in terms of approaching women, you can use this theory to quickly improve your skills while having fun with your friends:

For example:

Give your friend a 100 bucks and tell him to give you 20 bucks everytime you successfully ask a girl's number at the bar. ← Positive reinforcement

And yes, when you get rejected, your friend keeps the money. :-) ← Negative reinforcement

This way, meeting women will become more fun to you as long as you treat it as a game!

2. Weigh the possibilities
Have you got punched in the face? How does it feel? It feels terrible right? But that’s nothing compared to rejection.

Think about this: what’s the most wonderful outcome that you can get when you approach the super hot girl you see at the bar? Have her number? Be her girlfriend? Get laid? What else? Think of all the wonderful stuff that you can think of.

Now after thinking about it, think about the worst thing that can happen. What’s the worst thing that can happen to you?

Would you have your bones broken? Of course not!

If you know how to approach properly the worst thing that can happen is to get slapped in the face. And that happens rarely especially when you know how to approach.

Now compare the results. Would you risk to get rejected just to get her number and be her boyfriend? Is it worth a try? Think about it.

It’s having a friggin’ hot girlfriend versus getting absolutely nothing!

I don’t know about you, but I would risk that myself. It’s better to risk than do nothing.

3. Practice makes perfect

After weighing the possibilities (and probably convincing yourself to play the game), it’s time to take action.

If you really have a problem in approaching women, then you can do this starting from zero. Practice yourself talking to a complete stranger (a fat lady or an old man are the easiest to talk to) Ask them simple questions like “Excuse me, can I ask what time is it?” –They answer- and you say “thank you” It’s as simple as that. Try to talk to at least 5 people a day and do that for a week. This will build your confidence. When you get to talk to a lot of strangers, you’ll get used
to it. And when you're used to it, you can now go talk to your hot prospect.

Face your fear by taking baby steps. Talk to 1 stranger a day, then 5, then 10, and then practice approaching hot women.

Practice, practice, and more practice. It's okay to get rejected. It's part of the game.

There's no pick up artist that has never been rejected. If that persons tells you that he didn't experience a single rejection, HE IS LYING or he never really approached a woman in his life.

No matter how good a pick up artist is, there will always be factors that can get him rejected, one of the biggest reasons is the wrong timing. There will always be a wrong timing, it's just part of the game.

But when this happens to you, don't ever take it personally. She rejected your approach and not you.

Increase Your Chance to Win Everytime!

Often times, when a female is attracted to a male, they're giving them signals. Signals that shows interest.

They don't approach the male. Of course, it's nature.

The reason behind is:

- They don't want to look like a whore
- They want a confident man to do the first move
- They want to test you if you deserve it

Women are fond of testing men. It's because they want a true man that will take responsibility if ever they get pregnant. That's the reason why women just don't look at the physical aspect of men.
(See, it's not all about the looks)

This is completely the opposite when it comes to men. We always look for every gorgeous and hot women (it's simply because we don't get pregnant. We are always free unlike women who suffers with 9 months pregnancy,)

So anyway,

It's our job to do the first move.

What most men do not know is how to recognize those signals, and use it to their advantage.

Now if you would be familiar with these signals, your success will be quadrupled!

VII. The Body Language

Did you know that communication is 93% non-verbal?

“Albert Mehrabian intified three major parts that convey meaning in human face to face communication: body language, voice tonality, and words. He conducted research to determine how people make meaning when a speaker says one thing but means another. If the speaker is sending a mixed message the listener will rely on the following cues to determine true meaning:

• 55% of impact is determined by body language—postures, gestures, and eye contact,
• 38% by the tone of voice, and
• 7% by the content or the words spoken.” ~ Wikipedia: here's the source

It’s true. You can tell if she's into you through their facial expression even though she haven’t told you anything yet.
What we say is only 7% of what we really communicate.

You know, I used to be a quiet person, that's why I quickly learned how to observe the body language of other people.

I can quickly see if a girl is into me or not.

Now this is gold. That's why you need to master this.

One great thing about body language is that you can quickly demonstrate confidence which can stimulate attraction very quickly.

Here we're going to discuss how to project your body language and how to observe hers.

Let's talk about yours first.

First of all, stop slouching. When you stand, stand up straight. When you sit down, relax and spread your legs. Always look cool.

Picture this: you are a rock star, everybody digs you, and everybody thinks you're super cool. Think about it everytime and your body will follow. This will train your mind to have confidence and build your inner self.

When you're at a place with lots of women, imagine yourself owning that place.

Yeah, you own the place. That's how you want to move and feel. Relax and be cool.

