

# **How To Attract Women With Humor**

By

Leonard Bustos And Leonardo Amorado

GOOGLE PLAY EDITION

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How To Attract Women With Humor

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# HOW TO ATTRACT WOMEN WITH HUMOR



**How to Easily Approach Any  
Woman & Make Them Laugh**

*By Leonard Bustos and Leonardo Amorado*

# How to Attract Women with Humor

*Learn how to approach women by being cool and funny*

*By using “Attractor Factors” that make you irresistible*



*By*

*Leonard Bustos &*

*Leonardo Amorado*

**Special Bonus –**

**Featuring The Ultimate Pickup Line That Has Never Failed!**

*I'm going to reveal to you a fool proof approach that has never failed for me to engage a woman in a meaningful conversation*

*I'm going to show you how fun and exciting it is to be able to easily approach practically any woman, practically anywhere and have an immediate humorous connection with her.*

*The best way to attract a woman is being able to bring out the best in her, and I'm going to show you how to do that.*

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*“If you follow and practice the Amorado Approach Formula,  
I guarantee you will not only lose your fear of approaching women  
but you will also have fun and exciting encounters with them,  
– or I promise to help you in my workshops until you do”*





Study these women carefully  
There will be a short test later

## THE PURPOSE OF THIS BOOK

I'm going to let you in on a little secret. Real men want to have sex with as many beautiful women as they possibly can. I know you're probably shocked at this astonishing revelation, but don't be alarmed. It's not your fault, and it's nothing to hide or be ashamed of. In fact, if your ancestors didn't feel the same way, you wouldn't be here.



*"A man is basically as faithful as his options"*  
Chris Rock

It's important to add that most honorable men in a relationship generally restrain themselves from acting on this primal desire mostly because of love and respect and to avoid hurting their partners. However, that doesn't mean this powerful urge still doesn't exist. To this day learning to control this instinctive impulse tends to be the ultimate male dilemma.

Guess what? Women desire and crave sex too. The problem is, too many guys are either too passive and conceal their sexual interest in women, or they act like aggressive idiots and drive them away. There is a very cool and natural way to approach and attract women so they become interested in you first, and I'm going to show you how to do it.

There's no doubt that women want to be sexually attractive and wanted by men. They are actively looking for those men who have the ability to unlock the code to their natural instinctive desires. This book is going to teach you how to develop those traits and skills that tap into a woman's primal needs and desires. You will become in so many words – simply irresistible.

Man's sex drive is responsible for humans becoming the dominant species on earth. Practically every thing that's ever been created or invented since the dawn of mankind is because..... Men desire to have erotic sex with as many beautiful women as they possibly can.

It's this primal overwhelming urge to merge that motivated our male ancestors to develop and adopt certain traits to mate that were attractive to women. These traits were behaviors and

qualities that in reality promoted and assisted in the survival of women and their offspring. Women were and still are instinctively and intuitively drawn to men who help them and their offspring survive and thrive, and of course found them very necessary and highly desirable in the process.

There is no question these characteristics have evolved and morphed over time, but not as much as you might imagine. They continue to be powerful and irresistible but nonetheless they are still primal. I call these traits “Attractor Factors” and I’m going to teach you how to develop and use them to cause women to be attracted to you.

There was a time when the biggest baddest dude in the tribe had the hottest women pretty much to himself. The women were attracted to the strongest males because they were the most likely to ensure the survival of their offspring.

In fact, to this day (according to Geoffrey Miller, one of the world’s foremost authorities on evolutionary psychology) the main reason men continue to have such fear of approaching attractive women is because it’s still programmed in our DNA that in order to have them, we would have to challenge the leader or Alpha Male for the privilege. A real ass kicking and sometimes death ensued which is still embedded in our brains thousands of generations later.

Because women are able to procreate only every year or so, she has to become very selective with whom she chooses to mate. Most young men on the other hand, can procreate three to five times a day – so his motivation is quantity first and quality second. He wanted to...have as much sex with as many quality women as he possibly could. Now you know why it’s psychologically and generally much easier for men to have sex than women. Once again, an example of how our evolutionary history has created certain irresistible behaviors between the sexes.

Back then, it was so easy any caveman could do it – and he usually did, whenever he wanted to. But over time as humans became more civilized; women started demanding more of a say in the sexual ritual. It’s hard to say if they started changing men’s behavior by causing them extreme bowel discomfort by contaminating the food they cooked for their man, or “accidentally” using their teeth when servicing their man to get their point across. Eventually men had to start figuring out better ways to compromise and make the sex more consensual.

There had to be a little more quid pro quo, a little more romance; which caused men to start developing skills and traits to exchange for sexual favors. I’m guessing this was the first agenda on the list of women for many other demands to follow. One could say it was the beginning of equal rights and how the women’s movement – in more ways than one – was used to acquire them.

Over time, women started becoming more attracted to those males who were smarter and more adaptable to the environment, like the first scientists and artists. Those men who were better providers and better able to ensure the survival of their offspring became more desired by women. Those types of men started getting the hotter cave babes. Men started becoming more adaptable which eventually led to the creation of math, science, history and unraveling the mysteries of life.



Musicians, writers, comics, and artists also evolved from this primordial soup of skill sets because these skills were a sign of intelligence and adaptability. The desire for sex also motivated men to develop talents that were very attractive to women because of not only the value they brought to the marketplace, but especially because of the emotions and passions they aroused in women. Why do you think women are so attracted to Rock Stars, artists and authors? Actors are trained to develop these skill sets of attraction and so can you.

At the top of this chapter, I posted a picture of 5 women. Without looking back, I want you to answer these questions:

- Why were you drawn to their pictures?
- What type of message and reaction did it send to your brain?
- What did it make you think about?
- Did it create any pleasurable sensations?
- Did it make you want to see more of it?

The purpose of this simple exercise is to highlight the sensation of irresistible attraction and how it subconsciously affects our brain and body chemistry at a primal level. These are prime examples of “Attractor Factors” and “Traits to Mate” for men. The point of this book is to demonstrate that women are also prone to these sensations of irresistible attraction, except their criteria for attraction are very different in many respects from the ones for men.

Attraction is not a choice (an awesome quote from top dating guru, David DeAngelo). These are natural biological reactions embedded in our DNA developed over tens of thousands of years. Just as men have these responses to attractive women, so do women have similar reactions when they observe men with certain masculine traits.

We often think of the male as competing with other males for the prize of mating with the female, but women, of course, also compete for the opportunity to mate with the male who has the most desirable traits.

I’m going to teach you what those masculine traits are and how you can develop and use them so that you become more attractive and irresistible to women. I’m happy to report that some of you guys will be very relieved to know that looks aren’t at the top of the list of attraction for women. I’m just saying.....

If you want to experience life’s ultimate pleasure of falling in love and being in love - with all of the benefits that come with it – like incredible sex, great companionship, having someone to laugh with, someone to be there for you through good times and bad – and just having a partner to share and experience life with; then I promise to show you how to connect with her if you are willing to take the necessary steps I’m about to share.

I can’t think of a more important decision in life that you will ever make regarding your happiness than with whom you choose to share your life. Finding a quality woman all begins



with meeting them, and in order to meet her, you'll need to know how to approach and cause her to be attracted and interested in you. First impressions are critical because each following impression we make can be interpreted and magnified in a positive or negative way, depending upon your first impression.

***I'M GOING TO SHOW YOU HOW FUN AND EXCITING IT IS TO BE ABLE TO EASILY APPROACH PRACTICALLY ANY WOMAN, PRACTICALLY ANYWHERE AND HAVE AN IMMEDIATE VISCERAL CONNECTION WITH HER.***

**I Know You Can Do It** – or I wouldn't be so bold and confident to make the guarantee to help you until you do. Even if you've never or rarely ever had success with attracting women – I'm going to show you how to have amazing results simply by learning and practicing some minor modifications in your mindset, body language and life style. You're going to learn a foolproof systematic process that makes it so easy you'll wonder why you even considered it being so difficult in the first place.

When you master these skills, your life will never be the same. I can't tell you how liberating it is to be able to approach and flirt with practically any woman who strikes your fancy. I don't care how young or attractive they might be. You will have them laughing and joking with you in a connected way almost immediately. It's almost like you've become a famous celebrity that everyone likes and wants to hang with.

I truly want you to succeed and I'm going to do everything I can to help you. It gives me great pleasure to help others discover and experience two of the most important and pleasurable things in life – love and laughter. One of the most exciting and fun things you're going to learn here is how to instantly create attraction and rapport with women, and you don't have to be rich or handsome to do it.

So many men have told me that approaching women they want to meet is one of the most terrifying and difficult things they've ever tried. It ranks right up there with public speaking and getting a root canal.

By the time you finish this book you will have discovered some amazing revelations about female evolutionary psychology and human behavior. You will learn the hidden secret desires that women are subconsciously and irresistibly attracted to. This information will cause you to better understand and totally rethink the way you relate and talk to women.

You're going to learn how and why women have been genetically programmed over tens of thousands of years to be automatically attracted to certain male traits and habits, known as "Attractor Factors." I'm going to show you what those qualities are and how you can adopt them while at the same time not compromising your core values.

You're also going to learn how to eliminate all those destructive (feminized) habits that are total turn-offs to women. Many of them have been possibly sabotaging your efforts with women for many years and you probably weren't even aware of them. There's a good chance that those anti-masculine habits contributed to a woman cheating on or leaving you.

I'm all for women's liberation and equality, but with it came a feminization of American society. Equal rights have caused role reversals and gender confusion that is contrary to the conditioning of tens of thousands of years of customary male-female roles.

Male and female blueprints that have evolved over 200,000 years have been suddenly and drastically altered over the last 50. That is a 4,000 to 1 ratio. In many ways, male and female roles are no longer how they evolved, and the sudden shift has had major social consequences.

This is one of the primary reasons why there are so many feminized males (often referred to as wusses) that are unsuccessful in attracting women because they are acting like women themselves. It doesn't work. You can't reverse tens of thousands of years of conditioning over a 50 year period and expect different results.

At the same time, it's been proven in studies that many women who *think and say* they desire sensitive, emotional, nice guys – (who are in reality, feminized men), are actually unconsciously attracted to masculine men who are not sensitive or emotional at all. Research showed that when those women met men in speed dating encounters, they overwhelmingly and almost always instinctively chose the men who displayed the alpha male traits and turned down the passive sensitive men.

On one hand, it wouldn't be prudent to grab women by their hair and drag them back to your man cave. It would be "uncivilized" and you'd find yourself on Fox News debating Gloria Allred. On the other hand, you've got four fingers and a thumb (see below) that you can use to reclaim your masculinity and display those Attractor Factors that you're going to learn in this book that women will be irresistibly attracted to.



**No**



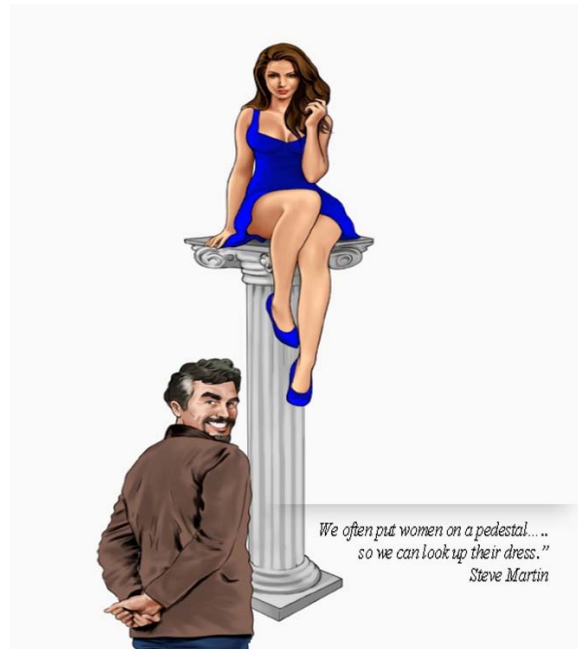
## Yes

There was a time when I was terribly intimidated by attractive females. I tended to put women on a pedestal, (Steve Martin once said that we put women on a pedestal so we can look up their dress) bought them lots of gifts, took them to great restaurants and treated them like princesses. The amount of time and money I spent trying to score was staggering. Even though I had a lot going for me at the time, I still struck out more times than Babe Ruth (who by the way also held the record for the most home runs for a long time).

When I did happen to have a girlfriend, the relationship rarely lasted very long. I eventually got the “It’s not you, it’s me” speech, or “I like you as a friend.” I couldn’t believe I was getting dumped. I did everything they wanted me to do but they soon lost interest in me.

Eventually, I stopped banging my head against the wall when I knew I had to change because what I was doing wasn’t working. After a lot of research in female evolutionary psychology and self-discovery, I started learning what types of guys women were truly attracted to.

I started practicing and using more Masculine Body Language. I started improving everything I could about myself. I started developing more self respect and confidence. I also stopped trying so hard to please women which made a huge difference. However, the real catalyst that was the final ingredient to this magic formula was developing and integrating a confident sense of humor.



I immediately noticed that everyone started treating me like a celebrity, including my family and friends. Women I encountered started smiling more and making longer eye contact with me. I began engaging nearly everyone I met to hone my humor skills, and it became a lot of fun.

More people started calling me “sir”, and the more I became aware of the new habits and results, the more self-confidence I began to develop. I started memorizing and modifying a repertoire of funny lines I heard comedians use which gave me more confidence to start developing my own style of humor to make women laugh.

I’m going to teach you how to start developing your own style of humor, and when used with alpha male habits, you’ll be amazed at the way others will start treating you. You will genuinely look forward to interacting with more people because it’s extremely entertaining and rewarding to make people laugh.



With a little practice, you will start noticing that women will start to seek you out for the pleasurable sensations laughing sends to their brain, and they will start engaging you in a more playful manner. They will introduce you to their girlfriends. They will become attracted to you, and they will want to start spending more and more time with you.

I discovered I was able to make these changes while still retaining my unique personality traits and core values. I was still the same person; however by modifying a few certain behavioral characteristics and developing a sense of humor, I became more attractive to women. In fact, nearly everyone I encountered started treating me with more respect and kindness. They wanted to hang out with me more.

The purpose of this book is to show you how to develop those traits that cause others (especially women) to notice and respect you more. I'm going to show you how to record over the modern "female blueprint" and start demonstrating those characteristics that women can't help but be attracted to.

These methods you're about to learn have been scientifically tested and proven to work. This information has been carefully researched and documented from experts in the fields of evolutionary psychology, human behavior, sexology, oral communications and many other fields too numerous to mention.

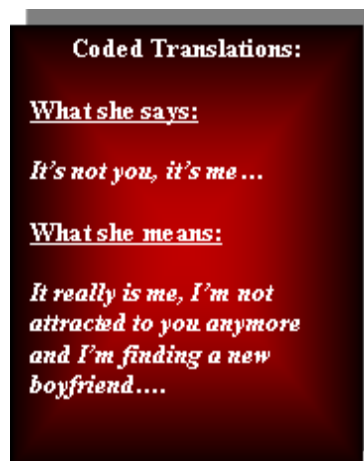
First of all I want to make one thing clear. I don't pretend to have the magic formula that works for every man with every woman. There is no single prescription that fits every situation. There are countless methods that truly work in various types of situations. What I've done is to focus on the common denominators and basic fundamentals that are effective with the widest array of women and at the deepest level of their wants and needs.

**What you are going to learn from this book:**

Every day of your life can provide limitless opportunities to make a lasting impression on women who you wish to impress for romantic, business or social purposes. Many men realize all of the positive qualities and attributes they have; sometimes they just have trouble bringing them out.

You are going to learn how to wake up the macho, sexy, witty, charming side of yourself that many people rarely get a chance to see or experience. I know all men have one; you just have to learn how to develop it and use it! You must reclaim your natural masculinity! One of my favorite things in life is to engage an attractive woman in playful, flirtatious conversation and experience that incredible sensation that overcomes you when you connect with her.

As you begin your journey to becoming more attractive, respected and admired, you will learn the importance of your attitude, self image and self confidence. Your attitude and self image have everything to do with your outward appearance and your confidence in dealing with other people.



I will show you how to improve your attitude and self image which will enhance your appearance, your charm and help you to overcome your shyness. You are going to be so amazed and thrilled by how women will start treating you once you start making some minor changes in your attitude, eye contact and body language.

I will teach you how to become a hit the first time you meet someone. First impressions lay the foundation for any relationship and they can make you or break you. You will also learn how to take the initiative with a woman and make the most of first encounters. I have listed several things to do or places to go that will make asking a woman out seem like an easy and natural thing to do.



Many men are shy and lack self-confidence mainly because they don't know how to communicate with women; they just don't know how to approach a woman or how to start a conversation. I'm going to show you how to use humor as the ultimate icebreaker.

A clever and humorous introduction instantly short-circuits her usual defense mechanisms and right away, you've made a good first impression. You've immediately overcome that initial moment of awkwardness that usually accompanies meeting someone for the first time and now it's much easier to establish rapport. When you start out with a humorous outrageous quote – you can then say practically anything after that and get away with it.

I have dedicated an entire chapter on how to easily approach a woman using a collection of some of the best humorous pickup lines known. I'll show you how to initiate conversations which include amusing and funny one liners and opening remarks that are sure to momentarily catch her off guard and make her laugh.

You'll discover how a certain type of humor can become an aphrodisiac for women when it puts them into an instant and emotional state of attraction if done properly. You'll learn how to keep the conversation going, how to make it funny, how to make it interesting, and how to transition into more thoughtful personal dialogue that will not only help you assess her personality, but build deep rapport as well.





What you say to her isn't as important as how you say it. Studies have shown that how you say something (your tone of voice, position of your body, etc.) is much more important than what you actually have to say. Kinesics (body language), proxemics (closeness) and paralanguage (delivery) also play a major role in how you present yourself.

Your body language and the tone of your voice can make you infinitely more interesting. They will serve to magnify and intensify your words and command the attention from others you deserve. When you learn and practice these tested and proven methods, you will soon become a master at flirting and you'll soon find yourself trying it with every woman you meet – just for the fun of it!

For over 30 years I've studied and researched the best material from hundreds of top experts on a wide variety of subjects all relative to this topic. I've also learned and used much of this material from personal experience and observations. I am very proud of my work and my desire is that you will enjoy and benefit from this information as much as I have. I want you to have the opportunity to experience one of the life's ultimate pleasures - sharing the love, romance and connected companionship with a quality woman.

