

Attraction Mastery Vol. I

50 Amazing Tips For Guaranteed Success With Women



by Scott Patterson

<http://www.chickmagnet101.com>

It's recommended that print out this entire report for easy reading and advanced learning

[What EVERY Man Should Know About How to Successful With Women...](http://www.chickmagnet101.com)

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Introduction

Let's be honest here...

The dating scene can be quite intimidating!

While there might be **thousands** of available women in your area, you have almost no chance of success if you don't know how to approach and or get them interested in you.

Now if you're like most guys, you may have trouble talking to women or thinking of what to say in order to make them attracted to you. In fact, you're probably missing golden opportunities to meet **beautiful and interesting women**.

From my experience with my website ([Chick Magnet 101](#)), I've discovered that many guys need help in a variety of areas with women. For instance, here are some of the common questions I receive from my readers:

- Where do I find available women?
- How can I approach them without using some lame pick up lines?
- What can I say to a woman to make her attracted to me?
- What do I talk about during my first conversation?
- How can I get a woman's phone number and set up the initial date?
- Where should I go on my first date and what I should say?
- How can make things more intimate and perhaps seduce her?

As you can see, I get **a lot of questions** about how to meet and attract women.

So for the past months, I've been busy helping hundreds of guys learn how to succeed with women.

That's where this ebook comes in...

I've taken my best tips created this report to give you a crash course on attracting women.

So sit back, read these **50 tips**, then implement them into your life!

Enjoy!

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Lifestyle Tips

Tip #1- Does Height Matter?

A common question is this:

*Can women be attracted to men even if they're **short**?*

These guys feel they can't attract a woman due to their smaller stature.

While there will always be a few women who only like tall men, most of them don't place too much emphasis on height. In fact, a lot of girls could care less about a guy's height as long as he **carries himself with confidence**.

So if you're insecure about your height, don't be too concerned. Instead of worrying about your stature, you should focus on **fixing** things which you do have **control over**.

For instance, you could work out to the point where you have a toned muscular build. Or you could **improve your self confidence** and develop a magnetic personality.

As you can see, a physical flaw isn't that important. As long as you don't let it bring you down, you should be able to attract most of the women you meet.

Bottom line, if you carry yourself with confidence and display your positive traits, you won't have to worry about being "too short" to women.

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Tip #2- Find a Job Which Attracts Women

An incredible way to meet women is to get a part-time job which involves meeting them in a social situation. A social job could include being a **DJ, bartender, bouncer, or a waiter**. Basically any work in a social industry is an incredible source for meeting women.

Even if you already have a full-time job, you should still try to work part time in one of these jobs.

Here's why...

When you work at one of these jobs, women will be **engaging YOU in conversations**. Due to the social nature of this type of employment, you're encountering women when they're more relaxed and looking to have fun. In addition, you'll be regarded with a certain level of authority which **makes you more attractive** to them.

Since a lot of these positions require a certain level of sarcasm and humor, you can flirt in a confident manner without women being aware that you're trying to pick them up.

From my personal experience as a DJ, I've found that it's really easy to attract and engage women in conversations. In fact by working at different bars, I'm able to stand out from other guys and have them approach me.

For instance, whenever a good-looking woman requests a certain song, I use this opportunity to tease her and engage her in a conversation. Since they often look at my job as an "authority figure", it's really simple to **build rapport and attraction with them**.

So if you a unique way to meet more women try getting a part time job at a social setting.

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Tip #3- Avoid Going Out with Large Groups of Other Guys

A huge mistake you can make when trying to meet women is to go out with a **large group of guys**. While it's important to have one or two 'wingmen' with you, being in a large group will dramatically **decrease your chances of success** with women.

Here's why...

In most social situations, guys in large groups tend to act a lot different than when they're by themselves. The tendency is to behave in a much different way to be "one of the guys". Typically your actions in a group will be an instant turn-off to the same women you're trying to attract.

In a large group, you're likely to drink more, say obnoxious comments and basically act like a jackass. While it's always fun to have a "guys night out", these times aren't the best for meeting and attracting women. You can have fun, but don't expect to do a good job of attracting women.

Instead I've found that it's a lot **easier to approach women when you're by yourself** or if you're accompanied by a friend (commonly known as a **wingman**). By keeping to a small number, you'll find it's a lot easier to concentrate on your goal of meeting girls.

So if you're only interested in meeting women when you go out, make sure you limit the size of your group.

Tip #4- Be the Guy Who is Always Busy

The other day, I was cruising around the [Double Your Dating](#) and found a great tactic on pg. 54 which can **help you build instant attraction with women**. It works like this...

Many guys are good at getting phone numbers but have difficulty in following up with a woman and setting up dates. What usually happens is the **attraction and intrigue** you initially built during your initial conversation **has faded** during the period between grabbing her number and calling her. Typically she has other things happening in her life which demand her attention, so your call has become less important to her.

But there is a way to get her attention while showing her that you have a busy life.

As you probably know, women are **extremely attracted** to men with **exciting and interesting** lives. She'll be intrigued if you can show her you have a lot going on in your life. In a way you're demonstrating **higher value** by letting her know you're not the type of guy who is sitting around the house waiting to talk to her.

In addition by being a busy guy, she'll subconsciously think you might be dating other women. By making her think she has some competition, she'll work hard ****make an impression**** the next time you see her.

To be a busy guy, you should do the following...

When you initially call her, let her know that you have a lot going on this week, but want to make definite plans on a specific day. Emphasize you want to see her, but you've been busy because "***things have been crazy***" in your life.

Once you make plans, cut the conversation short and tell her you have stuff to do. Be vague about what you're doing, but try to make it sound interesting.

Then when you go on a date, mention all the activities you do. In other words, let her know that you have a busy life, but you're willing to let her be part of it.

Trust me, this technique works incredibly well!

Tip #5- Increase Your Social Circle and You'll Meet More Women

One of the best ways to meet more women is to increase your social contacts.

By going out and making friends with more people, especially women, you'll discover your options for dating will dramatically increase. In addition, you'll discover your increased social status will also help you attract more **interesting and attractive women** into your life.

Here's why increasing your social circle can help you...

If you're familiar with women's psychology, then you know they love to **play the role of matchmaker** with their single friends and guys they know. By making it a point to get out there and meet lots of different people, you'll develop platonic relationships with different women.

Now if you're a nice enough fella, you'll have tons of offers from your female friends who want to set you up with other women. Since these girls tend to trust their guy buddies, they'll feel the need to help their single female friends by recommending a "**great guy they know**".

Since you already know her friends, it's much easier to engage a woman in a conversation and build attraction.

Even if your female buddy doesn't try to set you up with a woman she knows, you can still meet a lot of her friends when you go to social activities like a party or happy hour.

So even if you're not attracted to some women, you should still make it a point of including them in your life. By actively **seeking out friends** in addition to potential dating partners, you'll find that it becomes a lot easier to meet women.

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Tip #6- Purchase and Wear Cologne

Women are really in tune with their senses- especially their **sense of smell**. That's why it's really important to wear **cologne** or **body spray** when you're talking to them.

It's well known that women go crazy over guys who give off a pleasant scent. By spraying on a hint of cologne, you'll discover most women will be drawn to you and will probably be more attracted to your presence.

So should you go out and buy just any particular brand of cologne?

The answer is no!

Why?

Because there are some colognes and body sprays which "disagree" with a lot of women. So you should **be careful** with the type of scent you buy. If you wear the wrong one, then you run the risk of offending or turning off the same woman you're trying to attract.

As a result, it's important to find the **right kind of scent**. One solution is to grab a female friend and have her go cologne shopping with you. Try many different brands and get her opinion on which ones smell the best.

Another trick I found on pg. 284 of the [Instant Attraction Program](#) is to get the opinions from the girls who work the cologne counters. Try asking them which colognes they like best on their boyfriends. Then buy the one which is most favored by them.

If you **don't have time** to go browsing for scents, you can try some of the following:

- Phoenix Body Spray from Axe (Women love this one)
- Curve for Men
- Hugo Boss
- Le Male by Jean Paul Gaultier
- Contradiction by Calvin Klein
- Versace Blue Jeans by Gianni Versace

Buying (and using) cologne may seem like a small action to take. But if you take the time to find the right scent, you'll discover it will help you attract women.

