

# Manifest Men

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## Prelude

Congratulations for reading this. What? Just for reading? Every single human who has ever lived, and every single human who will ever live wants more. That is the human condition. If you don't have a relationship, you want one. If you have a relationship, you'd like a better one. At our very core, humans are seekers. Just a few centuries ago the written word was only available to a select few elite. Now words are everywhere, and can be read in many more ways than imagined just a few decades ago. This is proof that we humans are always striving to improve, to learn, to create, to discover. However, different people have different orientations on how to satisfy this inner craving. Many wish or hope, but never act. Those that do act do so haphazardly and get results accordingly. Those that try again tend to repeat the same mistakes over and over, verifying Einstein's definition of insanity. But because you are reading these words, you are different. You are not one who tries the same thing again and again and hopes for a different result. By reading these words, you are proving to yourself that getting different results requires different behavior. And if you don't already know, then you will learn that different behavior stems from different models of the world, different ways of looking at things, and different ways of looking yourself.

### **Model Mismatch**

If you are like most people, you overestimate what the world can provide you, and you underestimate what you can provide both to yourself and to the world. This mindset makes it very difficult to find an appropriate relationship partner. This mindset is one of the key sources of many

relationship problems, possibly your own. Through the understandings and exercises in this short guide, you will learn how to open your true potential, but not in a metaphorical, metaphysical or esoteric way. In a real and consistent way, based on real behavior and real interactions, both currently and in your past. You will learn that right now, as you continue to read these words, you have enough experiences in your mind that can transform you from whatever you think about yourself now, to a supreme goddess who is worthy of the best possible man she can find.

## **What's Ahead**

In the pages ahead, you will find many reframes, or different ways of looking at and interpreting the same old things. You'll find some very simple exercises that will consistently increase how you feel about yourself with regards to what you have to offer. Not in an intellectual way, but in a deep experiential way that will come through in the way you walk, the way you talk, and the way you move. You will learn that no matter who you are, and what your experiences are, you are much more valuable than you can possibly imagine. And not just in a theoretical sense, but in a real world, walking down the street, make-guys'-head-turn-as-you-walk way. You will learn that by building up your ability to appreciate and express your true self, and by filtering for what you really want, ideas like "rejection" and "social anxiety" and even "approach anxiety" will lose their meaning. They will become old ideas that used to bother you, but don't anymore.

## **Emotional Freedom**

You will learn some elegant and powerful techniques of healing your past, in a way that will have you as outgoing, expressive and fearless as you used to be as a young child. You will learn precisely why every single shortcoming you think you have is not unique to you, but shared by nearly everybody. Not only that but you will also learn the source of these common shortcomings and how to overcome them.

## **End Result**

By taking your time in going through this guide, you will develop real self-confidence, continuously expanding self-worth, and you'll gain the ability to interact with, qualify and disqualify, easily sort through the countless men around you and choose the best possible one. You will learn precisely how to create your dream man in your mind. You will know all the characteristics he must have that are important to you, and all the characteristics he must not have. Once he's firmly created in your mind, you will learn real world techniques to find him, attract him, and how to create the perfect space so that he will fall in love with you.

## **Seriously?**

Yes, seriously. Once upon a time, there were only a few thousand people on Earth. Now there are billions. Meeting people for the specific reason to make more people is our number one skill as humans. This guide is not intended to teach you anything new, or force you to try on different and uncomfortable behaviors. This is simply to strip away the false ideas you have about yourself and about the world around you. This guide intends to build up the real you, as you exist now, reading these words. That real you will then

easily be able to find the perfect man, based on your own subjective choices and desires.

## **Magic?**

No, not magic. Not metaphysical mumbo jumbo, not vague ideas about how to just “be yourself.” Specific ideas and techniques on how to get from where you are now, to where you want to be. This means it will take effort. You won't be able to flip through these pages a few times and expect Mr. Right to ring your doorbell. You will need to do plenty of journaling. You will need to purposely hold certain mindsets in place while you observe the world around you. You will need to open to all the feedback you receive as instructive, which means you must embrace all the feedback you receive, not just the easy, positive feedback. You will need to set aside a few minutes a day, every day, to do the exercises and journaling sessions. But if you are willing to put in just a little bit of effort, you will meet Mr. Right, just as certainly as the night follows the day. And he won't just ring your doorbell, he'll ring any other bell you'd like him to ring, as many times as you require. And he'll do so with a smile on his face, and a deep appreciation in his heart that he has finally met you.

Ready? Let's get started.

## Problem State

Before we solve any issues, we need to understand the problem as much as we can. Often times we don't like aspects of our lives, yet we try haphazardly (and usually ineffectively) to fix them. But unless we fully understand why our lives aren't the way we want them to be, we won't be able to create the changes we need to create.

Everybody is unsatisfied with some part of their life. That's the human condition. In fact, it's contrary to our nature to become satisfied for very long. The hot bath you've been looking forward to the entire day suddenly becomes too warm and you want to get out. That large double pepperoni pizza you've been putting off for two weeks is delicious for the first few bites, but soon loses its effect. Eat too much and what created pleasure now creates pain.

We all crave to improve ourselves. We all crave to improve our state. We all desire to improve our condition. Some ways we do this are easy and the satisfaction doesn't last long as in the case of the bath or the pizza. Other things are meant to last longer. Others our entire lives. Family, friends and the person you choose to be your partner for life is something not to be taken lightly. It's not a big deal if you decide at the last minute to change the food you're going to eat on your "cheating day." If you see one movie a week at the theater, it's not a disaster if you choose the wrong one.

But when it comes time to select a partner in life, all too often we hurry up and choose somebody, just to **have** somebody, only to find we've chosen the wrong one. You may have done this once. You may have done this many



times. That's very common. The underlying reason is that without taking enough time to understand the problem state, any solution state will be ineffective. So while these first few chapters may be a little uncomfortable to read, they are in the front because they need to be. If you don't understand the problem, a solution will not be very likely.

You want a man. A partner. Somebody who will support you and need your support. Somebody that will encourage you and need your encouragement. Someone that will value your independence but at the same time realize that he can't live without you, and you without him. With the right partner there is nothing you can't achieve. But with the wrong partner, life can become a nightmare. So please, take your time with this course. Be sure to understand where you are, what you want, and the best possible way to move forward.

Once I opened the newspaper to find the local airport was having a sale. Two round trip plane tickets and one night in a hotel. All for \$99. The catch? You wouldn't know where you were going until you paid your money. You might go to New York, or Boston, or San Francisco. But you could also go to a small town in North Dakota with a population of twenty two. While that's fun for a weekend, it's not a great way to live your life, especially if you are creating something as important as a relationship.

So, what is the problem? Perhaps you believe that good men are hard to find. Perhaps you recognize that there are good men out there, but the only ones that approach you are not worth the shoes they are wearing. Or perhaps you do encounter the right one on occasion, but when you interact with them you are so tongue tied and nervous you

can't even remember your own name.

Whatever you think your problem is, chances are that's not the real issue. One of the greatest skills of humans is our ability to deceive ourselves. Perhaps you're familiar with the concept of "Cognitive Dissonance?" This is our capability to ignore things about our reality that would force us to recognize our shortcomings.

The most common structural way we use this to protect our ego is when we pretend that our shortcomings are not our fault. For example, let's say you believe that no matter where you look, there are zero quality men out there. This makes it sound like it is not your fault. (This is just as common in men as it is in women). There you are, perfect in every way. You are ready and eager to be a perfect partner for the right man. The only problem is, there are no quality men. Luckily, this isn't true. There are plenty of quality men. You just need to retrain your thinking so you can find them, meet them, date them and get them to fall in love with you.

This will require that you retrain your thinking, not about the world, but about yourself. One of your biggest fears is rejection. You believe that deep inside you is something flawed. Your brain is incredibly fast, and here's what happens in under a second if you glance at somebody that **could** be Mr. Right.

You see him, and you decide he might be Mr. Right. Then your lightning fast brain imagines all the potential outcomes. Both the absolute worst, and the absolute best. Because our brains are built to protect us more than anything else, it quickly sorts for the worst possible

outcome.

And that is you meet him, and he's perfect. You get to know each other. But then when he starts to get to know you, he finds out things about you he doesn't like. He sees who you *really* are, and he decides he doesn't like who you really are, and he decides he doesn't want to see you again. This isn't based on truth, this is based on your biggest most horrible fear.

What would that mean? That would mean that you found Mr. Right, and he rejected you. And you will forever be alone. So, your fear-based brain keeps you from even talking to him. Or if you do, you become supremely nervous and can only stutter and spit out gibberish.

Notice what happened. Your subconscious doesn't want to be alone. So it makes you behave in a way that will keep you alone. So you don't get rejected and realize that you need to be alone. So to protect you from being alone, your brain decides it's a good idea to stay alone.

Wait, what?

This is good news. Because just like those goofy math problems that end with  $1=2$ , there's a mistake in the logic somewhere. And we are going to find that mistake and fix it. So your response to not wanting to be alone is to act in a natural and comfortable way to help you not be alone. And not just not be alone with anybody, but not be alone with the best possible person you can find.

## Problem State Expanded

Humans have tons of learning abilities, and tons of instincts. This presents a problem when our instincts are firing off in a way that doesn't help us. Hunger is the easiest example of this. Way back in the caveman days, it was good thing to be super hungry all the time. Because food was ultra-scarce. Food ran away when you chased it. But today, there's food ready to go on every corner.

### **Human Mating History**

For the greater part of human history, finding a mate was something that just happened. You didn't need to think about it very much. You also didn't have very much choice. Just like eating, you couldn't be picky when it came to eat. Back in those days, we were all on the see-food diet. See food, eat food. (Or more appropriately, see food, chase food, kill food, eat food.) Today the see-food diet doesn't work out so well.

### **Too Much Choice**

Back then, you had few choices of mates. Today? There's unlimited possibility. But this can prove terrifying. Most people freeze up when they have more than three or four choices. Studies have shown that once the amount of choices go past three or four, we take a lot longer to choose. Remember the pizza example. If choose the wrong flavor pasta sauce, it's no big deal. We just buy another jar next week. But if we choose the wrong partner? We could waste precious years of our lives.

### **Easy To Back Out**

Humans are incredibly versatile. After we left Africa, we've spread out to every corner of the globe. We can live in cold places, hot places, and everywhere in between. We are also very good at working out problems when we don't have any other options. Some of the greatest movies ever made were made because the writers locked themselves in a room and didn't come out until they had a script that everybody was happy with.

Up until that last couple hundred years, getting divorced was out of the question. Having several relationships before getting married was out of the question. So when you hooked up with somebody, it was for life. Which meant if you had problems, you worked them out. Or you had a miserable life. Of course, this isn't an ideal situation. Today, though, the pendulum has swung to the opposite side.

People plan to have a couple marriages before finally finding the one. It's not only socially acceptable to have several partners before finally settling down, it's socially acceptable to openly admit that you never want to settle down, and you are OK with having a series of relationships from anywhere from a few hours to a few years. This is not right, this is not wrong. Everything you do is a personal choice according to your own morals and how you want to live your life. Just understand that having so much choice has its good parts and its bad parts.

### **Internal Incentives vs. External Incentives**

Incentives are why we do things. It's the reasons behind our actions. Up until recently, all of the forces keeping

relationships together were external, and negative. People stayed in relationships because the pain of leaving them was large. So people in those days were forced to make do with what they had. They were forced to focus on whatever good aspects there were, as leaving wasn't always a choice. Today it's the opposite. There are very little negative incentives keeping people in relationships. What does that mean for you? That means when you start searching for and finding your dream partner, (or dream partners if that's what you're after) you need to do the work to keep them loyal. Since there is very little negative incentives on the outside keeping them with you, you've got to provide the positive incentives on the inside keeping them with you. You've got to convince them that being with you is the best possible choice. Don't worry, it will be easy!

## **Your Two Biggest Enemies**

### **Scarcity**

The two things keeping you "stuck" are feelings of scarcity and urgency. Feelings of scarcity cloud our judgement. If you think there's no food, you'll eat the first thing you see. Pilots who get shot down over enemy territory have to eat bugs to stay alive, because it's there only choice. But that is because the scarcity is real. There really is nothing to eat but bugs. But in today's dating market, there are tons of opportunities. You might not see them now, but you will. But if you feel there is scarcity, you may be hanging on to men that aren't right for you, simply because you dread being alone. Compare two situations. Let's assume you actually believe that quality men are few and far between. So you decide you have to settle. So you go on a few dates. He doesn't make you tingle, you don't think about him

when you're alone, but he's nice. He's safe. He makes a decent income. For many, this is good enough. Perhaps you've dated men like this before. Now imagine the same man but in a different scenario. You are getting asked out three times a day by high quality men, as you define them. How does that same, "safe" man look now? How many dates would you go on with him? Would you go on any dates with him? This is what feelings of scarcity do to the thinking process. When things are really scarce, we eat bugs because that's all there really is. But when things aren't scarce but we think they are? We act as if they are. Imagine if you viewed food the same you might view men. Imagined you thought food was scarce, when it really wasn't. Imagine meeting your friends for lunch, and you had a weird psychological condition that made you think you were on the verge of starving to death, and that wouldn't allow you to see the food all around you. What would your friends say, as they dived into a delicious meal while you looked on the floor for bugs to eat? That is precisely what you are doing now if you are operating from a mindset of scarcity.

## **Urgency**

This one is a bit tougher to get your mind around. Our brains don't handle time very well. We tend to think that if we don't do something **now**, then it's never going to happen. But urgency and scarcity go hand in hand. Think of this in terms of frequency. If you feel true abundance and are operating from that mindset, you might meet one high quality man per week. How many would you have to sort through before finding one to settle down with (if that's what you're after)? Maybe a couple months?

Now imagine you are worried if you don't find a man in the next year, you're going to die alone. Operating from this mindset, how many quality men would you meet per week? Zero. Which of course, would mean it would take you forever to find the right man.

This is one of those paradoxes where you have to think a certain way before you see certain things. In this case, you have to have mindset of abundance first, and then you will see the proof. Most people try to do in in the opposite way, which never works. If you are in a hurry, that will create a sense of scarcity, which will destroy your ability to find high quality men, which will make it take forever to find them.

But once you open up to abundance, and release any feelings of scarcity, you'll see them everywhere, and it will happen a lot quicker. When you are in no hurry, it will happen a lot quicker. But if you are rushing and thinking you have to hurry before it's too late, it will never happen.

Don't worry, we'll be learning plenty of exercises later on that will help you see this in small doses, in small steps.

### **Problem State Summarized**

You are worried that you may never find somebody. You also feel, on some level, that you aren't good enough. That even if you do find somebody, they'll see who you *really* are and run away screaming. This creates stress, anxiety, and a feeling of being "stuck." This makes you see the world through a false lens of scarcity and creates a false feeling of urgency. Even if you do talk to somebody, the higher probability they are "high quality" the more you collapse



into a puddle of blubbering embarrassment. And if you do date regularly, they are always the wrong guys. The more you realize they are the wrong guys, the more they won't leave you alone. Sound about right? Fantastic! Let's understand why it's all a hallucination that you'll learn to make vanish and never come back. (Not you, or those guys, the hallucination!)

## Solution State

Still with us? Good, now we're getting to the good stuff. The future. You're future. For starters, you will feel the real abundance of choice. You will be getting looks from men. You will be getting approached by men. You will be approaching men and not feeling nervous. You will be approaching men and feeling normal and natural. Not only that, but your relaxed and natural state will have a calming effect on him. So even if he is nervous in the beginning of the conversation (all guys are) he will feel more normal and relaxed as the conversation continues. Because you will feel comfortable and relaxed, you will be able to qualify him. What does this mean? You'll be able to conversationally elicit the things from him that are important to you, so you don't waste any time. After all, you're a busy woman. You've got a lot of guys to sort through and find out who's best qualified to travel with you along life's journey. You need to choose the right one to help you complete your life's mission, whatever you choose it to be. You've got to find the one you are most compatible with. And you will have the conversational skills and self-confidence to do so.

Those that qualify will enter into your sales funnel. What is a sales funnel? It's a metaphorical description of how sales people best handle all the people they deal with. Sometimes it's handled by one person, sometimes it's handled by many people. For example, let's consider a typical insurance sales funnel. A company has an ad that runs on the radio. People who hear the ad call into get some more information. Then they are put on a list and given to a salesperson. The salesperson calls them and talks to them a bit on the phone. They determine how interested the

customer is. If they are serious, and the salesperson thinks he or she has a product the customer will benefit from, they set an appointment. They have a meeting and if everything goes well, they buy an insurance product. The type of "lead" they are goes from cold to hot. Cold leads have little idea of the product or whether or not they want it. Warm leads know about the product and are interested in finding out more. Hot leads are those wonderful customers who are eager to buy your product.

## **Dating Leads**

Who are the cold leads? These are everybody. Before you meet them. The single men that live in your city that may or may not be right for you. Slightly warm leads are the ones you see and exchange flirty body language with. They look good, they dress well, but you know zilch about their personality. So you start up a conversation. If they pass that test, then they are promoted to a warm lead. These are the guys you date. Warm leads become warmer and then hot when you decide they are relationship material. And just like in sales, until you've got a keeper, the rule of thumb is to always be prospecting.

Of course, you will have self-confidence and self-esteem, and the high powered conversational skills that go along with them. So, prospecting will really just be about going about your daily business. Once you start to shed your feelings of scarcity and urgency, you'll see potential men everywhere. Most people, men and women, have the honest question, "Where do I go to find a quality partner?" As if quality men and women somehow know they are quality men and women, belong to a secret "high quality men and women club" and meet there in secret. And the only trick to

get into a quality relationship is to find the secret clubhouse inhabited by these mysterious unicorns, crash their party and get some.

You will be different. You'll be like that little kid in "The Sixth Sense." You'll see quality men like he saw dead people. "They're everywhere!" Ok maybe not such a great example. But you will be different. You will be getting asked for your number at the supermarket. At the hair salon. While walking on the street. **You** will be the one asking for numbers. Not because you feel you need to, not because you feel like **he** is **the one** and if you don't ask him, your life will instantly transform into a dark cloud of loneliness. You'll see a potential warm lead, and ask for his number just as easy as asking for the time. Or you will convince him to ask you for your number. (Don't worry, it's easy). You will have choice, you will have time, and you will have dates like you wouldn't believe.

### **This Will Take Time**

However, this is not magic. This isn't about saying some goofy affirmations to yourself in the elevator and seeing a high-quality man on bended knee asking for your hand in marriage. This will take time, this will take introspection, and this will take diligence. The good news is most of the work will be observational. This isn't the type of guide that has you going out and doing silly exercises just to build up your confidence. You will be building your comfort zone from the inside out. You will be slowly transforming your beliefs from the inside out. And make no mistake, some of those beliefs that protect your ego really think you will die if you remove them. They are very good at hiding. But you must find them, and root them out. That may be

emotionally difficult. But it is something you must do if you want to live a life filled with abundance and the undying love of a good man that will stand by your side until the end of time. The effort will require courage and honesty. But the rewards will be a billion times better. If you commit to going slowly going through this manual, and doing the exercises, and listening to the audio sessions (if you have access to them) your life will forever be better.