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**INTRODUCTION**

**A BRIEF HISTORY OF THE FIRST BOOKS ON ATTRACTING WOMEN**

**(And how I know this really works)**



***“God gave men both a penis and a brain, but unfortunately not enough blood supply to run both at the same time”***

***Robin Williams***

The real first book on attracting women and dating advice was *Ars Amatoria*, (The Art of Love) written about 1 BC by Ovid. Its purpose was to show a man how to find a woman. Ovid’s second book was to show him how to keep her. The third book completed in about 2 AD, was for women on how to win and keep the love of a man.

From that time until the early 70’s when Eric Weber wrote his classic book “How to Pick Up Girls,” – I am unable to find anything in recorded history written on that particular subject. Before Weber’s book, I’m sure men still managed to hold their own when it came to sex.

That book prompted me to write the third book on the subject, “How to Attract Women and Keep Them Interested” which was published in 1981. I wrote it under the name Steven Zapman; and you can still find it on Amazon, Google Books and others with the price ranging from \$55 to \$115.

After “How to Attract Women” came on the scene in 1981, it wasn’t until 10 years later that David Wygant, Neil Strauss and Ross Jeffries became popular promoting their methods of attracting women. They really deserve the credit for the explosive popularity and success of pick up artistry.

Shortly thereafter, David DeAngelo, Lance Mason and Carlos Xuma really made the industry take off when they started marketing on the internet. Their success started the revolution that has created literally dozens of other authors and creators of methods showing how to bed women - now known as PUA’s – or pick up artists.

The number of methods and formulas are countless – and most of them have merit to varying degrees. Some have excellent and workable techniques that rely on psychologically profiling a woman in order to determine the best way to make her attracted to you.

Then there is NLP – neuro linguistic programming – a method to discover and tap into women’s subconscious and pre-genetically wired hidden needs and desires. These methods have proven to be very effective as demonstrated by the endorsements of tens of thousands of grateful men who have learned them in courses much like this one.

The most effective and primal method for attracting women is principally based on evolutionary psychology. Women tend to be irresistibly attracted to certain male traits that are the result of tens of thousands of years of genetic programming known as “fitness indicators” or what I like to call “Attractor Factors.”

The most conspicuous common thread in these entire methods boil down to this: Being a confident, competent and caring man – a quality Human Alpha Male or pack leader – A man that attracts women instead of one that pursues them.

Attraction is not a choice for women or men. Just as you are hard wired to be attracted to a sexy looking woman, so are women attracted to a man with Alpha Male traits. Women are not as concerned with looks as men are. They are hard wired to be attracted to men who have certain “fitness indicators” – which include a number of masculine traits, and I’m going to show you how to adopt those qualities and make them your habits.

## **HOW I LEARNED TO ATTRACT WOMEN**

I first started writing this book around 1978 while I was a graduate student at San Diego State University. At the time, Playboy Magazine ranked this warm California campus near the beach as one of the top 3 partying schools in the country. This recognition and reputation was well deserved.

All I could think of back then were all of the super hot chicks with their tanned firm bodies. They would parade around the campus with their swaying hips and apricot asses peeking out the bottom of their tight shorts. They wore see through tight fitting halter tops with no bras and firm breasts just begging to be caressed. They would jiggle them and tease you with their flirtatious come-hither glances.

They expected you to notice them, but you had to be cool about it. There’s a certain way you have to make eye contact and approach them in these situations, and at the time I didn’t have a clue. No matter how hard I tried to contain my slacked jaw stare, I couldn’t, which I found out later was the reason I had no luck meeting them.

I felt so helpless - talk about focus stealers. I couldn’t study or carry on a conversation without having my mind turning blank or my words freezing in mid sentence after gazing at them. Then I had to go find the nearest bathroom in order to shake hands with my best friend.

The urge to reach out and touch them was overwhelming. It was all I could think about. I wanted to get close to them, to get to know them, to touch them and get naked with them. The urge was so strong, but even with my college level research skills I was unable to find any relevant literature to teach me how to get one of these sexy teases in bed.

Sure there were sporadic articles in Playboy, Penthouse and even Cosmo that had a few tips, but there was really only one book I could find on the subject at the time – and it wasn't even in the library. "How to Pick up Girls" by Eric Weber – was the only book I found and you could only buy it through a display ad he placed in Playboy Magazine.

It was a huge seller – the guy became famous and he was all over the radio and TV. So I ordered a copy of it and I couldn't wait to read it. The "book" was about the 68 pages long – the width of about 3 and a half quarters – large print, and it had lots of pictures.

I do remember getting a few good pointers out of it. It was mostly based on his personal experience, a few girls he interviewed, and some techniques that he and his friends used that worked for them.

Since he really was the first person in over a thousand years to write such a book, I really have to give him credit for creating such a revolutionary and necessary niche market manuscript, even though it pales in comparison to much of the more effective content of today.

Since I was working on my Master's degree at the time, I talked to one of my college professors about my interest in this subject and I informed him of the lack of any real good or specific information on how to attract women.

*I just knew* I could do so much better than the only book out there on picking up girls. He convinced me that it was an excellent subject for a class project, however if I was to receive credit for it, I would have to do valid research and provide footnotes and sources for the information I was presenting; and not just write about what worked for some of my friends who were really good at it.

## **SUCCESS AT LAST**

This forced me to document, validate and put to the test all of the information on love and attraction I researched and wrote about. Finally – at last - that was the first step to getting laid regularly. I'm happy to say shortly thereafter I began finding more and more female friends to shake my best friend's hand for me.

It took me about 3 years to finally finish writing and publishing the book because I was distracted having so much fun making up for all of those lost years I missed out on. It became so easy to approach and meet practically any hot chick I wanted by telling them I was writing a book on love and attraction, and would they be so kind as to give me their opinion on a few questions I had?

Now I had the confidence, the perfect approach line and I was unstoppable. It was Showtime! I modestly admit that I became a very smooth, fearless love machine.

Of course the ladies loved the approach and they would become immediately interested - and if they were “good,” I promised, I “might” even mention them in the book. It was the best pickup line ever! Not once did it ever fail to at least generate attraction or interest from any women I ever approached.

## **MY EPIPHANY**

There’s that saying that all good things come to an end. My successful and adventurous “research” methods culminated one fateful warm summer evening in my bachelor pad near the beach. Talk about the perfect storm.

I was entertaining a young hottie in my bedroom that I just met at the beach when the front door bell *and* the phone in the living room rang almost simultaneously. Although I was annoyed at first for being interrupted, I wasn't prepared for what was about to happen next. I suddenly heard glass shattering and my car alarm go off outside my bedroom window.

I jumped out of bed and ran to my window just in time to see one of the girls I was “dating” screeching off furiously in her car after putting a brick through the driver side window of my car. I then noticed that I left my bedroom curtains cracked open enough to see in. Damshitfuck.

The next moment, I heard the voice of another girl I was “dating” recording an audible sexy message on my answering machine (remember those?) inviting me over to her place. Just when she finished hanging up, I heard the voice of my next door neighbor, an older but still very sexy lady knocking on the front door “Yoo Hoo – Leonardo – are you home? ”

I’m guessing this was too much drama for the young hottie because she quickly got dressed and bolted out of the front door without even saying goodbye. My head was spinning on my shoulders thinking, WTF?

My neighbor lady friend –as if on cue – walked right in after the young hottie not even noticing her while making one of those dramatic entrances elevating her right hand to the sky that you would only see in a Broadway play. She was dressed in a very revealing robe - oblivious to what had just happened.

I’m just glad the other girl I was “dating” didn’t find out. That scene could have been *real* ugly. She wasn’t the understanding type. I think God was trying to send me a message.

That night I had one of those life changing epiphanies when I looked at myself naked in the mirror. I hadn’t been getting much sleep or eating right. I had 3 day stubble. My face was gaunt and pale. There were big bags under my bloodshot eyes - and when I looked down at my penis, I noticed it appeared to be in a much weakened state while staring at the floor.

It seemed to be gasping for air telling me - “dude ...enough for now...give me a break.... “

Now I’m a grower, not a shower – but at that moment there wasn’t any growing or showing going on. Why am I telling you all this and what does it have to do with the book? One thing for sure, you could say it taught me a lesson - everything in moderation...But the real momentous epiphany that was revealed?



### ***This stuff really works!***

At that moment I felt like I just discovered the cure for cancer! It could be even bigger and better than that. I will become rich and famous - a savior to all mankind. I pictured Wayne and Garth kneeling and bowing in front of me “we’re not worthy, we’re not worthy!” Delusions of grandeur flooded my brain because I just knew I was on to something new – a formula that men would pay a small fortune to learn.

### **ON THE ROAD TO FAME AND FORTUNE**

I eventually became more judicious with my behavior, and when I finally published the book in 1981 –I went crazy promoting it. I started becoming famous. I was being interviewed on television and radio shows – I was being featured in newspapers and magazines – I even had a 3 minute weekly spot on a nationally syndicated radio show called “Something You Should Know.”

I was speaking to dozens of singles groups and thousands of singles throughout Southern California. I was giving private coaching lessons. I even taught courses at Glendale Junior College in Glendale, California.

I was going to take advantage of all the new technology at my fingertips, “cassette tapes” and “VHS video tapes”. I was on the threshold of becoming a nationally recognized expert on how to attract the opposite sex. I’m proud to say that I was probably the third pick up artist ever to write a “How to” book about it attracting women –right behind Ovid and Eric Weber of course.

### **FURTHER PROOF THE INFORMATION WORKED**

The ultimate and ironic proof that the information I was presenting really worked came when one of the girls I was dating read my book “How to Attract Men (And Keep Them Interested). What happened after that is a blur, but the next thing I remember was I was married with a child.

To tell you the truth – I don’t even remember how it all happened. When the minister who was about to marry us introduced herself and asked me my name, I couldn’t answer. I really forgot what my name was. I’m not making this up.

My speaking engagements and presentations would cause me to come home late at night. My book tours kept me away from home. I also provided personal coaching on the side. As fate would have it, various women started calling our house at all hours asking for “private coaching lessons”.

This was not the best chemistry for a healthy marriage. Shortly thereafter I heard those 4 “special” words from a woman that causes all men’s sphincters to constrict. My wife told me, “We need to talk”.

To make a long story very short, I chose marriage, family and a career in real estate over my dating profession and my blossoming career as a dating consultant was cut short. Ironically that was precisely half my life ago.

## **THE REBIRTH OF MY CAREER AND LIFE**

Fast forward to 2012– I’ve been divorced for about 12 years, and although it took me a little while to get readjusted to the single life after the divorce, it didn’t take me long to pick up where I left off. These past dozen years have been some of the best of my life, even though I had a very near brush with death.

I mention this very profound near death experience because it gave me the opportunity to realize which events in my life were the most significant and which ones gave me the most joy and physical pleasure. It’s as if I was being shown this highlight film of my life so I could return and share with others life’s real purpose and what makes it so fulfilling. It’s like I was given the answers to a final test to bring back and pass on to you.

As I was laying there nearing death, I remember the feeling of my life force slipping away like a battery being drained of its energy. I then started to see my early childhood flash before me like one of those old 8 millimeter, grainy black and white films. I remembered events that I had completely forgotten, like learning to ride a tricycle, my mom bringing home my baby sister from the hospital who is 4 years younger than I am. I remembered sharing an ice cream cone with my dog Skippy.

The quality of this film showing the most important times of my life got better as I got older. Many of the highlights were of my childhood, family and greatest accomplishments, like being voted co-captain of my college football team and winning the 177 pound wrestling championship in junior college. I vividly remember the filmstrip of me receiving the accolades and recognition for the work I was doing on love and attraction.

I have to say that the greatest sense of joy and happiness I remember were first of the highlights of the special times and love I shared with my children, my family and my closest friends. The overwhelming feeling of love and bonding I felt literally brought tears to my eyes.

I must also confess that apart from the family joy and happiness, the most physically pleasurable and awe inspiring memories were of the incredible romances and sexual experiences I was fortunate enough to have shared with so many beautiful women throughout my life. Countless erotic moments sped through my mind while at the same time I felt like time was standing still. It made me realize how blessed I have been to have experienced so many of the sweet juicy fruits of life.

Had I not developed these skills – my highlight film would have been cut by at least a third. Much of my life’s best times were of the special relationships and encounters I experienced with the women in my life. I even had the pleasure of hearing the soundtrack of Julio Iglesias and Willie Nelson serenading me in the background, [“To all the Girls I’ve Loved Before!”](#)

This experience and realization gave me the motivation to share with others what I've learned because I would hate to see so many men miss out on such an important part of life – the pleasure of having an intense, physical, loving relationship with a sexy, beautiful woman who adores you and one that you truly adore and appreciate as well.

My vision and desire is that this information will cause you to achieve some of your wildest unfulfilled fantasies with women and ultimately find the woman of your dreams. Maybe then you'll be able to pass on to your next destination with a smile on your face recalling your own highlight film.

It's never too late to embellish your obituary....



### **Leonardo Amorado**

**Creator of CyberSystem Dating** – an audio/video formula teaching singles how to find the love of your life online

**Host of Facebook's dating workshop "Leonardo's Love Lounge"** – where singles mingle and learn how to use online dating to select and connect with the opposite sex – not that there's anything wrong with it;

## **CHAPTER I - YOUR ATTITUDE AND SELF IMAGE WILL DETERMINE YOUR APPEARANCE, PERSONALITY AND SELF CONFIDENCE.**



*“Act like wherever you are, that’s the place to be...  
Isn’t this great”?*

*Mike Damone – Fast Times At Ridgmont High*

(click to follow the link)

If you want to be the cool, confident man that makes women laugh and attracted to you, and you don’t want to be afraid to approach attractive women at the supermarket, a party or wherever you might happen to meet them, then you will want to start creating the mindset, body language and habits that women are instinctively attracted to.

In this chapter, you are going to learn some very effective methods that will help you to overcome self doubt and self-defeating behavior. I’m also going to teach you how to start developing “Attractor Factors” so that when you approach a woman, she will be much more receptive to what you’re going to say. This in turn, increases your self confidence and your ability to establish deeper rapport.

The way you feel on the inside has a definite bearing on how you look and act on the outside. "There is a very strong connection between the body and the mind," says body language expert and author Julius Fast, "and the connection is called psychosomatic."

Not only can we think ourselves into being sick or getting well, but we can also influence our minds to make us look more attractive and act more confident. Mr. Fast says the nervous system causes different chemical hormones to flood the body at the command of the mind and these hormones direct the actions of glands and blood vessels.

The result is heightened muscle tone, a radiant complexion, sparkling eyes and improved posture. How do you think the best actors perform? You have to admit that many male sex symbols aren’t even very attractive – they just know how to carry themselves.

Trisha Yeager, a beauty expert and author of *The California Beauty Book*, agrees that you can become more attractive by using positive thinking. "Positive energy from within-that is the key to looking terrific ... attractiveness begins in the mind, with your most intimate thoughts, because those things you repeatedly think about eventually express themselves physically."

The guy who just had an unbelievable threesome with two hot women radiates masculinity and charm because he feels like the ultimate stud on the inside. The same guy would not look so good after he found out his girl or wife was cheating on him or he just got fired.

Your attitude really does have a lot to do with your physical features and overall attractiveness. It is also a reflection of your charm, charisma, grace and the way you carry yourself.

Your attitude reflects itself on your face, the look in your eyes, the natural expression on your mouth and the way you interact with people. These micro expressions are scarcely visible to the naked eye. In fact, those expressions over time ultimately create the temperament lines on your face and define your character as you age.

If you've ever noticed an older person who has a permanent frown or expression of sadness, it's almost like palm reading their face. On the other hand, positive thinking and kind people will have very recognizable signs of peace and joy etched on their face which will shape conversations in a positive way whenever they meet new people. There's no question that after many years, your life story will be written on your face.

Your attitude is a reflection of the incalculable number of micro expressions you make on your face and the immeasurable amount of subtle body language signals that you project. Most people are totally oblivious to the profound level of awareness that actually occurs when reading each other's body language because it's analyzed and reacted to at such a deeply subconscious level.

It's not viable to watch a super slow motion film of everyone you meet and consciously try to determine and explain to yourself what every insignificant movement or facial expression means. However your brain does it for you and then explains it to you in a subconscious language.

It's had tens of thousands of years of catalogued studies and surveys to learn how to analyze other's movements; however you would have to be highly trained to have it provide you with a play by play rational explanation that you would understand.

Fortunately, your attitude is one thing you have total control over since it is such a huge indicator of whether others are attracted to or repelled by you. When you improve your attitude, you improve your self image, your appearance, your personality and your confidence. Each condition either bolsters or suppresses the other, depending upon your attitude.

You will learn in this chapter how you can condition your mind to have a more positive attitude and healthier self image by following scientifically proven methods to make that happen.

## **DEVELOPING A POSITIVE ATTITUDE**

Have you ever noticed how on some days you look and feel really great, and on others you look and feel like crap to yourself? Most people have these ugly days because they give in to all of the negative circumstances happening in their lives.

It can be an argument with a friend, a traffic ticket or overdue bills. Whatever it is, it can affect your attitude and temperament, and thus the entire image you present. Nonetheless, you can refuse to give into these negative vibes.

It's all a matter of how and what you think Says Napoleon Hill, "Thinking good thoughts, positive and cheerful thoughts, will improve the way you feel. What affects your mind also affects your body." Your subconscious mind sends messages to your conscious mind which in turn reflect themselves in your bodily movements and facial expressions.

In Napoleon Hill's book *You Can Work Your Own Miracles*, he mentions the importance of a positive mental attitude. "Your mental attitude is the major factor which attracts people to you in the spirit of friendliness, or repels them, according to whether your attitude is positive or negative; and you are the only person who can determine which it will be.

Mental attitude controls, very largely, the space one occupies in life, the success one achieves, the friends one makes, and the contributions one makes to posterity. It would be no great overstatement of the truth if we said that mental attitude is EVERYTHING."

Your mental attitude is one thing you have complete control of, and you can take possession of your thoughts and control your way of thinking if you really want to. **YOU ARE WHAT YOU THINK.**

I once heard master motivator and Minister Bob Harrington say, "Today, I want you to meet the greatest corporation in the world, **YOU!** Yes, that's right, **Y-O-U**. *YOU* are the chairman of the board, *YOU* are the president, *YOU* are the vice-president and treasurer of this magnificent and wonderful corporation. Not only that, *YOU* own controlling interest in this corporation, so if *YOU* don't like the way *YOU* are, *YOU* better take control and get *YOU* back on the right track!"

You really can program your mind to make yourself more confident and attractive through practice and repetition. Your subconscious mind has a tremendous amount of influence over how you act, and you do have the ability to think yourself into higher self esteem and more self confidence by practicing and repeating often the following formula of the five C's. Your mind is your own, and so is the responsibility as to how you use it.