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Tip #7- Items You Should Carry

The items you carry can make all the difference in the world when it comes to meeting women.

In other words, you have to like a boy scout, and "**always be prepared**". By carrying certain things, you'll find it's a lot easier to engage women in a conversation and impress them.

Here are just a few things you should have on you when you're out meeting women:

- **A Camera-** Having a camera is a great way to capture great moments and show you're having fun with your friends. One trick I recommend is to ask an attractive girl nearby to take a picture of you and your friends. Then once she takes the picture, say something funny and initiate a conversation.
- **A Lighter-** While I don't smoke, I still carry a lighter. By having a lighter, you can easily initiate a conversation with a girl if she is a smoker and needs a light.
- **Gum and Breath Mints-** The quickest way to turn-off a woman is having bad breath. To prevent this, you should carry an assortment of breath mints and gum. Usually mint flavor gum or Altoids can dramatically improve your breath.
- **A Pen or Cell Phone-** In order to get a girl's number, you should have a device that'll help you quickly jot it down. If you don't have anything, you'll look like an amateur when you're wandering around asking people if they have a pen. By carrying a cell phone or pen, you can quickly grab a woman's number while maintaining your conversation.
- **Condoms-** Obviously you know why you should use a condom. The problem I see many guys make the mistake of not carrying this simple item. In this age of sexually transmitted diseases, it's mandatory to carry and use protection. Don't take the risk of disease by not carrying condoms on you.

Like I said at the beginning of this tip, it's important to be prepared for the common things that occur when you're meeting women. By carrying these simple items, you'll be ready for any situation.

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Tip #8- Your Appearance DOES Affect Your Chances of Success

As you'll see in this ebook, I work hard to emphasize the point that you can meet and attract women **without having good looks** or a **lot of money**. By implementing the techniques I've described and taking the time to check out the resources I recommend, you can easily **transform yourself** into the kind of man who is desired by many different women.

But there is a slight catch...

Your appearance is really important!

Confusing right?

On one hand, I tell you that you don't have to be good looking, then I mention that your appearance is really important.

Well here's what I mean...

When I talk about appearance, I don't mean your looks. Instead I'm talking about making sure you present the best possible first impression when you're out meeting women. In other words, the clothes you wear and your body language will have a direct impact on your success rate.

Here's what you need to do to make sure you're appearance is top notch:

1. **Learn to smile every time you meet a woman.** A dazzling smile is probably the best way to attract a woman. So if you don't smile naturally, take the time to practice and make sure you do it on reflex. Also take care of your teeth by brushing and flossing regularly. Your smile is an incredible tool, so make sure you're using it!
2. **Buy some fashionable clothes.** Okay in order to meet women, you have to make some financial sacrifices. This means spending some money and purchasing a few outfits which match today's latest fashion. While you don't have to go out and buy a whole new wardrobe, you should take the time to wear clothes which are stylish and fit your particular frame or coloring.
3. **Have great hygiene.** Like your smile, it's really important to make sure you have proper hygiene. This means shaving, putting on deodorant, getting a haircut and showering regularly. If you look like a slob, you'll only attract slobbish women.

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The **Don Juans** of the world know women instantly go for confident and sharp looking men. In order to be like them, you must look your best. Just remember that your appearance is the first thing a woman will see. So make sure you present yourself in the best possible light.

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Tip #9- Go To Right Places

Want to know the secret to finding to specific type of woman?

Well it's simple...

To find a certain type of woman, you should go to the places where she hangs out.

In other words... **you wouldn't hunt for a bear in the middle of an ocean, right?**

Unfortunately that's what guys do when they go to a bar and think they'll find every type of woman. In fact, a common complaint I hear from guys is how they can't find the right kind of girl when they go out. Typically these men want a nice, "homebody" type of girl, but they only go to bars to find them.

In essence, they're ***hunting for a bear in the middle of an ocean!***

If you want to find a specific type of girl, you must go to the places where she would be. In other words, if you want a "spiritual church girl", then you should put on your "***Sunday's Best***" and head over to a church.

Now I'm not saying nice girls don't hang out at bars and clubs. But statistically speaking, you'll probably encounter girls who like to party and have a good time. Usually settling down is the farthest from their minds.

To get started, try thinking of the different types of girls you're interested in and then figure out where they would hang out. For instance, here are a few types of women:

- Party girls
- Bookish, intellectual women
- Business and professional women
- Athletic girls
- Spiritual women
- Alternative and extreme lifestyle girls

So if you want to encounter a certain type of woman, **start going to the places she'll be!**

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Tip #10- Cure "One-itis" By Having Different Women in Your Life

There are many times when you might obsess over a specific woman, even one you can't date.

In fact this happens so often to guys, there is term for it – **one-itis**.

One-itis is an obsession some men have for a particular woman. Their desire for this one woman is so strong they forgo dating other woman. **Unfortunately an obsession over one woman isn't a health attitude to have.**

Here's why...

We've all had cases of one-itis. Whether it's a girl from a past relationship or a woman who is "just friends" with us, we've all been hung up on that one girl who doesn't return the emotion.

But I can guarantee one-itis will get you nowhere!

The only thing result of one-itis is you miss out on opportunities with other women.

My advice is to never obsess over one girl.

If you do this, you'll end up disappointed.

Instead try to fill your life with a variety of women. Whether they're friends, lovers or someone in between, it's important to have an active life filled with different females

Having a lot of women in your life is beneficial for **three reasons...**

- 1) You won't get hung up on one particular woman
- 2) You'll be happier because you have a busy life filled with interesting people
- 3) You'll be more attractive to women because they see you as a **high status guy** with a variety of girls in your life.

By having a lot of women in your life, you'll stop obsessing over that one woman. If she knows she's easily replaceable, she'll be less likely to act like a drama queen or string you along.

Ultimately you'll be happier and more successful with women.

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Tip #11- Always Groom Yourself

I feel like this tip should be common sense, but **I see this all the time** when I am out meeting people...

In almost every social situation, there will always be that one guy who is trying hard to attract women, yet he has the worst hygiene. What he doesn't realize is **women are really turned off by men with poor hygiene.**

On my website and ebook, I provide a lot of free information which can help guys overcome bad looks or social awkwardness. Yet, there is nothing I can do to help a guy who doesn't take the time to groom himself.

What's frustrating is grooming is the one area in which ALL guys can control. Yet many of them don't take the time make this slight change.

So before you go out to meet women, take some time and do the following:

- Shower (Use soap, shampoo, and conditioner)
- Apply deodorant
- Brush your teeth and use dental floss
- Clean your ears with Q-Tips
- Trim any nose, eyebrow or ear hair you have
- Be clean shaven or trim your facial hair
- Apply a popular cologne
- Dress in a neat manner

While a lot of these grooming tips seem like common sense, there a lot of guys who always forget to take care of their appearance.

Just remember these tips won't really help you attract woman, but **a lack of grooming can do a lot to destroy your chances of success.** So every time you go out to meet women, spend a little time and groom yourself!

Tip #12- Use Free Social Networks

For busy guys, **online dating provides an excellent opportunity to meet interesting women.**

In fact, more and more men use these sites to find available women in their area.

Now there are many sites like Match.com and AdultFriendFinder.com where you can meet women. But usually these sites generally require a subscription payment. Unfortunately this hinders guys who have little money.

On the other hand, there are some places where you can **meet single women for free.**

On social network sites like **MySpace.com and Friendster.com**, you can contact members for free. Typically these sites offer you the ability to easily locate women who are interested in dating.

However it's important to remember that a lot of members on a social network sites aren't looking for a date. So you have to be careful when you're contacting women.

What you should do is locate members who explicitly say **they're looking for dating or relationships**. Then read their ENTIRE profile and find out a little bit about what they're like. Finally contact them and give a quick introduction about yourself, then let them know what you liked about their profile.

But don't be an idiot and say some dumb line about "**how she looks hot in her pictures**". (They hear that crap all the time)

If you tailor your introduction and use some common sense, you'll get a positive response from most women.

On the other hand, don't pester a woman if she doesn't reply to your message. An unanswered email usually indicates a lack of interest. If that's the case, move on and contact somebody else.