When you're talking to a woman, don't lean in. Just lean back and relax. The one who leans back is the one who demonstrates more value.

When she pulls back to make some space between you, pull back
further to give even more space.

These are very little signs that may seem non-sense to you. But to women, these are actually huge signs that you have strong inner-beliefs and self-confidence.

This will get uncomfortable at first, but you'll get used to it after some time.

Now let's talk about her body language.

**The Eye Contact**

Ah. The first signal of interest.

I love doing this. It works like magic!

This is a simple yet effective tactic. A lot of men would be shy and look away when a woman sees they're looking. Don't do that. Look at her!

But don't look like a hungry wolf looking at his prey. That's scary you know. Look at her and smile.

This is a biggie: when you catch her look at you, go for it. Go and attack! Don't wait any longer.

You're not gonna burn your eyes when you look. Start flirting using them. Like I said, it works like magic!

**Other Signs of Interest**

It's better to check signs of interest before you make your move but this is not applicable to all situations.
If they like you, they will grab your attention by doing some noticeable movement called “Indication of Interest.”

Here are some signals to take note of:

- Fixing up her hair after she sees you
- Flipping her hair then looking at you
- Looking at you and turning away quickly (or downward)
- Nervousness
- Laughing even if there’s nothing to laugh about
- Leaning towards you

These are just some of her body language that you can notice if she’s interested.

Always remember that noticing these very special signs will increase your success rate.

However, you’re not required to look out for these special signs everytime you're gaming women.

**VIII. More Ways to Create Attraction**

Now let's talk sexy!

Like I said earlier, women are attracted to guys who can make them feel different emotions. Unlike us guys who always look at physical attributes, women are more into guys who can play her game. The game meaning he knows how to trigger ‘her emotions’.

So how do we make them feel these emotions anyway?

First and foremost, you have to understand the nature of women.
Women are naturally emotional; they highly respond to things that triggers their emotions.

Have you ever wondered why they love drama so much?

Drama = Emotions = Attraction = the Key to Being Good With Women

So when you're out gaming on women, focus on triggering attraction.

• Being nice and romantic is creating affection BUT not attraction.
• Being challenging, cocky, funny, and dominant communicates high value which then creates attraction.

Now before we go on more ways to create attraction, I want to tell you something big.

One of the biggest mistake guys make is CHASING women, and not choosing women.

They perceive women as the center of the world.

They put them on a pedestal and treat them like a princess. And then they'll hope that someday that particular woman will realize how great they are and will eventually fall in love with them.

Well this is just a BIG mistake...

Chasing women never creates attraction. Chasing women only shows that you don't have any options with women and it clearly shows that you're a guy with LOW VALUE.

Remember what we discussed earlier about the alpha males and why women are attracted to them?

Because they DEMONSTRATE HIGH VALUE.

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Now to solve this 'chasing' problem with women, you have to expand your social circle. Don't stick with one woman. **Have a consistent way of meeting women** and that will increase your social value and will give you more opportunities in dating more women.

I know how hard it is to stop thinking like she's 'the one'. Practice avoiding this kind of mentality. There are a gazillion of girls out there!

Start choosing women and stop chasing them.

You have to kill the idea that she's the most wonderful woman you can ever have.

Kill it! Kill it!

That will only make you give your power over her. That's not the way to attract her, instead, think of the opposite. **You are the most wonderful man she can ever have.**

Always remember that. Only few guys have this kind of mindset, and only these few guys are getting laid with most of the hot women.

**Always always always have a consistent method of meeting women.** I’m not saying that you have to date all of them, just talk and mingle. Expand your social circle because that will give you an opportunity to **CHOOSE.**

Remember: don’t chase but choose!

Now let’s get to our sexy strategies of making them attracted to you

- **Humor**
I’ve got this first because this is your greatest weapon.

Making women laugh is probably one of the most appealing characteristic a man can have.

It is critical that you must learn how to be humorous if you want to attract women. Why? Because it is one of the most effective ways to lower her guard and make her more attached to you.

Be funny but don’t try being a Clown. Be cocky but don’t be a jerk

Being funny NEVER means acting like a clown.

Acting like a clown will make you look like a "Try Hard". This is when a guy is obviously trying to make a woman laugh.

This will lower your social status and makes you seem like you’re desperately seeking her approval. That’s not cool.

The secret is to mix cocky and funny. So what is cocky? Cocky is one trait of an Alpha male. It is simply boldly or brashly self confident (according to Wikipedia)

It’s like showing her your solid confidence about yourself. Assume that she likes you a lot and don’t forget to mix it with humor.

“Are you trying to seduce me?”