You are about to learn five extremely important building blocks that you can start thinking about right now and into the future to boost your self confidence. Whenever you start to doubt yourself or need some self-assurance:

## **COUNT YOUR BLESSINGS**

Think of all the things you have to be grateful for; your health, freedom, family and friends. I'm sure you've heard the story of the boy who cried because he had no shoes until he met the woman who had no feet. If you haven't, it goes something like this: "I had the blues because I had no shoes, until upon the street; I met a woman who had no feet."

In Dale Carnegie's book, *How to Stop Worrying and Start Living*, he tells it like this:

You have much to be grateful for if you stop and think about it. So count your blessings, not your problems. Ponder the positive and negate the negative. It's very important that you realize the consequences of negative thinking and know that you can change it if you want to.

## **CONCENTRATE ON YOUR ASSETS**

Now consider any physically attractive qualities you have; it may be your eyes, your shoulders or your hair that may be extraordinarily appealing. It may be that you have a great personality. Also, concentrate on any skills you may be good or proficient at. We are all good at something; it can be your ability to cook, perform your job or even make a woman have an orgasm.

*"Would you sell both your eyes for a billion dollars? What would you take for your two legs? Your hands? Your hearing? Your children? Your family? Add up your assets, and you will find that you won't sell what you have for all the gold ever amassed by the Rockefellers, the Fords and the Morgans combined.*

*But do we appreciate all this? Ah, no. As Schopenhauer said: 'We seldom think of what we have but always of what we lack' Yes, the tendency to 'seldom think of what we have but always of what we lack,' is the greatest tragedy on earth. It has probably caused more misery than all the wars and diseases in history."*

Think of all the positive qualities you possess, things that other people admire in you or compliment you about. Consider yourself as someone who is worthy, talented, attractive and lovable.

Reinforce in your mind that you are a unique person, and that there is not now, never was, and never will be anyone else in the entire world exactly like you. Concentrating on your assets of course doesn't mean that you should become conceited, boastful, arrogant or self-important.

You can overdo it if, in addition to telling yourself how great you are, you begin to brag to others. This is something you want to keep to yourself. Others will find out how great you are sooner or later by your actions and the way you treat other people. It is better to show other people your assets with an attitude of gratitude rather than an air of arrogance.

## **CONGRATULATE YOURSELF**

Think about any recent successes or goals you may have accomplished, however insignificant they may seem. It may be losing a few unwanted pounds, a compliment from your boss for your good work, or detailing your car.

If you don't feel like you've accomplished anything worthwhile lately, set yourself some simple goals at first, accomplish them, then set progressively harder ones as you go along. This helps to increase your self esteem.



Realize that your self esteem is going to determine what you are going to get out of life, so do something that you can be proud of. Finish those things you set out to do so that you can congratulate yourself and make yourself feel worthwhile. You too are a worthy and deserving person so don't ever let you or anyone else sell yourself short.

Say to yourself throughout the day, "I look terrific, I feel terrific," or, "I am talented, I am confident." You really can talk yourself into feeling happy and confident, or sad and worthless; the choice is yours. **ACT THE WAY YOU WANT TO BE AND YOU WILL BE THE WAY YOU WANT TO ACT.** This is truly a valid way to improve yourself.

## **COMMUNICATE CONFIDENCE**

When you speak to others, speak with confidence. Speak loudly and clearly like a confident person does. Don't mumble or cover your mouth like a timid or shy person would. If you want to project a confident attitude, think and act confident and know what you are going to say. Stand tall and erect and project confidence with your words.

Evelyn Kaye, the owner and director of the John Powers Modeling School in Beverly Hills, suggests that if you sound confident, people will believe you are. "Sometimes you have to fake it and pretend you are confident. Even if you really don't feel it, if somebody says, 'How are you?' Fake it! Say, 'I am terrific!' Even that rings with confidence." Fake it until you make it.

Dorothy Sarnoff, chairwoman of Speech Dynamics Inc., suggests that you increase the volume of your voice. "Whispering is for telling secrets and making love - not talking in public. When people constantly ask you to repeat what you are saying they soon lose interest. To increase the volume of your voice, pretend your voice is a bullet going through the person you're talking to and into the wall behind her or her." If you want to be confident, speak with confidence.

Finally, to communicate more confidence, you should make a consistent effort to make eye contact. Studies have shown that people with a high level of self confidence use more eye contact than those who don't. Communicate confidence with your eyes, and you, as well as others, will feel more confident about yourself.

## **COMMAND YOUR POSTURE**

Lastly, you should command your posture to exude more self confidence. "You can change into the person you want to be by adopting the appropriate body language," says Dr. Frederik Koenig professor of Social Psychology at Tulane University. "Behavioral experts have long known that the way a person behaves changes the way he feels inside. Changing your body language so it is appropriate to the type of person you want to be is not mere 'play-acting' it is a valid way to improve yourself."

To project a more confident image he suggests that you should "Eliminate nervous gestures such as giggling and covering your mouth with your hand or scratching your head as you talk. To project confidence, stand or sit erect and proud. Merely by squaring your shoulders and straightening your back, you will begin to feel and be more confident. Use the hand gesture known as steeping in which you bring the fingertips together to form what looks like a church steeple."



*One sure fire way of destroying your self confidence is wearing white pants when you have diarrhea....*

By using your body properly you can force yourself to act, feel and become a more confident person. **DON'T UNDERESTIMATE THE POWER OF THESE PRINCIPLES. THEY REALLY WORK!** Remember the 5 C's when you need a shot of self confidence. You can be as self confident as you make up your mind to be.

### **IT'S SHOWTIME- REMEMBERING THE 5 C'S**

The next time you are about to approach a woman – or take her on a date – or in any event that you need to make a good impression: look in the mirror and tell yourself, “IT’S SHOWTIME!” then go over these 5 C’s in your mind to give yourself that super charged boost that will make so much difference in your attitude, your appearance, how you walk, how you talk and how others will perceive and react to you.

You will probably start laughing to yourself when doing this – and that in itself will immediately cause a significant change in your body chemistry and your entire demeanor. I still do it to this day and I can’t tell you what a difference it’s made in my life.

So if you want to be more attractive to women, if you want to project confidence and masculinity and bring out the best of yourself – you will remember to look into the mirror, slap your face a few times, speak out loud “It’s Showtime!”, then:

**COUNT, CONCENTRATE, CONGRATULATE, COMMUNICATE and COMMAND.** This is easy to remember and will help you to associate in an orderly format all of the concepts I have

just discussed. It will serve to improve your attitude and make you feel, act and look more confident which is truly the foundation of your personality and appearance.

- Count your blessings
- Concentrate on your assets
- Congratulate yourself
- Communicate your confidence
- Command your posture

Go over these five C s in your mind until they are firmly implanted so you can remember them without looking at them. Close your eyes to see if you can repeat them without looking. Go over them again later in the day and begin practicing them daily.

If you really make a sincere effort to do this, ***it will work***. The more you believe it, the better it will work. Believe and you will receive more self confidence, improved attitude, enhanced appearance, masculine body language and a completely better outlook on life because you will believe in yourself.

This is great therapy whenever you are feeling depressed or need a dose of self confidence before an important meeting or engagement. A friend of mine says she does this just before important sales meetings, and she walks in the door just as the smile is leaving her face. We learn through practice and repetition so it is a good idea to do this as often as you feel the need.

## **DEVELOP A HEALTHY SELF IMAGE**

A low self image is the reason for the lack of self confidence and these two factors can inhibit your personality and keep you from doing or saying the things you would really like to do or say. A person's level of self esteem can fluctuate from day to day, or even from hour to hour, depending upon the person's most recent success or failures, approvals or disapprovals.

Therefore, if you are able to keep your level of self esteem high, your self confidence will enable you to open many doors (and women's arms and legs) that were once closed to you because of a low self image and lack of self confidence. The better you feel about yourself, the more self confidence you will have. The more self confidence you have, the more quality women will be attracted to you.

A laboratory experiment conducted at Yale University investigated this phenomenon. They concluded that the higher level of self esteem a person felt, the more desirable they thought they were, and in turn, the more desirable a mate they sought out.

An artificial test was given to a group of students and without even grading them, the experimenters told half the students they achieved extremely high scores, and the other half, very low scores. The stage was then set for these men to meet other women in a prearranged setting.

"Men whose self esteem was high - they had just proved themselves to be among the brightest men on campus - were more likely to make romantic advances when the girl they encountered was highly attractive. Subjects with low esteem, on the other hand, were more likely to approach the plain looking girl. In both cases, the subjects' assessment of their own desirability had an apparent impact on their level of romantic aspiration."



*"I don't usually let women hit on me, but for you, I'll make an exception"*

To obtain and maintain a high level of self esteem, you should first like yourself. "Liking yourself is a vital element in a happy well adjusted life," says Dr. I. Emery Breitner, psychiatric director of the Institute for Group Dynamics in Long Island, New York

This is very important advice to the person who lacks self-confidence. Just like the salesperson has to be sold on what they're selling, so must you be sold on yourself. You can't expect others to like you if you don't first learn to like yourself.

Following are five rules for liking yourself more.

## **LIKING YOURSELF**

One of the most attractive qualities that women look for in a man, is one that like's himself. If you don't like yourself, how do you expect her to like you?

The five don'ts you should be aware of to like yourself more are:

- Don't neglect your appearance
- Don't let a bad trait spoil your opinion of yourself
- Don't blame yourself when things go wrong
- Don't put yourself down
- Don't let others put you down

## 1. DON'T NEGLECT YOUR APPEARANCE

Taking pride in your appearance is very important to your self esteem. It is an indicator of how you feel about yourself. This means your level of health and fitness, your grooming habits, your personal hygiene and living environment.

When you pay careful attention to your appearance, it tells others that you feel good about yourself as well as making you a more attractive man. The first thing a woman notices in a man is his appearance and the way he is dressed. Women more likely will be attracted to a man who looks fresh, fit, smartly dressed and well groomed.

Sexy superstar Suzanne Somers said in an interview:

*"Let's just get one thing straight. I am really not that attractive. I've never been beautiful. What I do is maximize is my features and - this is the whole thing - have a positive attitude about myself. I look good because I feel good"*

*"People who don't feel good about themselves will go to the grocery store smelly and unkempt because they're saying to themselves, who cares, no one will look at me anyway. In all my relationships, I want to communicate above all that I like who I am on the inside, and I'm going to do the very best with what I have."*

Make the best of what you have and you will not only look better, you will feel better.

## 2. DON'T LET A BAD TRAIT SPOIL YOUR OPINION OF YOURSELF

We can't all look like Brad Pitt or Antonio Banderas, and worrying about it will only make matters worse. You should not be ashamed of any physical imperfection you have. You will feel subconscious about it and it will notably detract from your personality.

Authors Eric Weber and Jane Seymour in their book, *Inner Looks*, put it this way: "When you worry about your looks, you look worried. You may not actually get frown lines between your eyes, but you will seem distracted, 'somewhere else.'

When people are talking to you, your attention will be on yourself rather than the person you're with - a sure turn off. If your behavior says to people, 'I'm afraid I don't look right,' they'll pick up the message and you won't look right to them."

What is truly important is to make the best of what you have and don't be so concerned about any physical imperfections. No one is perfect and no one expects you to be. Television star Barbara

Walters says that whenever she feels uneasy about herself, she repeats to herself, "I am the way I am, I look the way I look, I am my age." Doing this may help to comfort you if you are feeling nervous or anxious about yourself.

### 3. DON'T BLAME YOURSELF WHEN THINGS GO WRONG

No one likes whiners, complainers, handwringers or crybabies. When you blame yourself, it affects your mind and your body for the worse. Your mind responds by lowering your level of self esteem and raising your level of stress.

When your self esteem and confidence is low, you lower your ability to cope with other people and circumstances. It also negatively affects your appearance and how you treat other people.

When your level of stress is high, your health suffers. Too much stress causes heart attacks, ulcers, high blood pressure, and a number of other illnesses including death.

It does no good to fret or brood over your mistakes or failures. You can learn from past failures, but it is self defeating if you constantly worry and become overly concerned about something which you have no control over.



If you can do something about it, do it and chalk it up to experience and the price you had to pay for another lesson in life. The higher the price you pay, the more valuable the lesson, but don't allow it to ruin your self esteem. As Dale Carnegie once said, "You can't saw sawdust."

Zig Ziglar in his book, *See You at the Top* says that if you learn from a defeat or mistake, you haven't really lost. He further suggests that if you must feel down; set a time limit on how long you plan to stay down. In most cases, a couple of hours are enough time to "get up," and in most cases he says your contacts will go something like this:

*Other person: "How ya doin'?"*

*You: "Super good after 11:30."*

*Other person: "Why after 11:30?"*

*You: "I just suffered a disappointment and I am being negative until then."*

*Other person: "You mean you are going to be negative until 11:30, and then you will be positive?"*

*You: "That's right."*

*Other person: "That's silly. If you are going to be positive at 11:30, why not be positive right now?"*

*You: "Okay, you talked me into it."*

#### **4. DON'T PUT YOURSELF DOWN**

Refrain from calling yourself negative or degrading names like "dumb," or "stupid," or "plain." This is one of the worst forms of self abuse and soon you will be acting the part if you already aren't.

You want to give just the opposite impression, that you are creative, intelligent, bright and attractive. Maintaining a high level of self respect is the best way to get the respect of others.

It is true that the more you feed a bad self image, the worse it gets, so when you catch yourself thinking or saying negative things about yourself, STOP! A good way to keep negative thoughts and words away is to wear a heavy rubber band around your wrist, and snap it hard against your wrist. This is called behavior modification and it is quite effective. You can snap it whenever you catch yourself violating any of these five rules.

#### **5. DON'T ALLOW OTHERS TO PUT YOU DOWN-**

You won't like yourself if you let others constantly abuse or treat you unjustly, especially in front of others. People will think less of you and you will also think less of yourself. This is one of the main reasons why some people lack confidence in themselves. They begin hearing negative things that are said about them and soon they start believing it; thus, the prophecy becomes self fulfilling.

Assert yourself! Tell others who openly and unjustly put you down that you don't appreciate their unfair criticism. Defend yourself and others will learn to respect you more too. Say, "Thanks for your opinion. I'll consider it for about two seconds," and do just that.

When you let other people's opinions get to you, you're only saying that you value their judgment more than your own. It is impossible for someone to make you feel inferior without your permission.

When the criticism is valid and constructive, that's another thing. Accept it graciously and thank the other person for their suggestion. Meanwhile, realize that you as a person are not bad or wrong; it is your idea or actions that should be judged bad or wrong.

Dr. Phillip Zimbardo, director of the Shyness Clinic of Stanford University says,

*"Don't allow others to criticize you as a person; it is your specific actions that are open for evaluation." When people do criticize or reject you, don't take it so hard. "Stop being so overprotective of your ego; it is tougher than you imagine. It bruises but never breaks."*

*"Studies have shown that low self esteem is one of the major causes of shyness. Shyness and low self esteem go together. Research in our shyness program has uncovered a significant correlation between the two; when shyness is high, self esteem is low and when self esteem is high, shyness moves out of the picture . If you are shy, you probably have tagged the low self esteem label on yourself."*

Being overly sensitive in social situations is definitely not an asset. If you think about some of the most popular people you know, they are the ones who care if people like them, but aren't overly concerned if they don't. In Drs. William and Elaine Walster's book, [\*A New Look at Love\*](#), the subject is explored.

*"What is the most important determinant of whether a man or woman is popular or unpopular? Although social assets such as good looks, personality and money are important, they aren't the most important things.*

*What really seems to be critical is how relaxed a person is about her or her social relations. **The people who do best socially are those who are pleased if others like them, but aren't particularly concerned if they don't.** The people who do worst are those who are sensitive to rejection.*

*Such people constantly and compulsively assess the other person's degree of interest. And, if by chance they are rejected, they take it extremely hard. In social relations, excessive sensitivity is not an asset ... Most of us spend enormous amounts of time and energy trying to become an ever more desirable person-someone whom everyone likes and no one disdains. We'd probably do far better if we simply relaxed and accepted ourselves as we are."*

The main point of all this is to *constantly strive to keep your self esteem high*, and don't allow others to knock it down. If they try, don't let it bother or upset you.

Dr. Frank Caprio, a prominent psychiatrist, says that some people feel shy because of a physical imperfection such as buck teeth, acne or crossed eyes; however, in the majority of cases he feels that shy people are expressing a form of laziness.

*"It's a cop-out. They are lazy, won't give of themselves, won't become aggressive, or start a conversation ... Shyness is an attitude. If you keep thinking you are not accepted or liked, that what you say isn't interesting, that you can't contribute anything, that's negativism. You have to work at overcoming shyness the same way you work at success, marriage and life."*

It may be helpful to note at this point that practically every chapter in this publication has something to contribute to this dilemma of shyness, especially the chapter on what to say. If you are prepared and you know ahead of time what to talk about, it will help you to relieve much of the tension and anxiety that accompanies shyness.

In fact, it is a very good idea to go out of your way to meet people. Practice with anyone you happen to meet. It doesn't have to be someone you are attracted to or even expect to see again. It can be someone in an elevator, at the checkout stand in a grocery store, or even at Starbucks.



Pretend these people are your friends, and get into the habit of starting conversations. You'll find yourself more self assured when the time comes to make a good first impression on that woman you want to get to know better. The chief cause of your fear may be that you are unaccustomed to doing it, so practice, practice, practice.

## **EYE CONTACT**

Eye contact is also extremely important in overcoming shyness. Throughout this book I will continue to discuss the importance of eye contact and what effect it can have on the person you are talking to. Sustained eye contact will also give the impression of more self confidence.

Many shy people have difficulty in maintaining eye contact and they don't realize the other person's reaction to people who avoid eye contact. Zig Ziglar suggests four steps to help you maintain better eye contact:

1. Practice looking at yourself in the eyes when you have any occasion to be in front of a mirror. (This is also a good time to go over the five C's.)
2. When the opportunity presents itself, talk and play with small children and look them directly in the eye.
3. Concentrate on looking at your peer group and associates, as well as those who work in lesser positions directly in the eye at every opportunity.
4. Look at everybody you meet or greet directly in the eyes. Another suggestion is to look at a person's forehead, cheekbones, eyebrow, nose or mouth when they speak, and that will also give the impression of making eye contact.

These suggestions don't necessarily mean that you should have a staring contest, but they can be used if you have difficulty in maintaining eye contact. You not only increase your self image when you do this, it also helps to make more friends.

## **PERSONAL GROOMING HABITS**

Your personal grooming habits are an important part of your self image, besides reflecting on you as a man. The first thing a woman notices in a man is his appearance. Before you open your mouth you are making a distinct impression in a woman's mind.