While many online dating sites require payment, you can still take advantage of free social networking sites to meet women in your area. Just follow the rules I outlined in this tip and you'll definitely be able to locate attractive and interesting women.

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Personality & Confidence Tips

Tip #13- Get Rid of Your Fear of Rejection

Here's one tip which I'm sure you'll find interesting...

My friend John uses a technique called "**Going Kamikaze**" to approach women and initiate conversations.

He succeeds with a lot of women simply because he has **no fear of rejection**. While John knows he might get rejected, he's able to remove all negative thoughts from his head and instead focuses on getting to know his target woman better.

So if you can **learn one thing** from my friend, it's this...

...**Guys with no fear of rejection are the most successful with women.**

A great trick I learned about eliminating the fear of rejection can be found on the [Double Your Dating](#) site. In this resource, David Dengelo discusses how it's more important to think about the present moment rather than any negative thoughts which you might have. This means focusing on enjoying the conversation and having fun with the girl.

Instead of being intimidated by women, you should immediately approach any girl who interests you. **Remember if you never approach a woman, then you'll always fail.**

On the other hand, if you develop the courage to approach women and initiate conversations, you'll at least have some chance of success. Even if you're only successful a few times, you'll at least gained experience with approaching. In addition, you'll be one more step closer to overcoming your fear of rejection.

Furthermore once you learn to **forget** the fear of rejection and start automatically approaching women, you'll drastically improve your 'game'. Eventually you'll **become a master at approaching and attracting women.**

So take my advice, eliminate your fear of rejection and learn how to automatically approach every woman you find interesting.

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Tip #14- Learn the Subtle Art of 'Catch and Release'

Here's a sneaky way you can get a girl to be **instantly attracted** to you...

When you initially talk to a woman, you'll discover there is a period where you're getting to know one another. If you're good at flirting and conversations, you'll start to develop chemistry and will become attracted to each other.

Once this happens, you should use a great technique which I like to call '**Catch and Release**'. It works like this...

During your conversation, you'll notice a certain point where the discussion is going really well and you're receiving a lot of signals that **she's attracted to you**. What you want to do is find a specific spot where the conversation could stop or could progress to the next level. Typically women expect men to use this opportunity to progress the conversation to the next level (*ie: get her number, set up a date or kiss her*).

Instead of doing this, you halt the conversation and tell her you have to get back your friends. Then as you leave, casually mention that you'll see her in a bit. Then walk away, and rejoin your friends or start talking to another girl (this is a really hardcore technique, so beware).

If done correctly, the 'Catch and Release' technique will drive her crazy. She'll wonder why you're not talking to her anymore and will make attempts to get your attention again. Later in the night, you'll probably encounter her again and then you can resume your conversation.

What's great about this technique is you **make her work for your attention**. As a result, she'll try hard to make you attracted to her. The harder she has to work, the more of a "prize" you'll become. Ultimately this will increase your success with women and will help you land a date or possibly go home with her.

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Tip #15- Stop Being a Nice Guy and Finish First

We've all heard the expression before:

Nice guys finish last!

Well there's a reason why this statement is true...

To most women, the nice guy is too courteous and friendly to be regarded as a potential partner. What girls want in their life is someone who doesn't take crap from anybody and won't back down during a conversation. **Basically they want an exciting guy!**

Now I know you probably think that being nice to a woman will ultimately **make them** attracted to you. But this isn't true!

Here's why:

Every woman has a guy in her life who is a great friend. But when it comes time to making things more intimate, she doesn't want to be with this man because it **"it would ruin their friendship"**.

The funny thing is women want nice guys around them, but they don't think of them as potential sexual partners.

To them, any guy who is too nice and acts like a "doormat" will be regarded as a **boring** and not worth dating. In other words, **nice guys do nothing to excite women.**

Bottom line is you should go beyond being a nice guy. Instead focus on becoming the kind of man who lives an exciting and interesting life. In essence you approach every situation with confidence and **don't take any crap from people**- especially women.

Now I don't mean you should start acting like an asshole. Instead focus on **being a challenge to women**, while keeping an easy-going exterior. In other words, you become the prize which women have to work hard to get.

If you stop being the nice guy and work at being an exciting person, you'll discover that's easy to transform yourself into the kind of man who women **want to date.**

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Tip #16- Be Like Steve

Recently I watched an excellent movie called "**The Tao of Steve**". In this movie, an average guy lived by a simple philosophy which helped him attract a wide variety of attractive women.

While you're probably aware of the fact that most movies are the product of some screenwriter's imagination, there is a lot to be learned about the main character's philosophy.

Simply by adopting the **three basic principles** of Dex (the main character in 'The Tao of Steve), you can be on your way to increasing your success with women.

Here's how to incorporate Dex's ideas into your life...

1) Eliminate your desires

In order to meet (and attract) women, you have **remove all thoughts of having sex with her**. This is important because most women can tell if you're only looking to get laid.

So when you're talking to a girl, don't worry about trying to go home with her. Instead focus on enjoying the conversation for the sake of the conversation.

Once you eliminate your desire to have sex with her, you'll become free to relax and live in the moment.

2) Be excellent around her

Women go for guys with elevated status. If you can do something excellent around her, you'll increase your status level and make yourself worthy of her attention.

What's great is when you prove your worthiness she'll start to **pursue you**.

So if you do something that's both **interesting and different** from the average guy, you'll appear to be a valuable person who she should know better.

3) Retreat when you have her attention

After you have proven yourself and created desire in your target woman, move away from her.

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If you've done the first two steps properly, she'll pursue you. Since you now have proven your worth, retreating will make her want to **work for your attention**.

There is a saying which talks about how human beings **pursue the things that retreat from us**. So when you have her attention, moving away from her goes against what she's probably used to. **In essence, you've become a prize which she must obtain.**

While 'The Tao of Steve' is only a movie, there is a lot to be learned about how to succeed with women. So if you have time, I definitely recommend you check it out and learn how to become more like Dex.

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Tip #17- How to Build Your Confidence

Did you know a **lack of confidence is the biggest obstacle** to meeting and attracting women?

What happens is guys who lack confidence get so nervous about talking to women they end up hanging out with their friends instead of risking the chance of rejection. The end result is they let their nervousness get in the way of initiating conversations with interesting and attractive women.

While these guys think they're protecting themselves from rejection, they're just prolonging their ineffectiveness to meeting women.

Bottom line: If you want to meet women, you must have confidence in yourself!

In order to do this, try following these simple method for eliminating your nervousness:

1. **Don't worry about the outcome!** When you're approaching women, just remind yourself the outcome of the conversation doesn't matter. If she doesn't want to talk to you, you haven't lost anything. If you're able to not care about succeeding, you'll be free to enjoy yourself.
2. **Relax your body and mind!** Before you start talking to a woman, get in to the habit of breathing slowly and deeply. This will slow your heart rate down and relieve some tension. Once this is done, you'll be in a relaxed and comfortable state.
3. **Visualize success!** Before talking to a woman, try picturing in your mind that you've already succeeded with her. By visualizing yourself as a confident and smooth, you'll be able to achieve your positive outcomes. As a side benefit, if you approach her with the "I've already got you" attitude, she'll pick up on this body language and will love your confidence.

If you take the time to practice these three steps, you'll discover your nervousness will be drastically reduced and you'll be more relaxed around women.

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Tip #18- Never Fear Failure

Men are often afraid to approach and engage women in conversation due to a **fear of failure**. A lot of guys think they'll be mocked by women or ridiculed in some way. By letting fear control their actions, these men are missing out on many opportunities to talk to attractive women.

While you might fear failure and rejection, you can't let it control your actions. In fact, failure is a good thing. Let me explain...

One of the best things I've heard about rejection is comparing it to baseball. In this sport, a guy is considered a **Hall of Fame Player** if he can consistently get a hit 3 or 4 times out of 10,. The point behind this philosophy is **you're going to fail** when you're talking to women. Even the guys with the best approach techniques will encounter a situation where a girl won't be interested in them.