## The Two Biggest Issues

Imagine for a moment finding an ideal man was like shopping for a car. You have fifty grand in the bank you've got to spend, and you've got list of features you'd like on your car. How long would it take to find it? Not long. You could spend some time online, read a few consumer reports, and the only time you'd actually spend outside of your home would be very short.

So why is finding a partner any different? I know, silly question. We humans have this pesky things called emotions that always get in the way. And unless you're willing to dig down deep and find out what's causing the problems, you'll continue to get tongue-tied every time a potential Mr. Right starts to approach you.

Don't worry though, you're in good company. And you'll also soon understand that these twin fears are not only irrational, but they are the same two fears that are keeping you from getting everything else you want in life, or at least everything involves speaking confidently and persuasively to other people.

### **Fear Number One**

Rejection. Yep, everybody is terrified of that. All humans, even those seemingly fearless people you see approaching strangers right and left, belting out beautiful music on stage and giving rousing speeches to rooms filled with CEO's, they are afraid of rejection. Sure, they may not look terrified, but they are. They are just really good at covering it up. In fact, that's the most common strategy of "getting over" a fear of rejection. Suck it up, and pretend it's not

there. Feel the fear and do it anyway, fake it till you make it, or whatever the slogans that are supposed to inspire confidence say. Unfortunately, doing it that way sucks. It takes forever and you don't have forever. You want to get over it **now** so you can go out and find Mr. Right and get on with your life. Slow down. Like we said earlier, it's going to take a bit of time. Not a lot, but you'll soon be looking at the world through a different mindset. It's a lot more fun, and it will give you a lot more confidence. In part one of this guide, we'll be going over the ideas and concepts. In a later section, we'll be going over the actual techniques and practice strategies to implement them. So for now, just relax, and keep reading. See this part as a preview of what is coming.

## **Why Rejection**

First, let's take a look at the concept of rejection. It requires four important parts. One is that you want something that you don't have. Two is that you identify somebody else that has that something that you want. Three is a specific action where you make some kind of request, that the other person who has the thing, give it to you. And fourth and most importantly is the part where they say, "No."

Now, if you were hungry, and you saw somebody else that had a loaf of bread, and you walked up and asked for the bread and they said, "No," then this would be an accurate description. They rejected your request for bread. But unless they actually have a physical **thing** that you are expecting them to flat out give you, this is a horrible model. Why? Let's take a look.

There you are at some social gathering. You see some

gorgeous guy across the room. So, what comes next, do you walk over and ask him to be your boyfriend? Do you walk over and ask him to suggest you get married? How in the heck do you know what kind of personality he has? He could have just gotten out of prison, or he might have just decided to change careers and become a rat farmer, using his basement as his farm. The truth is, you don't know anything about him. So, yes, the first part of the equation is true (that you want something you don't have) but what about the second part? How in the heck do you know that he has what you want? He might not even speak English! So right off the bat, the whole rejection model isn't even appropriate. Remember the sales funnel model? You don't know if he's a prospect.

A long time ago I sold insurance. We would spend all weekend in the office making appointments. The during the week we would visit people in their homes and try to sell insurance. At first, I thought I would get rejected most of the time. It was pretty nerve wracking. But after about ten in-home appointments, I realized something. Most of the people we were talking to weren't even qualified to buy the insurance! I was a special kind of supplemental insurance that would only work if they had another work related insurance that was specific to union jobs. It only took about a week to realize that the first part was to find out if they were even qualified to buy the insurance. This was a completely foreign concept to me at the time. I thought we were supposed to sell to anybody and everybody. But the first part was to find out if the customer could even use our product. Most of them couldn't. And the ones that couldn't knew it, I realized. Most of them were lonely people that wanted somebody to talk to.



## **The First Reframe**

Wait, what the heck is a "reframe?" It's a different way of looking at a situation. Now, you see a cute guy across the room, and you imagine going over and getting rejected. But in later chapters, when we get into the self-performed brain surgery, we'll be changing how you view those situations. In the very near future, you will be seeing those initial conversations not as "I hope he likes me," but "I wonder if he is qualified to like me."

## **A Very Unattractive Trait**

For both men and women, being desperate is **not** attractive, unless you're secretly hoping somebody will take advantage of you, drain all the money out of your bank account, and maybe steal your liver while they're at it. So simply shifting your mindset to from "I hope he likes me" to "I wonder if he qualifies to like me" will make you less desperate (however desperate you may be) and consequently more attractive.

## **First Homework**

Your first assignment is to look at guys differently. At least once per day. Somewhere public like Starbucks or anywhere outside. See a guy who **looks** like he'd be a decent relationship partner. Then **force** yourself to think, "Hmm, I wonder if he's qualified to be my boyfriend." Do this at least once a day, and we'll learn more rejection killing exercises in later chapters. Now we'll move on to the other irrational fear that gets in the way.

## Irrational Fear Number Two

Sharks! Just kidding. The second fear we are **all** have is being the center of attention. Imagine sitting at a meeting, having prepared a few notes, but really just expecting to sit back and take notes. Suddenly the boss looks at you and says, "Tell us about the next sales projections, especially in light of recent developments," and all heads turn toward you. The recent sales what? What developments?

Nobody likes being suddenly called on. Well, most people don't. There are a **very rare** minority (excluding sociopaths) that love the limelight. These the class clowns that somehow turned that into some kind of career, like being stand-up comics or actors. We're going to assume that's not you. Which is fine, most of us aren't. And even then, we really have no idea what's going on inside those class clown brains when they're being fearless and outgoing. They could be terrified of somebody finding some deep dark secret about them, so they are proactively putting on a false front. Who knows. The thing to understand is that your fear of suddenly being in the public eye is very common, and very irrational.

This stems from childhood, which will learn more about in the next chapter. But for now, let's look at it and see, at least from a logical standpoint, why there's really nothing to fear. Let's go back to that meeting example, where you were suddenly called upon to provide some sales figures. What do you likely think, when you feel everybody's eyes on you?

*"They're going to judge me!"*

*"They're going to know I'm an idiot!"*

*"I'm going to get fired!"*

And on and on. But just step back for a minute, and imagine the person sitting next to you got called, instead of you. What would you think in that situation? Would you be hoping that person failed? Would you be wondering how he or she would prove they were an idiot? Would you hope that they would vomit on their shirt and then get fired? Not likely. (Jeepers I hope not!). You would be upset if they floundered around, and you would be glad if they did well. Read that again. You would be upset if they didn't do well, and if the boss got angry at them. You would likely be relieved if they managed to give a decent report. Why is that?

## **Mirror Neurons**

Scientists have discovered something called "mirror neurons" in our brains. It makes us feel compassion, sympathy and even empathy. We developed these a long time ago, right around when they were still inventing agriculture, when people started living in large groups. Whenever we see somebody in an uncomfortable situation, we automatically feel ourselves, at least in a small part, that we are in the same situation. Next time you're sitting around in mixed company and somebody on TV gets kicked in the nuts, you'll notice that all the guys in the room will immediately wince. This is automatic and it is unconscious. Sure, they may laugh about it afterward, but that's to cover up their **own** sympathetic embarrassment. Or if you're watching a movie, and a character, especially a female character, gets slapped in the face, you will

probably recoiled as if **you** got slapped in the face. This is natural, this is unconscious, you cannot **not** react this way when you see somebody suddenly in pain, emotional or physical. So if you were to get called to give a speech, everybody around you would secretly be feeling their own feelings of sympathetic embarrassment, and they would all be secretly, (and most likely unconsciously) rooting for you to do your best.

Now, an office is one thing, but what about a social situation, where people don't even know you? Well, the truth is that very few people are as socially outgoing as they want to be. And it is very true that some people will put you down for being socially outgoing. For example, you see a guy you like and you strut right over and introduce yourself. The conversation goes fantastic, you exchange numbers and go your separate ways. But you notice that some of the other ladies are shooting daggers at you with their angry eyes. Why? Because they wish they could do what you just did, but they can't. Maybe they were trying their best to flirt with him so he'd approach them. Even if he approached you instead of them, they might still be angry. But that is only because they wanted something, but were too shy to do anything about it. They secretly wished they could be as confident as you, as outgoing as you, as successful as you at flirting, but they aren't. And one of the most common human defense mechanisms is Cognitive Dissonance. That's when we ignore our own weaknesses, and project them on others. It allows us to blame others, instead of owning up to our own shortcomings.

When you **do** exchange numbers with that hot guy at the club, those girls shooting you daggers are really upset with

themselves, not you. But what are you going to do, not be successful so they don't feel so bad? Why would you do that if you don't know them? For the intentions of this chapter, being the center of attention, both around colleagues and around strangers, is nothing to fear. Of course, that fear is still there. Knowing that it's false from a logical standpoint won't help much. But understanding where it comes from will help. And we'll look at that in the next chapter.

## Children vs. Adults

No, this isn't some tug of war that's going down. We humans spend our lives (hopefully) in two different areas of life. As children and as adults. Unfortunately, most of us take a lot of childhood baggage into the adult world, where it messes with us in insidious and unexpected ways.

### **Childhood Experience**

When you were a child, you were fearless. When you wanted something, you screamed until you got it. When you were happy, you let everybody know. When you were scared, you let everybody know as well. But then something extraordinary happened. From your two year old perspective, it was the greatest discovery ever. You learned to walk! And before long, you learned to run. Pretty soon the size of your world became **huge!** And you couldn't control your excitement. When you saw something you wanted, you grabbed it. When you saw something far away, you ran until you got there. You didn't know the difference between inside and outside. You didn't know anything about safety, laws, places you were supposed to be quiet (like church or a nice restaurant) and places where it was OK to scream your cute little head off. All you did was run and scream and run and scream. Until the adults around you put an end to it.

From a parents standpoint, this is understandable. When little kids learn to walk, they are the most adorable thing on the planet. Until they stop wobbling start running. What was once super cute is now terrifying, especially if the child runs out of his or her mother's sight. This is where you learned that expressing yourself was dangerous. This was

when you learned that going after what you wanted was dangerous. You saw something that looked really cool. And you went running after it. And it was cool. There you were looking at it, trying to figure out what the heck it was, when your mom (or another adult in charge of making sure you didn't get run over by a cement truck) came and picked you up. And they weren't happy. How many times did this happen? If you've got kids of your own, you can scarcely count the times your child disappeared and you had to frantically find them. But from a young child's perspective, this built in a new "cause and effect" into your little brain.

### **Cause Effect Generators**

We have these in our brains, scientists tell us, because it cuts down on thinking time. Back in the old days, when we had to chase after our food, and lots of big scary animals thought of **us** as food, reaction time was crucial. If we took too long to figure out what to do, we'd either miss out on something to eat, or we could become something to eat ourselves. So we developed a very quick, and very powerful "cause-effect" generator in our brains. Psychologists and sociologists have studied this extensively. They've found evidence in this in children as young as six months.

Marketing researchers have found that putting in the word "because" significantly increases how quickly people will believe something, or take action. For example, a woman was waiting in line to make copies. She asked if she could cut in front, and eighty percent of the time they said "no." Then she used the magic word, "because." She said, "Can I cut in line because my car is parked outside in the red zone." Seventy percent let her cut in line. But maybe it was because they didn't want her to get a ticket? So they changed it up a bit. She said, "Can I cut in line, because I

have to make these copies," and guess what? She still was let in the front of the line seventy percent of the time.

## **Because**

So all of those countless times when you went running after something that looked cool, only to be met with the frustrated face of your mom or dad, you HAD to figure out a reason. Of course, you had no idea what was dangerous and what wasn't. So you came to a rational conclusion. Going after things you want is dangerous. Sometimes people will get angry, sometimes they won't. You still carry that belief in your head today. We all do. And here's the terrible part. Most of that belief was built in before you really learned how to talk, before you learned a lot of words. So that beliefs exists on a very subconscious level, in the world of feelings. That's why talking about those fears logically (using words) won't do much. But don't worry, we'll be using lots of feelings and exercises (and powerful subliminal programming sessions if you have access) to obliterate them. For now, let's just keep going so we can understand where those irrational fears come from.

## **Asking and Receiving**

Ask, and ye shall receive! Except when you don't. If you have a child, or if your friend or relative has a child, ask yourself this: How many times has that child asked for something that was just out of the question? A lot. Too many to count. But from the eyes of a little kid, how the heck are you supposed to know what's realistic and what's not? You see stuff on TV, why can't you see it in person?

"Mom, can I have a pony!"



"Don't be silly!"

How many times has this conversation, or something similar played out? It's not your mom's fault, it's not your fault. Little kids see things and want them. Moms and dads do their best to provide for our needs. And unfortunately, when we are kids, there is a **huge** gap between what we want, and what we can get.

But consider the "model" of how little kids get their needs met. We ask, and the grownups give it to us. That's it. But here we are as adults, and most of us are still operating from that same model, even if we don't know it. Most people never question their beliefs, or never try and understand why some things are easy, and others are difficult. But you are starting to understand.

Remember the imaginary scenario about seeing the guy across the room and imagining going over to talk to him, only to stop at the thought of getting rejected? That's because every time we look out into the world, our brains are scanning everything that happened in our past, to get us ready for the upcoming situation. A little kid touches a hot stove, and every time after that, all stoves are scary. A simple and useful protective mechanism. But that same mechanism makes us afraid of things that are no longer scary. You see that guy across the room, and subconsciously remember all the times you went after something you wanted and got yelled at as a result. You also subconsciously remember all the times you asked for something really cool (like a pony) and were told you were being silly. It is any wonder you get nervous when you think about talking to a cute guy? Luckily, you are an

adult now. And you are going to learn that living in world filled with adults is **way** easier than living as a kid.

## No More Free Lunch

In the world of grownups, you can only get so far by asking and expecting to receive. However, this is hard to see, especially if you've got a lot of offer from a purely aesthetic standpoint. Let's take, for example, a super gorgeous girl with zero personality. Most guys like looking at gorgeous girls. Most guys like being with gorgeous girls in hopes of, ahem, being with them later. So even though the gorgeous girl with the zero personality doesn't really consider that she's doing anything (other than sitting there and looking pretty) she **is** offering something with her presence. Or you can equally look at super rich guys with the personality of a cardboard box. The bottom line is that when you're a kid, you can get away with asking and receiving. But when you're a grownup, and you're interacting with other grownups that you aren't related to, asking and receiving will not work. Even if it doesn't seem like it, there is always some kind of exchange. A give and take. Adults give to children. Children receive from adults. Adults are always trading, even if we don't consciously realize it.

Some grownups are lucky enough to simply make people feel good by their presence. Guys and girls that are ultra-charismatic and good looking. They just show up and make people feel good. For many guys, it's worth the price of a drink just to talk to a gorgeous girl in the bar for ten minutes. The girl might not think she's giving him anything, but she is. At least five minutes of her partially undivided attention.

Once upon time humans lived in small tribes. We were egalitarian. The guys in charge would lead everybody on a hunt, and they'd kill some big unlucky animal. Then they'd

bring it back and share it with everybody. Nobody got left out. Ever. Unfortunately, we haven't been out of the stone age very long, at least in terms of our evolution. So it still kind of "feels" like we don't have to give to get. But we do. This is one of the reasons why it's a bit difficult to automatically ditch the "ask and receive" mindset that worked so well when we were kids.

### **Advertisers and Politicians Against Us**

It also doesn't help when we're told we should get stuff, "just because." In a strange paradox, one of the ways politicians get us to vote for them is to promise to give us free stuff, in one way or another. But even that promise for free stuff is an exchange. They promise us free stuff in exchange for a vote. And marketers and advertisers have been telling us since the dawn of time that all we need to do to get what we want is to use their product. But again, this is another exchange. We buy their product, and in return we're supposed to get some benefit.

### **You Can Run but You Can't Hide**

No matter how you look at relationships between adults, there is always some kind of exchange going on. Somebody is always giving something in return for getting something. A lot of people are lucky, especially when it comes to relationships. They grow up in healthy families, they aren't bad looking, and they learn some pretty decent communication skills. They go through life, basically doing what they're told, taking a few risks here and there, and they end up with a decent spouse and family of their own. But make no mistake. All of your friends who just happened to stumble across "Mr. Right" did so because she

happened to have what he wanted at the time, and he happened to have what she wanted at the time. And so long as they remain compatible, and satisfy each other's needs, they'll stick together, and thank their lucky stars for each other's company.

## **The Real Secret**

But now you know how the game works. You can get whatever you want in life, so long as you can give what the other person wants in return. You will transform your view of life, relationships and everything else, from "asking and receiving," or "asking and getting rejected," to trading. Exchange. Giving and getting. And guess what? Somewhere out there, there is somebody that has what you want, and wants what you have. In fact there's probably many people like that. And when you find them, do you think they'll be happy or glad to find you? They'll be ecstatic. But you'll have an advantage. You won't be hoping, you'll be planning. You won't look out across the world as a desperate person who fears rejection, you are going to be looking out into the world with the mind of a sorter. A qualifier. Somebody who knows what they want, and knows how much they have to offer.

## **Always Be Prospecting**

Salespeople have to always be prospecting. They need to always be sorting through cold leads to find those wonderful warm leads. Then they need to look more closely at those warm leads, and see which ones are hot leads. Then those hot leads turn into sales. But what happens after that? Then they turn back into the warm leads and find the hot leads. Soon they'll run out of warm leads, and

they'll have to go out prospecting and sort through plenty more cold leads. For salespeople, this is a never ending process. Even insurance salespeople, who make residuals as long as their customers pay their renewals, need to spend years until they build up a big enough "book" where they can relax. But even then, they always need to keep prospecting.

### **What About You?**

How many "hot leads" do you need to find? Only one. And if you take your time, and make sure you know what you're looking for, and you're very clear on what you have to offer, he will be very happy when you find each other. And you'll never have to look for another.

## What Do You Want

It is hard to find anything if you don't know what you want. Many people like the idea of setting goals, but they really don't do anything but wish. Maybe they get up one morning and catch themselves at a bad angle in the mirror. Then they say to themselves, "Wow, I am going to lose weight!" and for a couple weeks, they do. But then they stop, and more often than not, they end up gaining it back. There have been a kajillion books written about goals and goal setting, just like there have been a kajillion books written about weight loss. But most of us are overweight, and only have vague wishes about our future. Before we hone in on having a specific set of criteria for your dream man, we need to understand the main reasons why we don't set goals.