I was curious to know what grooming qualities were most important and I was unable to find any statistics on what grooming qualities women look for in men, so I conducted my own personal poll of over 100 women from 18 to 63 years old at a local shopping center. I asked them, "What grooming qualities do you look for in a man?"

I found that the majority of them rated a man's physique as the foremost grooming quality. The younger women tended to be more specific, quoting "overall fitness and health" (not in those terms) but most of the women used words like "healthy" or "physically fit," or "a man who takes care of his body."

So, if you want to make the most of this book, my advice to those men who can use it (you know who you are) is to embark on a physical fitness course and get fit.

Care for your body through good nutrition regular exercise and proper rest, because these are essential for clear skin, good teeth and healthy hair, not to mention your entire well being and mental health.

The second most important grooming quality was hands. Mostly the younger women tended to regard a man's hands as one of his primary features and a sign of good grooming. As one female masseuse summed it up:

"To me, a man's hands can be one of the most alluring features he possesses. There's no way he's going to be putting his fingers on or in me if his hands and fingernails are not clean." The younger women seemed to prefer a few days' facial growth goatees and the soul patch, whereas the older women liked clean shaven or fuller trimmed beards and goatees.

Older women seemed to think that a very important grooming quality was how a man dressed. Words like "neat," "pressed," "clean," and "nice fitting" were commonly used. Younger women seemed to prefer jeans a t-shirts – however my research suggested that preferences in grooming and attire were also geographical nature.

The overall consensus was the men they found attractive and sexy were the ones that took care of themselves – that they were fit, healthy and clean.

Clean and neat living quarters were also commonly mentioned as good grooming qualities. Not only at home, but the place of employment and the vehicle a man drove as well. One woman told me that he met a "Sam" (attractive male) and started dating him, but once she saw how he lived, her interest plummeted - it completely destroyed her opinion of him and she had no desire to see him again.

Other characteristics commonly mentioned as good grooming qualities were (not necessarily in this order): Clean white teeth and fresh breath, clean clear skin, a clean and fresh smelling body and smooth skin (hydrated or not dry and scaly).

I realize that this survey probably is not news for most men, because most men I know should know these things by now, but it's surprising how many don't.

The most critical aspect of this survey is to realize the importance of your grooming habits and the effect they not only have on women but also very importantly the effect they have on your self image. It is not as important to be super handsome as it is to make the best of what you have.

When you make the best of what you have, you tell others that you really care about yourself and they will respect you a lot more. It also tells a woman that you will take care of her too. You will

feel much better about yourself and the increased self image will do wonders for your appearance and confidence.

I was recently reviewing the principles in the late Dr. Steven Covey's book "The 7 Habits of Highly Effective People," when it struck me that there are also consistent habits and traits of the Modern Human Alpha Male as well.

You're probably aware that becoming an Alpha Male has become a mantra throughout most of the literature regarding the art of attracting women. I think it's important to draw the distinction between being an Alpha Male in the animal kingdom in general, and being an Alpha Male amongst humans.



Females are drawn to the Alpha Male in the animal kingdom mostly because of their strength, dominance and adaptability to change; in that order. Because humans use logic, emotions and modern societal constructs; the Human Alpha Males (or HAM's) are the ones that are most adaptable to change and have the ability to thrive in modern societies, which then provides the strength (money and power), then the dominance – in that order.

Amongst humans, one no longer has to be the biggest and baddest to be most desirable amongst females. Adaptation and the ability to thrive have replaced dominance and strength as the primary attractor factors for female humans. The purpose of this book is to help you adapt and thrive so that you can be with the best woman you possibly can.

I have listed below twelve of the most important Attractor Factors a modern Human Alpha Male can have. It's something that you will want to develop not only to be more successful with women – but more importantly, to create a life that you and everyone that cares about you can be proud of. The better a life you create for yourself, the higher quality of a woman you will be able to attract.

If you want to be able to develop these traits and start using them as quickly as possible, I thought it would be useful to condense and summarize them for you in order to make it easier for you to create that laser-like focus in order to accomplish this.

If you want to be attractive to as many women as possible and create a life you can be proud of, and not live a life of quiet desperation – you can use your sex drive to accomplish this. Just like anything in life – if you want it bad enough – you can develop these traits.

Since the desire to have sex with beautiful women is most likely the strongest motivational force we have, you should use it to inspire you to be the best you can be – and develop that inner strength and confidence that women are attracted to.

Women are hard wired – or genetically programmed to be attracted to and seek out males who have certain “fitness indicators”, like adaptability, kindness, wealth, power, health, strength, etc. in order to promote the survival of their offspring. It’s something that is irresistible to them – just as great tits, a tight ass and a beautiful face are to you.

And like anything in life – you can deliberately learn and develop these skills with the right information, determination and desire. You don’t need to look like “The Rock” or the Terminator to achieve it either. This is the moment you’ve been waiting for – you are about to learn 12 behaviors that can change your life forever if you truly make the effort:

## ***THE HOLY GRAIL OF THE HUMAN ALPHA MALE***

*The Attractor Factors that make you irresistible to women*

### **TWELVE HABITS OF THE HUMAN ALPHA MALE**

#### **The Human Alpha Male respects himself:**

He continuously strives to be the best he can be physically, spiritually, emotionally and financially. He prides himself on being confident, competent, capable and clean.

He constantly feeds his mind positive, useful information which he uses to help and contribute to others and society.

He sets very high standards for himself and others, and any praise given is rare and must be earned.

#### **The Human Alpha Male respects others, and doesn't allow others to disrespect him**

He treats everyone with respect and he doesn't allow others to disrespect him. He stands up for what is right and always strives to do the right thing.

He surrounds himself with quality friends and business associates.

He avoids negative and disrespectful people and confronts them when necessary, but he never loses control of his emotions in any situation unless it's strategically necessary. He never says anything about anyone that he wouldn't say in their presence.

### **The Human Alpha Male has a commanding presence**

He commands his body and posture to move like an Alpha Male – standing, sitting, walking, talking, relaxing etc.

He uses his voice like an Alpha Male by filling his lungs before speaking, pronouncing his words clearly and with conviction - and only swears or curses when appropriate or necessary.

He uses strong eye contact to convey confidence and certainty when communicating with others. He is kind, but not too nice – he smiles, but not very much.

### **The Human Alpha Male lives with passion and has a purpose**

He has a very strong purpose in life, most often his career. He is fun and interesting to be with.

He has a laser-like focus on what he's trying to accomplish and he makes it a priority.

He is passionate and extremely loyal to the important people and purposes in his life.

It is never too late to be what you might have been. I guarantee that once you start practicing these behaviors and incorporating them into your life, not only will women be attracted to you but anyone you come in contact will start treating you with more respect and reverence. Most of all, you will respect yourself more and your life will become more rewarding.

When you start carrying yourself with that air of confident masculinity, women will notice you and give you unmistakable body language signals to let you know that they are interested in you, and that if you approach them – they will welcome you.

At the end of every chapter, there will be a review of the main points. I strongly suggest that you review these summaries as often as necessary. This will help to reinforce them so you'll find it easier to incorporate them into your own lifestyle.

## **CHAPTER I REVIEW**

1. YOUR ATTITUDE AND SELF IMAGE DETERMINE YOUR APPEARANCE, PERSONALITY AND CONFIDENCE.
2. YOUR ATTITUDE IS ONE THING YOU HAVE TOTAL CONTROL OF
3. YOU ARE WHAT YOU THINK: THINK POSITIVE, CHEERFUL THOUGHTS.

4. Five C's:

- A. Count your blessings
- B. Concentrate on your assets
- C. Congratulate yourself
- D. Communicate your confidence
- E. Command your posture

5. ACT THE WAY YOU WANT TO BE AND YOU WILL BE THE WAY YOU WANT TO ACT

6. A LOW SELF IMAGE IS THE REASON FOR THE LACK OF SELF CONFIDENCE.

7. IMPROVE YOUR SELF IMAGE: LIKE YOURSELF.

- A. Don't neglect your appearance.
- B. Don't let a bad trait spoil your opinion of yourself
- C. Don't blame yourself when things go wrong
- D. Don't put yourself down
- E. Don't let others put you down

9. THE PEOPLE WHO DO BEST SOCIALLY ARE THOSE WHO ARE PLEASED IF OTHERS LIKE THEM, BUT AREN'T PARTICULARLY CONCERNED IF THEY DON'T.

10. OVERCOME SHYNESS BY:

- A. Maintaining a positive, cheerful attitude
- B. Keeping your self image healthy
- C. Practicing conversations with strangers
- D. Maintaining eye contact
- E. Striving for good grooming habits

## **CHAPTER II - FIRST IMPRESSIONS**



*“No sooner met but they looked;  
No sooner looked but they loved;  
No sooner loved but they sighed;  
No sooner sighed but they asked one another the reason;  
No sooner knew the reason but they sought the remedy”*

*William Shakespeare*

In this chapter, you’re going to learn the importance of the first impression you make when you first meet a woman, because each following impression you make can be interpreted and magnified in a positive or negative way, depending upon your first impression.

It’s also extremely important to realize that others, especially women, are extremely sensitive to reading every micro expression on our face and every micro movement we make. This recognition is experienced and processed at the deepest levels of our subconscious minds, and we all have a tendency to instinctively react and respond to the vibes we experience from others.

The way you carry yourself is the first thing women will notice, and it is the easiest thing to change about yourself. If you are calm and assertive, others will tend to follow your lead. You can actually shape others behavior and get them to react like you expect them to by modeling the behavior you wish to represent yourself. On the other hand, if you are nervous and submissive,

whoever you are meeting will be much more likely to want to avoid you or take advantage of you.

I'm going to show you how to make the best first impression possible when you first meet someone or when you go on your first date by following this 12 step program I'm about to introduce. Dr. Joyce Brothers says a good first impression can make people think we are even better than we are.

*"If you are given the responsibility of rating someone on their intelligence or ability, and the first time you meet them they impress you positively, you are likely to rate them high in other positive traits that may not be related at all to that first impression. You are likely to give them credit for being more efficient, kind and courageous, than if your first impression had been poor."*

There are many ways you can make a good impression, and probably the most important is your reputation. In essence, your reputation is a first impression, and your reputation is likely to shape others' opinion of you even if it is not true.

We are primed to see a person as living up to his or her reputation, just as we are ready to laugh at a comedian even before he says something funny. For example, merely by looking at someone like Larry the Cable Guy or Chris Rock makes you want to crack up even before they open their mouth.

Of course, it is not always possible or very easy to prime the person you are trying to impress with all of your outstanding qualities, but in certain circumstances like a blind date or party, it can be done.

In my other books, I show how you can do this by using a friend or family member (wingman) or when creating an online profile – but that's a discussion for another day. Here you're going to learn how to make the best first impression possible.

If I was to summarize and condense the elements of attraction in the fewest words – what I am about to share with you is probably the most important part of this book or any book on increasing your desirability and attraction to women. These steps are the culmination of literally dozens of books from the best of the best on this topic alone.

If you want to create attraction and be successful with your date or with other women and if you don't want to come across as boring, needy or desperate – you need to make a first good impression.

A great example of this is demonstrated in an old Saturday Night Live skit entitled "[Slide Whistle Dates](#)" with Steve Martin and Victoria Jackson. In this parody, the answers to certain questions during the date cause the sound of the slide whistle to go up or down, depending on the responses that are given.

It's a perfect demonstration of how your date is going to respond to your conversation and how you present yourself. Pay close attention to these very important principles below if you want to make a great first impression – and continue to practice them until you've successfully incorporated them into your own personality and style; especially when you first meet.



I realize that some of you whose self confidence is low and your experience in this area is limited, it may seem a little unnatural at first – but if you ever want to be successful and attractive to women, you will have to step out of your comfort zone and practice being the humorous, charming playful guy.

You will want to meet her with the intention of amusing yourself by having fun flirting and playfully teasing each other. Women are attracted to men who like and enjoy themselves. Do not focus on trying to interview or impress her; or worry about what she's thinking of you.

## **THE 12 STEP PROGRAM FOR YOUR FIRST ENCOUNTER**

**1. TRY AND SELECT THE RIGHT ATMOSPHERE** - studies have shown that when a person is excited or likes what they see, their pupils get larger and it serves to enhance your appearance and give you a sensuous, loving look.

If possible, try and arrange encounters in dimly lit rooms such as softly lit rooms or candlelight dinners. It will also make your complexion seem a lot smoother and your features more attractive.

Try and select a place that is conducive to a good conversation. It is difficult to carry on a good conversation in a noisy nightclub where there's a lot of noise or a movie theater where you're expected to be quiet throughout the movie.

Another good idea for first encounters or dates are someplace where there's lots of visual stimuli – a date at the street fair or ocean boardwalk where there are booths with unique novelty items, street performers, musicians and lots of strange people to comment on. There are so many built in conversations happening everywhere at these types of places that you will never be at a loss for things to talk about.

**2. DRESS RIGHT TO THE OCCASION** - your personality is revealed by the clothes you wear, so you should dress in a way that makes you feel comfortable. It is important to feel comfortable with your attire because the way you feel about what you are wearing has a definite bearing on how you behave.

Labels and brand names are not nearly as important as how the clothes fit you. In fact, wearing clothes that bear too many logos detract from your individuality. You don't need to spend a fortune on trendy clothes – just make sure they are clean, not wrinkled and most importantly – they fit well.

If it's someplace real casual and you're a jeans and t-shirt kind of person – then that's OK. If it's someplace nicer, then you need to dress appropriately. Your clothes speak for you even before you open your mouth.

You want to wear colors that match or go well with your skin and hair color. If you have blonde hair, blue eyes and fair skin – light to dark blues and beige go well. If you have dark hair, eyes and skin – then you want to go with beige, olive or khaki colored.

Black or white colors go well with anyone. In fact, if you want to look thinner, go with black. If you're heavy – don't wear horizontal stripes. Don't mix stripes and plaids – when you go shopping for clothes – ask a seasoned salesperson what's right for you.



Yes



No

**3. GIVE YOURSELF A PEP TALK** - This should be the first thing you do – It never ceases to amaze me how well this technique always works to give you that edge when you want to be your best.

You can significantly build your confidence by looking in the mirror and going over the five C's I mentioned in the first chapter. Tell yourself, **IT'S SHOWTIME!** Slap your cheeks a few times to give them color. You really have to try it – You'll make yourself crack up, it will give color to your cheeks, and it's so amazing because it really works!

Another very useful suggestion is prior to the date or encounter, to close your eyes and actually see in your mind how you want the date to turn out. Picture in your mind that you are going to have a lot of fun – that she's going to be staring into your eyes, and trying to get closer to you, and that she's going to want you to have your way with her.

**4. BE PROMPT**- A few minutes late might be acceptable, but it is extremely discourteous to be too late and it is a way of telling your date that her time is not very important. When you are prompt, this tells the woman you are responsible, reliable and dependable.

You don't want to be too early either – that shows desperation. Personally, I think it's better to be a few minutes late than early – you don't want to come across as too eager, yet you still want to be respectful and courteous.

**5. USE MASCULINE, CONFIDENT BODY LANGUAGE** – Prior to your first encounter – you should practice in the mirror how you look when you move, how you walk and talk, and how you use your hands when you are talking or listening to someone.

You want to learn to move with supreme confidence and deliberation. You want to command your posture to exhibit self-assurance and masculine movements. Notice how you stand from a sitting position – how you sit down in a chair, how you use your hands when you're talking to make a point, or even when you're trying to listen to someone.

You want to move like you've got a big set of balls. You want to create space around yourself when you're sitting or standing. You want to stretch your arms and legs to make yourself comfortable, relaxed and at ease – until of course you make your move to get closer to her.

You especially want to avoid using needy, approval type body language like too much smiling, too much nodding in agreement and leaning forward too much. You don't want to make movements that show that you're trying too hard for her approval. Remember, she is trying to earn your approval and not the other way around.

Make sure you maintain lots of eye contact, especially when meeting her. When you first meet you will want to hold the eye contact for a second longer than what is customary – this is an especially powerful technique that causes instant attraction. It is known as “sticky eyes” and you can use it selectively throughout your encounter.

Remember to use the triangle technique where you shift your gaze from her left eye to her right eye, down to her mouth, then to back to her left. Do this for a few times in a row. Let your eyes

linger for a few seconds on each eye, and four seconds on her mouth. You will notice a definite shift in her face and body language that tells you how effective this works.

**6. WOMEN WANT A CHALLENGE** - You have to have the mindset going in that you are qualifying her – not the other way around. David DeAngelo – one of the most successful dating trainers ever, says that while setting up your first encounter, you should tell her in an e-mail, text or over the phone that “It’s going to be nice to get to know you better – and if nothing else, we can just be friends”.

Dave says this is a critical part of your first encounter. He says that it totally disarms them, and makes them wonder why they’re not attractive enough to you – and that they are going to have to be your friend for this to work. It also puts you in a better frame of mind going in so that you won’t come across as too needy or desperate.

Jason Capital, another up and coming expert on attracting women says this to a woman in a playful teasing way: “You’re really attractive and cool, but I’m not quite sure if you’re my type.” If you use this line at the right moment when the conversation is going great – it’s magical. I’ve personally used it, and it’s amazing how women react in a positive way to it.

They actually move closer to you and want to prove themselves worthy. They see this as a playful game and it starts the “tug-of-war” mating ritual that I will go into more detail under “The Amorado Rule.”

**7. DON’T COME ACROSS NEEDY OR DESPERATE** – This is one of the worst things you can do when you meet women. Women can smell this a mile away. Do not smile too much, touch too much – or be overly friendly or too chatty. Make them earn your approval.

Women are a lot like cats – if you pay them too much interest or attention, they’ll move away – however, cats will approach the person in the room that seems to be the least interested in it. If you’ve ever tried to pet a cat, you’ll know what I mean.



*Women are like cats – if you're too aggressive, they will avoid you. You can't be too afraid either – after all, a little pussy never hurt anyone....*

If you try to chase anything, they will usually retreat, except for maybe a rabid pit bull which I don't advise. I realize this may all sound counter-intuitive – but try and imagine James Bond – the epitome of coolness – and model his behavior.

You need to be engaging while at the same time having a sort of slightly arrogant sense of humor. Ross Jeffries and David DeAngelo call it cocky and funny. James Bond communicated his interest in women through his cool aloof sense of humor, and we'll explore why women are attracted to that in more detail throughout the book, especially the part on body language.