However it's important to remember that everyone fails and you can **learn from each experience**. So next you "strike out" or fail with a woman, think about the interaction. Ask yourself:

- Did I talk to fast/slow/loud?
- Was she available or does she have a boyfriend?
- Did I successfully create a dynamic conversation?
- Was I funny, charming and confident?

By evaluating your *performance*, you can learn from your mistakes and apply them the next time you talk to a woman. Just remember to not get down on yourself for failing. Know that failure is part of the game and it happens to everyone.

So keep on swinging...

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Tip #19- Stop Worrying About Your Looks

A lot of guys worry about their looks when talking to a woman. They feel they're **too bald, short, fat, old or poor** to attract a woman.

But the one thing these guys have to realize is women are attracted to different things than we are. For instance, we tend to be attracted to the thin, blonde-haired, large-breasted, model types. Whenever we meet women, the first item we check out are their looks. After that, we focus on other things like personality and intelligence.

On the other hand, women are varied in their tastes of men. In fact, what they find attractive really depends on their personality. Some love large hulking men, while others are attracted to thin, intellectual types.

What's interesting is even women who have a "certain type" will go for guys who don't fit their preferences. If a woman meets a guy with personality and chemistry, she'll be attracted to him regardless of his looks.

This is good news!

No matter what you look like, you can still be VERY successful with women. If you know how to be attractive through your personality, you'll do well with women. In this ebook and the resources I recommend, you'll learn how to become a guy with a magnetic personality.

So forget about your looks, improve what you can and the focus on developing a great personality.

Tip #20- Persistence is the Key

Here's a tip I'm a little bit hesitant about discussing...

When meeting women, it's important to be persistent.

But before you **start stalking** that one woman you really like, it's important to understand what I mean about persistence.

Now I'm hesitant about recommending persistence because there's a **fine line between pursuing a girl and being a stalker.**

So when I mean you should be persistent, I'm talking about **making an effort** when it comes to pursuing women. Don't listen to your buddies and wait 7 days to call her or blow her off every time she wants to hang out.

Being persistent means actively calling her and making plans to do something.

It is the nature of women to let guys make the first move. If you're waiting around for her to call, you might lose an opportunity with a great girl.

Also it's important to remember that we all get busy in our lives. While she might be interested in you, there might be outside factors which she has to focus on.

So even if a woman's not calling you back, it doesn't mean she isn't thinking about you. All you need to do is **make a follow-up call** and try to set up plans to meet again.

Now eventually you'll run into a girl who won't return your calls. **This is the point where your persistence should stop.** If she doesn't return a number of calls, it probably means she doesn't want to talk to you.

I know this **sounds harsh**, but you should never pursue a girl who isn't interested in you. When you do this, you're **acting like a stalker.**

So remember that while it's important to be persistent, you should know when it's time to stop pursuing a woman and move on!

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Tip #21- Always Be Proactive

In the previous tip, I discussed why **persistence** is an important trait to have when you're dating women. If you follow-up with women you've met, you'll find it becomes much easier to **increase your chances** of going on great dates and having fun.

Now in this tip I'm going to discuss a related characteristic you need to improve your chances with women....

It's being proactive!

Like having persistence, it's equally important to be proactive with women when you get their numbers or plan a date.

Many guys think the best way to attract a woman is to wait till she calls before talking to her. They mistakenly think **playing hard to get** will make women work hard for their affection. Their logic is women will be more attracted because they're pursuing the guys instead of the other way around.

Unfortunately this technique rarely works!

Let me tell you why...

Women, like men, get busy with their lives.

After meeting a woman, you're basically competing against her job, family, and other guys for her time. Since you've just met her, you'll probably become the easiest thing to drop when she has no free time.

Once this happens, all your effort **building attraction and rapport** will go to waste! By not calling her, you're killing your chances of setting up a fun and interesting date.

However if you're a proactive person and call a woman first, you'll stick out in her mind. As a result, you'll be able to set up date and get to know her better.

By being a proactive person, you'll become the guy who can set up dates with a variety of **different women** each week!

So ask yourself which type of guy gets laid more often:

Is it the guy who waits around for women to call?

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Or is it the man who meets a woman then calls her and sets up a date?

If you act like a man and start being proactive, you'll end up having more successful dates that lead to a great time!

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Tip #22- Become The Cool Guy

Remember back in high school **how all the attractive women were attracted to 'cool guys'**?

Well the same is true in the dating scene...

Women are attracted to the men who can carry themselves in a cool manner.

Now this is great news if you're one of those guys who can exude confidence and 'coolness'.

But what do you do if you have no experience with acting like a cool guy?

Well the truth is most guys can be cool in their own way. Once you sit down and have a conversation, you'll discover there's something awesome about every person you meet.

But the problem is many guys let **nervousness and awkwardness** get in the way of women really knowing them.

This means in order to cultivate a cool attitude, you have to project this characteristic when you first meet a woman.

The first step is to ditch all your behaviors and mannerisms which is considered UNCOOL. This means stop doing things like:

- Avoiding eye contact with her
- Being nervous and showing unease during conversations
- Asking dumb and boring questions which do nothing to build attraction

Once you get rid of your "uncool" behaviors, you have to make an effort to become cool when you're talking to a woman. **Here are a few simple traits which demonstrate a cool persona:**

- You smile a lot and maintain constant eye contact with her
- You know a lot of interesting stories and you're not afraid to tell them
- You behave in a relaxed and casual attitude
- You talk about topics that are both find fascinating

While you might not have been cool during your younger years, you still have a chance at creating this type of attitude when talking to women.

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If you can come across as a cool person who women WANT to know more about, you can see a dramatic increase in your success with women.

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Tip #23- Don't Be Afraid of Other Guys

This happens all the time...

I'll be out in a club, looking around, when I'll notice an **attractive woman** who has a guy or two with her. What usually happens is many **other men** want to talk to her, but they **ASSUME** one of these guys is her boyfriend.

Now the problem with this is they **disqualify themselves** for even talking to her.

What you have to remember is ALL girls have at least a few male friends.

Just because she has a guy next to her, it doesn't mean she can't be approached.

Actually she's probably WANTS a have a guy come talk to her, because her male friends have scared other guys from approaching her.

In fact, I recommend you should ALWAYS approach a girl if she's surrounded by guys.

What I like to do is go up to this group and use the "question opener" which I learned from '[The Art of Approaching](#)' system. Usually this is a way you can open the group in a friendly manner without coming across as too aggressive.

Then I ask questions to the group and find out **how they know one another**. When this is done I quickly learn if the **target woman** is dating any of the guys. If I discover she's single, I'll make a transition and isolate her from the group.

By approaching women surrounded by men, you're taking a chance that other guys are afraid to do. The end result is you'll be able to approach lots of women who want to have guys talk to them.

This makes it much easier to get their number and set up a date.

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Attracting Women Tips

Tip #24- Always Have a Confident Smile

The one thing women **always notice** about men is their smile. In fact, smiling is regarded by body language experts as the most important element to building attraction when you first meet a woman. So the moment you make eye contact with a woman, give her your **best possible smile**.

Why is smiling so effective for attracting a woman?

Well when you smile at a woman, you're basically telling her a couple of things:

- 1) You enjoy being around her
- 2) You like her and you're probably attracted to her
- 3) She is a pleasant person to know
- 4) You like her personality and find her interesting

As you can see smiling at a woman is a powerful way to make a great first impression. In fact, it's one of the best ways to start **building attraction** the moment you meet a woman.

In other words, by smiling at her, you'll get her to like you. Here's why...

By studying human nature, you'll realize that when people smile at us, we tend to return the gesture. So when you smile at a woman, she will probably give you one back. In a way you've given her a subconscious reason to immediately like you.

So to increase your chances with a woman, always give her your best smile!

Tip #25- Be a 'Rock Star' and Stand Out From the Crowd

Do you know why rock stars have hundreds of women **begging them for sex**?

Well if you go beyond their fame and money, all rock stars have **one** quality which most guys don't...

...**They know how to stand out from the crowd.**

Whether it's the way they dress or how they project a mysterious image, rock stars know the importance of creating a **unique personality** which women **absolutely love**.

What I find interesting is there are plenty of musicians who aren't that skilled. Yet they still have hordes of women waiting in line **just to meet them!** So it shows that even if they're not great at playing they still have a certain attitude which draws women to them like a magnet.