### **Fear of Failure**

It feels good to daydream. Once I saw a very eye opening documentary about a state lottery. The marketing manager was explaining that when they design the advertisements, they aren't selling the actual product, which in this case is one chance in a hundred million to win a bunch of money, in exchange for the dollar. She explained that what they were really selling was two days of fantasy, for that same dollar. People buy the lottery ticket, and that physical ticket gives them a legitimate excuse to dream of a better life. Goals are the same way, except we don't really treat them like goals, we treat them like lottery tickets. We imagine what it would be like if we had a six pack, or that house by the ocean. But we rarely do anything specific to get there. Why? Because one of our deep fears is that we'll try and fail. And if that happens, we won't even be able to

dream. So for most of us, we'd rather dream and pretend, than take actually action and make it happen.

## **Fear of Success**

This is often misunderstood, but what it really means is we only have a small idea of what our ideal future would be if we lost weight or got a million dollars. If we actually do make progress, we start to realize that the future is going to feel a lot like the present. We'll still have our issues, we may even have **more** issues now that we're rich or living in a mansion by the ocean. And even if we succeed, the actual reality is not nearly as good as our fantasy. Another reason is in order to achieve our goals, we have to leave some things behind. For example, if you wanted to quit smoking, you would need to find another effective way to reduce stress, or else you'd find all kinds of new issues that the increase in stress would create.

## **Guys Aren't Goals**

But here's the thing. Every single guy you date, or have a relationship with is **not** the goal. Each time you date somebody, you'll improve your communication skills and other interpersonal skills. Because every single guy you'll meet is going to be different in some way, it's not like spending your whole life to make a million dollars only to find out it's not all that. Each guy you date is one step closer to the one **you choose** to be the one. And more importantly, every guy you date will give you more information that will allow you to fine tune your criteria.

## **Criteria Is Essential**



Like we said at the beginning, if you don't know what you want, you will never find it. You'll end up with something and hope it works. That's what it was like back in the old days. You didn't really have much choice of who you ended up with in life. You just had to deal with whoever you got. But today, you have tons of choice. But you keep that same strategy, of just ending up with whoever you end up with, and hoping you'll be able to deal with it, chances are you won't be happy.

## **Start Now**

As soon as you've got some free time, some paper and a pen, start to write down all the good things and the not so good things about all the guys in your life. Bosses, brothers, cousins, ex-boyfriends, ex-husbands, whatever. The only constraint is you must use real people. Using characters on TV isn't very useful since those are fictional characters that come from the mind of writers. They aren't real. After you've gotten a good list of good things and bad things, start to prioritize them. What bad things do you absolutely refuse to deal with? The things that once you found out a guy you were dating had those bad things, you would drop him in a second. What good things are absolutely required? Things that if you found out your current date didn't have, it would be over in a second (or at least out of the running for a long term relationship).

## **The Power of Criteria**

When it comes to dating, most people, men and women, only have two criteria. They've got to be attractive, and they've got to be attracted to me. This puts you in a very weak position. This easily leads to fear of rejection, because

every attractive guy you see is qualified, based on the above vague criteria (they are attractive) and the only question now is are they attracted to you. If so great, but if not, you feel awful. Having criteria will give you the mindset of, "Well he's certainly cute, but I wonder what kind personality he has, or what his plans are for the future?" This will go a long way in turning off any fear of rejection, since you'll need to interact with him to find the answers.

### **Always Update Criteria**

Every single time you interact with another man, even if it's for five minutes, update your list of criteria. Even if you are absolutely sure he's not right for you, talk to him long enough to get as much proof as you can. This will not only decrease any social anxiety that you have, but it will increase your ability to conversationally elicit the positive and not so positive traits of guys you meet.

### **Colored Flags**

Your list of criteria should two or three red flags, and two or three green flags. The red flags are the things he absolutely cannot have. For some it's smoking. For others it's children. This is totally up to you, and it's a good idea not to share your own personal red flags with anybody other than close friends. You should also have two or three green flags, things he must have. For some it's a college degree, for others, it's a certain income. Again, this is totally up to you, and totally private.

## What Do You Have To Offer

Now you know what you're looking for, you know what you want, and you've got some ideas on how to get better at finding these out from guys, it's time to focus on what you've got to offer. Even though you aren't going to approach anybody and list your qualifications for dating them, the more objective, positive things you can list as benefits you bring to a relationship, the easier it will be.

### **Difficult Process**

However, this isn't going to be as easy as it seems. Many people are taught that talking about yourself isn't very polite. That going around telling everybody what a badass you are isn't the way to make friends. Especially if you're a female that was in any way raised to be traditionally feminine, it's very counterintuitive to list your strong points with respect to a relationship. But the more honestly (and privately) you do this, the more confident you'll be. The reason is that the more you honestly feel you have many positive qualities, the less you'll feel any social pressure or anxiety when talking to somebody.

### **Business Example**

This is very easy to see when talking about overt exchange, such as business, rather than the covert and unconscious exchange that goes on in relationships. Suppose you were a top-notch computer programmer, and you specialized in a very specific type of programming. You went to an IT business conference, and brought a bunch of business cards. Let's further imagine you took a standardized test in this particular programming language, and you are one of

the top 1% of all programmers in the world in this highly specific programming language. So you show up at the first networking event, and you start talking to people. You know that if you find somebody that needs your skills you can easily convince them that hiring you would be extremely beneficial to them. Now, when you meet somebody who doesn't need your particular skills, do you feel rejected? Not likely. You know what you have. You are certain that people who need what you have will be glad they met you.

### **Emotional Confusion**

But when talking about ourselves, especially with things that happen in relationships, it suddenly becomes extremely difficult to talk about ourselves objectively. But this is no time to be shy. This is no time to be polite. Furthermore, you aren't going to be sharing these with anybody. But unless you have a deep and solid knowing of your qualities, it will be difficult to sort the men for what you want in them. Luckily, there are plenty of ways to flesh out your real and honest qualities that most men would find **very** beneficial.

### **Journaling Is Essential**

The first thing you should do is just start writing out your benefits. Or the positive things you bring to any relationship. To start with, you can be as vague as you need to be. Things like, 'good listener,' are perfect. This is going to be an ongoing project, so don't worry about doing it right or wrong. The first step is to write three or four good qualities down. Good listener, good sense of humor, intelligent, and independent are good ones to start with.

Give yourself two or three pages for each quality. Once you've got the vague qualities written down, start writing examples under each one. Specific incidents where you demonstrated that particular quality. For example, let's look at the "good listener" quality. Imagine you had a friend in college who's parent died unexpectedly. And you listened to them talk about all the issues involved with that. Perhaps they talked and you listened for an hour. Write a brief description of that, and then write down the specific skill of, *"Listen compassionately when friends are going through unexpected loss."*

### **The Benefits You Bring Are Vast**

If you spend a few minutes doing this every day, you'll find hundreds, perhaps thousands (if you continue with this exercise, as you should, forever) of very specific examples of how you helped others in your own special way. Every single time you find a specific example of how you were a "good listener" and further refined your listening skills in various and specific situations, you will start to feel a deep and honest appreciation for your own skills. If you came up with one specific example for each of your vague benefits (good listener, good sense of humor, etc.) soon you will have an entire notebook filled with very detailed and thorough examples of what you have to offer. What's even more important, is each one of these will bring to mind a specific example. If you only do this exercise for two weeks, you'll have fourteen specific examples. If you do this for a month, you'll have thirty specific examples. It doesn't matter if you think the examples are trivial. What's important is that as you continue to build up your list of benefits, of what you have to offer, things that others found beneficial about you, you will begin to **feel your value** on a

deep level. This will slowly shift your thinking from "*I hope I find somebody,*" to "*Which guy should I choose?*" This will give you an incredible feeling of self-confidence, self-worth and abundance.

## **Two Sides of Trade**

Starting today, work on both of these lists. The criteria you are looking for in a man. Every time you meet somebody, you can refine your criteria and refine your ability to elicit the criteria from the man you are talking to. And at the same time, continue to build up your exhaustive list of what you have to offer. Doing both of these on a daily basis will move you away from wishing and hoping, and give you a deep feeling that you are shopping for the ideal man in a sea of eager men.

## Nuts and Bolts

This will be a brief overview of the logistics. Most people, when starting any kind large project intended to help them in any aspect of life tend to feel overwhelmed. They read books, watch Ted Talks on YouTube, but then ask themselves, "Yeah, that sounds great. But how do I start? What do I do?" The good news is that question will take care of itself, as you will soon see. Once upon a time, there weren't very many people. Now there are over seven billion. You may say that one of our best skills, as people, is making more people. This of course, requires that people get together and talk for a certain amount of time before getting down to business. And because Mother Nature realized a long time ago that the "hit-it-and-quit-it" gene wasn't very helpful for building successful families, here we are today, with most people having a desire to meet one person to spend their life with.

### **Yeah, Great. But How?**

We'll start from the outside and work our way in. You have something that other people find valuable. Your personality, your sense of humor, your looks, your bedroom skills, and yes, your money making skills. And you have a list of things you'd like you dream guy to have, and a list of things that he can't have. The problem, then, is to find somebody that wants what you have, and has what you want. So far so good?

If you haven't yet started on your journaling exercises, to list all the red and green flags in your dream man, and continue to list all of your specific qualities, you should. If you start doing this every day, it will get a lot easier a lot

quicker. If you haven't done this, then going out specifically to meet guys may seem horrifying. But once you start doing this, something interesting will happen. As you start increase your real feeling of what you have to offer, you'll begin to naturally feel more confident getting out there and meeting guys.

### **Wait! Approach Guys?**

No, you don't need to actually walk up and use some crazy pick up patterns. But you can be sociable. You can start talking to people out in public. Talk to some eighty year old guy in line at the supermarket, and see if you can elicit some criteria from him. Maybe he's buying some tomatoes. So you ask if he's going to cook some spaghetti sauce. Maybe liking to cook is something that you're thinking of adding to your list of green flags. But then he says he's going to throw the tomatoes at his neighbor, because he's always cutting his front yard without his shirt on and it's disgusting. So, you decide your dream man must get along with his neighbors, or at least see the value in getting along with ones neighbors.

### **Being Sociable Will Make You More Attractive**

Just for the sake of argument, let's say you're at your local supermarket. Some guy sees you and thinks you're cute. Many guys think supermarkets are the best places to pick up girls, because they think girls are in there natural, normal state there. So he sees you, but he's not sure. You aren't angry, but you aren't smiling. Then he sees you laughing with the old guy who's getting ready to pelt his disgusting neighbor with some overripe tomatoes. He hears your voice. He sees how gorgeous you are when you smile.



Suddenly he's not so scared to talk to you anymore. So he approaches you. Maybe he's Mr. Right, maybe not. But the more you make a habit of simply talking to people, the more people you'll meet.

## **The Elephant**

Once upon a time there was an elephant. He was only a couple weeks old. The owners of the circus didn't want him to run away, so they tied a rope around one of his legs. After a couple of years the elephant grew up, and they trained him. They took away the rope. But guess what? The elephant was still acting as if the rope was there. What's the meaning of this goofy metaphor? Don't tie up elephants! Just kidding. Constraints don't need to be real to have an effect. If you are too shy and afraid to talk to old guys with tomatoes in line at the supermarket, you've got an imaginary constraint in your mind. This imaginary constraint is keeping you from meeting the many quality men that are out there. After all, it's just an old guy, what's he going to do, throw tomatoes at you?

## **Your Creativity Knows No Bounds**

Right now, you may not have any idea where to go to find men. But if you are somebody that isn't usually socially outgoing, you're looking and thinking about the world through the **false** idea of limited social interactivity. All you really need to do is start small. Talk to one interesting person a day, or a week if once a day is too much. Talking to some goofy barista at Starbucks doesn't seem like it will help you find your dream man, but it will. It will expand your mind about what you think is possible.

## **Three Important Activities**

By now, you have three powerful skills that will take you a long, long ways in finding your dream man. One is your list of criteria, red and green flags, that you'll update after every interaction with another guy. The second is your continually growing list of what you have to offer. This will increase your self-confidence, self-worth and self-esteem in a real way. Third is talking to strangers, preferably male strangers. Old guys, married guys, little kids, it doesn't matter. You need to train your subconscious, through experience, that the world is filled with friendly and safe people that are easy to talk to.

Once this happens, you'll find that there is really one skill you need to matter before you suddenly find yourself with your dream guy. We'll talk about that in the next chapter.

## Sorting Is Everything

Be careful what you ask for, because you might get it. There are many fictional stories of guys who find the secret to making women desperate for them, only to find it's not all that it's cracked up to be. Sure, most guys love the idea of gorgeous porn stars begging for sex, but most will never realize what a horror show it can be. Here's a terrible joke that illustrates this:

Once upon a time a guy found himself shipwrecked on an island with six supermodels. After they got to know each other, they started having sex. Soon, to keep everything cool, they'd worked out a schedule. Each of the girls would get one day a week with the lucky guy. At first it was a dream come true. But after a while, he found himself absolutely worn out. He would spend all day Sunday (his only day off) at the beach hoping for a rescue. Then one day, he saw a raft with a man coming in. His prayers were answered! Maybe he'd take Monday to Wednesday, and the new guy would take Thursday to Saturday. Whatever happened, it had to be much better. But then the guy finally washed ashore, and started walking toward our hero. The newcomer walked up to the man, slowly eyed him up and down eagerly, and said, "Well hello handsome!" To which our hero muttered to himself, "Great, there go my Sundays!"

This, however, is a good position to be in. (Not stuck on island, but realizing your fantasy isn't all that). Once you get out and start talking to people and you've spent a few weeks with your two journal exercises, you'll find that many men seem OK, but when you consider spending the rest of your life with them, maybe they're not so dreamy

after all.

## **One-Itis Theory**

If you have fallen for a guy, but you don't really know him, this is often called "one-itis." It means you can't get your mind off him, even if other guys are busily asking you out. The paradox of one-itis is that most of your ideas about that guy are false. They have to be, since you don't really know much about him. The law of scarcity can make this a lot worse. We tend to want things we can't have. (You'll learn how to leverage this to your advantage later on). So if you're dating a guy, and he doesn't seem like he's all that, but then he suddenly goes ghost, then you'll start to think of him a little bit differently. Even if he calls and texts to tell you it's over, to forget about him, it's hard to get him out of your mind. The relationship (however it was) ended unexpectedly, out of your control. Now those so-so things about him are starting to look better and better. Pretty soon you're starting to think he was perfect. Once you've crossed that threshold, it's just a matter of time before you turn into a crazy stalker and the police come to take you away to a padded room. Of course, things won't get that far, but you get the idea.

## **One-Itis in Practice**

Why this talk about the one that got away? Because it illustrates how easily our minds can fixate on something we **know** is false. You didn't really care about that guy very much until he went ghost. What does this have to do with finding Mr. Right? Right now, you likely have an equally untrue idea about men in general, similar to any episodes of "one-itis" you may have had in the past. Especially if you

live in an area where there are plenty of physically attractive men. You may feel like you're surrounded by gorgeous guys that never give you the time of day. Water, water everywhere, and not a drop to drink.

But what you will soon discover, especially if you continue with the journal exercise to build up your own value, is that most men won't pass your criteria. Sure, a lot will come close, but that would be like buying a car without an engine. What's the point? Maybe it's nice to sit in, but that's about it.

## **Second Stage Man Hunting**

The first stage is mostly mental. Doing the required exercises to create a reasonable list of red and green flags, other than the vague ideas most people have. To build up your own sense of self-worth. To start those little but ultra-important baby steps in getting out there and talking to people. But pretty soon (sooner than you likely believe) you will move up into stage two. And that is where you start to meet, talk to and date plenty of guys, and realize something.

## **Most Guys Aren't All That**

Hopefully you'll come to this conclusion. If haven't already, you will. Because the more guys you meet, the longer you do those journaling exercises, the higher your standards will become. A lot of women (and men) have artificially high standards. But this is really to protect their ego. It's the wonderful powers of Cognitive Dissonance in action. If your standards are artificially high, then you'll never meet Mr. Right. And if you **know** that you'll never meet Mr. Right,

then why bother dating in the first place, except to get your sexual needs met? But this is false. It's false because these guys and gals are not basing their criteria on experience. But you will be. The more men you meet (even if you talk to them for just a bit) the more criteria you'll develop.

You will be one of the few women who have consciously taken the time to build an accurate picture of what you want, and an equally accurate idea of what you have to offer. Many guys and girls are hesitant about entering into a relationship with a specific person. But it's not because they **know** that the person they are seeing doesn't quite fit their criteria. They really don't have any criteria, but they also kind-of, sort-of, think they can "do better," without really knowing what that means. You, on the other hand, will know exactly whether or not they meet your criteria, because you'll have a list of red and green flags.

### **Sorting Increases Your Attraction**

Simply having the mindset of a sorter will make you much more attractive. Remember the law of scarcity, that we want what we can't get? When you move through dating and romance with the mind of a sorter, you will be sending out a very powerful, and very subconscious signal that in order to be with you, a guy's got to prove himself. And it won't be the false or vague demands that most men and women have today. It will be based on real experience, your experience, with all the guys you've met before.

### **Your New Mantra**

Once you get to stage two, you'll have the mind of a qualifier. Somebody who knows what they want, and

knows what they don't want. No vagueness, no wishes. Some salespeople have the mantra of "always be closing," meaning no matter who you are talking to, always try to close the deal. Other salespeople, like our imaginary insurance salesperson a few chapters ago, had the mantra, "always be prospecting." It's time for you to take up your new mantra, and it is this: **Always be qualifying.** From now on, every guy you see, try to imagine what flags he might have, green or red. When you look at men through this filter, you'll open yourself up to a whole new world.

## Mid Term Review

Let's review what we've covered so far. You are a grown woman looking for a man. The ideal situation is where you satisfy his needs and desires, and he satisfies your needs and desires. In order to better feel that on an instinctive and emotional level you are (hopefully) in the process of building and refining two lists. One of things that you want in a man, and another, much more exhaustive and detailed list of what you have to offer to him.

From that starting point, we'll begin going over a few "outer game" techniques. Even if you are terrified of making eye contact with a halfway decent guy, it's important to understand these outer game techniques before we start to work on your inner game. In case you aren't sure, inner game is everything related to self-confidence, your beliefs about yourself and your self-worth, and your sense of self. Anything related to outer game is the specific behaviors and communication strategies that you'll be exhibiting to those lucky men you'll be meeting in the future.

The good news is that inner game and outer game are inseparable. You can't really build up one without also building up the other. You can try this now, if you want. First read about it and then try it out on your own. First, sit forward in your chair, cross your arms, and stare at the floor. Put a sad or angry expression on your face. While you do think of something happy that happened recently. Chances are the two will be in clear conflict. One will influence the other. Other your posture and expression will influence your thinking, or the other way around. The next part is to stand up, put both feet on the floor, spread your arms and look up, with a huge smile on your face. While



you are like this, try to think of the last really sad movie you watched. Again, you'll feel the conflict between your "inner state" and your "outer behavior." The point is that simply be understanding key components of outer game will help you increase your inner game, if only by demonstrating successful outer game.