**8. DO NOT INDULGE IN SELF-PITY** – Don't talk about ex's, past relationships, trouble with the law or government, that stint in prison, your employer or any problems going on with your life. Whining, complaining, and indulging in self pity are all such unattractive qualities and will almost assure that you won't get a second date.

You want to keep the mood upbeat and humorous, and avoid topics that are unpleasant, violent, awkward or disarming. In fact, when you first meet, you should avoid a normal conversation as long as possible. You really do want to stand out from all the others, and keep her a little off balance by keeping the mood playful, humorous and a little offbeat.

In the final chapter, I'm going to reveal the Amorado Approach which has never failed to allow me to approach and connect with any available woman I wanted to meet in over 35 years. I'm going to teach you how to spark instant attraction with her, and get her to reveal closely guarded parts of her life that will allow you to connect with her on a deep emotional level. It's a step by step approach that will show you how to be that charming, funny, interesting guy that all the girls' fall for in romantic comedies.

**9. DO NOT MAKE IT SOUND LIKE A JOB INTERVIEW** – like “where were you born – how many brothers and sisters do you have and what high school did you go to. That is a sure way to have a boring, uneventful conversation.

You are there to have fun, so you want to keep the conversation light and playful. I like to start off with something really absurd and off the wall. Later in this book, I’m going to give you some awesome openers that will set the tone for your first encounter.

You’ll want to discuss feel good or funny topics. Be prepared to make fun of current events, the latest movies or plays, or whatever is appropriate for the occasion. Pick out other couples in the room and playfully guess the status of their relationship and what they are going to do when they get home. You want to create attraction and fun, not boredom or controversy.

Only as a last resort should you start asking interview questions – but then try to switch the conversation back to topics that make her feel good about herself – something that you can playfully tease her about, and get her to reveal something personal about herself that she wouldn’t normally reveal to strangers.

Vin DiCarlo says you should try and “shape” the conversation. Studies have shown that people tend to want to live up to expectations. For example, you might say, “You really seem like a fun and interesting person.” She will try and live up to that belief by acting fun and interesting.

How about teasingly saying; “You have to stop looking at me with those sexy, seductive eyes, I’m not that easy you know.” I think you know where I’m heading. That’s adding shaping and challenging with a playful tease. This is a very powerful way to set the tone for the evening. Another great line you can use to open her up is, “I get a sense that you’re comfortable with trying new things and that makes me very comfortable and at ease.”

**10. WHAT TO TALK ABOUT:** Prior to Jay Leno introducing his guests on the set, he asks them to think of a recent funny, exciting, profound or interesting incident that happened to them, and he then he sets it up to start out the interview.

You should do the same. Think in advance about how you’re going to set it up in the conversation. I’m sure you’ve got your own stories, but here’s a few that I’ve used before with great success. For example, one of the first things she’ll probably ask you is – “How are you?”

You should have something ready like – “Funny that you asked – I just asked a friend’s wife when the baby was due – and she told me she wasn’t pregnant” or “I’ve been reading this book The History of Glue and I couldn’t put it down.”



Here's an old standby- "On the way over here I saw some guy get hit in the head by a beer bottle someone threw out of a car" she'll ask, "Was he OK?" You'll say, "Yeah, he's fine - it turned out it was only a light beer."

Here's something that happened to me recently: I was washing my hands in a public restroom when I heard a voice in the stall next to me say, "Hi, how are you?" A little embarrassed, I said, "Doin' fine!" The voice says, "So what are you up to?" I say, "Uhhh, I'm like you, just hanging out so to speak." He says, "Can I come over?" I tell him with a little attitude, "Uh no, I'm kinda busy right now!!" and he says; "Listen, I'll have to call you back. There's some guy in here who keeps answering all my questions!"

Talk about something funny or embarrassing that recently happened to you. Be prepared with some funny, or entertaining or interesting stories about yourself or someone you know that won't make it sound like you're boasting about anything or revealing too much personal history about yourself. You'll set the tone for the entire evening.

**11. ASK THE RIGHT QUESTIONS:** You have two ears and one mouth. You should listen twice as much as you talk. You want to ask questions that make her feel good – ones that promote attraction – pay close attention to what she's saying and she will tell you what you need to know to make her interested in you. For example, here's a few questions you might ask:

- What really turns you on – what are your passionate about?
- What would you be doing if you weren't here tonight with me?
- Do you ever think about what would you do if you just won the lottery?
- If you could have dinner with anyone alive or dead, who would it be?
- Tell me about the first time you fell in love (This one is awesome because it will stir up emotions)

- What's the most adventurous thing you've ever done?
- What fun things did you do growing up (again, you're tapping into deep emotions)?
- What fun things did you do in High School?
- If you had a full expenses paid vacation anywhere in the world, where would you go?
- What would you do when you were there?
- If you could choose any person in the world to go with you, who would that be?
- Where do you see yourself next year, or in 3 or 5 years?
- If you could go back in time, who would you like to meet, and why?
- Who's your favorite comedian?
- What is your most embarrassing moment?
- What's the craziest place you've ever had sex?
- You want to get her to reveal exciting and fun times she's had in the past. You will cause her to emotionally feel good which will raise her interest and attraction to you. Read the chapter on verbal communication later on in the book and you should be well prepared for conversation.
- Listen carefully to what she is telling you. You will be able to tell which topics or events create the most excitement or passion for her. Go deeper into those subjects to continue to create a closer bond with her.

*THE AMORADO ATTRACTION RULE IS TO PLAYFULLY TEASE AND CHALLENGE HER WHILE AT THE SAME TIME DEMONSTRATING THAT YOU ARE INDIFFERENT TO ANY ATTRACTION SHE HAS FOR YOU. YOU BECOME A CHALLENGE, AND THAT WILL CAUSE HER TO CONTINUE TO TRY HARDER, WHICH WILL CAUSE MORE INTEREST AND ATTRACTION FOR YOU.*

At the end of this book, the Amorado Approach will be revealed to you, and with it will be the ultimate formula for establishing deep rapport with women. There you will also find the 12 questions that will help you create a deep and instant rapport with her and cause her to feel very connected to you.

**12. BE A MYSTERY** - Do not try to impress her with your accomplishments, how much money you have, where you spend your vacations or what a great catch you are. Make her want to pull it out of you – in dribs and drabs - remember you want to be the pursued, not the pursuer.



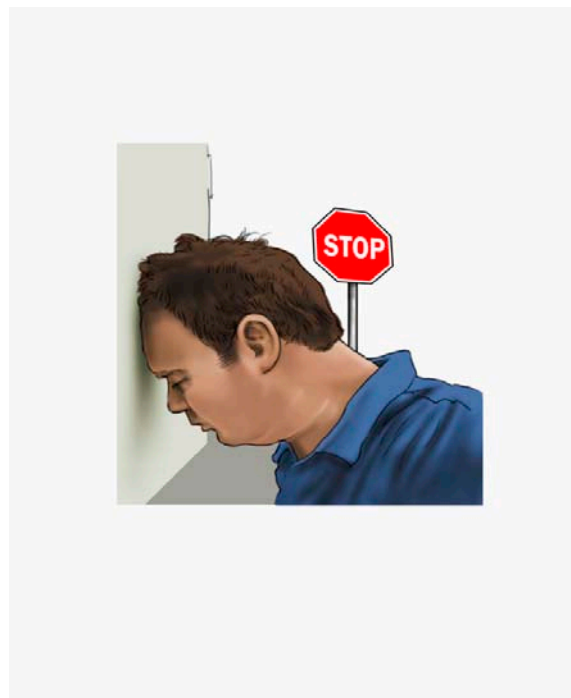
When you pursue her – she becomes less attracted to you – when she pursues you – that is when she becomes more attracted to you. Make it a back and forth dance, because after all – this is part of the human mating ritual.

Can you see how the roles are now reversed? Typically it's the woman who plays coy while the guys do all the chasing. This is the little known secret to creating attraction and desire for you. Once you begin to start showing her a lot of interest, she may start to back off. Therefore, it's good to maintain this role as long as possible. Continue to tease and challenge her as you become the pursued, and she becomes the pursuer.

Eventually, if you act indifferent for too long, her pursuit of you will start to diminish. You will need to be keenly alert to when this starts to happen. It's at this point where you will want to reward her efforts with encouragement. You'll want to let her know that her game is working on you, and if she's lucky and continues trying, in so many words you'll let her know that you might sleep with her (wink, wink). Isn't this the type of tease that women customarily do to you?

You can do this with more eye contact, touching and mirroring and matching her movements. You can use your body language to communicate more interest in her by moving closer, touching her more and having more eye contact; however you will still continue to keep the interaction light and playful. It should become a little tug of war, a give and take dance. This is all part of the primal human mating ritual.

The biggest mistake most guys make is by trying to impress her too soon by revealing too much about yourself. Smiling too much and doing nice things that you think will make her attracted to you won't work. You DO NOT want to show her too much attention or affection up front. You definitely do not want to let her know how attracted to her you are too soon.



I hope for your sake you're over that counter-productive stage of your life. Women are not attracted to desperate, needy men or guys that are too nice and smile too much. It doesn't work. Women want a challenge.

Get her to talk about things that she is passionate about or events that recall positive emotions. Make her share her intimate details about her life and this will cause her to trust you and be more attracted to you. You may have to reveal bits of yourself as well in order to have her open up more to you.

Use and practice these principles I've been explaining. Expect to enjoy the meeting and you will.

## **GREETINGS**

You can be ready to make a positive and lasting first impression by greeting that special woman you've been eyeing with a sensuous, confident enthusiasm. When in doubt, I always like to default to James Bond – How would James Bond do it?

You may even want to practice your opening smile in the mirror. The first time she lays eyes on you is so critical – it's just like a headline on an ad – so you've got to make it good. It will set the tone for the rest of the encounter.

A more contemporary role model for coolness is Charlie Harper (Charlie Sheen) from the popular sitcom *Two and a Half Men*. Now there's the poster boy for cocky and funny. It never looks like he's even trying. He's laid back, calm, cool and collected - and all the women want to be with him and all the guys want to be just like him. Even though it's a TV show, I'm sure that's the way it is in real life for him.

Be sensually enthusiastic; adopt a friendly and positive approach. Smile, but not too much. Look her straight in the eyes and say, "It's a pleasure to meet you." Look up and down with admiration at her body. Flirt with your eyes; I'm sure you've seen it done. Don't hide your sexual interest in her – but of course don't overdo it either (remember James Bond).

You can also add a sensual touch by using both of your hands to cover hers while shaking hands. Another variation of this is to use your left hand to grasp her forearm or the back of her arm while you are shaking hands.

It shows class and sophistication and I've heard from many women in our age range that it has a profound effect on them – especially when you're making a first impression. Make the handshake last a second or two longer than normal. Slowly slide your palm and fingers across her palm as you release it. It's an awesome touch that will send chills through her.

Better yet, if there's even a little familiarity, you should go for a kiss on the cheek while subtly inhaling the scent of her. Give her a full frontal masculine body hug – not just one of these dainty hugs that you lean over and your shoulders barely touch – be a man and give her a full body to body contact hug.

Pull her gently but firmly into you - Press your chest and pelvis against hers; let her know that you're a man! It makes future touching and contacts with her seem much more familiar and acceptable. You'll be a lot less likely to end up in the "I like you as just a friend" zone. Don't be afraid to be a man and let her know that you think she's sexy.

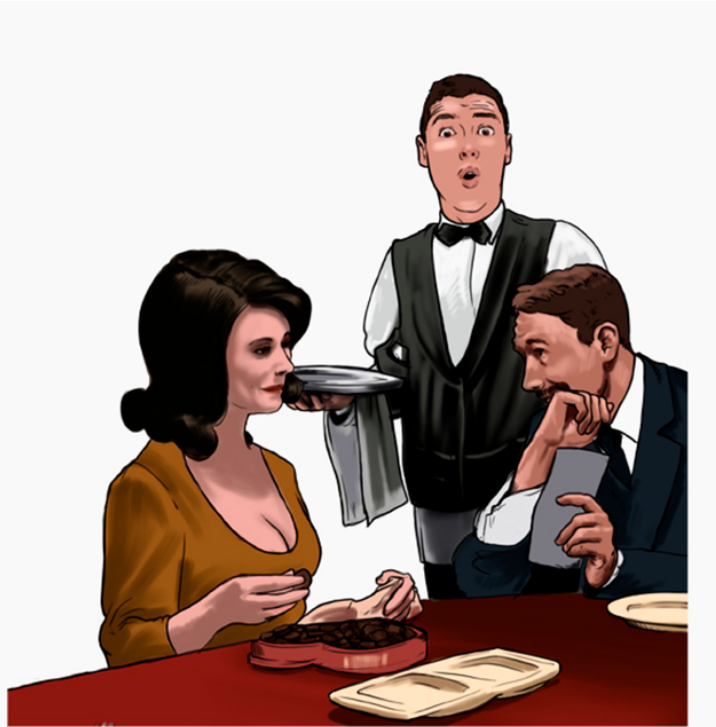
## **REMEMBER HER NAME AND USE IT OFTEN**

Don't forget to remember her name! Even at our age, not remembering it can cause her attraction meter for you to drop way down. "Hearing her name spoken is the sweetest sounding word in the English language" says Dale Carnegie.

Many people have a problem with remembering names, but it really isn't hard to do if you get into the habit of doing it right the first time. One way to remember her name is to try and associate her name with something about the person.

For example, if her name is Mary, you might picture her in a wedding gown (I know, bad example for a first date) If her name is Wendy, think of her dress being blown up showing her underwear because it's Windy (better example). The more absurd the combination, the better you will be able to remember it.

Do you remember the [Seinfeld episode](#) when he reminded himself that his new girlfriend's name rhymed with a female body part, and then he forgot which body part it was? He dated her for weeks, even slept with her, and he just couldn't remember her name.



Invite her to lunch, and when the tab comes, grab it and say,

*“This is outrageous—I wouldn’t pay it if I were you!”*

She finally figured out he did not know her name when she caught him sneaking in her purse trying to look at her driver’s license. Finally she storms out of his apartment in disgust. He suddenly remembers it and yells at her out the window, Dolores!

So remember her name and use it often during your conversation, and that will definitely cause attraction. I’ve had more than a few women tell me that they became attracted to me when I used their name 3 times in a row when I was teasing them about something – “Jan, Jan, Jan – Are you trying to seduce me because I’m not that easy you know....”

Another good way to remember her name is to make a consistent, conscious effort to repeat it in your mind five times within the first few minutes you meet. Keep repeating it once every 10 seconds until you are sure you remember it.

If you happen to forget it, don't be afraid to ask her or somebody else to repeat it. If you are not sure of it, ask her to spell it or pronounce it. If you forget, it is better to ask her shortly after meeting her rather than spending the entire evening with her. “What’s your name again? Would you like to come home with me?” Not very James Bondish like -

Once you know her name, use it often in your conversation with her. Say "Kristin, enough of me talking about myself, now you should ask me questions about myself, or after picking up the

check at the restaurant, say "Vicki, this is outrageous – I wouldn't pay that if I were you!" Saying their name plus in a humorous context will definitely cause them to be more attracted to you.

A great way to create attraction is to give her a playful nickname like princess, dollface, sunshine, hot stuff or Ms. (her last name) or even Ms. (your last name). You can add Ms. before any nickname you decide to give her.



You can give her a nickname derived from the place you met her, like Ms. Match, or Ms. Plenty of Fish. Give it to her at the optimum moment, when she's laughing or when her attraction level for you is high. That helps to anchor the mention of her nickname to that moment so whenever you say it to her that emotion is triggered.

Another way to make a good first impression is to start out with a compliment that's kind of cocky and funny. When you first walk into the room to meet her, say, "Wow, does your mom know you're wearing that dress tonight?" or "I was waiting to meet someone else, but would you mind if I sit down with you until she gets here?"

## **AGREEMENT**

Someone once said, "My idea of an agreeable person is one who agrees with me." A multitude of studies have shown that we are not only attracted to people who resemble ourselves, but even more so, to people who agree with us. It is psychologically rewarding to be agreed with for at least four reasons:

Agreement provides grounds for pursuing and enjoying the same interests together, whether it's playing golf, watching sitcoms on TV or oral sex (just checking to see if you're paying attention – now that I've got your attention – keep reading)

Agreement adds to your self confidence because it reaffirms your beliefs. Disagreement diminishes your degree of confidence in your belief and can make you feel uneasy or hostile.

Even if your belief is unshakeable, you will probably believe that anyone who agrees with it must be intelligent and sensible, while anyone who disagrees must be doing so because they are ignorant or misinformed.

Agreement keeps people from arguing, fighting or ignoring each other.

Of course, you can't agree about everything, and you shouldn't. But if you really want to make a good first impression, at least for the first few encounters, avoid discussing controversial topics like politics or religion.

You'll have plenty of time to discuss and debate such things later on, after you have gotten to know each other better. Emphasize the things you agree on and take it from there.

An exception to this rule is when you take an absurdly opposite position on something you can tease her about when you're trying to be cocky and funny. This is somewhat of an advanced technique that you'll want to try once you get used to using these techniques.

If you must disagree, disagree on things like your favorite football team or favorite singer, but not on basic values, morals or beliefs, at least for the first few times you get together. It will only serve to separate you.

## **ENTHUSIASM**

Think about the last time you were at a party. You instantly notice the person who is laughing and having a good time. You want to be their friend. Laughter and smiles are really contagious and you should encourage those around you to laugh and smile.

Happy people not only feel better, they make those around them feel better too. People like people who like people. They're the luckiest people, in the world...Enthusiasm and passion is an attitude and, like I said in the first chapter, you have full control of your attitude. **IF YOU WANT TO BE ENTHUSIASTIC AND PASSIONATE, ACT ENTHUSIASTIC AND PASSIONATE!**

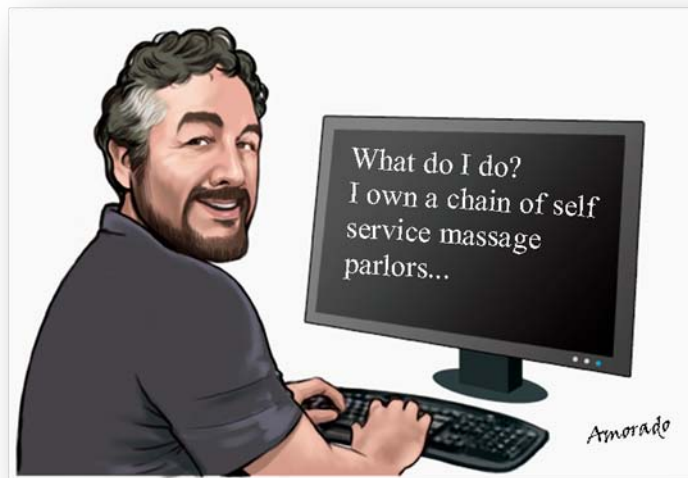
## **SHOW CLASS - RESPECT OTHERS**

This should go without saying but one sure way to make a bad first impression is to be disrespectful and critical of others. People are really turned off by others who are disrespectful and rude. I have encountered beautiful women whose appearance changes right before my eyes because they are rude and insensitive to others.