In fact when I go to bars, I often see cover bands playing music **from some other famous group**. Without fail, these guys get women vying for their attention once finished their set. Even if their music sucks, they still **get more ass than a toilet seat!**

So what can you learn from them?

Well you should learn that in order to attract women, you have to find a way to **stand out from the crowd in a positive way**. While you might not know how to play an instrument, you can still create a 'rock star' persona.

Next time you go out, try doing something a little different from the average guy. Whether you dress in a crazy outfit or do something outrageous, you should take steps that'll separate you from other guys.

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Tip #26- Why Being Different Helps You Attract Women

Before I mentioned how taking on a 'rock star' attitude can help you succeed with women. But before you run out and start dressing in an all black leather outfit, you should understand the reasoning behind this attitude.

The reason why a 'rock star persona' works on many women is it helps you stand out from other average guys. In essence by displaying positive, **'Alpha Male' characteristics** which are **different from other men**, women will find you more attractive.

Here's why...

If you understand psychology, you'll know deep down **women want passion and excitement in their lives**. (*That's probably why romance novels are so successful*). So when you act with an attitude which makes you stand out, you'll represent the excitement she's probably missing in her life.

Now in order to become an exciting guy, you have to do things which are both **original and interesting**.

This means **observing how other guys act** and **doing the EXACT opposite**. The more you can do to stand out, the more women will notice you. All you have to do is take a look at the standard ways guys try to attract women (pick-up lines, what they wear, etc). Then take some time to think of how you can stand out from the crowd.

I promise if you take the time to be different, your success with women will skyrocket!

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Tip #27- Confidence is Your Key to Success

Want to know the one thing women find the most attractive about men?

It's their level of confidence!

Throughout this entire ebook, you've probably noticed I mention confidence quite frequently. That's because confidence is the **key element** to attracting women.

Without confidence, you have little chance of success.

In fact, women **absolutely love** guys who are comfortable with themselves. To them, a confident man demonstrates a level of **high status** where he doesn't worry about the outcome of any conversation. A confident guy enjoys time spent with women, instead of focusing on everything that could go wrong.

So as you can see, learning how to become confident is a critical skill that **must be** learned. If you want to want to **instantly build attraction** with a beautiful woman, you should take the time to develop your confidence.

But if you're having trouble feeling comfortable in social situations, then you need to work on building your self-confidence. [One site I found](#) can help you build confidence and feel more at ease when you're talking to women.

Always remember confidence is the most important step to attracting women. So if you're serious about becoming the kind of man that ALL women want, you have to develop this trait.

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Tip #28- Look for Genuine Signs of Attraction

One situation you'll often encounter is deciphering women's body language.

For many guys, it's hard to look at women's body language and figure out **which ones are available**.

Let me explain.

A lot of women with boyfriends **display the same exact signs of attraction** which single women do. This can include direct and prolonged eye contact, smiling in your direction, playing or twirling with her hair, and having dilated pupils.

What's annoying about this scenario is we've all been conditioned to respond to body language signals which indicate attraction. So when woman with a boyfriend displays these signs we end up frustrated because we've wasted the time which could be spent talking to available women.

The good news is there are some body language signals which are **only used** by available women. So when you're out trying to meet women, look for the following signs:

- Blushing or showing a flushed appearance when you directly look at her.
- Showing the inside of her palms and hands to you. In addition turning her body towards you.
- Making attempts to get you to look at her or be noticed by you.
- Trying to remain isolated from her friends in an attempt to get you to approach her.

Being able to distinguish between the different kinds of body language is an important step to meeting women. If you know how to identify **genuine signs of attraction** then you'll avoid wasting time with women who aren't available.

Tip #29- Always Have Fun

If you're like other guys, you might think meeting women is really stressful and not fun.

In order to become successful with women, you have to put in time and effort. This involves going out to bars, night after night, and approaching dozens of women. After awhile this might seem too repetitive and boring.

As a result, you might think it's not worth your time to practice approaching and attracting women.

This is especially true if you get rejected many times.

But the important thing to remember is **what we feel inside** is always **shown on the outside**. So if you're not having fun when you go out, then you'll probably end up looking bored.

If you're not having fun, then you've killed any chance of attracting women.

As you can see, it's important to enjoy the whole experience and view meeting women like it's a chore.

So here's what you should do...

Learn to have fun out there!

If you enjoy other activities while meeting and dating women, you'll end up looking forward to each night. For instance, you can check out places with good bands, have fun with your buddies or engage women in conversations with the sole purpose of getting to know a cool person.

The more you can do to relax and enjoy yourself, the more you'll be able to project an aura of positive energy and confidence. When you learn to have fun, you'll have incredible success with women.

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Tip #30- Create a Unique Look

As you know by now, guys worry too much about their looks and think they can't attract women because of them. What they don't realize is **personality and chemistry is more important** than physical characteristics.

On the other hand, if you don't have good looks, you should still work at creating a unique appearance. While women don't place high value on physical characteristics, she'll be attracted if you demonstrate an interesting look.

What do I mean by this?

Well no matter what you look like, you can **increase your success with women** by creating a unique look. For instance, **Neil Strauss (or Style)**, the renowned pick-up artist who wrote the book- *The Game*, was able to create an interesting appearance which attracts women.

A few years ago, Style was a self-proclaimed short, skinny guy with a large nose. But with the help of one of his friends, he was able to transform himself into a stylish person with a shaved head and unique facial hair.

In essence, Style was able to go from an average looking guy into somebody with a unique look. This helped improve his confidence with women and led to more successful interactions with them.

You can do the same!

No matter what you look like, you can go deep inside and find a look that'll **drive women crazy!**

Whether it's a unique way you dress or a change to your physical characteristics, there is probably something about your appearance which can be improved. A simple way to do this is **ask your female friends** for advice or spend some money and go to a stylist who can help you out.

By taking the time to work on your appearance and create a unique look, you'll improve your confidence and will become more attractive to women.

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Tip #31- Be a Sexy Guy

Acting in a sexy manner around women is an incredible way to build attraction.

When you behave in a certain way, it can be a powerful way to turn-on women.

But you have to remember that what women find sexy is a lot different from what men find sexy.

Let me explain...

What we find sexy about women is **largely based on their appearance** and looks. While personality is somewhat important, our first impression of a woman is based on how she presents herself. If a woman is beautiful then we think she's sexy.

But what women find sexy is a lot different.

Women are attracted to sexy personalities instead of looks.

The personality traits they love are confidence, humor, courage and a sense of authority. If you can demonstrate these values, she'll find you irresistible.

So while your looks have a slight importance, they're not the only things which women find attractive. As long as you present a neat and well-groomed appearance, you won't need movie star looks to attract beautiful women.

Bottom line:

If you can display a confident personality with humor and authority, you'll find many women will think you're sexy. Then you'll have more success than that model dude who doesn't have the courage to approach women.

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Approaching Women Tips

Tip #32- Be a Kamikaze Pilot

When I go to bars, I am usually accompanied by friend John. He has an interesting technique for approaching women which he calls "**Going Kamikaze**". What this means is whenever John sees a girl he likes, he **immediately** approaches her and starts talking.

At first, I found this behavior really amusing. I arrogantly thought he had no game because he **approached them on instinct** rather than thinking of a plan.

But after watching him 'go kamikaze' a couple of times, I started to notice an amazing pattern...

While some women rejected him, a lot of them found him interesting enough to have long conversations. In fact, he got a lot of their **phone numbers** and was able to set up numerous dates. Even more interesting was he sometimes **went home** with some women he just met that night!

So while I always think it's important to sit back and observe a woman before approaching, I discovered there is a lot to be **learned** about John's Kamikaze technique!

Basically what John realized was having any fear of rejection gets in the way of approaching women. Ultimately he created a new reality where he approached girls **without thinking about failure**. In a sense he attacks without a plan, but makes up for it in the sheer number of women he meets in a single night.

While I don't recommend this course of action for many guys, I do think there is a lot to be learned from about **approaching women without hesitation**. Although you might get rejected at first, eventually you'll fine tune your approach methods and learn how to quickly build attraction with women you've just met.