From a structural level, here's how it will go down. You are out in public. You see a promising character. Either he is going to come over and talk to you, or you are going over and talk to him. What happens next is you either exchange contact information really quickly, or you have a short conversation. If you aren't too nervous to think, you can ask a few qualifying questions during that short conversation. This are to carefully elicit your read flag or green flag questions. If you are just starting out, it's best to eliminate the red flags before you go searching for green flags. Also, if you are just starting out, you won't likely have very productive conversations the first few times you interact with potential men. That's fine. Your best resource is going to be your brain, and how you remember that interaction.

## **Journaling Is Essential**

This is something else to write down in your journal every day. Let's say you see a cute guy in the grocery store. You make some flirty eye contact. You stand in the produce section taking way too much time looking over the strawberries, hoping he'll come over and talk to you. He saunters over and stands a few feet from you. He checks the strawberries out also. But nobody says anything. Finally, you both go home with a bunch of strawberries and a "could have been" memory. That's perfect. What

happens next is **more** important than the strawberry incident.

### **What Happened**

This is the first thing you write in your journal. You describe the event as succinctly as possible. *I saw a guy in the supermarket, we flirted with eye contact, and I stood by the strawberries and waited for him to come over and talk to me.*

### **What I Did**

This is where you write down what your particular actions were. *I stood there and waited for him to say something.*

### **What I Could Have Done**

This is when you come up with anything else that you could have done differently. This is the most important part. This also has two parts. Part one is where you write down what you could have done. Part two is where you take a few minutes visualizing what that would have been like.

### **Every Failure Is Practice for The Next Success**

In NLP (Neurolinguistic Programming) there is a saying that "There is no failure, only feedback." What this means we humans do stuff, and then stuff happens as a result. If we like the result, we call it a success. If we don't like the result, we call it a failure. What this nifty little statement means is that any outcome **can** be useful if you use it correctly. The above example, nobody saying anything next

to the strawberries, could be conceived as a failure by both people. But once you take that event, and **use it** to create another way you can respond the next time a similar event happens, it's no longer a failure. It's something you can use.

## **Give Yourself Time**

This won't magically make you a super outgoing social butterfly in a couple of hours. But if you do this consistently, once per day, you will soon find it easier and easier to interact with any guy that may potentially be the one. Even if a particular day's event is just seeing somebody and not making eye contact, you can use that to imagine doing something better.

## **People Will Notice**

Once you start imagining taking slightly bolder and more outgoing action, you'll start to feel more comfortable in social situations. And when you feel more comfortable, relaxed and outgoing in social situations, you'll be approached a lot more by men. The truth about guys is one of the main reasons they don't approach is fear, pure and simple. They see a girl, they want to approach, but they are afraid of getting rejected. The more you do this journaling exercise, the more you'll shift from projecting "*don't approach me*" energy to "*I'm friendly, I won't bite, come on over and start a conversation*" energy. And it will make it a lot easier for you to be the one starting conversations. Like in the strawberry incident, you can simply say something like, "I'm supposed to make this strawberry shortcake for my niece, but I've got no clue, which strawberries are best for that?" or something equally lame that you can both

pretend is the real reason for the conversation.

### **Never Assume People Are Stuck Up**

One of the most common things for shy men and women is that people don't assume they are shy. People see some guy or gal, who's good looking, but unhappy. Or he or she looks unhappy. Maybe their running on the treadmill at the gym with a serious look on their face that says, "Stay! Away!" People see that and assume they are stuck up, or busy, or standoffish. But in reality, the majority of the time, they are friendly but shy. They would love to talk to somebody cute, but they are equally terrified of being rejected publicly by somebody cute. So you can be the one to start a conversation. How in the world do you do that? We'll learn that in the next chapter.

## Break the Ice

Before we dive deep in the conversational techniques that will make you the life of the party, let's get something out of the way. Suppose that one of your red flags is that **you** can't be the one to approach **him**. Or maybe if that's not a red flag, you have a hard core belief that guys are supposed to do the approaching, and girls supposed to be the ones getting approached. That is perfectly fine. If that's the case with you, then simply consider this chapter a social confidence building chapter. You can approach guys all day long, and simply see that as practice in building up your social confidence. There's no rule saying you've got to date a guy that you walked up to in the supermarket and started a conversation with. Now that's out of the way, you aren't allowed to use that as an excuse for not starting conversations with strangers. Just keep with the journaling, take your time, and don't do it until it feels natural and easy.

### **Ice Breakers**

So, there he is, stuck in a big block of ice. All you need to do is walk over with a humongous pickaxe and start swinging away. Just kidding. A hair dryer would be much better. But before you be the first one to open your mouth and make sounds come out, you've got to make space for the conversation.

### **Open Up Conversation Space**

The strawberry example was pretty blatant. You flirted, and you stood still for long enough for him to get the hint. But most guys either will be too shy or they won't get the hint.

Think of any non-verbal flirting as clearing the decks to make room for some words. A couple of glances, where one of you looks away and then looks back is nice. Most guys have been taught through a kajillion pickup guides and online forums that if a woman looks down before looking away, that's a clear signal she wants him to talk to her. You can consider that you're "go-to-move" when you want to make it clear, beyond a shadow of a doubt, that you want him to talk to you. Other body language signals that most guys know about are if you point your chest at him while looking away or turning your head exposing your neck. If you want to be blatant, then do all three. Look at him, wait for him to look at you, and then look down and away. The slowly shift so your chest is pointing at him, and give him a clear shot of your neck. This is supposedly some ancient thing that represents you making yourself vulnerable. But here's the funny part. You'll be thinking:

*"I can't believe I'm being so obvious, everybody is going to think I'm a slut!"*

But he'll be thinking:

*"Hmm, I think maybe that girl just sent me some IOI's (indicators of interest). I'd better go home and post my experience on my favorite online forum just to make sure. I wouldn't want to make any mistakes."*

If he still doesn't approach, you can decide if you want to approach and use him for practice, or if you just want to approach and see what happens.

There's two situations you'll need to come up with strategies for. One is you are both in a place where you are

both free to move around in. Supermarkets, bars, parks, etc. The other one is where you are within eyesight and will be for a little bit, but when you get a chance, it's going to happen quickly, so you have to be ready for it.

## **Open Range**

This one is easy. Make eye contact, send him three clear signals, and then wait. If he disappears he's either too shy or he's not interested. Don't chase him. But if he's still hanging around, and your intuition tells you he's into you but terribly shy, (don't assume he's standoffish) then you can approach him either for practice or for real. What do you say? "Hey baby!" No, don't say that. Ok, maybe try that, it might be the best thing that ever happened to him. But seriously, what you say is a "pacing statement." This is anything that absolutely has to be true about the environment. Something that he has to agree with. This can be extremely lame, but if he's at all interested in you, he'll run home and thank Jesus that a gorgeous girl came up and talked to him at the supermarket. In fact, he probably won't even remember what you said. But if he doesn't run away, and says, "Yes," then you can ask his opinion about the whatever you just said. What are some pacing statements? Remember the **only purpose** of these is to give him something **very easy** to respond to. So, something like these are perfect:

"That's a lot of cheese."

"This stuff is getting way expensive!"

But if you can't think of anything to say? No problem. Go home and think about the situation and then journal about

it. Think of things you could have said, that he would have a reasonably easy time answering.

Once you get out a pacing statement and he replies, if you're still the one carrying the conversation, you can give your opinion or some easy piece of personal information.

"This stuff is getting way expensive!"

"No kidding!"

"I remember last month it was a lot less, now I don't know if should keep eating it."

See what he says to this. If he makes a suggestion, or gives some of his own information, then it's game on. If you feel that he's shy (and not standoffish) you can keep lobbing easy-to-answer-questions and see if he warms up. If not, if he's either too shy or he doesn't want to talk for some reason, that's fine. Either way, you'll have built up your conversational experience, which will increase your confidence.

## **On the Bus**

If you are on a bus, or a train, or somewhere where everybody is sitting and waiting, and you have successfully flirted and are reasonably sure he's flirted back, then you have a few minutes to think of something to say. Look over his clothing, his briefcase, his watch, even his haircut. Remember the words you use when you first talk to him are absolutely meaningless. They are merely an excuse to get the ball rolling. I guarantee you that no guy on planet Earth would ever reject a girl he's attracted to after flirting with her because the first thing she said to him was too lame. Not. Ever. Going. To. Happen. You can ask where he



got his briefcase, if he usually takes the L train instead of the Q train, or if he goes to your gym. Remember, the questions are meaningless. The purpose is to see **how** he answers them. If he pauses after answering your super-lame question in hopes you'll ask another and another and another, he's into you and his brain is desperate to think of a reasonable thing to say to you. But if he acts like you're weird while he explains he bought his briefcase on Amazon? What's his problem? You just asked him where he bought his briefcase because you think it's cool and you're getting one for your friend for his birthday. Sheesh!

### **It's Never About the Toothpaste**

You know when old married couples fight over the toothpaste or the toilet seat? It's never about the toothpaste or the toilet seat. It's usually about stuff that's been brewing for years. Similarly, the very first things you say to a guy are never the reason for the conversation. It's simply a way to "ping" him and see how he "pings" you back. No need to be clever, or try out outwit him. If you're into each other, you'll talk about where he got his shoes as if it's a matter of national security.

### **There Is Always Next Time**

And never forget, if you freeze up, go home and journal it out. Think of something you could have said, imagine saying that, so you can say that next time. Now what, you've got the conversation started (either by your or by him) and he hasn't run away yet. What now?

## Conversation Skills

Keeping a conversation going is pretty simple. All you've got to do ask the right questions. And know the most important topic that everybody loves talking about: Themselves. Dale Carnegie, that old school self-help guru, said that everybody is always listening to their favorite radio station: WII-FM. What's In It For Me.

So, let's say you've broken the ice. You made some lame comment about strawberries, and he followed up with some other nonsense. But you're both feeling it, and you're both open to further conversation. What next? Ask simple questions and pay close attention to his answers. The name of the game is question, answer, follow up question, answer, etc. Every once in a while you'll need to interject some stuff about yourself in there. There's no real set guide. Some people like to talk, some people like to listen. But when in doubt, asking questions and follow up questions is a good way to keep the conversation moving along.

### **Meta Model Magic**

The "Meta Model" is a set of linguistic techniques from NLP, and are designed to get more specificity when there is vagueness. For example, if he says he's buying strawberries to make a cake, the word, "cake" is pretty vague. To get more specific, you can ask, "What kind of cake?" If he says "Strawberry shortcake," then you can tell him how much you love it. Then you can think of a nearby restaurant that sells strawberry shortcake, and ask him if he's ever had it. The general guideline when using the Meta Model to get more specific answers is to pay attention to his facial

expressions and body language and ask questions about things he seems to enjoy talking about. Since you've just met, don't ask any personal questions or questions that could potentially have embarrassing answers.

## **Practice Makes Better**

Of course, each and every time you talk to a guy that **isn't** "The One" can simply be practice for the next time. But, suppose he says he's making a cake out of strawberries and you don't think of anything else to say. You just say, "Cool," and go on your way. Then later at night, you do some journaling and realize you could have asked him what kind cake. So far so good, right? But then you'll think, "Great now I have a conversation technique that I can only use at the strawberry section of the supermarket. What good will that do me? Am I supposed to hang out near the strawberries all day now? What will people think?!"

The good news is talking to humans in order to hopefully end up making more humans is more or less the prime directive of being human. So when you journal about things you could have said in the strawberry section, it won't only help you in the strawberry sections of the future, it will actually increase your conversational creativity in general. Your brain will see it as him saying something about food, and you asking what kind of food. So you might be sitting next to a guy on the bus talking about how he's looking forward to going to his cousin's that weekend because he makes awesome tacos. You'll suddenly remember the strawberries, and ask, "What kind of tacos?" And since it's something he's looking forward to, he'll enjoy explaining it to you.

## **Sparkle Their Eyes**

The taco example is a great illustration of how talking to people so they will enjoy talking to you, even if they aren't attracted to you. And guess what? If you keep talking to people about things they enjoy talking about, some of that "attraction" to what they are talking about will start to rub off on you. Now, you won't go from being unattracted to being madly in love, but you can definitely **increase** their attraction for you simply by looking for what they like to talk about.

How do you do that? Just pay attention to their expressions when they are talking. Anything they are looking forward to in the future is usually a good bet. The future is always ideal, and we tend to imagine it in the best possible terms. And here's another super-ninja-secret: If he is even the slightest bit attracted to you, and you get him talking about things in the future he's looking forward to, he'll start to associate good things in the future with **you**. Take the guy on the bus and his cousin's tacos. Let's say you exchanged numbers with him after having a fifteen minute conversation with him about tacos in general, and his cousin's tacos in particular. When he's out in the future actually at his cousin's taco party, he'll automatically (and subconsciously) be thinking about you.

## **Time Delay Love Bombs**

Kind of a goofy label, but you can think of looking for things he's passionate about, and asking him Meta Model Questions (What, Where, Who, When, What, How, etc.) about those things as sneaking the idea of **you** in there, in

the future, with things he's interested about.

## **More Journaling**

You can practice this with guys and girls, it doesn't matter, because it's a very good skill to have, to get people animated and talking about things they are passionate about. Whenever you have a conversation with anybody, later on, journal some questions that you could have asked that would have got them thinking more in terms of their passions. It doesn't necessarily have to be about the future, it can be anything regarding their hobbies, any part of their work they like, anything that makes them smile when they talk.

## **Be A Treasure Hunter**

Think of looking for people's passions as being a treasure hunter. Talk to the old lady standing behind you in the supermarket, and try to find one thing about her that she enjoys, before your turn comes. If you get into the habit of doing this, (and journaling about it after) a bunch of cool things will start happening. One is you'll become super comfortable starting conversations with strangers. Two is that because you're looking for people's passions, you'll be building a lot of memories that say, "people like talking to me" which will skyrocket your self-confidence. Three is you'll get better and better at getting people to talk about things they like. Four is you'll be projecting some seriously gorgeous energy wherever you go, which will significantly increase your chances of getting approached. So really make an effort to do this. Keep a special journal where you keep evidence of treasure you collected from people. You don't even need to know their names. Things like, "lady at

the store, she loves to can vegetables" will be fine. Canning vegetables is a great starting point. (How long have you canned vegetables for? What are the best kind of vegetables to can? What would I need to start my own vegetable canning hobby? How long do they stay good in the cans for?).

Now you've got into the habit of talking to people, and getting them in a good mood. Eventually, you're going to run into a few that you might want to see again. How do you arrange that? We'll figure that out next.

## Closing

There are some guys that go out and approach hundreds of women and blatantly ask for their phone number. Perhaps you've been approached by a few of these guys yourself. This is a perfect example of what **not** to do. For some guys, it's a fun exercise and it builds confidence. But how many times have you given a guy your number just to get rid of him? While there is benefit in collecting phone numbers just for practice, there's really no need. Once you are both feeling it, it's pretty natural. But in case you're worried, you can use the "words don't matter" technique. Like when you asked that guy on the subway where he bought his briefcase, you really didn't care about the briefcase. You just wanted to "ping" him and see how he "pinged" you back. You can think of asking for numbers the same way.

### **Stop. I Never Ask for His Number!**

That's perfectly fine. But also remember that every outcome that isn't perfect is merely practice for the next outcome. Humans existed for hundreds of thousands of years (and millions more if you count the time before we actually became humans) before we learned to use words. So consider this. Suppose that simply by asking ten guys for their number, when you knew they wanted yours but were too shy to ask, and by doing that, you made it more likely that guys would ask for your number in the future.

It may sound a little weird, but consider that the human face has 43 muscles and each one can move several different ways with all the other muscles. The end result is we can produce millions of unique facial expressions. And we were communicating like this with each other long

before we started using words. So, it's entirely possible that simply by getting in the habit of asking for a guy's number (even if you don't really intend on seriously dating him) will, over time, get you to naturally project a completely different image than one of a girl who flat out **never** asks for the number. Always remember, every guy you talk to, every story you elicit from a lonely old guy at the supermarket, every time you exchange numbers with a guy you never plan to see again, all those will build up your social skills, self-confidence and attractiveness so when you **do** meet Mr. Right, you'll be in much better "shape" to inspire him to sweep you off your feet.

### **Ease Your Way In**

So whatever your feelings on who should ask, consider doing it just as a confidence building exercise. So, how do you do it? You or he has started a conversation. You've opened up with small talk, and you've got him talking about things he likes, and you've shared a few things you like. Now's the time. What do you do? You could flat out ask him. If that's your angle, it's easy.

*"I have to get going, but I really enjoyed talking to you. Why don't we exchange numbers so we can hang out sometime?"*

That's all you need to say. It may seem like the most terrifying thing you'll ever do, but if you were feeling the vibe accurately, (which you no doubt will be) then he'll be happy to exchange numbers.

### **Give Him a Reason**



If you're worried about being so blunt, or if you're worried you can't be so blunt, ease your way into it. Become interested in whatever he's talking about. Suppose he's talking about his world famous strawberry cheesecake. Tell him you've got to go, but you want the recipe.

You can build up to this by always looking for reasons for him to send you an email or a text. Think of every conversation as practice in finding excuses to contact him again. Recipes, reviews of movies or local bands, pictures of some event he's going to, or even just to "let you know how things turn out." You'll be surprised how many guys are shy to ask for the number, but open up once the texts start flowing back and forth.

### **Journal Journal Journal**

As always, you should journal after every conversation. Always give yourself credit for whatever you did, even it was just standing next to a guy for two seconds at the supermarket. And spend some time brainstorming anything you could have done better. Think of reasons or excuses you could have used to exchange numbers. Think of things you could have talked about which would have given you reasons or excuses to ask for the number.

### **Where Are We Now?**

By now, you should be doing several things. Journaling every day about your own value. The things that prove your worthiness to tons of guys out there. The qualities you have as a human that would make you the catch of a lifetime. This is something you should be doing every day, for as long as you can move your fingers and make words on

paper. Next is you should be keeping a list of your criteria. Things your dream guy should have, and things your dream guy can't have. After that is your nightly journal of anything you did that is related to mingling with others humans. Even if you think it is ridiculous to write down what you could have said to the mailman as you quickly opened your and grabbed your mail before any of your neighbors saw you, thinking of alternative things to say and do will turn your social creativity. Even if you don't actually change your behavior for weeks or even months, daily journaling of what you **could** have done will make it come much more quickly than anything else. Also, while you're going anywhere outside, you're looking through the filter of qualification. You are wondering which guys have your green flags, and which ones might have your red flags. As soon as you start interacting with other humans, people you don't know, you'll journal about what you talked about, and how you could have extended the conversation, or how you could have traded contact information.