Even if you aren't accustomed to saying "please" and "thank you" to others, you should make an extra effort to do it if you want to make a positive first impression. This includes treating busboys, waitresses or maids with the same respect you would like to be given.

Many women don't realize the hypocritical and false airs they put on when they are discourteous or rude to a subordinate, then turn right around and smile like they are Princess Charming.

You can tell a great deal about a person merely by observing and listening to how their friends and relatives treat them and vice versa. It doesn't take a clinical psychologist to see that if their friends behave disrespectfully and rude toward them, that's probably how they treat their friends and relatives when you're not around.



So, if you really want to make a good impression, treat everyone with the same respect you would like to be given; and others, (most of the time) will do the same for you.

Refrain from interrupting or finishing her sentences for her. A lot of men do this and they think they are scoring points by letting her know how intelligent or well read you are. This is a big mistake, especially if she is talking about something she is interested in. Listen like you are really interested and she will think you are a great conversationalist.

Pay attention while you're talking or listening to her. Checking out some other sexy woman that enters the room can cause you to lose attraction from her. Don't think she doesn't notice - you'll definitely lose points if you do this.

I know how difficult this can be for guys – sometimes when another hot woman enters the room, I tell my brain, “don't look, don't look” – but even after telling myself this, I still can't help but look anyway. Be aware of this and glance if you must, but don't stare.

Another way to destroy your attraction is to be critical and put others down. If you want to make a good first impression, avoid malicious gossip and don't talk about others behind their back.

In Steven Covey's book "[7 Habits of Highly Successful People](#)," he says that you should never say something about someone that you wouldn't say if they were sitting next to you.

When I hear derogatory comments about others who aren't present, it makes me wonder what that person will say about me when I'm not around. Try and look for the good in people when talking about them and others will do the same for you.

Finally, don't ask personal questions like how much money she makes or how her lawsuit suit is coming along. You'll find out sooner or later. You will only make her feel uncomfortable and all of your behavior should be geared toward making her feel more comfortable and fortunate to be in your presence.

## **SUBCONSCIOUS PRESELECTION**

Have you ever wondered why you are attracted to a certain type of woman, while other men may not be? The same thing happens for women.

Some women can find one man extraordinarily appealing while her friends would totally rule him out. Many people would attribute this attraction to "chemistry."

## **THE SCENT OF A WOMAN**

There definitely is some body chemistry going on – like pheromones, from the scent of a woman – and a man. This happens at an instinctive and deeply involuntary level. Research performed on females by scientist [F. Bryant Furlow](#) in 1996 shows that women on a subconscious level prefer men whose genes are the least similar to their own.

Her brain and advanced ability to smell instinctually is able to decode the state of a man's immune system within 3 seconds of meeting. If it's complementary to or stronger than her own immune system, she may find that man very attractive, or strangely magnetic. If her immune system is stronger than his, she is likely to find him less attractive.

By choosing a mate whose molecules (and thus their pheromones or scent) are complementary or stronger than their own, males and females are ensuring that their offspring will have a wider variety of molecules (DNA) which will be better able to identify a larger array of invaders (bacteria and viruses) and thus create a better immune system to promote survival for their offspring.

But wait – there's more to why we find ourselves attracted to certain types of women. Another significant reason is due to the combination of impressions and things we have seen, heard, smelled, tasted and touched throughout our formative years of growing up.

## **HEROES AND VILLAINS**

A number of things contribute to the development of our attitudes toward things or people one may perceive as desirable or undesirable. Our mothers and fathers, our friends and associates, books we have read, television programs and movies we have seen, heroes and villains we have



admired and abhorred, the sex symbol of the year, etc. all contribute to what we find attractive or unattractive.

If, in the past, we have associated certain things with pleasure and enjoyment, we will most likely have a favorable disposition toward similar objects or people in the present and in the future. We associate them with pleasure, and we will become attracted to them.

Likewise, if the experience was not pleasurable, we may have just the opposite attitude toward it; one of disdain or disapproval and something we want to avoid.

The major exception to this rule is our parents. Since they generally were our first contact with the world and the primary providers of our survival – however they treated us good or bad – that is what we associate with love and affection.

That is why it is so common that a man usually ends up marrying or being attracted to a woman who resembles his mother. This is because he associates his mother with pleasurable and loving experiences like, security, emotional well being, comfort and even food. Therefore, he will often seek a woman similar in appearance and personality.

Most men are more likely to pair up with women whose bone structure is similar to their own mothers. It's called "sexual imprinting," and suggests that the faces we find appealing as adults are determined in childhood.

Even in the event his mother did not provide any emotional security or loving when he was young, and she was overbearing and critical – guess what – he still finds women like that attractive because he still associates that type of behavior with love and affection.

At the beginning of his life, there was no point of reference to measure or compare it with. At that age, one is unable to distinguish between acceptable or unacceptable behavior.

Fortunately, some men are able to come to the realization of what a healthy relationship consists of, and are able to overcome the powerful but dysfunctional attraction of an unhealthy relationship.

## **LOVE THYSELF AS THY NEIGHBOR?**

A multitude of studies have shown that we are attracted to people who resemble ourselves, especially if we have a high level of self esteem. So don't be surprised if you find yourself attracted to another person who looks and acts just like you do.

Another factor that determines who we are attracted to are ex-girlfriends and past women we have been involved with or attracted to. How many guys do you know who break up with a woman only to find themselves immediately involved another one who is a spitting image of her? Think about yourself and the women you've been attracted to.

This also includes long lost loves – or even high school girl friends that you dated. Deep in your subconscious mind are the memories and images connected with the pleasure you felt when you

were with those girls or women. You just don't forget them and they will determine to a large degree what you find attractive now and into the future.

## **FRIENDS AND FAMILY**

Your friends and family also have an influence on whom or what you determine is desirable or undesirable. This conditioning takes place throughout your lifetime. If your family is closely knit and have put much emphasis on marrying within your race or religion, then oftentimes you will find someone who fits that ideal.

Also, since most people seek the approval of their friends, they will often be subtly influenced by their friends' opinions.

The media also portrays what is "supposed" to be desirable and attractive. This is of course always transitory. If you remember the James Bond movie "[Dr. No](#)" where Ursula Andress comes out of the water dripping wet with her hard nipples showing through her skimpy bathing suit – that made any woman who resembled her extremely desirable.

These same principles apply to women. Therefore, not only do past experiences dictate what a woman perceives as attractive, so do current sex symbols like Brad Pitt or George Clooney. If you have the fortune of resembling either of these two, there are probably many women who will find you very attractive.

So you see, even before a woman (or women) sets her eyes upon you, she already has a preconceived notion about what she deems as attractive or unattractive. The computers in our brains are remarkably fast at making almost instantaneous calculations concerning the desirability of another person.

All of our past and present experiences are immediately tabulated; experiences concerning race, religion, appearance, mood, age, size, shape, posture, sound, smell, education, etc. and whirr, click click, buzzzz-out comes the answer; yes, no or maybe (until more information is fed into the computer).

In 2005, Malcolm Gladwell wrote a book called "[Blink](#)". Blink is about how we think without thinking, about choices that seem to be made in an instant — in the blink of an eye — that actually aren't as simple as they seem, and about those instantaneous decisions that are impossible to explain to others.

He studied "Speed Daters" where men and women spent 3 minutes talking to each other to determine if there was an attraction between them. Before he analyzed the data, he asked the women what characteristics they were looking for in a man or men.

What he discovered was that the women were attracted to certain men based upon split second decisions. Ultimately, he determined that they did not match the characteristics of the type of men they thought they were looking for.

The conclusion? We have, as human beings, a storytelling problem. We're a bit too quick to come up with explanations for things we really don't have an explanation for. So in most cases,

women are not always attracted to what they think they want in a man – and that goes for men as well.

Our emotional brain tells us we should like a certain type of trait in a mate, and that may be true at that moment in time – however short-lived it may be. However the primal limbic part of our brain tends to default back to what our ancestors found attractive for survival and healthy offspring – the attractor factors I’ve previously mentioned.

I’m sure you’ve heard countless women say they want a warm sensitive guy that treats them right and does all these nice things for them. Then they lose respect for him, they become too demanding; and the next thing you know you find out they start screwing the first bad boy they meet.

I guess this just proves that Sigmund Freud was right when he asked that immortal question over a hundred years ago, “What does a woman want?” I guess this shows that even the women themselves don’t even know!”

The combinations are obviously numerous and sometimes undetectable; nevertheless, the subconscious mind thinks it knows in advance what to look for, but it isn’t always totally right.

One’s subconscious preselection thus involves the entire mental makeup of a person, and his or her ideal notion of what is attractive can involve a number of factors as we have seen.

Therefore, the number of possibilities or combinations of what is attractive to one woman and not another largely depends on each woman’s personal history and experiences. The purpose of this book is to show you how to increase your attractiveness to most women and to cover as many bases as possible.

## **CHAPTER II REVIEW**

1. GOOD FIRST IMPRESSIONS CAN MAKE PEOPLE THINK WE ARE EVEN BETTER THAN WE ARE.

2. PREPARE FOR THE FIRST ENCOUNTER

1. Select the right atmosphere
2. Dress right to the occasion
3. Be Prompt
4. Give yourself a pep talk
5. Use Masculine, Confident Body Language
6. Women want a challenge
7. Don’t come across needy or desperate

8. Do not indulge in self-pity
9. Do not make it sound like a job interview
10. What to talk about
11. Ask the right Questions
12. Be a mystery

### 3. GREETINGS

### 4. REMEMBER HER NAME AND USE IT OFTEN.

5. EMPHASIZE THE THINGS YOU AGREE ON; AVOID CONTROVERSIAL SUBJECTS  
(at least for the first few encounters)

6. DEVELOP ENTHUSIASM - IF YOU WANT TO BE ENTHUSIASTIC, ACT ENTHUSIASTIC!

7. WE ARE ATTRACTED TO POSITIVE, OUTGOING, CHEERFUL PEOPLE.

A. Associate with positive thinkers and not negative thinkers

B. Feed your mind with positive oriented books, movies and tapes

### 8. RESPECT OTHERS

A. Treat everyone with the same respect you would like to be given

B. Refrain from interrupting or finishing her sentences for her

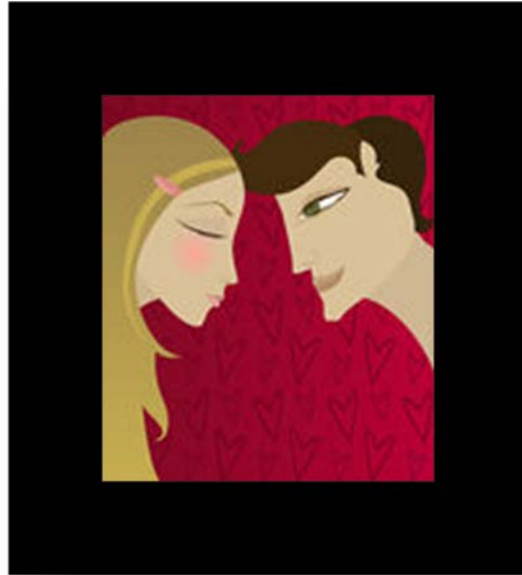
C. Pay attention and keep your eyes on your own date

D. Avoid malicious gossip

E. Don't ask personal questions

### 9. SUBCONSCIOUS PRESELECTION

## **CHAPTER III – THE PSYCHOLOGY OF APPROACHMENT AND ATTRACTION**



*"Often a man, without realizing it,  
woos a woman as a result of a carefully  
planned campaign on the part of a woman.... "*

*Dr. Joyce Brothers*

Did you know that one of the most common questions men have for dating experts is how to approach a woman? It's common knowledge that men are generally very fearful of introducing themselves to a woman and often find it terrifying. Why should it be so hard?

One of the world's leading authorities on evolutionary psychology is [Geoffrey Miller](#). He says that when our ancestors would try to mate with the most attractive women, they would typically have to challenge the Alpha Male for the privilege. This fearful feeling you get is a result of tens of thousands of years of natural selection – the most desirable women naturally selecting the strongest and most powerful man for their offspring.

To this day men still unconsciously deal with this fight or flight syndrome even though their fear is illogical. So now that you know getting your ass kicked is highly improbable if you hit on an attractive woman (depending on the situation), all you have to worry about now is her rolling her eyes or saying no. You can deal with that, can't you?

In this chapter, you're going to learn some very interesting facts about human behavior and psychological reasons for how and why men and women are attracted to each other. It's important to understand these concepts because whenever you're in these hypothetical situations, you'll better understand why you need to avoid or perform certain behaviors that will increase a woman's attraction and desire for you.

Rutgers University anthropologist Helen Fisher summarizes one of the best explanations I've ever heard on the reasons for love and attraction in humans:

*"The human body is such a finely tuned attraction-seeking machine, it takes only one second to intuitively decide whether someone's physically hot or not. When it comes to love (or lust, as the case may be), men and women unconsciously know what they like when they see it.*

*To help ensure that the good ones don't get away, our bodies produce a variety of physical signs of attraction that grab our attention and direct it toward the object of our desire. When those physiological mechanisms kick in, even a brief glimpse of a crush can leave us short of breath and dazed."*

What's interesting is that you can deliberately create and develop the traits that women are unconsciously and irresistibly attracted to. Not only can you develop certain traits that make you more attractive, but you can also use your intuition and behavior to make yourself more desirable to women.

This chapter will be more focused on your behavior as opposed to your traits. What's the difference? Your traits are how you walk and talk and appear – your behavior is how you act under certain conditions. You want to make sure that there's a very smooth transition from the first visual contact, to the walk to the talk and to your behavior that follows.

Evolutionary psychology has taught us that the most successful way to approach living things we are interested in is in a slow, gradual and non-threatening way. Whether it's prey to eat or a mate to meet, in almost every case we will have better success when the object of our desire feels that an encounter will be to their benefit and not to their detriment.

There are an infinite number of ways to approach and be successful with women. Naturally, the easiest and most successful way is to display those traits that will be attractive to her. Those "attractor factors" all incorporate three main components. If you want to be attractive to as many women as possible, you will need to develop and incorporate these major elements into your own lifestyle and personality.

Just like anything in life – if you want it bad enough – you can use the tools discussed here to learn how to develop that inner strength and confidence that women are attracted to – or what is commonly known as Alpha Male traits. You really can learn how to develop and generate that self confidence and energy that serves to be a magnet for attraction in nearly all women.

In other words, women are hard wired – or genetically programmed to seek out the strongest most competent males in the herd in order to promote the survival of their offspring. It's something that is irresistible to them – just as great tits, a tight ass and a beautiful face are to you.

And like anything in life – you can deliberately learn and develop these skills with the right information, determination and desire. You don't need to look like "The Rock" or the Terminator to achieve it either.

In an earlier chapter, I presented the Holy Grail of the Alpha Male – which are necessary traits to help you develop the self confidence and “Attractor Factors” that are so important to attracting women.

In the twelve step program I alluded to earlier when you first meet her – those are also traits of an alpha male. Once you start carrying yourself with that air of confident masculinity, women will notice you and give you unmistakable body language signals to let you know that they are interested in you, and that if you approach them – they will welcome you.

Then, approaching them doesn't feel so awkward – in fact it's not uncommon for them to start approaching you. It all starts with your attitude, mindset and energy that you exude.

## **MERE EXPOSURE**

A number of studies have shown that people and rats are more attracted to things they are familiar with. Repeated exposure alone is enough to enhance our attitude towards other things and other people. Social psychologist Dr. Robert Zajonc has conducted numerous experiments demonstrating the effects of "mere exposure."



We can use our own experiences to realize the effects of mere exposure. How often are you overwhelmed by a song the first time you hear it? Don't you like it more when you hear it a second, third and fourth time? How about the latest fashion in clothes or cars? Don't they seem more appealing to you when you see them a second, third and fourth time?

Well, the same principle applies to people. In most cases we have to get to know someone before a close friendship can develop. Advertisements on the radio and television bombard us with their names in a favorable way and, you must admit, the more you hear it the more you begin to accept it and like it.

The advertisements sink into our minds subconsciously and we become more familiar with those names and brands. When it comes time to choose a product, we usually go for the ones we are most familiar with.

Love at first sight is a rare thing. I believe that it can better be described as "lust at first sight." Most loving relationships take time to develop and most people grow on us.

Sociologists Ernest Burgess and Paul Wallin conducted an experiment in the late 1940's in regard to "love at first sight." They learned that out of 224 engaged couples they interviewed, only eight percent of the men and five percent of the women recalled feeling a strong physical attraction for their partner within the first few days of meeting. Most likely, even fewer of these couples experienced "love at first sight."

The positive effects of mere or frequent exposure should be quite obvious. If you want to get a woman to like and be attracted to you, try to get involved in similar activities with her. Get involved on an assignment with that special woman you want to know better, for example comparing profile photos or resumes on my dating workshop Leonardo's Love Lounge.

The more she gets a chance to be and communicate with you, the more likely she will be attracted to you. You can accomplish this without having to say a word. Just the fact that she gets the chance to see you often will enhance her attitude toward you.

## **SOCIAL EXPOSURE**

If you want to be noticed by other women, you are going to have to make yourself more noticeable. In other words, make yourself visible. So many times I have met shy men who are extremely anxious to meet other women yet they don't want to make themselves more visible.

This goes for social engagements such as parties, weddings, night clubs, dances or any other type of event where many people are gathered. You can usually spot the shy people. They are the ones who are off in the corner hiding under the dim lights. The shy people at parties will be reading, texting on their phones and hiding their faces behind them.

To become more popular you have to become more visible. Get out in the open where you can be seen. If you are at a night club, get a seat next to the dance floor or next to the main aisle where most of the people will pass. Seat yourself at the bar where most of the women order drinks.



Make yourself more visible by sitting in the areas of the club or party where you can get the most exposure. The same thing goes for parties; don't put yourself in an area of the room where nobody will see you.

Circulate around the room and try to gather in the places where you will become more visible. Make yourself more visible at any social event you may happen to be at.

If you are extremely shy and find it difficult placing yourself in the visible areas, start out in the less visible places and gradually move out into the areas where you are likely to get more exposure.