So if you want to increase your overall success with women, **Go Kamikaze!**

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Tip #33- Never Ignore Her Signals

Did you know that women are constantly sending us messages through their **body language** and mannerisms?

If you don't pick up on these cues, then you're probably **missing out** on golden opportunities for approaching women. In fact, it's reported that over **90% of women's communication** is done through their body language. So if you fail to see them, then you only have a 10% chance of understanding what women really want.

Why is this important?

Well there are many times when a woman uses her body language to tell you that she's interested in you. The problem is you've probably **missed out** on a lot of these signs or failed to recognize these body language cues.

Why really annoys me is I often see guys do nothing after a woman purposely **initiates eye contact** with the sole intention of getting him to start a conversation.

It's insane because men spend so much time trying to "pick up chicks", they often miss out on the obvious women who have demonstrated a clear **indicator of attraction**.

So don't be like these guys! Take the time to look around a room and pay attention to women who are sending you subtle signals. Then all you have to do is walk up, introduce yourself and you'll be talking to a woman who is **already attracted** to you.

So if you ever encounter a situation where a girl is constantly making eye contact with you, this means **she's interested in you**. Don't be an ass and do nothing.

Just confidently walk up to her and initiate a conversation!

Tip #34- The Five Second Rule for Approaching Women

In a previous tip, I talked about nervousness and how it prevents you from striking up conversations with women. What I recommend is to take **every opportunity** to engage a woman in a conversation.

Now I'll discuss why it's important to **approach women as soon as you see them**.

One of the best techniques I've ever heard about approaching women is called the **5 Second Rule**. It works like this...

Whenever you see an attractive woman, you **give yourself exactly five seconds** to think of what to say before approaching her. The idea behind this technique is when you take a long time to talk to a woman you could develop negative thoughts and could even "psych yourself out". In other words, taking too long hurts your chance of approaching a woman.

By giving yourself only a **few seconds** to gather yourself, you won't have time to think about everything which could go wrong. Instead you'll focus on what you want to say then you approach her.

If you teach yourself to approach women as soon as you see them, it'll become second nature.

By using the 5 second rule, you'll find that going up to a woman is actually quite simple. In fact, once you start to eliminate your negative thoughts and nervousness, you'll start to approach women without hesitation.

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Tip #35- Always Look For Opportunities

Believe it or not, there are moments when an attractive woman will **give you an opportunity** to come talk to her.

As modern society advances, it's become socially acceptable for women to check out guys and even approach them. So if you pay close enough attention, you'll discover there are moments when **girls are checking you out**.

When you see this happen, you're receiving an invitation to approach and engage her in a conversation. If you don't do anything, you'll be missing a **golden opportunity**.

So here's what you should do...

Next time you're at a social gathering make eye contact with different women.

When you come across a girl who locks eyes with you, give her a warm smile. If she smiles back or gives you a **quick vertical scan** (ie: checking you out), she is demonstrating a classic sign of interest. In essence, you're receiving an opportunity to **approach this woman with very little risk of rejection**.

Don't hesitate!

Immediately walk up to her and engage her in conversation. In all likelihood she's interested in you, so don't worry about what to say or do. Just **be natural** in your approach and avoid any gimmicks.

By taking the time to lock eyes with her and giving her time to check you out, you're making it easy to find an opening for talking to this woman.

Tip #36- Why You Should Approach Groups of Women

Let's be honest here...

Approaching women in any situation is tough for guys!

And it's even harder when they're with their friends!

That's why a lot of men wait till a woman is alone before approaching her.

The problem is many women never leave their friends. In fact they often travel everywhere with their group (even to the bathroom).

As a result, it's really hard to get a woman one alone to talk to her. In addition, when a woman is alone, she tends to **distrust any guy who approaches her.**

So you have to learn how to approach women when they're with their friends!

Here's how to do it...

When you see an attractive woman with her friends, you should approach the group and engage them in a conversation. Even if you're interested in one particular girl, focus on talking to the group and engaging all of them in a conversation or story.

The best way to do this is **ask an opinion from the group** and try to get them into a dialogue.

Your main objective when approaching a group of women is to get them to like you. Then after they've warmed to your presence, you can then shift your focus to isolating the objection of your attention.

An easy way to do this is to say something like: ***"Can I borrow {her name} for a couple of minutes. I promise to bring her back."***

Then you bring her to a different area, and start working on your rapport and attraction building skills.

I know you might be one of the guys who might be terrified to approach a group of women. But if you practice what I described in this tip, you'll find it's fairly easier to approach women and win them over!

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Conversation Tips

Tip #37- Make Her Like You By Teasing Her

In a previous tip I discussed how being a nice guy usually gets you nowhere with women. This is because many women feel nice guys are boring and **provide no challenge**.

So how can you challenge women without being too much of an asshole?

Well the solution is to introduce humor into ALL conversations with women. One way to do this is to use your discussion to tease her. In other words, you should act in a funny way while generally treating a woman like a **bratty little sister**.

Now a lot of guys are confused about the importance of humor. Basically they're not sure why they should use it or why it's important. On pg. 81 of [Double Your Dating](#), David mentions how **being funny is directly correlated to being fun**. As a result, if you can project a humorous attitude, she'll have fun being around you.

Even if you're being funny by making fun of her, **she'll still be attracted to you**.

While it might seem counterproductive to make fun of a girl you're trying to pick-up, teasing can an extremely effective way to build attraction.

It works because:

- 1) You're demonstrating that you're not the "average nice guy" and you're not consumed with *pleasing* her
- 2) **You have a sense of humor** and can use it to enhance a conversation.
- 3) You're reversing roles by making her "work" for your affection

Making fun of her includes teasing her or calling her out on anything she says. In addition, you can also try taking some of her comments and **twisting them into a sexual innuendo**.

By teasing or making fun of her, you're creating a situation where she isn't sure if you are into her or not. As a result, she'll view you as a challenge and will start to subconsciously think you're interesting person.

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In the end, teasing a woman can be first step towards building attraction and progressing to the next level.

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Tip #38- Use the Push/Pull Technique to Your Advantage

As I mentioned before, **nice guys finish last!**

A reason this is true is because nice guys cater too much to the needs of women. By consistently paying attention and doing too much for women, these guys **provide no challenge** for them.

In other words, they bore women to tears!

As you know by now, being too much of a nice guy will get you nowhere. But there's a way you can do nice stuff and build attraction at the same time. In fact, it's a great way to be fun person while not being overly nice.

I call it the "**Push/Pull Technique**".

The idea behind this technique is to **do something nice** for a woman then do something that'll **push her away**. It works because you never let her know if you're really interested in her.

In fact by consistently pushing a woman away and then pulling her in, you'll build some serious levels of attraction because she'll have to work hard for your attention.

In order to maximize the push/pull technique, you should use it from **the moment you meet a woman**. During your initial conversation, employ the technique after you've introduced yourself. The best way to do this is to **first compliment** the woman and then say something that's slightly insulting.

The one thing to remember is to use the push/pull technique with a smile that lets her know you're joking. It's really successful if you can consistently tease her while giving her compliments. It'll make her wonder if you're genuinely interested in her.

By using the push-pull technique, you'll make her want your attention every time you **push her away**. Once you master this technique, you'll be able to attract virtually any woman you desire.

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Tip #39- Keep Talking Even If You're Nervous

Being nervous is your **biggest obstacle** to meeting and attracting women. For many guys, just talking to women makes them tongue-tied and unable to think.

What's funny is I've heard stories about how many "tough-guys" would rather go into combat rather than approach and engage a pretty girl in a conversation. These guys, who are the stereotype of manliness in our society, would face certain death rather than start talking to a woman.

Sounds crazy, right?

Even if you're like one of these guys, you can't let nervousness control your ability to meet women. So how do you get over it?

It's actually quite simple...

To talk to women, all you have to do is **TALK TO WOMEN**.

What do I mean by this?

I mean you should strike up a conversation with **every woman you encounter**. This means during the course of your day, find a way to engage multiple women in conversations. Even if you're just doing it to practice, you have to make initiating a conversation second nature.

After doing this for awhile, you'll find it'll become much easier to approach attractive women. Eventually you'll train yourself to be a master at initiating conversations with women.