But once you start talking to people, especially guys you may or may not click with, you're going to need to start to figure out a way to put them into categories. While it may seem that the most horrible thing in the world is to be alone, it's equally horrible, and sometimes much more dangerous, to end up with the wrong guy. Your best friend in your search for your Ideal Man is your ability to disqualify those who **aren't** your ideal man. But for the vast majority of guys out there that don't qualify to be in a relationship with you, that aren't otherwise bad guys, what the heck do you do with them? We'll talk about that, next.

## Categorizing Your Men

Some guys are great friends, but would be horrible boyfriends. Some guys might make for good acquaintances, but you wouldn't really consider them friends. So be careful of discounting any guy simply because he's not your dream man. He might be worth something. At the very least, you're going to need a lot of guys to help you move from time to time! Also, consider this. Figure the average guy has five guy friends. So the more guy friends you have, the more potential for expanding your social circle. Having a robust social circle is a great way to meet your future life partner. In reality, not many people meet their life partner on the subway or standing in line at the supermarket. Some do, but the more chances you have, the quicker you'll find him.

### **Which Categories?**

The quicker you can put different men into different categories, the better. The main reason for this is that your time on earth is limited. You'd rather spend your time finding and enjoying, rather than looking and being disappointed. Also, consider that any guy you decide within a few minutes of meeting isn't your "Dream Guy" type shouldn't be completely discounted just yet. Just talking to him will give you more confidence and more experience. Generally speaking, the more people you talk to and get to know, the more you'll be able to finely tune your list of red flags and green flags.

### **Different Shades of Green and Red**

Some guys are going to be blatantly flashing bright red

flags. You don't want them as lovers, you don't want them as friends, you don't want them as colleagues. In fact, you don't even want anybody seeing you talking to them. So you get out as quickly as possible. You should have an idea of guys that would fall into this category. Guys with swastikas tattooed on their foreheads, guys that have meth labs in their backyard, or any other guy you think it would be better to just get as far away from as possible.

## **Colleagues**

Then there are guys that aren't exactly horrible, but you don't see yourself being friends with them. At the same time, you don't want to lose contact with them altogether. Perhaps you share the same career and you might end up seeing them several times at networking events. Somebody like that is good to know in case you need to make a business-related connection. It's also good to keep a positive image of yourself in the mind of these guys because you never know when you can use a business reference.

## **Group Friends**

These are the guys you might consider friends, but wouldn't feel comfortable hanging out alone with them. Not that you don't trust them or anything, just that you don't feel you have enough in common to have dinner together or see a movie together, even if it's as friends. These are buddies you keep at an arm's distance, and you can hang with when you've got nothing better to do.

## **Close Friends**

These are the guy friends you have that you can talk to, you can trust and you can share a bit of your real self with. For these guys, it's important to be clear that you really are friends. You'll both generally know at the beginning, you'll "click" in a friendship way, but not in a romantic way.

## **Changing Categories**

Are guys allowed to change categories? Of course, and that is totally and completely up to you. Think of the egg and the sperm. Kind of a crude metaphor but whenever you're in doubt of how to behave or how to think around a bunch of men, it's a good metaphor to use. There is one egg, and that egg has a strong protective outer layer. There are millions of sperm competing to get inside that egg. This is nature's way of making sure that only the strongest, healthiest, and successful sperm is the one who gets to fertilize the egg. After all, if any old sperm could get in there simply by the luck of the draw, we humans would probably be still living in trees and throwing poo at each other.

## **Your Responsibility to Humanity**

You can even think of it as your female responsibility to humanity to only let those get close enough to you that really deserve it. Those that spend the most time. Sure, it's kind of a weird way to look at the dating game, but hopefully you've been building up your journal of how much you really are worth. And hopefully you are feeling that on a real level. So please don't feel bad about keeping certain men at arm's length and putting the onus on them to prove themselves to you. This is the way Mother Nature intended. So if you ever consider upgrading any of your colleagues to buddies, or buddies to close friends, or close

friends to lovers, make sure they know how valuable you are. Don't feel bad about making them jump through hoops. If they aren't willing to, they aren't worth it. If there is any doubt of their place in your life, keeping them a little further out, just to be on the safe side, is usually a pretty good strategy.

## **The Power of Your Instincts**

There's no hard and fast way to scientifically or mathematically determine if a guy is right for you or not. Listening to your instincts can be very helpful. Your instincts, as they are referenced here, are not anything metaphysical or magical. They are simply the sum total of all your perceptions coming into your brain through all your sensory organs. Our conscious minds are very limited in what we can perceive. If we humans had to consciously rationalize everything, we'd never get anything done. Nearly all of our decisions are emotional, and we later put a logical sounding reason on top of them. In a later section of this guide, we'll get into some very powerful ways to communicate with your instincts. But for now, suffice to say that if you aren't feeling it, or you aren't sure if you are feeling it, just assume you aren't feeling it. He can always upgrade himself later, through his actions.

## **Remember the Sales Funnel Metaphor**

Hopefully you are interacting with people and meeting guys on a regular basis. So long as you feel it enough to exchange numbers with somebody, you can always upgrade them later. Consider a rule that you easily exchange numbers with people that are at least qualified to be in the “guy on my phone” category. That transferring

somebody from the "complete stranger" category to "potential colleague" category. You can always block their number if you need to. Once you get their number, there's really no reason to rush anything. The top of the sales funnel are all the cold leads and the warm leads. All you need to is find one red hot lead that will satisfy you for the rest of your life. Throw as many leads into the top of your funnel as you can, but qualify them with all your might once they are in there. Remember the sperm and the egg. In a real physical sense, your eggs are very limited, but the sperm of men is nearly infinite. (Kind of gross, I know!) Make them work to be in that special place close to your heart.

## Red Flag Efficiency

The ideal situation to be in when sorting through the vast sea of masculinity to find your dream man is a combination of skills. One is to be out there and meeting guys as often as is comfortable. Equally important is the ability to sniff out any potential red flags like a hound dog in a meat factory. Ok, perhaps that wasn't such a pleasing metaphor. How about a DEA trained German Shepherd at the airport looking for drug smugglers?

### **The 2008 Economic Collapse**

Here's another metaphor that will drive home the importance of sniffing out red flags. This was pretty well described in the movie, "The Big Short." Basically mortgage companies would give home loans to people. Then they would have a piece of paper, the mortgage, that was good for the monthly mortgage payment for however many years the loans were for. Whoever was the legal owner of this mortgage paper would receive the payments. Because a lot of new mortgage companies were popping up, they didn't exactly want to hold on to that mortgage paper for thirty years, so they would sell it. Say they loaned a guy \$200,000 to buy a house. The guy's payments over thirty years might add up to \$300,000 after you add in all the interest. So the mortgage company would sell that mortgage paper for \$250,000. Everybody's happy. Except it got so crazy near the end they were lending money to everybody. Anybody with a pulse. And they kept selling those mortgages to other banks. The end result was they had these bonds that were a mixture of a whole bunch of different mortgages. Some were "good," meaning that people would likely make their payments for thirty years.



Others were "bad," which meant the people that borrowed the money wouldn't likely make their payments. The bottom line was that nobody knew which were "good" and which were "bad" since they were all kind of just thrown together. Eventually the whole thing collapsed, since everybody was selling everything, and there was nobody left to buy. This is what happens when you accept a mixture of "good and bad" without really knowing which is which. This is also why people get into relationship problems. They meet a guy, they figure he's got some good points and some bad points. They don't really want to examine those. Why? Most people are operating from a mindset of scarcity. They are afraid if they examine their potential boyfriend's bad points, they might be **really** bad. Then they'll have to end the relationship, which means they would be alone. And when you combine the thought of being alone with a scarcity mindset, cognitive dissonance takes over. This is why everybody and their sister can tell that guy is no good for a particular girl, but from her cognitive dissonance perspective, she thinks everything will work out. How do you avoid this? Sort aggressively at the beginning for those red flags.

### **Red Flag Practice**

Think of this strategy. Acceptable red flags can be converted to green flags, or minimum red flags can be erased. Maybe a guy smokes, and that's a red flag, but everything else about him is perfect. Then after dating you for a couple months, he decides to quit, not because you convinced him, but because neither you nor your friends smoke, and he realizes how important a smoke free environment is to you. Also, he may realize subconsciously that you don't like smokers. Maybe you rarely kiss him

until he brushes his teeth or something. However, this requires that you acknowledge the red flag up front. Most people play the game the opposite of the way they should. They assume (or more likely hope) everything will be fine, and then red flags pop up later. Because they've invested so much time in the relationship, it's hard to end it. The red flag continues to get worse, until it forces an end to the relationship. Unfortunately, by this time, there's been a lot of emotional damage which can take **years** to recover from. So consider when meeting guys for the first time, to look for as many potential red flags as possible. You can always downgrade them to non-issues later on, either in general, or for that particular guy when you balance them against his green flags. As you meet and talk to guys, always be on the lookout for potential red flags. Later, look at those potential red flags and imagine them in their absolute worst case scenario. Then ask yourself if this would be a dealbreaker or not.

### **Red Flag Example**

Let's say you've met a guy, you've exchanged numbers, and aren't sure if he's good enough to be a potential lover. You find yourself meeting somewhere, and later both of you decide to go somewhere else. You get into his car for the first time and there's some fast food wrappers on the floor that he quickly tosses into the back seat. Now let's say that both cleanliness and healthy eating are important to you. But you don't really know him that well, so you don't feel comfortable grilling him about his eating habits or his cleanliness. Anyway, you spend a couple hours and he drops you off. Then when you're journaling, you imagine the worst case scenario. All he eats is fast food, and his apartment is an absolute mess. Knowing what you know

about him, would those be a dealbreaker? If so, put him in the "buddy" category. Then leave it up to him to prove you wrong. For example, next time you see him, (and the inside of his car) it may be spotless. This could mean he noticed your reaction, and he was embarrassed. He's still in the buddy category, but it's a step in the right direction. On the other hand, if you see him (and the inside of his car) again, and there are still those same fast food wrappers in the back seat, he belongs squarely in the "buddy" category. In fact, if you were stranded and needed a place to stay, it might be a better idea to get a hotel than give him a call.

### **So Much Work!**

I know, this is a lot of work. Can't I just go outside and suddenly meet Mr. Right like in the movies? Why does it have to be so difficult? Remember, we live in interesting times. Lots of people have a lot of choices. Finding a monogamous relationship with a suitable partner simply isn't a priority for many people. In fact a lot of young men these days have shunned dating altogether. So yes, it absolutely is a lot of work. There are very few external incentives that exist today (unless you belong to a close knit community or church) that that motivate people to get together. And unfortunately, if you simply hope to get "swept up off your feet" by Mr. Right, this may lead you to keep your guard down, which may open you up to manipulation or abuse. Be friendly, be outgoing, be sociable. But remember the DEA dog in the airport, always be sniffing for potential red flags. Your dream man should be more than willing to prove his worth to you. Don't be shy about keeping copious notes after each encounter. Don't worry about keeping lists of potential red flags and real red flags. Don't be shy about keeping guys at arm's

length until you're sure. Always remember the sales funnel. Keep more leads going in the top, but keep qualifying them as much as you can on the way down.

## How To Amplify

OK, so you've got a guy, you're pretty sure he doesn't have any red flags, but he hasn't made a move. What then? Guys are notoriously dense when it comes to reading women's signals, so you may have to stretch your comfort zone just a bit. Don't worry, you don't have to rip your clothes off and leap across the table. There are plenty of subtle signs you can consciously give him, and things to look for to make sure he heard the message loud and clear.

### **Touching**

When you touch him (if he's the guy for you) it should send electrical shock signals through his mind. To a guy, being unexpectedly touched, especially if it's skin-to-skin contact is a wonderful feeling. This can be just your fingertips on his wrist, or feeling the slight and brief pressure of you leaning into him as you're walking down the street. If you think you're into him, but you're not sure if he's into you, chances are he's just too shy to do anything about it. Guys are pretty good at acting confident and aloof, but being aloof is usually just cover for being shy. But be careful. There is a danger of going too far with the physical touching. If he's not into you, he might decide he is, but only for the night. How do you know? Keep any touches spread apart. No more than a few per night if it's the first time. Don't suddenly lock arms on the street with him unless you are absolutely positive.

### **Advanced Touching**

If possible, touch him when he's talking about something he did, that he seems proud of. This will vastly improve the

impact. More than anything, guys crave validation (as do most women), so when touching while he's talking about one of his recent accomplishments will have a double effect. This can also be a great way to increase his attraction for you, if you're playing the long game. (More on that later.).

If it's your first time touching him, try to not do it more than a couple of times in an hour or two. After that, let him reciprocate. If he does, he's into you. If he seems a little bit more nervous after you touch him, he's into you.

### **Push Pull**

Most guys know about something called "push-pull." It's basically being aggressive, and then purposely pulling back. The idea is like fishing. You toss your lure into the water, and let it sit there long enough for the fish to notice it. Then you start reeling it in. Then when the fish get close, you stop for a little bit, until there just about to bite it, then you reel it in some more. Every time you push and pull, it theoretically increases attraction. However, it's important to note that it really only creates physical attraction. You can push-pull a guy over the course of an evening, but it won't do much other than get him super horny. Unless that's what you're after, try to do it only once or twice throughout the night. If you want him to start thinking romantic thoughts about you, it's better to spread your push-pull tactics over several dates.

### **Dominance-Submission**

This is not about sex. Whenever two people are talking, even you and your closet friend, one person is usually in

the dominant position, and one person is usually in the submissive position. Most people never think about things like this, but we humans are always subconsciously competing with one another, even our friends. To see this in action, find a spot where you can sit and watch couples. You'll usually see which of the pair is dominant, and which is submissive. The submissive person is usually looking at the dominant person more than the other way around. The submissive person usually responds quicker than the other way around. You can also think of the dominant person as the leader, and the submissive person as the follower. Knowing where you are within a conversation can be very helpful. And being able to consciously switch back and forth can even be more helpful. It's very covert, and very powerful way of playing the "push pull" game with great effectiveness.

It's easiest to try it with friends at first, especially guys who you've known for a while. Simply try consciously to take on the dominant role in the conversation. Keep it up until you see your friend slipping into the submissive role. Then switch to the submissive role until your friend automatically slips in to the dominant role. Going back and forth a few times is very powerful, and it will get him thinking of you in ways he doesn't understand. It's also a great way to "help" a guy you're really interested in to start to become much **more** interested in you. (More on the next chapter.)

### **Dominant-Ability Submissive-Ability**

This is also a great way to measure how well guys switch from dominant to submissive and vice versa. Remember, this has nothing to do with overt roles that people

consciously put on. This has everything to do with the very subtle power shifts that are always occurring between people. You'll find that many guys are very easy to slip into the submissive role but are very reluctant to take on a more dominant role. In fact, this is the real reason many relationships fizzle, or "lose their magic." The guy has become too passive, too comfortable, and has lost his dominant edge.

## **Training Your Man**

While it is a little uncomfortable (to some) to think in terms of training your man, it is a definite possibility. All humans are animals, and all animals respond to stimulus and can be trained. Many women do this backwards however, in that the withhold affection with their man is behaving incorrectly. It's much more practical and effective to reward your man with affection when he's behaving correctly. Just for experimental purposes, consider rewarding any guy you're interested in when he takes on a dominant role. You'll be surprised how effective this can become. Simply pull back, and withhold affection (without doing so with anger or as a punishment). As soon as he clearly takes on a dominant role in the conversation, wait for the first opportunity to give him a quick dose of feminine affection. Any skin to skin contact is perfect. Wait for him to make a decision, anything that indicates he's taking a leading role in the conversation and "accidentally" brush up against him, or reach over to squeeze his wrist to emphasize a point.

## **Experimental Ethics**

These are great skills to have. And like all skills, they'll only



be developed with practice. But should you practice these on a guy you have no intentions of being in a relationship with? Ultimately that's up to you, but there's really no harm. Most guys could use a push toward being more dominant and taking on more leadership roles. You may be doing the world a favor by practicing these "training" techniques on your friends!

## Make Him Fall In Love With You

Now the best part! OK, settle down. The idea of "making" a guy fall in love you is a bit harsh. After all, you want an adult, responsible human, not a pet, right? But love can be engineered, once you understand how it develops. But you've got to be extremely careful, and make sure he's really right for you. Ideally, over the course of several get-togethers or dates (or whatever you want to call them) you will be carefully screening him, and this will happen automatically. But understanding just **how** guys fall in can be very helpful. Just in case you need to accelerate the process. But again, be careful, you don't want to make a mistake and turn a good friend into a stalker by pushing his love buttons!

### **Love Takes Time**

Love actually begins to build when people are apart from one another. It can happen quickly, but when you understand how the human mind works, this swiftly can become pretty confusing. We humans tend to see things in perfect vision in hindsight. Everybody's got twenty-twenty hindsight, the saying goes. We've also been programmed by a few decades of Hollywood movies that the feeling of "love" is like instant fireworks from the sky, and the idea of "love at first sight" is one of those rare things that only happens to lucky people. So consider this situation. You meet a guy, and you hit it off. Maybe you met him online, maybe you met him on the subway, it doesn't matter. But you get together, have cup of coffee, the cup of coffee turns into dinner, which turns into drinks, which turns into you waking up, all over each other on the stairwell, and into his awesome and very expensive uptown apartment. The next

morning, after hours of multi-orgasmic and enthusiastic lovemaking, he bounds out of bed and makes your breakfast. You finally leave, having to go to work. You get together at the first possible opportunity. Several weeks later, you've moved in, and everything's perfect. Six months later, you get married. Ten years later, you're celebrating your anniversary with friends and family, re-telling the story over and over about how it was "love at first sight." But was it really? Probably not. What would you have probably been thinking during that first cup of coffee? "I want to have his baby!" Probably not. Probably more like, "Wow, this guy's pretty cool!" Then what about dinner? "I hope we have sex tonight!" Maybe, maybe not. But you probably weren't thinking, "Our ten-year anniversary is going to be so cool!" Even if you were thinking that, even if you were sure it actually was love at first sight, what do you think he would have done if you'd told him?

"What are you thinking?"

"Our ten year anniversary is going to be so special!"

"Um, uh, what? Hey, I need, to uh, yeah, I'll uh, be right back..."

Humans are really, really good at remembering things much differently than they happened. And we are also really good at embellishing things, especially things that can't be proved or disproved (like emotional feelings) so try to keep things realistic if you are thinking of "love at first sight."

### **Accelerate What Comes Naturally**

However, if you are intending to "make a guy fall in love with you," it's pretty easy. You have to be very patient, and

you have to go very slowly, but if you're pretty sure he's got just a little bit of interest, and you haven't already blown yourself out (a crucial ingredient in making him fall in love) it's pretty simple.