It is O.K to start out in the less conspicuous places until you become more relaxed and more accustomed to the atmosphere, but it's not O.K to remain there the rest of the night. You will not be likely to get discovered by hiding.

Strive to move into the areas of higher visibility. If you're at home complaining because you don't have a woman in your life, get out and get some exposure!

In my opinion, the quickest, most economical and practical way to meet the most women possible in the shortest amount of time is through online dating, and we'll get to that in a chapter later in the book.

## **RESIDENTIAL PROXIMITY**

The architectural arrangement of your building or where you live has an effect on your popularity. It can even determine who you are likely to become friends with and possibly marry.

For example, a study conducted at Massachusetts Institute of Technology by psychologist Leon Festinger learned that friendships and popularity can be determined by the design of the building and where you reside in that building.

The people who lived near those places where people were more likely to pass by, such as the laundry room or mail box, were more popular than the people who lived in the corners of the complex who were not as likely to have frequent exposure with other residents of the building

Therefore, you can become more popular by living in a place where you get a lot of exposure. Another feature of the architectural arrangement in this study was that friendships were mostly determined by proximity.

In other words, friendships were more likely to occur between next door neighbors, than between people whose houses were separated by another house and even less likely between people whose houses were farther apart.

Thus, it appears that the distance you live from a person can make a great deal of difference in a relationship. The closer you live to a friend, the easier it is for her to get to your house, and the more likely you will be able to familiarize yourself with each other.

For example, if you live next door or even down the street, the chances of you running into her would be quite likely. The more you happen to run into each other, the more likely you are going to become friends. Familiarity breeds friendship.

In essence, the closer a person lives, the more value it adds to their appeal. You will have to think ahead of time, will it be worth it to ride clear across town (cost, time and hassle of traveling) to see Sally when I can go next door and see Susan?

A person has to decide the rewards he is going to get from the effort he puts out. If there is one friend who is nearby and another who is far away, the one far away will have to be more appealing or rewarding to justify the relative cost of traveling.

Besides friendships, residential proximity also seems to determine who we are most likely going to marry. In 1952, sociologist A. C. Clarke interviewed 431 couples when they applied for marriage licenses. He learned that 37 percent of the couples were living within eight blocks of one another at the time of their first date, and 54 percent lived within 16 blocks of one another. As the distance between the residences increased, the number of marriages decreased.

The effects of "mere exposure" are obvious. We have to become familiar with things and people before we can really appreciate them. Dr. Zick Rubin provides us with a good justification for people being attracted to more familiar things:

At least part of the explanation for the principle of mere exposure seems to be the pervasive animal fear of the unknown. Although the unknown has its fascination as well, we remain unlikely to form positive attitudes toward unfamiliar objects until they are thoroughly explored.

It is through repeated exposure that familiarization takes place. We *gradually* learn that the object can be safely approached or dealt with, and our initial confusion as to how to respond to it is *slowly* overcome.

It is important to note the italics (my own) in Mr. Rubin's statement. I put them there to emphasize the importance of approaching or allowing a relationship to develop gradually. Approaching or rushing too quickly into a relationship may doom it to an early failure. You may very well scare her off. You don't want to make her glad to get rid of you.

## **THE PROCESS OF GRADUAL AND MUTUAL ADJUSTMENT**

Relationships develop in stages, and it is important to allow relationships to grow at a gradual and mutual rate so that both parties feel comfortable with the development. Most relationships tend to develop slowly, while on the other hand, others can develop almost overnight. What matters is that they grow *gradually and mutually*.

Be aware that moving too slowly can also ruin your chances just as well. If after the fourth or fifth date the sexual attraction hasn't developed – then you need to accelerate the process or chances are it's not going to work out. There is an optimum time to increase the affection as the next story demonstrates.

The process of gradual and mutual adjustment applies to the rate of exposure (how often and how long people get together) and self disclosure (how much information people tell others about themselves). Gradual and mutual adjustment also applies to intimate behavior; for example, there are 12 stages of human courtship beginning with eye to body contact, eye to eye contact, voice to voice contact, etc., until sexual mating occurs.

It is important to realize the right pace so that neither person feels too uncomfortable or is scared off by the suddenness of the relationship. On the other hand, you want to guard against allowing too much time to go by without keeping in touch. There is a fine line to be straddled here (optimum exposure) and the success and intensity of the relationship will depend a great deal upon your intuition and your ability to take the relationship step by step.

## **OPTIMUM EXPOSURE**

In this section, I'm going to touch on the importance of wearing out your welcome when you first meet a woman you'll want to get to know better. Knowing when to wind down an encounter or date is very important for keeping it interesting.

Optimum exposure can be defined as the maximum amount of time two people can spend together before boredom or discomfort sets in for one or both people. This stage is especially critical in newly forming relationships. Depending upon the compatibility and geography of the couple, the amount of optimum exposure can range from an hour to a month or even longer.

To make this concept clear, Dr. Rubin is worth repeating again: "We remain unlikely to form positive attitudes toward unfamiliar objects until they are thoroughly explored. It is through repeated exposure that familiarization takes place. We gradually learn that the object can be safely approached or dealt with, and our initial confusion as to how to respond to it is slowly overcome."

This passage reminds me of a story about some wild burros in the mountains that not even the most experienced hunters and trappers could catch.

A herd of wild burros were creating havoc on nearby ranches and farms by destroying a lot of vegetation and eating feed that was meant for the farmers' livestock. The best cowboys in town tried to round up the jackasses, without success.

Then one day a small, frail old man came into town in a beat up old pickup truck with a bunch of lumber and hay in the bed of the truck, which aroused the town folk's curiosity. They asked him what he was up to and he told them that he was going to catch the wild burros and take them home.



They all laughed at the old man because they knew even the best cowboys on the fastest horses and the best trappers with their newest traps were unable to capture these ornery critters.

About a month later, the old man came down from the hills with the herd of jackasses tied up and trailing behind the truck, and the folks in the town were astonished. "How did you do it?" they asked.

"Well, really 'twarn't nothin' to it," he drawled. "The first day I set a little hay in a clearing, and at first they didn't want to come. But one of the brave jackasses came and sniffed a little, ate some, then soon the rest of them came and ate the hay too.

"The second day, 'ah setted a post in the ground, put up a few boards and put some more hay in the same place. 'Shore 'nuff, them asses came back for more. Shore, they was kinda skeered at first, but they was hungry. I just kept addin' more boards as the days went by and' afore ya knew it, I built a fence around' em and they was mine."

Of course, the analogy between jackasses and women was unintentional, but the message is clear. We must allow relationships to develop at a gradual and mutual pace. It is important to give each other enough space and time to grow at each other's pace.

Try and begin the relationship with a short period of time together, and slowly build to longer and longer periods of time together until you feel totally comfortable with each other.

You can use your intuition to realize if you are making her feel uneasy or uncomfortable when spending *too* much time together by watching her body language or perceiving her attitude.

Her body will tell you it's time to put time and space between you by acting standoffish; not facing you when talking, not making eye contact, not smiling or by closing her posture. Her attitude will tell you by not listening to you or ignoring you when you're talking.

An even finer point of this process worth mentioning is the initial glance referred to at the beginning of this chapter. The first glance should be minimal, followed by a slightly longer one of her whole body and face. Then you should lock eyes, smile and start a conversation.

The optimum way to apply this principle is to try and gauge when an encounter is winding down, then try to leave on a high note. The rule for comedians is to leave them laughing. It's very important to try and leave your love interest in a high state of attraction whenever possible.

## TWELVE STAGES OF COURTSHIP

Dr. Desmond Morris, in his book *Intimate Behavior*, describes the 12 stages of human courtship:

- Eye to body- We see people at a distance, and sum up their sex, size, shape, age, coloring, status and mood and quickly determine them as desirable or undesirable. If they seem interesting to us, we then move to the next phase.
- Eye to eye - Strangers tend to alternate glances, (prolonged staring is interpreted as an act of aggression and the other person may become angry or embarrassed) while friends tend to lock eyes, smile and greet verbally. If one or both strangers find the other attractive, he or she smiles while exchanging glances, and if the response is returned, more intimate contact may ensue. A blank look in reply to a friendly smile will usually stop any further contact.
- Voice to voice - Initial dialogue is usually small talk, and it gives both parties a chance to assess the other person not only through eye contact, but vocal as well. Dialect, accent, tone of voice, verbal thinking and vocabulary give both people more information to decide if further involvement should continue.
- Hand to hand - The first three phases can take seconds or months. Hand to hand can mean a simple handshake or holding hands for longer durations of time which usually means the relationship is growing.
- Arm to shoulder - The first stage where bodies come into contact (side to side, the least intimate) and are the next smallest step to take and the least likely to meet rebuff.
- Arm to waist - A further sign that the relationship is becoming more intimate as the hand moves closer to the genital area of the female.
- Mouth to mouth - A major step forward when combined with a full frontal embrace. There is a strong chance of physiological arousal at this point.
- Hand to head - As an extension of the last stage, the hands come into play as they caress the partner's head, face, neck and hair.

- Hand to body- At this point, the male's hands usually begins to wander over various parts of the female anatomy and possible vice versa. Many females usually call a temporary halt at this phase if the bond of attachment has not reached a sufficient level of mutual trust.

- Mouth to breast - Self explanatory.

- Hand to genital- As the hands continue to roam the body, the hands inevitably arrive at the genital region, where further stimulation takes place.

- Genital to genital- The ultimate stage (for most people) is reached, and each stage will have served to tighten the bond of attachment a little more. According to Dr. Desmond Morris, "It could be said that we now perform the mating act, not so much to fertilize an egg as to fertilize a relationship." Of course, this isn't always true, but it makes a lot of sense.

## **OPTIMUM DISCLOSURE**

Self disclosure can be defined as "The act of revealing information about you to others." Optimum disclosure can be defined as "The maximum amount of information you should reveal to others about yourself at one time."

Disclosing too much information at once seems to create as many problems as disclosing too little. On one hand, if there is not enough disclosure, it is difficult to truly know each other. On the other hand, excessive disclosure is likely to breed suspicion or mistrust.

For example, if a woman reveals to you on your first date intimate and explicit details of her sexual experiences, you may question her discretion and become suspicious of her motives. The ideal or appropriate amount of disclosure should be done at a gradual and mutual pace, until sufficient trust allows you to be able to reveal yourself fully.

Dr. Rubin writes, "People who disclose *too much* are apt to be considered as sick as or sicker than those who disclose too little. To be a hallmark of psychological health or interpersonal competence, a person's disclosure must be appropriate to the particular situation and relationship in which it occurs.

The appropriateness of disclosure is important in fleeting encounters between strangers as well as in the development of intimate relationships over longer periods of time."

Therefore, it is important to start off with disclosures of a low intimate nature such as your hobbies, how you like to spend your spare time, favorite foods, singers, movie stars, goals in life, etc., and progress to disclosures of a medium nature such as your happiest or unhappiest moments in life, attitudes about drugs, sex, women's lib, religion, minorities, etc., as the relationship progresses.

You should save disclosures of a high intimate nature for last, such as your sexual experiences, intimate relationships with others, the aspects of yourself that you do not like, etc. I am not suggesting that you follow this advice to the letter, but you should be aware of it for the benefit of your relationship.

### **CHAPTER III REVIEW**

1. How to approach a woman
2. Avoid rejection by reading the signs
3. Exposure promotes attraction
4. Make yourself more visible
5. Location and Attraction
6. The Process of gradual and mutual adjustment
7. Optimum Exposure
8. 12 Stages of Courtship
9. Optimum Disclosure

### **CHAPTER IV - NON- VERBAL COMMUNICATION**

*Tell her,*

*“I can read a woman’s mind simply by reading her body language. For example, I can make one tiny movement, and if she smiles, that tells me she’s thinking of having sex with me. If she laughs, that means she really wants me.”*

*(Now act serious when you take hold of both her hands, look directly into her eyes, wait three seconds then wink...)*

*Leonardo Amorado*



It's not what you say but how you say it that commands interest and attention. Dr. Joyce Brothers writes, "Less than 10 percent of what we communicate to other people is conveyed by words. About 35 percent comes from the way we speak, the tone of voice, whether we mumble or shout. The other 55 percent comes from body movements and facial expressions."

Scientists sometimes divide the study of nonverbal communication into three areas: "Kinesics" (facial expressions and body language), "Proxemics" (the use of space), and "Para language" (voice quality or delivery).

A great deal of our personality is expressed in non-verbal ways. So many of us hide the best side of ourselves because of our inability to speak with emotion or use our body language properly. Evangelists and politicians are experts at this. They know how to stimulate, excite and command the attention from their audiences.

Have you ever heard or seen the late President John F. Kennedy say, "Ask not what your country can do for you, but what you can do for your country!" It comes across as commanding and forceful. The late Reverend Dr. Martin Luther King, Jr., was also a master of public speaking. "I've been to the mountaintop, and I've looked over and I've seen the Promised Land!"

These examples demonstrate the effect that proper usage of body language and delivery can have when trying to attract attention and interest. You can model the techniques and styles of the master orators to suit your own needs and make yourself a more interesting and exciting person.

## **KINESICS (BODY LANGUAGE)**



Masculine Body Language is one of the most important tools you have and probably the easiest to develop of all the Attractor Factors. The way you use your body really does tell a lot about you; how you are feeling about yourself, how you feel about others, and how others feel about you.

As an experiment to prove this, cut somebody off on the freeway and closely observe their hands and facial expressions. You probably won't be able to hear them, but their message will be clear. Everyone who is able uses their body consciously and unconsciously to communicate messages non-verbally.

It isn't always necessary for others to tell us what they are thinking or feeling. We can often sense it merely by observing their body. Of course, we can't always be correct when interpreting other people's body language, but the majority of times we can make accurate interpretations by using our intuition, or what famous psychologist Dr. Theodore Reik calls a "third ear."

Through years of experience and conditioning, he says that people are actually able to interpret a meaning from our body movements without even realizing it.

"Muscular twitching in the face or hands and movements of the eyes speak to us as well as words. No small power of communication is contained in a glance, a person's bearing, a bodily movement, a special way of breathing ...There are variations in tone, pauses and shifted accentuation so slight that they never reach the limits of conscious observation, which nevertheless betray a great deal to us about a person."

Even though we may not always realize it, we respond to other people's body movements, or "cues" just like they respond to ours. These cues include a variety of postures, facial expressions, gestures, touches, eye movements and voice patterns that when used properly and in the right combinations, can either attract or repel people.

If you feel nervous – you'll make her feel nervous. If you're relaxed, everyone around you will tend to be more relaxed. You will tend to react to the body language of others around you. If you are the one to display confidence in the group – they will be attracted to you.

Much of these movements are involuntary depending upon your attitude and self image, but if you can become aware of what these "cues" or "signals" mean, you can consciously use them to enhance your appeal tremendously.

Your eyes, face, arms, legs, hands and entire posture can be an asset or a liability when communicating depending upon how you use them. Not only does it cause others to treat you with more respect, you will feel it internally because of the way your body will be moving. Employing manly body language will in turn make you feel and act more masculine.

## **WALKING, STANDING AND SITTING**

How you walk, stand and sit will absolutely determine how women will react to you. In fact, everyone's perception of you is highly dependent upon how you move your body. Dating expert Lance Mason has a whole course on masculine body language, and he appropriately calls it "Male Cleavage".

Just like men can't help but look at and be attracted to a woman's cleavage, most women can't help but keep their eyes off of a confident man who carries himself well. From this day forward, you must consistently start using dominant, masculine body language if you want to be attractive to women. This includes how you stand, sit, get up, gesture and walk to wherever it is you're going.

Become aware of how you move and make it a part of your lifestyle. Whenever you enter a room, when you stand, when you sit and when you get up from a chair. This will be the first chance she will have to judge who you are. Wherever you are you should start practicing these masculine movements until they become natural and they become a part of you.

The first thing starts with an accurate, erect posture. The best way to practice the ideal posture is to stand in front of a mirror, and imagine that you are being suspended by a hook at the top of your sternum. Your back should be straight and your shoulders slightly back with your arms hanging naturally at your side. In fact, it's the quickest way to make it look like you've lost 10 pounds when you do this.

When you first enter a crowded room, stand at the entrance tall and erect for a few moments and scope out the room. Determine where it is you want to go.

Walk in with just a hint of attitude – like you have big balls – like you just did 50 pushups and your arms are huge. It **MUST** look as natural as possible. Play with it until you have your own confident style and realize this is the new you – and this is how you're going to carry yourself from here on, even if you're going to the bathroom in the middle of the night.

When you walk, it's important to walk slowly and purposefully with a measured rhythm. Walk with your shoulders back, your hands slightly clenched, and let your arms swing naturally. Walk like you own the place. Take up room when you walk and tilt your head slightly upwards with a relaxed face.

When you walk, take long, deliberate confident strides. Put your heel down first, swing your arms naturally and walk with a sense of purpose. Imagine how Tony Soprano or Dwayne Johnson (The Rock) walks. You can just see they ooze confidence and Alpha Male substance.

When you're standing, it's important that you put all your weight on one leg with your shoulders slightly back. It doesn't matter which one – whichever one makes you feel more comfortable. You'll look much more confident, cool and relaxed when you do. Try different standing postures in the mirror and you'll see that this one is far and away the best.

When you sit down, don't plop down in the chair; sit down slowly with grace and ease. Show some coordination, core strength and class. Imagine how James Bond would sit down. The same thing goes for standing up. Stand up with slowly using your core. Don't lean on things or pull yourself up with something nearby.

Practice these movements in the mirror until you get it down. Practice them anytime you're in public, and you won't believe the difference it makes in how others look at you, treat you and the boost of self confidence you'll give yourself.

## **EYES**

Scientists have discovered at least four major reasons why it is important to maintain eye contact:

1. It is an indicator of how we feel about ourselves.
2. It lets others know that a communication channel is open.
3. It communicates intimate feelings.
4. It is a multiplier of sentiments.

First, I mentioned in Chapter I that in order to have more self confidence you should make more eye contact because studies have shown that people who feel good about themselves use more eye contact. "The amount of eye contact engaged in by subjects has been found to correlate positively with their self reports of liking." says Dr. Zick Rubin.

Second, eye contact also lets others know that we wish to have a meeting of the minds. "Eye contact serves as a mutually understood signal that communication is open between two people."

Third, your eyes serve to express your innermost feelings. They can have a tremendous amount of impact on the words or feelings you are trying to express. Try and picture how effective or meaningful the words "I love you" are without intimate eye contact - Not very much, unless you are blind.

Last, looking at each other eye to eye adds a significant increase to the thrust and impact of your words, whether they are cheerful or angry.