Now you don’t want to be so cocky and not mix it with funny because you’ll sound like a jerk, instead, try to make a joke out of it and you’ll look cool rather than an a-hole.

Being cocky and funny is the key to being unique and creating instant attraction. Women love men who are confident with themselves. They are not attracted to needy and insecure guys that is why the mix of cocky and funny is so effective.
Oh and don’t smile too much when you’re giving a joke, because it makes it funnier that way. Just be calm and comfortable when giving your cocky and funny lines.

● Teasing

TEASING women is another great way to create attraction. This doesn't mean that you have to be a jerk. It's about showing her that you're NOT afraid to be yourself and tease her.

Teasing a woman is a nice way to bring down the wall. It makes her feel that you two have been close to one another even if you have just met. If you just met her, and you're ALREADY teasing her, this can help you quickly break down that uncomfortable state where you're getting to know one another.

You can tease her by giving her a nickname, mocking her voice, and playfully messing with the things she's saying. The key here is to tease in a fun and playful way.

● Flirting

“Flirting is a common form of social interaction whereby one person obliquely indicates a romantic or sexual interest towards another. It can consist of conversation, body language, or brief physical contact. It may be one-sided or reciprocated (encouraged) with intentions of getting to know that person on a higher level.

Flirting may involve speaking and acting in a way that suggests greater intimacy than is generally considered appropriate to the relationship (or to the amount of time the two people have known each other), without actually saying or doing anything that breaches any serious social norms. This may be accomplished by communicating a sense of playfulness or irony. Double entendres, with one meaning more formally appropriate and another more suggestive, may be used.” – Wikipedia: source

Now flirting is just a simple way to communicate your desire to a woman.

This is a powerful method if used correctly.
When you flirt, always remember to be PLAYFUL.

Women are very responsive to flirting, that is why you should try to use it in the very first start of your conversation.

When you don’t flirt, you come out as boring, and she may get annoyed and just go away. So you have to flirt as early as possible.

The importance of flirting is to prevent yourself from the ‘let’s just be friends’ zone. You need to flirt in order to make her attracted to you.

Use your body language to your advantage. Have a positive and confident body language. She will immediately sense if you’re nervous so try to be calm and comfortable.

Use your eyes when you flirt, eye-contact is the very first sign of interest.

Touching is another useful and incredibly effective tactic. Try to touch as much as you can. When you touch, start to a non-threatening touch first and try to match it with a strong story line. It’s like you’re trying to make her see your point when you’re telling a story. You also have to check her first if she’s comfortable with close contact. If she is, then use the power of touch as much as possible and elevate from there, because this is the fastest way to build sexual communication.

When you master how to communicate and flirt from the beginning, you will experience a high response rate from women with high level of interest and attraction.

For more info on flirting, click here

● Being Vulnerable

It is good if you can tease and make a girl laugh but you shouldn’t forget that being vulnerable is also one of the ways she can get attracted to you.

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When you're ONLY teasing and making women laugh, you're NOT showing the other parts of your personality. That's why it's important to do other things that'll help you build and maintain attraction.

So while you're making her laugh, you may also want to let her see your vulnerable part. It will not hurt you if you show her that you're not a perfect person and it will make her more connected with you.

She will trust you even more because showing her your weakness tells her that you are getting your relationship to the next level.

Now I'm not saying that you should let her know that you act like a cry baby at night, but tell things like a normal person wouldn't say to a stranger. Tell a story that will let her know that you are showing her your weakness and that will make her trust you more and she’ll get more comfortable with you.

Take note: Do this one after you establish rapport and mutual attraction. Make her attracted with you first before letting her see any vulnerable part of your personality.

If you show your vulnerable side too early, she will lose interest.

The key here is mixing all the different ways to create attraction. You have to be playful and humorous, tease, flirt, and also show her the weak side of your personality.

Doing all of these things will help you seem more well-rounded and interesting!

When it comes to creating attraction, humor can be your MOST effective tool when you're talking to a woman. So make sure you're getting it right! By following these rules, you’ll create different vibes that will help you get the girl.

**IX. Do You Want to Know How to Make**
Her Like You?

This is pretty obvious. Yet so many guys make this mistake. When they approach women, they try so hard to get a positive response.

This is a complete mistake!

Don’t try too hard because you'll only look needy. Women don’t like needy guys.

Instead, think about fun. When you approach her and if she shows no interest then it will be okay because your just there to have fun and nothing else. It kills the anxiety if you think more about fun and not outcome.

Think of fun and be playful.