All you need to do is play the "push-pull" game on different levels, and over a long period of time. Every time you assume the dominant role and give him just a little bit of affection, but then pull back to the submissive role and tone down the affection (not the pouty angry type of withholding affection) it will drive him crazy. Especially if you mix when you give him the affection. Sometimes as he becomes dominant, sometimes as he becomes submissive. And always spaced out over several hours and dates. One good way to make sure you stay in his mind for several hours is if you pull back just a little bit **right before** the "good bye kiss" is expected.

This is a powerful ninja move that will drive him crazy, so only do it if you are sure he's got a high potential to be a long-time lover. This has to be done before you kiss him, but after you've touched him a few times. Do the push-pull technique with the dominant-submissive roles a few time during the date. Be dominant, and the pull back and be submissive. Also play the push-pull game with him as well. Touch him briefly on the arm a few times, but make sure they don't quite line up with your dominant-submissive push-pull. His mind will be spinning out of control, especially if you can easily gauge how he responds to you touching him. By the end of the night, he'll be sure that you're into him, and everything's going well. But since you haven't kissed yet, he'll be a bit worried. When it comes time to separate, walk toward him, make yourself as submissive as possible, and briefly touch his chest with the

palm of your hand. Say something quick (like, "Thanks, call me!") and then pull back, out of reach. It seems obviously coy, it seems lame and fake, but he won't be able to get you out of his mind.

In the early stages, if you are intending to consciously create feelings of love in him, think of the fishing metaphor. Sit and wait for him to catch up, and then pull back. Do this physically, do this emotionally, and do this metaphorically.

However, if you think all this is terribly manipulative and you want no part of it, that's fine. We'll look at building love through more traditional and organic methods on the next chapter.

## Creating Love The Old Fashioned Way

If you don't quite feel up to manipulating a man to fall in love you with, and want to create a more organic experience, it's fairly easy. However, it won't quite give you the feeling of being "at cause" as the other method. This is more of setting up your life so that love happens naturally and organically. It's more or less very similar to the sales funnel strategy. You keep putting guys in at the top, and the guy you fall in love with (and who falls in love with you) will pop out of the bottom.

### **What If It's Not Reciprocal?**

Falling in love with somebody who doesn't feel the same about you is pretty hard to live through. If you are worried about this happening, one way is to simply keep yourself a little emotionally protected. Make sure he's falling for you before you allow yourself to fall for him. The best way to do this is to keep your life as busy as possible.

### **How Love Happens**

Love happens when we think about a person a lot, after having spent some time with them. The more time you spend with the person, and the happier those times, the more likely you'll start thinking about that person when you're away. However, building love is just like creating music. In music, they say the space between the notes is just as important as the notes themselves. When creating love, always think of the music metaphor. (Maybe that's why lovers say they are making beautiful music together). The time you are apart is just as important, in creating a feeling of love in the person of your desire, as the time you

spend together. And the time you spend apart must be time you spend apart. This means not too much, or no texting.

### **Get To Know His Rhythm**

In physics, there's an idea of harmonic resonance. If you swing a pendulum of a certain length, it will always swing a certain frequency. If you offset the pendulum at this same frequency, you'll get it swinging pretty far, back and forth, without having to put too much energy into the system. This is how singers can break mirrors or glass. It's not the strength of their voice, it's their ability to hold a specific note. And the specific note they are holding is the exact resonance frequency of the glass or mirror, and it eventually shatters. If you've ever rocked back and forth in the bath tub as a kid, you could get plenty of water to slosh all over the floor with little effort. Keep the idea of resonance in mind when figuring how often (the frequency) you should text a guy you're seeing. Think of it this way. Each time you text, it will create a certain emotional feeling in him. If you text more than his own personal frequency, you'll lessen the effect. If you text a little less than his frequency, you'll get him wanting you even more.

The same goes with how often you see him. Whenever he thinks of his dream girl (in the abstract, before he meets you) he probably has an ideal "frequency" that he'd like to see her. Some guys are busy, and for them, seeing their dream girl twice a week is perfect. Others are different. The same rule applies. If you try and see him more than his frequency, you'll lessen the effect you have on him.

### **Too Much to Think About!**

However, if you want this to happen organically, there is one rule that will make it all happen without you having to think about any of this relationship physics. And that is to simply have a busy schedule. If you are busy with work, busy with your social life, busy with doing the exercises in this guide, you really will have a lot on your plate. If he texts you and you always text him right back, you may be texting him too much. How do you know how often to interact with your dream guy once you meet him?

### **Make Him Come to You**

Think about creating space for your dream guy. For now, think of literally choosing a small window of time per day, that you focus on your dream guy. Make it a habit of doing some kind of journaling, either about your list of red and green flags, or your growing list of things you have to offer. Keep these times as rigidly as you can. Imagine you are having a "date" with him during these times, even if you are dating other guys, or spend a lot of time with guy friends. Keep the reason for this secret time a secret. Really focus on your ideal relationship, as much as you can. Build it up so that you look forward to these times. Of imagining your future husband or boyfriend.

### **Make Him Compete with The Ideal**

Once you start seeing guys and dating guys, you can always compare him to the ideal your building up. This will keep you from making decisions out of scarcity. This will help you to keep things objective, to stick to your own criteria. If you start doing this before you meet him, this will significantly increase the chances that when you do meet him, it will be for real.



## **Beware the Slippery Mind**

Once upon a time, there weren't very people on Earth. Now there are billions. Making more people, and doing everything we can to take care of those people once they are made, seems to be our prime directive, or from a biological perspective, our entire reason for existing. What this means is that if you have a very vague idea of your ideal mate, your brain is going to play some very powerful tricks on you if you meet anybody that is halfway decent and halfway attracted to you. You will suddenly imagine that **he** is your ideal mate, and you will actually remember always wanting somebody just like him. Human memory is very flexible, and Mother Nature has no problem making us remember things incorrectly if she thinks it's going to make us humans hook up and make more humans.

## **Build Him in Your Mind First**

However, you can get out ahead of this super-ninja mind trick of Mother Nature by coming up some unbreakable green and red flags before you meet him. Get used to disqualifying a few guys, and use them to build up your list. Spend a few hours per week, the same few hours per week, coming with an objective picture of your dream man. Once a real man starts to match up, and you start to think of him in equal terms of your ideal man, you've found him.

## Getting Down and Dirty

So, how do you deal with the sex issue? When to do it, when to wait? This should fall under the category of both your green and red flags. And not just the act itself, but the quality of the act, the urgency of the act, and the consistency of the act.

### **Urgency of The Act**

How you come up with this is based on many variables. Your past, including things you think went well and things you think are mistakes. Similarly, things that seemed to work out well with your friends, and things your friends might admit were mistakes. For the first time with any guy, you should have an idea of when he makes a point of trying to get some. For some ladies, if he doesn't try within a couple of weeks, he's not interested enough. For other ladies, if he tries too soon, that's all he's interested in. How you come up with your own number is up to you. Some ladies have hundreds of partners in their lives and some have only a handful. The number you are comfortable with is completely up to you. But when figuring out when he tries, and how he tries, and how often he tries, be sure to be as objective as possible. Because sex is so important to humans, as soon as it shows up, all objectively goes out the window and we rationalize things we normally never would. To keep this as easy as possible, come up with a general number, when he shows sexual interest in you, but keep it flexible. Some guys are much shyer than you might think they are when it comes to making sexual advances. On the flip side, some guys are very good at covering up that making a sexual advance is the only thing they are after.

## **Better to Be Chased Than To Chase**

Always keep this in mind, when in doubt. The first time you are together may be the defining way he thinks about you and sex. When in doubt, use the push pull. Be slightly sexually assertive, and then pull back and see what happens. How do you do this will be completely different based on your own personality, your own emotional feelings in the moment, and his personality and how he's feeling in the moment. But a good rule of thumbs is waiting slightly longer is better than going too soon.

## **Always Beware of Desperation**

It can be very tempting to meet a guy, and decide only after talking with him for an hour or two that he's perfect, and that having sex with him will make it happen a lot quicker. But this may have the opposite effect. If you make it too easy for him too soon, he may decide that you are no longer a "relationship" girl to him. This is why it's crucial to have as many guys in your life as possible in non-sexual, non-romantic relationships, even if it's random guys you're talking to in line at the supermarket or working as baristas at Starbucks. If you go without food for a long time, anything will taste delicious. If you go without talking to an attractive man for a long period of time, it's very easy to over-estimate how "good" he really is.

The more you keep up an objective list of qualities you are looking for, the less likely you'll make any mistakes. Mistakes, of course, are subjective. But you can't "unsex" somebody, at least not easily. But you can't really go wrong with waiting just a little bit longer than you need to.

## **Casual Sex Partners**

Many men have categories in their mind of the girls they date. Girls that they have sex with, and girls that are potential relationship girls. If a guy meets a girl and they're having sex a couple hours later, especially if there is alcohol involved, he is less likely to think of her as a potential girlfriend, especially if he's had a lot of sexual partners. Conversely, if he sees a girl for few weeks before having sex, he's much more likely to see her as a potential girlfriend, regardless of how many sexual partners he's had.

Many guys date different girls at once, having sex with many of them. The idea is that if they ever meet "The one" they'll have a lot more confidence, since they won't be operating from a place of sexual scarcity.

This is a worthwhile strategy, but only if you feel it's part of who you are. It can be very helpful to your self-confidence and your objectivity if you have a few "no strings" sexual partners. However, this isn't a recommendation if you are not interested in having more than one sexual partner at any given time. But if it's something that matches with your lifestyle and ideas, then consider putting guys into two separate categories as well. Casual sex partners, and potential boyfriend partners.

However, if you don't feel this is applicable to you, then always use the "better wait than sorry" strategy. Give yourself a hard limit of how many times you'll see a guy before sleeping with him. Remember, a guy that is going to end up being your ideal man for life won't mind waiting a

while.

And he won't give up either. If a guy tries once, and then never tries again, he may be content to stay in the friend zone. When in doubt, spend some time with your ideal man, in the abstract, and imagine how he would feel about you sexually. He would, at the same time, find you irresistibly attractive, yet respect your desire to wait. If you ever feel yourself "giving in" then there's a probability that he's not as patient as he should be.

### **Time Travel Test**

When in doubt, put yourself out in the future ten, twenty, or even thirty years. Imagine you've been together all that time. Imagine after having been together that time and looking back to the first time you were together sexually. This can give you a good perspective and an easy way to stay objective. Always defer to the sperm and egg metaphor. There's plenty of guys out there, only give yourself to the most qualified one.

## Dating With Kids

It can seem troublesome once kids are thrown into the mix, but they are merely another thing to think about beforehand, so you don't need to think about them after the fact. Remember, we are super geniuses when it comes to rationalizing our way into sexual relationships. It's best to work everything out first.

If you have kids, or you are open to dating a guy with kids, be sure to give it plenty of thought. What would you like his relationship with his kids to be like? What would his ideal relationship with his ex be like? How does he handle the financial details of his kids and his ex? How does he feel about having more kids? These can be tough to figure out beforehand, but you should at least give them some thought, and keep these ideas in mind with the rest of your criteria.

## Red Or Green

Who you end up with is up to you, and who ends up with you is up to him. Meaning that you will end up with a guy that satisfies your criteria, and he will end up with you if you satisfy his criteria. Simply make children, whether you have them or not, one of your criteria.

Some women absolutely refuse to date single fathers. Others will date them but only when they find out why they are single fathers. Some prefer to date single fathers, especially if they are single mothers themselves. How you stand is up to you. But it's a good idea to know how you stand before meeting him, rather than after meeting him.

## **But I Don't Know Anything About Kids!**

If you aren't sure, it's a good idea to at least get some exposure, or at the very least look at kids through this mindset for a while. From a purely logistical standpoint, having kids will make it a bit more difficult to arrange your schedules. If your ex is local, and his ex is local, this throws a lot more variables in the mix. It can be tough to work this out, as most people don't have experience with all of these things until they actually get together with somebody that has these issues to deal with.

## **If You Have Kids**

If you have kids yourself, then the same rules apply. Figure out your own criteria, red flags, green flags, and stick to them. Whether or not you mention your kids up front is up to you, but either way has their own drawbacks and benefits. Also, pay close attention to how any potential guy responds to you having kids. Some guys purposely date single moms because they think they are easy. Others date single moms specifically because they think they are more mature. Other guys wouldn't dare date a single mom. Always keep as many objective red and green flags as you can, as this will help you maintain your objectivity and limit any decisions you may otherwise make out of scarcity or desperation.

## **Always Revert to Flags**

Remember to always keep yourself in a position so he has to work to be with you. Not work a lot, but don't bend over backward to make it easy on him. Push pull works just as well if you have kids, he has kids, or nobody has kids.

Make your appreciation of him known, and then pull back slightly, physically or metaphorically. Maintain several things in your life of high importance to you. Keep your relationships with your friends healthy, or do things on a regular basis that you'd put in the "hanging out with friends" category.

### **Trust Your Instincts**

Some ladies don't find it natural when a guy is too eager to meet and make a good impression on her children. They want to get a feel for the guy for a few dates, and if he's always pushing to see her children, it makes it seem like he's too eager. On the other hand, some ladies want to get any difficulties out of way, and they tend to use their children as a sorting tool. There are merits to either method.

### **The Harsh Truth**

Most single men without any children, all else equal, are open to dating a lady with children, but they would prefer a lady without any children. This is the way it is. If you do you have children, just understand this as you are creating your list of red and green flags. All of us eventually have to settle at some point. Settle doesn't mean accepting less than you deserve, it simply means choosing one. A leaf falls from a tree and settles on the ground. Couples shop for a while and then settle on a house. If you are at all worried about the dating market being less than perfect because of your children, simply do more work on your journaling when it comes to finding things about yourself that are benefits to a relationship. Most people don't take any time at all to reflect on what they have to offer to others. They



show up, and take whatever they can get, and all the problems that comes with attitude.

### **Don't Underestimate Your Value - But Don't Fantasize**

You are much more valuable than you think you are. But you won't increase the value you portray to others simply thinking that in vague terms. You must find as many specific examples as you can, through journaling and personal reflection. Whatever you think might be inhibiting you on the dating market can easily be overcome by finding the endless examples in your past of what you are capable of, and what qualities you bring to a relationship. Never stop building up your list of specific qualities. The more you do this, the more attractive you will be to more men regardless of what you may currently think about yourself.

### **How People Really Judge Us**

One of the biggest factors that go into how others perceive us is how we perceive ourselves. If you really like, admire and respect yourself, others will as well. But this has to be real. It can't be fake or imagined. And the easiest way to build up real admiration, respect and desire for yourself is to continuously journal about all the positive things you've done for others and yourself in your life. All the times you've made people feel better simply because you were there. All the things you've done, and all the things you know you can do, to make the world a better place simply because you exist. Never stop writing out examples of your qualities. Let this be your secret weapon of creating irresistible desire for you from as many men as you want.



## Review Of Strategies

Now you have a complete set of tools, exercises and mindsets that when done consistently, will end with you in a relationship with your dream man. No longer will love be hoped for or wished for. It will be a natural outcome of your consistent behavior, just as predictable as the night follows the day.

### **Absolute Green Flags**

You should have a list of things you need in your ideal man. His qualities. Things he must have. Things like education, body type and style, ethnicity, career, or whatever else you can think of.

### **Ideal Green Flags**

These are things you'd like him to have, but aren't dealbreakers if he doesn't. Maybe you'd like him to play a musical instrument, or be able to cook.

### **Absolute Red Flags**

These are things he simply cannot be or have. An ex-wife, a prison record, no college degree. All of these are totally personal and totally up to you. There is no right or wrong answers.

### **Ideal Red Flags**

These are things that you wouldn't like him to have ideally, but aren't dealbreakers in and of themselves. Maybe you wouldn't ideally want a guy whose hobby is playing *Call of*

*Duty* all weekend, but if also happened to have a lot of other good qualities, that might be acceptable.

## **Organically Evolving Flags**

Some things might seem like non-breakable Red Flags, but once you meet a guy with one of these, and decide he's not as bad as you'd thought, you can move this Red Flag to the Ideal Red Flag list. Or perhaps you had something on your Ideal Green Flag list, but met a guy without this and it really was a dealbreaker. Then you upgrade this quality to the Absolute Green Flag list.

## **Qualifier Mindset**

Even if you've never been on a date before in your life, by developing this list of red and green flags, you will take on the mindset of a qualifier. This will decrease your feelings of desperation and scarcity. You can start to look at and see the world of men through this lens of qualifying.

## **Building Up Your Own Value**

Every day you should be writing out specific items that are your own personal benefits. Things you bring to a relationship. You can start off with very vague things like, "I'm a good listener," and then find as many specific examples of good listening in your past as you possibly can. Do this every day. The bigger a list you build up, the more your self-esteem and self-confidence will naturally and consistently grow.

## **Building Social Skills**

You should also be practicing talking to people anywhere and everywhere. Just start up a natural conversation with people in line, at the coffee shop, at the bus stop, any time you have an opportunity to interact with another human, this will increase your "vibe" as a friendly, outgoing, and safe person to approach.

### **Pacing Statements**

These are easy statements that will be agreed with. Say something that is observably true about the environment you are around. See this as a "ping" to see if the other person is open to a conversation. If they smile and agree, say something else. If they smile and stay open, say something about yourself, or ask them a simple question about themselves.

### **Exchanging Contact Information**

If you've "vibed" well, then they will likely be open to exchanging contact information. Even if you aren't interested in dating that particular person, this is great practice, and will further improve your, "friendly, approachable" vibe, making it much more likely that guys will approach you.

### **Sales Funnel Strategy**

Talk to as many guys as your comfort level will allow. Give them all a chance. The ones that quality will be upgraded to buddy status. Buddies or professional colleagues you don't mind hanging out with from time to time. If you both feeling something more, upgrade them to "man I'm dating" status. Or create as many levels as you

like and upgrade and downgrade accordingly. Take as long as you need until your ideal relationship happens as a natural result.

## **Push Pull**

This is a powerful strategy that you can use in any number of ways. Use it physically. Lean over and touch him on the arm, and then pull back out of his space, and watch what he does. You can take on a dominant role in the conversation, and then mentally shift into a more submissive position, and see if he takes the dominant role. You can call him, suggest a date, and organize everything, and then pull back and see if he's willing to take the initiative on the next date.

## **Always Be Journaling**

After every encounter, you should jot down a few things. What went well. What didn't go so well. What you could have done differently. Any things about his personality or behavior that you hadn't previously considered in your list of green and red flags. Always be updating your list of criteria based on real world experiences with real men.

## **Create Space for Your Dream Man**

Choose at least one hour a week (cumulatively if need be) to spend time with your metaphorical dream man. Spend time journaling about his qualifications. Spend time thinking of him in the abstract. Doing this will help keep you objective, so when he does come along, you'll know instead of having to guess. Create an idea of him in your mind, his best qualities, his emotional characteristics, to

use as a comparison. When you meet a real guy who is much more compelling than this imaginary metaphor, then slowly let him into your life.