Just remember that practice always makes perfect. So look for any opportunity to start talking to women.

Tip #40- Use Flattery to Impress Women

A quick way to a woman's heart is through the **subtle use of flattery**.

Basically flattery is a way to send a woman a positive message during your conversation. The problem is many guys **use flattery the wrong way**.

For instance, most guys make the mistake of complimenting a woman on a **physical characteristic** like her eyes or body. Typically this type of flattery doesn't go well because it demonstrates you're only interested in her outward appearance instead of "what she's about".

The correct way to use flattery is to **comment on something which she can control**. An example would be the way that she dresses. As we all know, women **LOVE** to plan what they wear and will agonize over every little fashion decision.

When you compliment her on an outfit, it'll flatter her taste in clothing and demonstrates an approval of her style. Another benefit is complimenting her on the clothing she wears is subtle way to tell you're attracted to her. It's telling her she's attractive without coming out and saying it.

So if you want to effectively impress a woman, make sure you flatter her in a way that compliments a something she can control.

Tip #41- Develop Your Talking Skills

Knowing how to deal with failure should be an important think to learn when talking to women.

My advice is to get used to failure and learn from each experience. In fact, by taking the time to judge each interaction you'll be able to work on your "attracting women skills".

Like everything else we learn in life, there is a certain skill to attracting women. While some are naturals at it, most of us have had to work at developing this skill.

Now one of the most important skills you have to develop is **your ability to carry a conversation**. If you don't how to speak to women, you'll have little chance of success.

Here are a few different areas that'll help build your conversation skills:

- Develop great openers which will be engaging
- Work on telling interesting stories
- Know how to project a cocky/funny attitude when in conversations with a woman
- Be great at teasing women that'll spark attraction

With any skill, these conversation techniques won't work that well at first. Over time, you will learn from your mistakes and increase your overall success. Eventually you'll learn how to master conversations.

Tip #42- Pay Attention and Read Her Body Language

At any given moment, women are **sending you signals** with their body language. If you know how to read and interpret these cues, you'll be able to know when she's attracted to you.

And when you know she's into you, it becomes much easier to flirt and create a dynamic conversation. In fact, you can find out how "you're doing" with a woman simply by studying her body language.

For instance **when you say something which she finds interesting**, a woman will move closer and start touching you more. When you see a signal like this, you know your flirting techniques are working!

So when talking to a woman, you'll always receive either a positive or negative reaction from her body language. It's up to you to pick up on these cues and act accordingly.

Ultimately studying her body language will help you determine if your conversation is going well.

Here are few examples of positive and negative body language cues a woman will display during a conversation:

Positive

- She moves closer to you when you say something interesting
- She locks eyes with you and ignores everyone around her
- She looks for opportunities to touch you

Negative

- She moves farther away from you during the course of the conversation
- When you're talking to her, she's looking around the room
- Her arms are folded and she has closed body language

As I mentioned before, it's up to you to pick up on these cues and use them to work on your flirting skills. Over time you'll become a master at noticing women's body language and will know how to behave when you detect certain signals.

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Tip #43- How to Build Rapport with Women

Have you ever felt an instant connection with a woman?

Sparks are flying and you feel like you've known her forever. In fact your conversation is going so well you feel like you can talk to her forever!

Well this connection is called "rapport"

So what is rapport and how can you use it to quickly build attraction with a woman?

In a dating sense, rapport is defined as two people who are **in sync with one another** and feel heightened levels of attraction. When it occurs, a man or woman can quickly build levels of trust with one other that quickly leads to an intimate experience.

When you establish rapport with a woman, it becomes easy to get her on a date and perhaps **transition into a sexual encounter**.

Rapport can be built through a lot of different factors. Here are some ways to you can quickly build rapport when you initially meet a woman:

- Discussing common interests and hobbies
- Flirting and establishing physical contact
- Teasing her in a playful manner
- Mirroring her actions and sending open body language
- Having a dynamic personality and bringing up interesting topics

So when you're talking to a woman, try to focus on building rapport. If you can do this successfully, you'll master conversations and will be able to quickly establish instant connections.

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Tip #44- Know Your Outcome Before Talking to a Woman

One of the principles behind **goal setting** is to **know what you want** before you work towards it. Once you've establish a clear outcome of what you're working towards, it becomes much easier to achieve!

The same could be said about meeting women!

If you have a clear idea of what you want from a woman, then you can increase your chances of getting it!

This means you should mentally create a picture of what you're trying to get before you engage a woman in a conversation. When you imagine a clear picture of your outcomes, you can steer the conversation towards what you're trying to achieve.

Beforehand, you should ask yourself:

- Do I want to sleep with her tonight?
- Am I going for her number?
- Do I want her as a girlfriend?
- Am I interested in establishing a long-term relationship?
- Should I try to set up a date?

By knowing your goal for each conversation, you can adjust the way you talk to her.

For instance if you're trying to **have sex with her that night**, then you would **focus on flirting** and bringing **sexual innuendo** into the conversation.

On the other hand, if you want a girlfriend then you should demonstrate the characteristics of someone a woman would want to date. You would be interesting and fun to be with, while displaying the qualities of a desirable boyfriend.

Establishing a goal for each conversation makes it easier to define what you want and how to get it. If you think of an outcome beforehand and steer the conversation towards getting it, you'll find it's much easier to achieve your dating goals.

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Tip #45- Use Sexual Innuendos During Your Conversation

When guys first meet a woman, they tend to discuss "safe topics". These conversational questions involve asking where she works, where she's from and what she likes to do.

While these questions are great for a job interview, they do nothing to build attraction and rapport.

In fact, safe topics tend to bore women to tears!

The problem is guys ask these questions because they feel certain topics like sex are taboo during an initial conversation. Their concern is to not offend a woman or come across as a pervert. So they take the safe road and only discuss things which are guaranteed to not offend.

The problem is these topics don't do anything to build attraction.

Now if you want a woman to become interested in you, "attraction building" topics must be introduced into the conversation.

That's why sexual innuendos are a great topic to be brought into every discussion!

A little known secret is women think about sex as much as guys do! *Perhaps even more...*

If you introduce the topic of sex into a conversation and flirt with a woman, you'll find it easier to build up attraction between the two of you.

The key to doing this is to bring up the sex topic in the form of innuendos and stories. What I like to do is start talking about a **funny, sexual-related story** that happened to "one of my friends". I make sure that's both funny and interested. After that, I ask about any funny stories she has about her friends.

Since I've brought up the topic in a way that's not lewd, I am able to create sexual tension without being sleazy.

You can do the same!

So the next time you're talking to a woman, mention funny sexual stories and start using a few innuendos.

I guarantee you'll like the results!

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Tip #46- Speak With Authority

You ever wonder why some guys are able to order women around and have them comply with every request?

Well these guys know a lot of women are intensely attracted to guys who can speak to women with confidence and authority.

I discovered this principle one day when I was reading a book on psychology. In this book, there was a passage which discussed how people will believe anything you tell them if you say it with **complete confidence**.

In essence, if you're confident and tell a woman that you're a great person to be around, she'll believe it. By acting like an authority in everything you discuss, women will listen to what you're saying and will comply with any requests you make.

Becoming an authority means having complete confidence in yourself and what you're saying. This means you should practice your conversations and work on your self-confidence. When you have true "*inner-game*" and belief in what you're saying, you'll become that magnetic personality which attracts women.

Bottom line- the more you believe in yourself and act like an authority figure the more women will find you interesting!

Tip #47- Learn to Tell Stories

If you're like other guys, there will be **moments in a conversation where you can't think of anything to say**.

What sucks is you could be talking to a great woman, then your **mind suddenly goes blank** and you can't have anything to talk about.

Once this happens, you can say goodbye to any chance you have to attract this woman.

The good news is there is a way to completely CAPTIVATE her attention during a conversation. **All you have to do is utilize the power of storytelling.**

It's human nature to LOVE STORIES.

Think about it...

There have been times when you've been completely captivated by a person because he or she was able to tell a really interesting story.

And you can do the same!

By telling her entertaining stories, with you as the central character, you'll completely captivate her attention.

In order to tell a **good story** you have to first think of different incidents and scenarios which a woman will find both interesting and entertaining.