Let me give you two scenarios:

Scenario 1:

1. You went to the bar, thinking about nothing but getting laid
2. You saw a hot chick and approached her
3. You focused more attention on her, and how beautiful she is
4. You did everything to please her
5. You looked needy
6. She got turned off and ran away

Scenario 2:

1. You went to the bar, thinking about nothing but to have fun
2. You saw a chick and approached her but your mind is still focused on having fun
3. You don’t care much about the girl because you’re there to have fun
fun. You’re there to please yourself.
4. The hot chick sees you’re not like some other guy and sees you as a fun and playful guy
5. She enjoyed chatting with you
6. You got laid (or maybe got her number)

Now which scenario would you want to fall into?

It’s obvious to prefer the second one.

You see, when you focus on having fun, you get more confident because of the fact that you’re there to enjoy yourself.

You’re giving the right vibe when you focus on having fun.
Focus on having fun and not outcome. Focus on pleasing yourself and not her. Having this in mind will make you more confident and will eventually increase your game.

Having fun is being happy. When you're happy, you make other people happy (it's contagious!)

That makes you an interesting guy. That makes you an attractive person.

The problem with other guys out there is they only think of how to make the girl like them and not thinking about themselves. Don't be one of those guys.

Always remember to have fun, and you'll see people (not only women) automatically attracted to you.

Check this out:

“When we create something, we always create it first in a thought form. If we are basically positive in attitude, expecting and envisioning pleasure, satisfaction and happiness, we will attract and create people, situations, and events which conform to our positive expectations.”

~Shakti Gawain

Pretty cool huh?

Happiness, it's a virus that attracts people to you :o)

X. One Way to Increase the Number of “You Know What”

Do you want to increase your chance of getting women? If yes, then
you may want to start building your social network.

Let’s face it. Without a social network, you can’t have a lot of friends. And when you can’t have a lot of friends, you simply can’t get a lot of women.

Having a big social network is very attractive to women (especially when they see you having a lot of hot women friends). TRUST ME.

Now imagine yourself hanging out at the bar with full of strangers.

It would be hard to move and roam around right?

Now imagine going to a party where most people attending are your good friends.

What do you think would be an easier setting to pick up chicks? Yep, we know it’s the second one.

Building a large social network will increase your social value. It will increase your reputation and will show others that you are friendly… nope, not just friendly… but also a cool guy with high social value (which illustrates more ‘Alpha male’ status).

**Women want guys with high social value**

If a woman sees you to be sexually attractive to other women, she will instantly feel the same kind of attraction. That is why when you have a lot of good looking female friends, you become more attractive to other women.

**Here are few tips in building your social network:**

1. Build a good relationship
You don’t want to ignore the “not so good looking” women in your social network. They usually have hot friends so you may want to consider treating them special. Besides, you can get plus points by hearing positive feedback from them when your target of interest starts asking about you.

2. Being the leader of the social circle

Take care of your social network. Make sure you manage the events and parties because this will put you in control. Being the leader demonstrates more alpha status. If you can make other guys follow you, women will do it too.

3. Expand your social circle

We all know that having a lot of friends means having more chances of dating women.

When setting up for a party, ask your friends to bring some of their friends (that are out of your social network) and be sure to be friendly to all of them.

When you’re on a party, act like the host. Talk to everyone and be sure they enjoy themselves because this will give you the chance to talk to all your target of interest.

This is easier said than done but here’s my tip: Make sure you arrive earlier than everybody else and help in organizing the event. Be friendly to all the waiters because this will make you feel more confident when the party starts and the chicks will be attracted when they see you roaming around and talking to all of the people like you own the place.

**Where to Find More Hot and Single Women**

Looking for more women? They’re flocking everywhere! Just open your eyes. They’re in the streets, shopping malls, and bars.
Here are some good places where you can find these golden hot babes:

1. Bookstores – want someone who loves to read eh?
2. Gym/yoga class – what? There are chicks roaming around gyms?
   Of course! What am I thinking?
3. Dance clubs and bars – warning: lots of dancing hot babes!
4. Online dating sites – yes, we have a lot of hot chicks here too.
   These ain't full of buggers anymore.
5. Social networking sites – almost all hot women have facebook accounts that's why you better have one too!

Now I don't want you to go out there and look like a loser who's trying to pick up chicks online. That's why I've included a link to my buddy Derek Lamont's Online Dating Game to boost your skills in online dating (he revealed a lot of neat stuff about picking up hot women on facebook and other dating sites so be sure to check it out). Click here to get instant access (you can also get a free e-course for signing up)

Summary:

- The truth be told, they want a man who is kind, thoughtful, and romantic... but they are attracted to a man who is capable of triggering their emotions. They won't tell you this because probably they themselves are not aware of this tiny fact of attraction.