### **He Chases You**

Whatever the level of your relationship, before you've agreed to exclusivity, he should be making a little bit more effort than you. If you find yourself chasing him, chances are he's not the one. Pull back, and let him come to you. If he truly values you and respects you and understands your worth, he'll be patient and he'll be persistent.

### **Lots of Work!**

Yes, this is a lot of work. But the goal is the ideal. A man you can share your passions with and share your life with. A man that can support you, and depend on your support. A man you can share your life with, and share his life with. The time you spend on the front end will pay you many times over on the back end. Have faith in the process. Have faith in yourself.

## Part Two - Inner Game

Up until now we've been discussing outer game strategies. Specific behavioral skills and methods do get a specific result. But if you've ever been around attractive males before, you know that knowing what to do is usually not enough. Consider somebody who gets a job as a telemarketer. The statistics are that for every fifty calls they make, and repeat a memorized sales pitch, they'll make a hundred dollars. From a purely statistical standpoint, it's easy money. Maybe even too boring for most people. But that's only considering the outer game aspects. Most people don't like rejection. Most people wouldn't be able to sit at a desk and get rejected over and over until they made a hundred bucks.

### **Outer Game Practice Increase Inner Game**

If you do your daily journaling of writing out your good points, or your "selling points" using the sales metaphor, as well your criteria, this will help. If you purposely go out with the mind of a qualifier, somebody who looks at men not with the hope of being accepted but wondering whether or not they are qualified to be with you will help. But this generally will take a long time. You want to increase your inner game just as much as your outer game. And the more you increase your inner game, the more you'll be able to accurately present yourself to others, and the better you'll be able to convey your value, conversationally, subconsciously, and energetically. The stronger your inner game becomes, the more men you'll find. The more men who'll be attracted to you. The more men you'll be able to choose from.



## **Inner Game Practice Increases Outer Game**

Just as journaling and doing social skills building exercises, like talking to strangers in line at the supermarket, will increase your inner game, doing specific exercises to purposely increase your inner game will also increase the strength of your outer game. With less fear of rejection, and more comfort in social situations, you'll be naturally more outgoing and spontaneous, which will free your mind to be much more creative in conversations, increasing your conversational skills.

## **Biggest Inner Game Obstacles**

We've touched on these before, but it's important to review them again. One of the reasons to focus on these very common issues is simply to understand that they are very common. They are structural, they are not an indication of being defective.

## **Nodding Means Yes**

Why is this true across almost all people on Earth? We nod our heads up and down to mean yes, and we shake our heads back and forth to mean no. Consider this idea. When we are very young, (days or weeks old) we are very weak. Our neck muscles haven't been fully developed. So when we are hungry, we open our mouths for food. We get our mother's breast. When we are full, and we don't want any more milk, this is our first experience with the thought, "no." So what do we do? The only thing we can do, which is to slowly turn our heads to the side. This is why nearly all humans associate the head shake with no. That connection was made when we were weeks or even days old.

## **All Inner Game Issues Are Structural**

All inner game issues are structural. The fear of rejection, fear of being the center of attention, a deep suspicion that we are somehow, "broken," and therefore the closer we get to somebody, the more likely they'll find out that "broken" part of us and reject us. Consider most characters in stories, books, and movies. One of the main themes is they feel they are "broken" somehow. And part of their "hero's journey" is to somehow "heal" themselves. If this "self-healing" coincides with killing a dragon or blowing up the Death Star, then it makes for a good story. Perhaps it's our common human desire to externalize our recognition of our deeper issues that makes killing dragons and blowing up enemy weapons so satisfying. These same stories have been told again and again since before written language.

### **The Hero's Journey**

Joseph Campbell made a living by studying mythology. And one thing he discovered is that in all cultures, the structure of their mythological stories was more or less the same. Harry Potter, Luke Skywalker, Peter Parker, Dorothy (from the Wizard of Oz) all fit the Hero archetype.

What's the point of this? All of your issues that are keeping you from getting out and meeting all the men you need to finally choose the best one, all of your fears and inhibitions are common. Everybody has them. Not only that, but they are structural. They are based on how you were raised. Every time you cried alone in your room as a baby and nobody came, these ideas about you being defective in some way were reinforced. Every time you were told by an

adult to be quiet, you kept learning examples that it's dangerous to express yourself. Every time you asked for something and were told, "No," it reinforced the idea that asking for things and getting rejected is painful. Why is this?

## **Rejecting Is Harder Than Being Rejected**

Imagine a parent with a little kid. The parent is struggling to take care of the child. The child, of course, doesn't know anything about finances or economics or saving or debt or credit card payments. The child only knows that to get something, you've got to ask. If you ask a bunch of times in a row, this might increase your chances of getting it. But pretty soon the child is asking the parent for things they can't provide. And how does this make the parent feel? Guilty, angry, sad, and all kinds of other negative emotions. So many times, the child asks for something and the parent (or other adults) says "no" which is also accompanied by the parent having strange emotions the child isn't used to. And since the parent is recognized instinctively by the child as the source of everything, seeing the parent unsure is very unsettling to the child.

## **Affection**

To make matters worse (don't worry, they'll get better!), to the child, the parent is the only source of physical and emotional affection. So every time the child asks for something and is told no, on a subconscious level, the child worries that someday they might ask for affection, and be told no. In fact, this happens many times. Just go down to your local shopping center and you'll see it. The child is asking to be picked up, by mom is tired and wants

the child to walk. From the child's perspective, he or she is asking for affection, and is getting rejected.

## **The End Result**

Of course, all of this is perfectly normal. It's the human condition. The end results is as an adult, we all have common fears. Fear of rejection. Fear of speaking in public. Fear of being the center of attention. Fear of overtly seeking intimacy. To the extent you can minimize these irrational fears, you'll be in a much better position to find yourself in a fantastic relationship with the man of your choice. That's what we'll be learning in the next few chapters.

## Time Travel

OK, first you'll need to build a time machine. Just kidding. But mental time travel is a great way to help minimize those irrational fears. There are a few ways of doing this. They require a bit of visualization, which you can get better at with practice.

Our brains are very fast, but are not very accurate. If a crime has been committed, and all the police have is an eyewitness testimony, they know they have a weak case. Human memory is surprisingly inaccurate. Several studies have repeatedly demonstrated this. A fake crime is carried out, for example in front of a college classroom, and all of the students remember things differently.

Another one of the ways our brains are inaccurate is through generalizing. For example, once you ride a bike, you can ride all bikes. Or once you learn to cook something in the kitchen, you can cook something in any kitchen, even with different cooking equipment and raw ingredients. This is helpful. What isn't so helpful is when our brains make generalizations at a young age.

For example, if you got yelled at in first grade because you talked during class, your brain didn't come to the conclusion that talking on Tuesday morning during first grade class is dangerous. You made the conclusion that talking when they are other people and an authority figure around is dangerous.

### **How To Overcome**

This requires a bit of imagination, and some patience, but

it can be very powerful if you stick with it. It requires you find a certain event that happened when you were very young, as young as you can remember. Finding an actual event is a process in and of itself, so give yourself plenty of time. The flip side is once you find a few of these early childhood events and start to dismantle their effect on your adult self, life will be much easier and more enjoyable in a lot of ways.

### **How to Start**

Begin by taking a specific action or behavior you'd like to be able to do as an adult, but feel anxious or fearful. For this example, will choose "expressing myself openly in public in front of strangers." So start writing down all of the events you remembered from being a child of times when you expressed yourself in public, and as a result you got in trouble or got yelled at by an authority figure.

### **Describe the Event - One**

The first step is to describe what happened. Write it down in a few sentences.

*I was in fourth grade talking to my friend and the teacher came over stood next to my desk and yelled at me for ten minutes.*

*I was giving a book report in first grade, I made a mistake, the teacher made a joke and everybody laughed.*

Anything like that.

### **Describe the Event - Two**

This time, write out what happened, but make the reason for the adults behavior something that was temporary, due to an previously unseen weakness of the adult. Be creative, as this is your memory, which is likely false anyway, so come with anything that works. Here is an example:

*I gave a book report and I made a mistake, and that reminded my teacher about a mistake he made, which made him embarrassed, and to cover up his embarrassment, he made a joke, and the class laughed.*

### **Visualize the Event from An Adult Perspective**

This is where you get to be really creative. Close your eyes, and imagine you are seeing the event, as if you've traveled back in time, and are watching your younger self give the book report. See with this new meaning (the teacher was reminded of a mistake he made, or he didn't know he was being hurtful, or whatever else you came up with), as it happens. Watch it play a few times, until you, as the adult, gets the event with the new meaning.

### **Visualize the Event from Your Childhood Perspective**

Now see the event play out again, but from your young child's eyes. But before the event starts, imagine that you see your adult self, from the future, explaining what's about to happen. Imagine you get called to go up to the front of the class, and then everything freezes, and your adult self pops in. Then see, from your child eyes, your adult self explaining what is happening, and then relive the event, only this time you know the joke is coming, and you know why it's coming.

## **Visualize the Event with Different Responses**

Now you know the joke is coming, you can anticipate it, and build it in to your book report. You can make the mistake, and then make the joke. Or you can make a joke about the joke. The only purpose of this part is to build in a slightly different memory. You're actually reliving the same memory in general, that you were in first grade and you gave a book report, only your changing how you view the memory. Instead of seeing it as proof that speaking in public is embarrassing and dangerous, keep reliving it differently until you feel speaking in public is fun or playful. You can even have the other kids in your class give you a standing ovation when you are finished.

## **Get the Process Down**

After you find a few memories and go through this process, you'll be able to do it a lot more quickly. Just find the event, and change it around so it wasn't scary or emotionally damaging, rather it was fun and playful. Then you can simply find as many similar memories as you can, and relive them giving them different meanings.

## **One Very Important Aspect**

This is one time where forgiveness is absolutely crucial, and at the same time absolutely selfish. Even if somebody had bad intentions to harm you (emotionally or physically) **you** are the one that gets to decide if you keep **their** negative intentions your brain or not. It's your brain, and it's your life that's going to be affected by the memories (and more importantly how you feel about them), so why



not change them around to support you, rather than hold you back? While it may feel good on one level to keep your "victim status" by blaming somebody in your past, it will not help you move forward. It will keep you stuck. You can still punch them in the face when you see them again (metaphorically, of course), but you will gain a lot by changing how you interpret what happened long ago.

This is by no means a way of letting them off the hook. This is just you taking your own power back and rewriting those memories they put in your head without your consent. Rewrite them however you like, to put yourself in the best possible light, so you can have the best relationship possible with the best man possible. (Don't worry, the memory police won't show up at your door in the middle of the night to accuse you of holding incorrect memories of your past!)

## Taking A Trip Through Your Past

Once you've practiced a few times in rewriting your memories, it's time to find as many of them as you can. This next technique is helpful, and you can do it two different ways. It involves going through your entire personal history with respect to one particular behavior that you would like to be comfortable doing as an adult, like speaking confidently in public, or speaking confidently and naturally to attractive men without getting tongue tied.

This is a journaling exercise, and it's best done over a couple of weeks. Once you get started, you'll find all kinds of gold in your past. For the sake of example, we'll take the adult behavior of talking to attractive men without feeling nervous. Start off as early as you can (in your history) and write down any kind of extended conversation you had with any males, starting all the way back in first grade. For this particular exercise, only choose examples where you felt confident. And choose all males you spoke to, not just the ones you found attractive.

You might find the earliest example in second grade, where you confronted a bully and told him to leave you and your friends alone. Or you might find an event where you asked a boy sitting next to you if you could copy his homework, or vice versa. The only point of this exercise is to find as many incidents as possible that will end up with you feeling plenty of evidence that "talking to males easy," and it's something you've been doing your entire life. The closer you get to the present, the more you can write about each individual episode. This will take a while, so give yourself plenty of time.

Once you've finished with all the examples of talking to males, you can find all the examples where you told a joke and made males laugh. This may also take a couple of weeks. The longer you spend on purposely finding plenty of examples of things in your past that are also things you'd like to do as an adult, the easier it will be to do those things as an adult. It may seem like a cumbersome exercise, and it certainly would be ideal to snap your fingers and instantly become confident and outgoing, but just remember the benefits you will get.

### **Best Possible Outcome**

Imagine you've gone through all of these goofy exercises for six full months. And then you start dating and pretty soon you've got several high quality men to choose from, all who would be perfect mates. You choose one have a wonderful life together. Now compare that to what might happen if you don't do any of these exercises, and just stick with the next guy who asks you out. The time you take doing these exercises could make the difference between a boring and normal life filled with financial anxiety, or a wonderful and exciting life, filled with love, compassion and financial abundance. Don't you owe yourself at least six months of doing these goofy exercises? Even if you aren't interested at all in finding your dream lover, doing these will make you much more self-confident and outgoing, which will allow you to earn a lot more money no matter what your career is.

### **More Success**

Once you finish finding all the examples you can find with you talking to guys and making them laugh, you can start

digging through your past looking for evidence that you are a social butterfly and the life of any party. Just find any situations where you were with a group of friends, mixed or not, and were making everybody happy and smiling.

### **One Pass Is Enough to Switch**

Once you choose one thing, like speaking confidently to males, to journal your history on, and make it all the way up to the present, you can do this next part along with subsequent parts of looking for treasure. It's a good idea to focus solely on treasure for at least one behavior (speaking to males, making males laugh, etc.) before concurrently looking for memories to rewrite. If you only start off with looking for memories to rewrite, it can be emotionally draining. If you start off with treasure hunting and looking for stories to rewrite, it can feel like a tug of war between good memories and bad memories. That's why it's good to lay down a good base of good memories, or treasure, before going on a scavenger hunt for memories to rewrite. So once you've gone through one full treasure hunt, you can start another treasure hunt (looking for good memories or examples) as well as looking for memories to rewrite.

### **Try for One Rewrite Per Day**

For writing the positive memories, do as many as you can, the more the better. But when rewriting negative memories (using the time-travel-rewrite technique from the last chapter) try to stick to only one per day. That way you can spend five or ten minutes rewriting it and reliving it with the rewritten meaning and emotional feeling.

### **How Much Time?**

For these two journaling exercises, try at least ten minutes per day. You can keep two files on any word processor, and just add to each one whenever you have time. Try to do it every day, rather than putting it off until the weekend or whenever you have a big block of free time. You'll find that this is a very transformative exercises, and will give you deep insights into the depths of your personality. You may think you are simple, or "just like everybody else," but doing these two exercises, especially the treasure hunting exercise where you spend a week or two finding positive examples, will help you develop a deep and honest appreciation for who you are, and what you have to offer to one lucky guy out there.

### **Benefits of Mental Maintenance**

Most people spend plenty of time, effort and money on physical fitness. And that is absolutely fantastic. Your physical health is your most important and most valuable resource. Consider that your emotional health is just as important. Many people spend at least an hour a day in the gym, or doing various exercises. Consider spending at least fifteen to twenty minutes a day doing these journaling exercises. It will help you to become happier, more socially outgoing, and more attractive.

## Reframing

This is a very powerful mental skill as well as communication skill that will help you in untold ways. One of the presuppositions of NLP is that whoever has the most flexibility will be most likely to get their needs met.

Reframing is a way to have flexibility with the meaning you give to a particular event.

### **The Farmer**

This is a famous and often told story that demonstrates reframing in action. A farmer had three sons. One day, one of his sons brought home a wild horse that he'd found.

"You are very lucky," his neighbors said.

"Maybe," replied the farmer. The next day the son was trying to tame the horse and broke his leg.

"You are very unlucky," his neighbors said.

"Maybe," the farmer replied. The next day the country went to war. The army came by and collected all the men.

"You are very unlucky," said the farmer's neighbors, knowing his three sons would be taken.

"Maybe," said the farmer. But the army didn't take the son with the broken leg.

"You are very lucky," said the farmer's neighbors.

The point of the story is that events themselves are just events. It is us humans who put meanings on events, and depending on the situation, the same event will have different meanings based on different perspectives. A farmer might love the rain, but a group of kids who enjoy playing outside might hate the rain.

### **Flexible Brain**

Being able to choose from different meanings to any one event will be a very good skill to have. And like any other skill, you can develop this with practice. Let's say you're driving home from work, and somebody cuts you off. You get angry, and now you're in a bad mood. The more you think about it, the more you start to feel hurt. As if that person who cut you off somehow judged you, and decided you weren't even worth the effort to turn on his turn signal and wave to you once you let him in. Let's suppose you left work in a good mood, as you had a first date that evening. But now you're in a bad mood, and you that comes across during the date. Before, in your good mood, you might have vibed well with him, and he would have called you again. But because that rude jerk cut you off, you were in a bad mood (and your date looked a lot like the guy who cut you off) and you didn't vibe so well, and he doesn't call you back.

### **Consider Alternatives**

One way to practice reframing events is to always consider alternative meanings to events. This is helpful when you ascribe neutral or positive intentions to the actions of others. We get upset when assume negative intentions on the part of others. When somebody cuts us off in traffic, we get angry because we felt marginalized and disrespected. Even when something happens with an inanimate object, like a washing machine or a computer, we get angry as if it's personal. As the whole world, including the inanimate objects, are somehow conspiring against us.

### **Start with Journaling**

It's difficult to practice reframing in the moment, but it will help a lot of you reframe one event, every single day, that came out of nowhere and put you in bad mood. We'll use the guy cutting you off in traffic as an example. Start by writing what happened and be as vicious as you can.

*Some idiot jerk cut me off in traffic.*

Now rewrite it, but without any emotional labels.

*I was driving home and somebody pulled into my lane quickly.*

Now rewrite it, but give the guy the benefit of the doubt.

*I was driving home and somebody was daydreaming and almost missed his exit and accidentally pulled in front of me.*

Once you get to the last sentence, relive the event with the "benefit of the doubt" meaning. This is not as easy as it sounds. We love feeling angry toward somebody that wronged us. It's human nature. But feeling anger at somebody who wronged us is not helpful if we won't ever see them again, there haven't been any laws broken and there's not any way to confront him or her. It's almost as if we're voluntarily carrying around their negative energy without them even knowing it! This may feel like you're turning yourself into a doormat, and it's important to not let that happen. To be sure, if somebody violates your rights, it's your duty to call them out on it. But when there's absolutely nothing that you can do, this exercise will help.

**When Things Don't Go Well**



This is also helpful to do when people don't wrong you, but things don't happen like you'd hoped. Perhaps somebody said they would call you and they don't. Perhaps you tried talking to somebody and they were standoffish. This can be painful, especially if you focus on what could have been. But consider the alternative. You aren't going to see them again anyway, so why not come up with a reason that supports you? Instead of ascribing negative qualities to them that may not be there (the "sour grapes" strategy) consider focusing on how you benefited from the situation. Or imagine something much better that is likely to happen as a result of that particular event not going as planned. For example, let's say you like a guy, but he hasn't called in a week, your own personal limit for how long you'll wait. You decide he's forever in your past, but you feel a little sad. Instead of focusing on what didn't happen, focus on being freed up to meet a much better man in the future. Among all successful people in all successful areas of life, one common skill is the ability to quickly bounce back from failure or less than desired outcomes.