Then practice telling these stories around people.

The important thing is to get to the point where you can **tell this story as a reflex**.

Now you might think is you should use a different story every time you talk to a new woman.

But that's not what you should do...

If you have a good enough story, learn to tell it to every new woman you meet.

Although you might know the story by heart, it'll be entertaining to any new woman you've just met. This is especially true when you know the story cold.

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For instance one story I often use when I meet a woman is about the time I was running and almost got hit by **Bruce Springsteen** when he was driving his car.

I craft the story in a **humorous way** with him giving me the finger and my reaction. Since this happened MANY years ago, I've had a lot of experience telling it and making it really **entertaining**.

YOU can also entertain women with your stories. Just sit down and craft a bunch of interesting stories. Then practice telling them every time you meet a woman.

I promise you'll like the reactions you get from women.

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Taking Things to The Next Level

Tip #48- Should You Go for a Kiss on Your First Date?

Imagine this scenario...

You're nearing the end of the date and everything has gone really well. The two of you are walking to her door and you want to kiss her. But deep down inside, you wonder "*should I kiss her now or wait till the next time I see her?*"

Well if you're like most guys, you've probably had moments where you **wanted to kiss a girl**, but you didn't know if you should. While some 'seduction gurus' say to always go for a kiss, I think it's more important to find out if she **wants to be kissed** before initiating it.

Here's why...

While it's important to initiate a more physical relationship with a woman on a date, you should always make a decision if going for kiss will **help or hinder** the budding relationship.

First you should decide if you actually **like the woman** and want to see her again. If the date hasn't gone well and you're pretty much sure that you're not going to see her again, then kissing will just make things awkward.

But if you had a great time, then kissing her is an excellent way to create a firmer bond and make things more physical.

Next you should figure out if you **received the right kind of signals from her**. If she has been giving you positive body language the whole night, then it means she wants to be kissed. The body language cues could include leaning towards you, being interested in everything you say and maintaining constant eye contact.

The final thing to evaluate is if there's been physical contact with one another. In the dating environment, **physical contact almost always demonstrates a level of attraction between a man and woman**.

If she's has been touching you to emphasize a point, it probably means she wants you to kiss her.

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If you've seen these three things then you know it's definitely the right time to kiss her.

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Tip #49- Three Relationship Rules

There are times when you've been dating a woman where you decide to take the plunge into a relationship.

You're attracted to each other and you have romantic feelings for one another which **goes beyond casual dating**.

But there's a danger to being in a relationship...

When you're in a relationship, there is tendency for the things to become stagnant and being with a woman stops being fun. After awhile hanging out with your girlfriend becomes like a chore.

The good news is there are some ways to build a lasting relationship. Here are **three rules** you should follow if you want to develop a **fun and lasting relationship**.

Relationship Rule #1- Keep things fun and exciting

The biggest killer of a relationship is letting things get stagnant.

Relationships are about having fun with the woman you're dating. This means you should never let things get dull when you're around one another.

As the relationship evolves continue to do exciting things like going on **spur of the moment** trips and planning **interesting activities**.

Relationship Rule #2- Treat each other as equals

Another way to destroy a relationship is to have one dominant partner.

If you don't respect her, you'll start to think of her as an inferior. On the other hand, if your woman is the dominant partner she'll think of you in an inferior way.

According to most psychologists, it's **hard to be attracted** to someone who you don't respect or consider an equal.

To have a healthy relationship make sure you create a dynamic where both partners treat one another like equals.

Relationship Rule #3- Be honest with one another

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A way to build a trusting and long relationship is **be candid about any problems you're experiencing**.

If something is bothering you, be honest about it and explain why you're feeling this way. Also encourage her to do the same.

When you're both open about your feelings, you'll find it's easy to have a great relationship.

It's not hard to develop a great relationship.

All you have to do is take it seriously and put some effort into it. Then you'll continue to have fun and **want to** spend time with the woman you're dating.

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Tip #50- Start Your Seduction By Giving Her a Sensual Massage

In order to be able to seduce women and become a great lover you have to be skilled at foreplay.

As you probably know foreplay can involve a lot of steps and actions.

But before you even **initiate kissing and other sexual actions**, you should get her in the mood by giving her an erotic sensual massage.

If you're good at giving a woman sensual massage, you can put her in a relaxed (and turned-on) state which makes it **easy to seduce her**.

Learning how to give sensual massages can take a bit of time, but there are a **few basic rules** which can dramatically improve your skills:

- Darken the lights, use candle illumination and put on soft music
- Use lotion as a way to avoid skin friction
- Make sure she's warm and relaxed before starting. If you have to set the room temperature higher than normal
- Massage her with the flat of your hands and your fingers closed together
- Use a consistent rhythm and keep a the same pace
- Only use your fingers when working on really tense spots
- Work all over her body, starting with her shoulders and back. Then move down to her intimate areas as she becomes more relaxed

By knowing how to give great sensual massages, you'll find it's much easier to put her in the mood and start seducing her.

So if you're serious about improving your seduction skills, practice these steps and learn how to give sensual massages.

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BONUS TIP #1 – 3 Perfect First Date Ideas

Your first date should be low key and fun!

That's why you must ensure you take her to right place.

While you want to impress a woman, you also have to make sure you're not appearing to be too overeager.

The one mistake guys make on the first date is to bring a woman to a fancy restaurant and buy her expensive gifts.

Unfortunately this **does nothing to build attraction**. Instead it creates too much pressure and makes her feel uncomfortable.

So instead of blowing tons of money on your first date and creating an uncomfortable situation, you should focus on thinking of first date ideas which are both memorable and fun.

What you want to do is think of an activity that'll allow you to **establish an emotional and physical connection**. If you both have a good time, then you can go on a second date that is more *standard*- like going to a restaurant.

The following are three general places and activities you can do on your first date:

Idea #1- Meet for drinks or coffee

While meeting for drinks or coffee is a *standard* date idea which many people use, it's still very effective for getting to know a woman in a low-key environment.

When you meet for drinks or coffee, you're able to converse in a casual manner without the pressure of facing each other from across a restaurant table.

What I like about meeting for drinks or coffee is you're within a distance to establish physical contact. This means you're able to flirt and emphasize different things during your conversation which helps to build attraction.

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Idea #2- Play games

Another great place to bring a woman on a date is to a place where you can play games like a pool hall, miniature golf, the boardwalk or a video arcade.

What I love about **playing games on a first date** is you're able to avoid the pressures that often come with meeting for the first time. You can have fun while being competitive and behaving in a playful manner.

Idea #3- Get physical

Okay when I say *get physical*, I'm not talking about sex (yet).

Instead I'm talking about a first date idea where you do something which involves in a physical activity.

Whether you're going for a hike, rollerblading or ice skating, engaging in a physical activity can be fun. It's also a good first date idea because you'll be able to immediately discover if this woman has an adventurous attitude.

All three of these first date ideas are a great way stand out from other guys. They can be fun without feeling the pressures of the ***job interview*** type dates.

Just remember to keep things low key and fun. Your first date should be an enjoyable time where you're able to decide if there is any potential for building a fun and exciting time.

Now during the course of your initial conversation with a woman, you should have thought of a first date idea and grabbed her number. Once you've set up the first date, you should start preparing for it.

In the next step, I'll give a few overall **guidelines for a creating an exciting first date...**

Conclusion

Well I hope you enjoyed the 50 tips included in this ebook!

Just remember that dating women comes down the **simple process of knowing how to approach and attraction.**

So it's up to you to apply the tips you've learned throughout this ebook.

Now if you're one of those guys who already knew most of the advice I outlined in this ebook, then you should look for **advance techniques for seduction.**

Fortunately I've recently found a great program which will teach you how to go from an average frustrated chump into a master of attracting women.

In the [Double Your Dating](#) you'll learn from a top dating expert about the secrets for attracting women and dating women.

It's like receiving personal coaching advice on how to succeed with women!

So if you're interested in learning how to increase your success with women, I recommend you take a look at the [Double Your Dating](#).

Well thanks again for taking the time to read this report!

Now all you have to do is apply what you've learned and you'll become an **instant master** at attracting women!

To your success with women,

Scott Patterson

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