- One of the biggest mistakes of guys is that they focus on how to get the woman act and not focusing on how to get the woman feel. They focus on “how can I get this girl's number?” or “how can I make her come to my house?” Don't focus on those, instead, focus on how you can make her feel. Feelings are so powerful that it can make her ACT.

- Your success with women depends on how you perceive yourself.
You can definitely change what they think of you if you start changing how you perceive yourself. Think of yourself as superior and you will convince other people that you really are superior. (ALPHA mentality)

Women are highly attracted to alpha males because they're strong, powerful, and they illustrate high value. This happens because they want a man who can protect them. They want a man that they can look up to, and a man that demonstrates more power than them.

You have to know what you truly desire and you have to believe yourself that you can have the woman of your dreams (or the “WOMEN” ;-) And then do what the most attractive man would do (BE CONFIDENT).

If you’re having a hard time boosting up your confidence, try to do some mental conditioning. When you’re on a quiet place (ex. Your room or bathroom) think of things that makes you feel bad about yourself. Find them, know them, and know why and how they are happening. After that, find a solution for every weakness. You can do this by turning every negative thought into a positive one.

Women are fond of testing men. It’s because they want a true man that will take responsibility if ever they get pregnant. That’s the reason why women just don’t look at the physical aspect of men. (See, it’s not all about the looks)

Stop slouching. When you stand, stand up straight. When you sit down, relax and spread your legs. Always look cool. Picture this: you are a rock star, everybody digs you, and everybody thinks you’re super cool. Think about it everytime and your body will follow. This will train your mind to have confidence and build your inner self.

It’s better to check signs of interest before you make your move (but this is not applicable to all situations).

One of the biggest mistake guys make is CHASING women,
and not choosing women. If you are one of those men, then you have to stop doing this. Start choosing women and stop chasing. You can simply do this by expanding your social circle. Don’t stick with one woman. Have a consistent way of meeting women and that will increase your social value and will give you more opportunities in dating more women.

- **Always always always have a consistent method of meeting women.** I’m not saying that you have to date all of them, just talk and mingle. Expand your social circle because that will give you an opportunity to **CHOOSE**.

- It is critical that you must learn how to be humorous if you want to attract women. Why? Because it is one of the most effective ways to lower her guard and make her more attached to you.

- Teasing a woman is a nice way to bring down the wall between you two. It makes her feel that you two have been close to one another even if you have just met. If you just met her, and you’re ALREADY teasing her, this can help you quickly break down that uncomfortable state where you’re getting to know one another.

- When you master how to communicate and flirt from the beginning, you will experience a high response rate from women with high level of interest and attraction.

- **Focus on having fun and not outcome.** Focus on pleasing yourself and not her. Having this in mind will make you more confident and will eventually increase your game.

- Always remember to have fun, and you’ll see people (not only women) automatically attracted to you.

- **Building a good social network will increase your social value.** It will increase your reputation and will show others that you are friendly… nope, not just friendly… but also a cool guy with high value (which illustrates the Alpha male status).
Here are more tips:

**Do you always get nervous when talking to hot women?**

1. Try this: write all the things that you want in a woman and keep them in mind. Now when you approach or talk to any woman you like, remind yourself of the things that you have written down. Check out if she has the characteristics that you like. And if not, tease her about it. For example: “I like you, but I prefer girls who knows how to cook.”

The point is, you have to **focus on qualifying her** instead of being so amazed. Don't look at her as the most beautiful girl in the world. If she's very pretty, find a way where you can tease her. But don't say anything hurtful (like mentioning a zit on her face) be playful and be a challenge. If you make her see you not interested at all, she will try and prove her self to you and vice versa. Make her suspect that you're interested but make it hard for her to see that you really are.

2. Memorize a couple of funny stories and practice saying it in front of a mirror or a friend. You have to imagine yourself talking to a very hot woman while doing this. I'm not telling you to memorize everything you have to say, but memorize at least one story and use it as an opener.

3. Women are very conscious with themselves. Why do you think they put on their eye-catching dress and make up? Because they want to attract males. You're a male right? So they **want to attract you**.

4. If she's talking to you, that means she's interested. If she's testing you, that means she's interested. If she's laughing at your jokes and touching you, that means you won the jackpot prize!

5. Put your best foot forward when you're picking up chicks. Brush your teeth well, have a cool haircut, shave your facial hair, and wear neat clothes that makes you feel like a million bucks. This will help you boost your confidence.

Okay that's all for this report, **I'll be sending more tips and tricks on how to pick up, date, and attract women so be sure you sign up to my subscribers’ list!**

~ Rocks

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