## **Eliminating the Shoulds**

Buddha once said that all pain comes from a misunderstanding of reality. (Or something like that). One way we misunderstand reality is when we think something **should** happen, but it doesn't happen. Of course, what we think should happen is really our own idea. We can't control other people, at least not very much. This is a good strategy to deal with those shoulds that pop up from time to time. Whenever you feel yourself wallowing in should-land in your mind, start out by writing down what you think people should do:

*People should call when they say*

Now, ask yourself, is this absolutely true, in all cases? Your gut reaction may be, "Well, of course they should!" But give yourself some space. Sure, it would be nice if people called when they say, it would be helpful if people called when they say, but it that a factual statement, "People should call when they say"?

Ask yourself, how do you feel if this is true, and then write down the feelings and emotional responses you get when you treat that statement as if were an ironclad rule of the universe. If people should call when they say, and they don't, you'll likely feel hurt, let down, abandoned, sad, lonely, etc.

But then try to imagine that statement as not true. Just for a little bit, imagine what you would feel like if that statement was not true. If it wasn't true that "people should call when they say." Maybe you would feel a little bit more independent, maybe skeptical when people say they'll call, or maybe you can use this a sorting or qualifying tool, that you'll only date guys that call when they say. Take some time and explore different feelings if the statement, "people should call when they say," is only an opinion, and not an absolute "truth."

Now rewrite that statement, "people should call when they say," to something that feels more true, and makes you feel better about yourself if it is true. Things like:

*I only will date guys that call when they say*

*I should call when I say*

*Only some people call when they say, and I like those people*

*I shouldn't date guys who don't call when they say*

Keep writing different sentences until you come up with one that is similar, but a little bit different, and makes you feel a lot better when you read it.

This should only take five minutes at the most, and it's an exercise that when done daily, will make you feel much less like a victim, and much more like a person with total control of their life and who they let in it.

## Part Three - Manifesting

This part will be the easiest part. It will be a natural outcome if you've followed the previous recommendations and have started doing the various journaling exercises and social skills building exercises. The more you focus on improving your inner game, the more you build up a direct connection between yourself and the many benefits you have to offer a lucky guy, the more you ponder the various red flags and green flags that are important to you, the more this last piece of puzzle will simply pop into place.

### **But What About My Friend?**

Many people misunderstand how the manifesting process works. Some people struggle for a long time, read a book or perhaps attend a seminar on *The Law of Attraction*, and then enjoy near miraculous results. However, you must realize that we live in a universe governed by laws and unbreakable principles. These laws and principles are not based on vague descriptions, they can't be. Why? Consider what you think of when you hear the word, "believe." How would you describe this? It's very difficult, even from a physiological-psychological standpoint. Chances are if you speak to ten different professional psychologists or therapists, you'll get ten slightly different answers. So, consider an often mentioned *Law of Attraction* principle of "If you believe it enough, you'll achieve it." How can this be true if there isn't an agreed upon definition of the word "believe?"

### **How Do Miracles Happen**

The reason some people have near miraculous results with

things like this is that they were likely doing things all along, only they really didn't understand what was happening. Meaning maybe they'd been sending out resumes for six months, only to have dismal results. Then they attended a *Law of Attraction* seminar and did some special "affirmations" during the seminar. When they arrived home, there were two emails from prospective employers. The thing that got them those emails and any subsequent job offers were their diligent work they'd been doing before, not the affirmations.

What you will be doing is taking the entire process of creation, which is often subconscious and not recognized, and bringing it up to a conscious level. It may not "feel" as magical, at least not now. It will feel magical when you're in that ideal relationship with that ideal man. It's just that you won't be creating this relationship through any kind of magic. It is all based on human emotions, the psychology behind human action and what naturally happens when you raise your self-confidence and self-worth.

### **Most People Stumble into Relationships**

Very few people actually take the time to consider how relationships are created. And for the most part of human history, this wasn't really necessary. But most people didn't really have a lot of choice either. People hooked up, and due to social, economic and religious restrictions, that was that. Today there is much more choice. Not just when getting into a relationship, but getting out of one.

What this means is that if you use the "old fashioned" ways of hoping you end up with somebody good, chances are you will end up somebody that is "good enough" and only "good

enough" for a certain amount of time. With the massive variety of men out there, randomly bumping into Mr. Right is very difficult to do if you are just playing the odds.

## **Increasing Your Chances**

But by going through these exercises and understandings, you will significantly improve your self-worth, which will come across as you being much more attractive, **and** you will be much more effective at sorting men. And then something pretty interesting will happen.

## **Unconscious Competence**

Whenever we learn something, it goes through four stages. Unconscious incompetence, when we don't know that we suck. Conscious incompetence, when we know that we suck. Most people are at this level when it comes to finding the right people. We sort of know what we want, but we have a hard time finding it, so there's always a mix of confusion, uncertainty and anxiety when we think about getting in to relationships. As you go through the exercises in this guide, you'll be slowly moving into conscious competence. You have the conscious knowledge, skills and ideas to carefully sort through all of the men out there, until you find the one you're looking for.

## **A Punch Is Just a Punch**

What, what? Don't worry, you're not going to punch anybody. Bruce Lee once said, "Before Jeet Kun Do, a punch is just a punch. But while you learn Jeet Kun Do, a punch is a complicated balance of energy, intention, focus, and directed force. But after you master Jeet Kun Do, a

punch is just a punch, but it's a much different punch." This is what happens when you reach the unconscious competence level of meeting and dating guys. Instead of going home and journaling and trying to consciously decide if any guy is right or not, you'll just feel it. You'll know right away if a guy is into you, but not right for you. You'll know when a guy is right for you, but not into you. And you'll feel a special, internal, ping that tells you a guy is right for you, and is totally into you. But it won't really be a ping, it will be a deep feeling of wonderful resonance.

The more you practice, the quicker you'll arrive at this level. Of course, you don't have to if you don't want to. It's wholly possible to find your ideal man if you only get to the conscious competence. But even then, something will happen. Just meeting him will yank you right out of conscious competence and right into unconscious knowing that he is the one for you. Continuing practicing these exercises, doing your daily journaling, and talking to as many people will help you to find him. That's a good way to think of these exercises. You can see them collectively as increasing your "**Ideal Man Finding Skills**." And soon you'll notice things happening around you that you didn't notice before. You'll notice guys in places you'd never suspected to find ideal guys before. You'll suddenly see potentially suitable men almost everywhere you go. What's going on? Is this magic? Let's talk about that in detail in the next chapter.

## Real Manifesting

To understand how this works, we'll need to take a couple of detours and do a couple of mind experiments. Firstly, there is far more going outside our bodies than we can consciously understand. Some studies put the ratio at 25,000 to one. Meaning for every one bit of information we notice, there are twenty five thousand bits of information we don't notice. Our poor subconscious minds have to figure out what's important and what isn't. What it sees and doesn't see is based on a lot of things. Fear, our beliefs, any amount of cognitive dissonance we are experiencing. You likely have the experience of buying a certain name brand item, only to find there's a lot more people than you suspected that have that same name brand item. You weren't paying much attention to the people that had that, until you bought one. Because it was important to you, you started to see it everywhere. This is one way we can suddenly see things around us that we didn't see before. This is simple manifesting. When you shift your perspective, and start to see physical things around you that you didn't see before. They were always there, you just didn't see them.

### **Complicated Manifesting**

But your level of skill also affects what you see, and what meaning you put on things you see. For example, if you have low self-worth, low confidence and low self-esteem, chances are you are literally not seeing some of the men around you. The part of your brain that is between what is out there and what we see is sometimes called the "preconscious processor." It's responsible for sorting between all the stuff out there and finding out what's



important. So imagine you're on the train, and there is a guy three seats down and on the opposite side. He's your age, and he's somewhat attractive, from an objective standpoint, and he's wearing nice clothes. And he is clearly interested in you. If you have low self-worth and low self-esteem, your preconscious processor actually thinks its protecting you by not letting you notice him. You'll see the person sitting there, but you won't perceive him as a potential boyfriend or husband. You won't even give him much thought. As soon as you get off the train, you won't even remember that he was there. What is happening is your preconscious processor is being obedient to your own evaluation of yourself. If you don't think you're "worth" somebody like that, if part of you fears somebody "like that" will only reject you after getting to know you, your preconscious processor will see that person as "dangerous" to you, and will keep you from noticing him. This all happens in less than a second. Remember, your brain is very, very fast, but not very accurate. You can walk outside for an hour every single day of your life, and this will give you a real feeling of "there are no quality men." Unless you take care of whatever internal issues are holding you back, you will continue to be "protected" by your preconscious processor. Remember, when it comes to human safety (from a preconscious processor standpoint) the rule is "better safe than sorry."

## **Miracles Can Happen**

This is why things can seem so miraculous. Some people have much less "internal baggage" and all they really need is one little push in the right direction. Then they start seeing all those things that are around them all the time. How can you accelerate the process? Accelerate how much

you believe in yourself. Continue to find positive aspects about you on a daily basis by digging deep into your history and finding every story, every anecdote, every time you helped somebody in the past. Continue to refine your list of red flags and green flags. Make it a point to consciously look at every man that crosses your path, and think to yourself, "Hmm, how many green flags does he have, and how many red flags does he have?" This will increase your feelings of control, and it will give your subconscious a very strong message, that you are interested in finding somebody, not just hoping or wishing, but taking daily action. When that happens, your subconscious will begin to help you, where before it may have been protecting you (or thinking it was protecting you) by not allowing you to truly see all that was around you.

### **Social Practice Is Essential**

This is why talking to people, even if it's just to pass the time, will accelerate your ability to find Mr. Right. The more people you talk to, the more you'll be programming your deep mind with the experience that "people are friendly and normal." These next three ideas are essential if you want to accelerate your discovery of your ideal man as rapidly as possible.

### **You Are a Social Person**

You need to build up the experience that interacting with people is normal. You don't need to impress them. You don't need to be impressed by them. All you need to do is convince yourself, through interacting with normal, everyday people, is something that is easy, comfortable and safe.

## **You Are Actively Searching**

You need to program your subconscious (which speaks to you via your intuition, more on that next) that you are indeed looking for somebody. Simply by taking a few minutes to look at guys for a second, and wonder how many red and green flags they have will do this. Try to do this at least once per day. Find one man, any man, it doesn't matter how old or how young. (You can use a mental time travel experiment if you need to) Just see any guy you can look at for a few seconds, and wonder about his red and green flags, compared to your own criteria. (Or you can wonder how many of each he'll have when he gets older or how many he had when he was younger.) This isn't to judge people, this isn't to put people down or assume anything about them. It's to get your mind openly wondering about the men you see.

## **You Are Actively Building Your Self Worth**

This by writing down the things you do on a daily basis, and all the things you've done in the past that have benefited others. The more you build up these ideas in your mind, on a daily basis, the more you'll feel, on a deep level, that you have continually increasing self-worth and the guy that ends up with you is lucky indeed.

## Intuition

Your intuition will never let you down, if you would only listen to it. Unfortunately, most of us have grown to become absolutely deaf to our intuition, which is always speaking to us. However, by practice, and understanding, you can improve how well you interpret your intuition.

### **Feelings**

The only way our intuition can communicate with us is through feelings and sometimes images. Feelings can be incredibly hard to decipher, as are images, since our intuition is limited to the images we have stored in our minds, or the images we are capable of conjuring on our own. And since most of us have pretty weak visualization muscles, the images we conjure up on our own can be pretty haphazard. If you've ever seen any of the Transformer movies, there's one of the robots that can't talk. He can only communicate by playing bits of songs on the radio. Our intuition is like that. It is infinitely wise and intelligent, but it's very limited in how it can communicate that intelligence to us.

### **Hurt Helpful Friend**

Imagine that you had a friend. Always eager to help. And you said one day, "Wow, I'm really thirsty!" So your friend ran into the kitchen and brought you some fresh squeezed lemonade. But you got angry.

"You know that makes me bloated!" you scream, causing your friend to scurry back into the kitchen. This is how we treat our intuition. Not only does it have a hard time communicating with us, we are very vague about our

desires. We wish for different things every second. One day you might have a crush on your blond-haired coworker, only to see a bald headed man at the gym who quickly replaces your coworker in your mind. This is one of the reasons our intuition is often weak and haphazard. It's just doing its best to signal to us what it thinks we want. But if what we want keeps changing, it's only going to have a vague idea, at best.

### **Ignored Friend**

Suppose you had a friend you were always asking for advice, and after doing a little bit of research, this friend was always giving you advice. But you never took this advice. This is another metaphor for your subconscious, and the messages it gives you through your intuition. Often times we get a "feeling" that something isn't right or wrong, but we don't listen to it. If you want to strengthen the connection between you and your subconscious, via your intuition, consider these three ideas.

### **Get Specific**

Be specific about what you want, and specific about what is optional. This will happen when you continue to modify and fine-tune your list of red flags and green flags. The more time you spend on this, the more "signals" you'll get. This will come in the form of an imperceptible desire to look over on the right, and there's a guy, right there, that looks like he could be a match. The more you get specific with what you want, the easier it will be for your subconscious to look for it and alert you to it when it finds it.

### **Follow Advice**

When you get a ping from your intuition, you'd better follow it! If you get a feeling to turn to your right, and you see a guy standing there, do something! Smile at him, walk over and say hi, walk in his direction and give him an opportunity to approach you. So long as you do something, you will strengthen the power of your intuition.

### **Appreciate Advice**

Imagine that your intuition is your secret friend, deep inside you. Every time she serves you, thank her. Close your eyes and imagine giving her a quick hug. This will do wonders for your ability to feel like you and she are a powerful team, and you'll be amazed how much this strengthens her powers.

### **How to Practice**

This can be a fun exercise, if you want to further strengthening your intuition. Find someplace with a lot of visual cues, and simply decide on finding something simple. Perhaps small green objects, or men with black shoes, or babies wearing purple. Then walk slowly through the area while keeping your eyes defocused. Pay attention to any feelings you have, and follow them. Try to determine which feelings are correct, and which are not. The more you do this, the more you'll be calibrating your own intuition, so that you can further depend on it.

### **Pendulum Practice**

This can be a lot of fun, and it's a great party trick. It's got nothing to do with the Occult, so you don't need to worry.

The idea is to hold a pendulum over a small area. Be sure to choose a "yes" direction and a "no" direction. The idea is that your mind-body system is much more intelligent, on a deep level, than your conscious mind. Ask a simple yes-no or either-or question of something in your experience, and hold the pendulum steady. Then close your eyes, and think about the question. Your mind-body system will answer by either making the pendulum swing more toward the "yes" answer or the "no" answer. Be sure to ask questions that are in your experience, and not answers that you expect to come through "magic." Questions like, "Who is better for me, Tom or Harry," are best. Things that you can answer using only your own experience, but can be tough to answer consciously. This can also be a great way to find new places to go and meet guys. Just be sure to phrase the question as a yes-no or either-or answer.

### **How Does This Work?**

Every day you go outside, and your subconscious is exposed to billions of bits of information, way more than your conscious mind can handle. All of this information is stored into your subconscious. The vast and unlimited memory banks that are in your mind. So when you use pendulum questions, you're really asking your mind-body system to sort through all the information that is stored in your memory banks to come up with an answer. So long as the question is binary (yes-no, either-or), you should get a useful answer. For example, you might ask, "Should I go to the mall, or to the park to meet guys today?" And your subconscious will sort through all of your experiences at the mall, and all of your experiences at the park, and come up with the most likely answer. This works best if you actually take the advice you get from your mind-body

system. This is also a great way to strengthen the connection between your conscious and subconscious mind. So long as the answer can come from your own experience, and it's a yes or no answer, you'll get a pretty accurate result.



## Final Thoughts

First of all, congratulations for making it this far. Everybody wants a better life, but few take any action to do anything about it. And among the few people that actually search out and buy books and products that might help them, fewer still make it more than ten percent of the way through. Simply because you are reading these words now, you are committed to changing your life for the better. You now have the skills and ideas that will help you find the ideal man (or men) for you. The only thing that stands between you and him (or them) is the actions you decide to take on a daily basis.

### **What Now?**

Give yourself a month to try out all the different techniques and journaling ideas in here. By then, try to come up with a certain time that you'll work on this part of your life, every single day. You will find yourself growing and improving in ways few people ever realize are possible. Don't be afraid to take risks.

### **Vine Swinging Monkeys**

Once upon a time there was a jungle, and in this jungle there two types of monkeys. One type was very common. So common that nearly all of the monkeys were of this type. These were the type that didn't dare let go of the vine they were swinging on, until they firmly had another vine in their other hand. Needless to say, these monkeys didn't get very far. They were stuck just above the ground, and the amount of food they could get was very limited. They stayed in the part of the jungle where all the trees, and therefore

the vines, were very close to each other. There was another kind of monkey, a monkey that these safe monkeys never saw. This second kind monkey rarely remained confined to the small section of the jungle where all the vines were close together. These monkeys knew that in order to find the best bananas, and the best monkey boyfriends and girlfriends, one had to take risks. So, they would swing as high as they could, and then let go. They were confident in their vision and their monkey-dexterity that they'd grab a vine before it was too late. Sure, it was scary, sure they might not find a vine to grab onto and they'd go crashing to the ground, but they didn't mind. Most of the time it was thrilling. Invigorating. And they saw parts of the jungle few other monkeys even knew existed. Beautiful waterfalls and gorgeous flowers. Super sexy monkeys that are happy to find each other. Ultra-delicious bananas of many different flavors. Because they could let go of safety, to travel through air with only their faith in themselves to hold onto, they traveled far, and they prospered.

## **Habits and Risk**

Two things are essential for success in any area of life. Habit, and risk. You need to habitually hone your skills. Do your daily journaling, review your daily conversations. Do the reframing exercises and all of the other person development exercises in this guide. Find a few minutes to do them every day, and never stop. But also take risks. Go places you've never gone before. Talk to people you wouldn't otherwise talk to. Always trust your ability to learn something at the very least, and to improve your skills, or even to meet a lifelong friend. Risk is essential for growth. Risk is essential for learning. And risk is the very stuff that makes life worth living. Take risks, enjoy the

outcome, and take some more. Just ask those monkeys from that goofy story. They know the secret of life. Everything you want is out there, waiting for you. All you've got to do is be brave enough to go looking for it. With the tools and techniques you now know, you will find your ideal man. Don't let him down. He's looking for you as well. Soon, you will find each other.

## Contact

Questions, comments, feedback, ideas? We'd love to hear from you!

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