Your eyes can have a very overpowering effect when dealing with women. Learn to flirt with them, not only when looking at her directly in the eyes. Allow yourself to gaze at her hair, ears and nose; linger on her lips, shoulders, chest and how- ever far you are willing to go. This definitely has a very powerful and arousing effect on most women.

Timing is everything when you flirt with your eyes, and you want to make sure that the conversation, location and mood is primed for it. Many studies have shown that when we like what we see or when we experience something very pleasurable, the size of our pupils increase. Unconsciously, this transmits a seductive or loving message to the other person and makes us more appealing.

Centuries ago, women used to put belladonna in their eyes to create this effect artificially. Today, photographers have been known to touch up their photographs with ink instead of belladonna to produce the same effect. A dimly lighted room, candlelight, fireplace or moonlight will produce the same effect for your own purposes.

According to Desmond Morris there is a slight increase in tear production when our emotions run high which tends to make our eyes "sparkle." This also enhances your appeal to an onlooker and when combined with the pupil dilation it gives the effect of a person in love.

A very effective way of using your eyes is to hold a glance slightly longer than you usually would, as if you were in a trance. Slowly blink your eyes while doing this and a woman will wonder what you have on your mind. She will no doubt be attracted to you, or at least to what you are thinking.

I've described in detail below five different very effective techniques you can use with your eyes to create strong attraction:

**1. Eye Triangulation** - One of the more powerful techniques for instant attraction is eye triangulation. When you're really interested in a woman and she is telling you something very important, gaze into her left eye for a few seconds, then move to her right one for a few more, then down to her mouth for about 4 seconds. Slowly do this a few times and she will become mesmerized.

**2. Shaping Stare** – At the right moment, you want to look at her like she's the only one in the room. Sean Connery can seduce women with his hypnotic eye contact alone. Look deeply into her eyes, and imagine that you're reading her mind which is telling you with her eyes that she can't wait to sleep with you. Slowly lick your lips and fondle your glass for further effect. If you can convince yourself that's what she's thinking, then your seductive look will communicate back to her that very message.

**3. False Affront followed by The Macho Man Squint** (What, you've got a better name for it?) - You've been teasing her all night, so sooner or later she'll try and get back at you. Wait until she teases or challenges you about something and then give her the bad boy Macho Man Squint like you're offended. It's the one where Clint Eastwood says, "Go ahead, make my day."

Give her the look for about three seconds like you're insulted. She may get uneasy or embarrassed when she thinks she's offended you. Wait as long as possible, then go ahead and laugh it off together. The timing is critical on this one. It's the sudden release of tension and relief followed by humor that makes this procedure so effective. I guarantee she will be very drawn to you if done properly.

A great example of the power of this effect is demonstrated in the bar scene in Goodfellas where Joe Pesci asks Ray Liotta ["I'm funny how, I mean funny like I'm a clown?"](#) Watch this and you will feel the primal based emotion of attraction and power that we've talked so much about.

This clip reminds me of a recent message I sent out to a woman on Match.com. I tend to stay up late writing, and at 3 a.m. in the morning, I perused my profile to see how many new hits I got, and I must say, knowing how to post a good profile online is the ticket. But I digress. I noticed that this attractive woman who had been flirting with me was online, so I sent her the following e-mail:

WTF? ...

Are you still up ? It says you're online right now! What are you doing?

Forget about it - I can't hang with a chick that stays up so late... We're done -

Oh - I forgot – it's me who's up late ...

Never mind....

Leonardo

I often ask many women to be truthful about the effects they feel when I send them certain messages or say certain things to them, and when I later recalled this e-mail to her in a conversation, she confided that the buildup of tension and then the release and humor really did have a powerful pull of attraction on her. What do you think an orgasm is? It is the buildup of tension and then the release. Try to think of ways you can create this same effect in your interactions with women – but do it carefully.

**4. Fake Pass** - Hold your gaze on her while she's involved in doing something away from you, like driving or reading. Wait until she finally looks back at you and asks, "What?" – You smile, then start to say something, then say "oh nothing." This will drive her crazy and she will playfully insist on you telling her. Keep telling her that you weren't going to say anything.

Hold out as long as you can, then finally say "You've got some spinach or something in your teeth." When she looks in the mirror and finds out you were just teasing her, she will start cracking up and probably try and playfully punch your arm. She will be embarrassed, amused and flattered all at the same time. A powerful cocktail of emotions created by and directed to you.

**5. Forward Pass** – The same as the Fake Pass, but instead of teasing her when she asks "What?" You smile and tell her that you just like looking at her and how she turns you on. You just scored some major points. This also works great.

## FACE AND HEAD

Your face is another demonstrative tool you have at your disposal to express interest or sentiments, and is without a doubt the most expressive part of your body. However, as I

explained in the first chapter, your attitude and self image have a great deal to do with your facial expressions, and your true feelings can often be betrayed by your face.

Even though you may try hard to make your face look attractive and appealing, part of the truth nevertheless shows through. According to Julius Fast in his book *The Body Language of Sex, Power and Aggression*, slow motion pictures were taken to study peoples' faces when they tried to cover up their emotions, and momentary flickers showed the emotions these people really felt; feelings like disgust, anger, boredom and annoyance.

Mr. Fast notes, "These are flickers that pass so rapidly that the untrained eye cannot sort them out. But a part of your brain does observe them and record them, even though it all happens too fast for conscious recognition."

These records are fed into the computers in our minds, and we react to the hidden message." This is further justification for working on your attitude and self image to make you more attractive and believable.

Your face can signal the entire gamut of emotions ranging from frustration, sadness and anger, to contentment, happiness and ecstasy. A face that looks cheerful, alert and excited attracts us strongly, while a face that looks angry or grumpy will probably have the opposite effect.

One of the easiest and best ways to use your face to your advantage is to learn to relax your jaw. Lance Mason first brought this concept to my attention and it truly is breakthrough technique. Women are extremely adept at reading your facial expressions, and one of the most telling signs of being nervous is a tense jaw.

You should check yourself out in a mirror and notice the difference it makes in your demeanor when you practice this. Your smile becomes more natural, and it's much easier to give sly, sexy grins. It can also help to relax your body and can have the effect to change your whole mood. It might feel a little odd at first, but this one technique will make a huge difference in your presentation. Try this when you want to relax.

Your facial expressions play a very important part when listening to others talk. They serve as a mirror reflecting your interest in what the other person is saying. If you simply stare with a deadpan expression at another person while they are talking, they will soon become uneasy and look for a way out of the conversation.

You are actually telling the other person that they are boring you, or that you would rather be someplace else. Also, if you speak with a look of disinterest on your face, you will come across as dull and uninteresting. Allow your face to express interest or show emotion when talking or listening.

You may use all sorts of facial expressions to show that you are listening: smiling, frowning, looking surprised, looking disgusted, looking shocked, etc. Try to feel what she is saying and don't be afraid to show concern. This is equivalent to letting her know you are truly interested and are paying close attention to what she is saying.

A nod of the head also indicates an interest in what she is saying. It doesn't necessarily mean that you agree with her, but it does give her the message that you are listening carefully and attentively.

A forward lean in addition to nodding is an even more effective way of letting her know how interested you are. Apart from your eyes, your smile is probably your second most important facial asset. A smile lets her know that you like what you are seeing, that you like the way you are feeling, or a combination of both. It's important not to smile too much – remember the Alpha Male rules, be very sparingly with your approval.

The intensity of the smile usually gauges the extent of how much we like what we are seeing, or how good we are feeling. For example, a closed, tight lipped smile may indicate to another person that you like what you are seeing to some degree, or it may also indicate a moderate feeling of self esteem.

On the other hand, a wide, toothy grin serves to magnify these sentiments, such as when winning a coveted award or seeing your lover again after three months of separation. A smile improves your face value.

Blushing is a reddening of the upper cheeks caused by vasocongestion and has also been known to be an invitation to intimacy. Blushing can be the effect of shyness, shame, modesty and even sexual arousal. According to Darwin, it indicates a 'self attention to personal appearance.' Blush is commonly used by many women to imitate the effect of sexual arousal; to make themselves more attractive.

## **ARMS AND LEGS**

Your arms and legs can be an asset when using them to emphasize a point or dramatize an idea. "You should have seen the one that got away," (using the arms and hands to show how long) or I demand to know why!" (Pounding the desk with your fist). They can also be used to show that you are commanding and forceful by punctuating your words with vigorous arm movements.

You can also use your arms to cover yourself to signal to others that you do not feel like associating with them, or to open yourself up to let others know that you are open to suggestion or that you are available.

According to Dr. Wassmer, the average shy person will unconsciously cover up and close their posture by crossing their arms and legs. In effect, they are imitating a turtle that withdraws into its shell when danger is near.

Even though at first it may feel awkward to keep your posture open for any length of time, be aware that you are communicating to her that you are willing to meet her and that you are open to sharing a conversation with her.

You can use your arms to invite women toward you or keep them away. For example, when you are about to greet someone, you may try holding out your arms as if you are about to embrace them. It's a masculine move that shows you are in control of the situation – like leading on the dance floor. It serves as an invitation to embrace. When you are sitting down, you may try opening your arms by resting one or both on the back of a couch or chair.

The point is your posture can be used to either invite or repel women, depending upon how you use them. So, the next time you are out to attract a woman, don't slouch; open your posture, throw back your shoulders, stick out your chest and show her with your body that you are available for attention. This will also favorably enhance your posture to make you look more attractive.

## **HANDS**

Showing your hands and keeping them in the open tends to create more trust. The reason for this is when our ancestors confronted each other, they never knew if anyone was carrying a weapon. Therefore, to establish trust, they showed their hands as much as possible and kept them in the open.

To show even more trust, they exposed the palms of their hands. If a woman starts exposing her wrists to you, that's a great sign because it's telling you that she really trusts you and she is making herself vulnerable to you.

That's why it's so important to keep your hands and nails looking their best, because you can bet she is going to be inspecting them very closely. It's a huge indicator of your grooming habits, and besides, if your hands and nails are not clean and well groomed, the chances of you touching her or putting them on or in her are going to be very limited.

Your hands are another way of communicating non-verbally. For example, someone who sits with their hands on their lap is probably saying, "I am patient," or "I am listening," whereas hands on the hips could mean, "I'm getting impatient. Let's move along."

Your hands may be used to your advantage by subconsciously compelling a woman to get closer to you. If you keep your hands in view or even keep the palms of your hands open and extended toward the woman, this has the effect of drawing her in closer to you.

For example, if you are sitting at a table you could clasp your hands together, and point them in her direction. You may also use your hands to gesticulate when telling a story or emphasizing a point. It will make you a more interesting and dramatic speaker.

If you're trying to show confidence and power, you can steeple your hands, while resting your elbows on the chair arms or table. When you're standing or leaning, you can put your thumbs in your pockets and have your fingers point towards your genitals. This is a pose you may want to practice in the mirror so when you do it, you know you look cool and masculine.



## PROXIMITY

Studies conducted at the University of Texas have shown that we tend to lean forward toward people we like and we also move our entire body closer to theirs as well.

Haven't you ever noticed yourself making a slight detour across a supermarket aisle or changing lanes in traffic to get closer to get a better look at some attractive woman? A self confident man will not hesitate to get closer to a woman when talking to let her know that he is interested in her.

So, to develop a warm and pleasing personality, move your body physically closer to her, sit or stand next to her, but not so close as to crowd her. According to Dr. Wassmer, most people who are shy will pull up or lean back when they don't want to be discovered or when they don't want to intrude on the space of another.

Other people, unfortunately, may interpret the backward lean as a sign of disapproval or disinterest. So *if you want to show a woman that you are interested in her, lean forward and nod when talking or listening to her.* If you are standing, turn your head towards her. It lets her know that you want to know everything he is saying.

So as you can see, *the whole mating and courting ritual is really a dance – it's a tease, where you draw her in where she gets attracted to you and you play the role of the pursued – then when she starts to back off slightly – you draw her back in.* It's just like a tug of war.

Women love to be teased, in fact it's really a preamble to how you make love to a woman. It's the tease that increases and intensifies desire.

## MOVE IN CLOSER

Ovid, a first century Roman poet whose two thousand year old book *Ars Amatoria* (The Art of Loving) whose book is just like this one, only a couple of thousand years ago, knew back even then how to enhance one's appeal by inconspicuously moving in closer: (translated from Latin)

*And if a speck of dust, as well it may, Drop on her lap, flick the speck away,*

*And if there's none, then flick what isn't there, seize any pretext for a show of care.*

A great way to move in closer is to whisper in her ear. Whisper anything and it sounds sexy and intimate. It doesn't have to be anything profound or intellectual, something as simple as "You look so hot in that outfit." Or you might try something like, "I think those guys are jealous of me," or you can even say, "I just wanted an excuse to kiss your ear." Then kiss her ear.

Other ways you can get closer are:

1. gently reach for her wrist so you can read her watch
2. gently brush an eyelash from her face
3. tell her how much you like her perfume, then move in close enough to smell it on her neck
4. tell her how much you like her necklace or ring, then move in close enough to examine it
5. gently brush her hair from her face or off her ear
6. brush off the speck of lint that is or isn't there

Ways to move her closer to you:

7. ask her to straighten your collar or tie if you have one
8. ask her to see if there is something in your eye, and then give her a kiss on the cheek
9. stand in front of her and ask her to scratch your back
10. ask her to check out your contact lens – even if you aren't wearing any

## **TOUCHING**

If you want to increase attraction and lay the groundwork for more intimacy – learn how to touch her in a non-threatening way.

Several studies have shown that touching is important to survival. Without touch, humans, rats, and many other types of animals can develop mental and physical disorders, some may even die.

Touching is a vital part of our existence. There is no reason to be inhibited about touching others. Touching is the most intimate of our five senses and we all need to touch and be touched. Touching coupled with eye contact is usually a good indicator of caring.

Touching is an extremely effective way to communicate non-verbally. The way you touch can also have a special meaning. One way to indicate companionship is to put your arm around her waist or shoulder. Holding her waist while you guide her into a car or into a door is an extremely powerful way to increase instant attraction.

You might even try placing your open hand on her knee when talking or listening to her. Gently caressing her shoulder or arm is a good way to show affection. So, when talking or listening to a woman, don't be afraid to reach out and touch her arm or place your hand on her knee. The more familiar you become with her, the more you should feel free to touch her.

If she likes you, I'm sure she won't mind. In fact, she will undoubtedly enjoy it and get slightly turned on. You should make it a point to touch or lightly caress her at least once every time you see her, even if you don't say anything to her.

It is another way of telling her, "I like being with you and you make me feel good." Touching yourself is a very powerful way to communicate your sex-appeal non-verbally.

## **MIRRORING AND MATCHING**

You may also use your body to subtly create a closer bond between you by adopting a similar posture. This is commonly used by psychiatrists, salespeople and pickup artists in order to create familiarity and trust with others.

For example, if she crosses her legs while sitting, you may do the same. If she leans against the wall, go ahead and lean against the wall too. Don't be too obvious,

There are 3 main things to try and match in order to be in synch and create trust and attraction with a woman:

1. Her posture and body movements
2. The rhythm and cadence of her speech
3. Using the same words she uses

You may subconsciously have already noticed yourself doing this to someone you've been attracted to. It's these types of subconscious signals which we send out that attract people to one another. Once you are in synch, you'll notice that you can even take the lead and she will start to model your behavior as well.

Dr. Wassmer has devised a simple way to help you remember most of the techniques I have been explaining. By remembering the word SOFTEN and what each letter stands for, you may easily recall what the non-verbal signals are.

1. Smile
2. Open posture
3. Forward lean
4. Touch
5. Eye contact
5. Nod

Practice this a few times as you did with the five C's approach and PHRASE until it is firmly entrenched in your mind. Next, go and apply these techniques on the next woman you are interested in. You will be quite pleased with your results.

## **YOUR DELIVERY**

"There is something besides the mere words in a talk which count; it is the flavor with which they are delivered," wrote Dale Carnegie, an expert in human relations. "It is not so much what you say, as how you say it."

To really be an interesting, exciting and amusing conversationalist, you should try and speak with emotion and feelings. Don't be afraid to express yourself. The person to whom you are speaking should feel that there is a message being delivered from your heart, soul and mind. Dale Carnegie illustrates this point rather amusingly:

*"Everyone has the ability to deliver a talk. If you question this statement, try it out for yourself; knock down the most ignorant man you know; when he gets on his feet he will probably say some things, and his manner of saying them will be almost flawless.*

*We want you to take that same naturalness with you when you speak in public. To develop it, you must practice. Don't imitate others. If you speak spontaneously you will speak differently from anyone else in the world. Put your own individuality, your own characteristic manner into your delivery."*

So often throughout our lives we have been conditioned to repress our natural feelings and emotions when talking to people. Your mother cautions, "Don't talk to strangers!" or perhaps she washed out your mouth with soap for cussing out the kid next door.

It is no wonder that in the process, we develop a built-in censor that filters out much of what we want to say and how we say it. I am not saying that this is a totally negative influence. We have to filter out some things. But sometimes we become so overly aware of what we are saying that we sometimes speak in a monotone voice, especially when talking with strangers.

We become so concerned with making a good impression that sometimes we are unaware of this occurrence. When speaking with established friends and family, we don't have to worry about making a good impression, so, our delivery is much more natural and spontaneous.

Try to develop this same type of elocution when talking to women you are trying to impress. The key to a good delivery is to be yourself and don't be afraid to express your emotions and feelings; they can add more meaning and interest to what you have to say.

"You have individuality," wrote Dale Carnegie. "As a speaker it is your most precious possession. Cling to it. Cherish it. Develop it. It is the spark that will put force and sincerity into your speaking."

## **CHAPTER IV REVIEW**

IT'S NOT WHAT YOU SAY, BUT YOU HOW SAY IT THAT COMMANDS ATTENTION AND INTEREST.

KINESICS (BODY LANGUAGE) USE YOUR:

- Eyes
- Face and head
- Arms and legs
- Hands

PROXEMICS (CLOSENESS)

- Move closer
- Touch her

SOFTEN

- Smile
- Open posture
- Forward lean
- Touch
- Eye contact
- Nod

PARALANGUAGE (DELIVERY)

- Change your pitch
- Vary your rate of speaking
- Use your individuality

**CHAPTER V - VERBAL COMMUNICATION - THE TRUTH ABOUT OPENING PICKUP LINES**



*It's not what you say,*

*It's how you say it.*

*Unknown*

Social scientists in several settings and experiments have determined that there are basically 3 types of pickup or opening lines, and which type are most effective with women:

1. **Cute/Flippant opening line** – These involve humor and generally should be used when and only you have established welcoming eye contact, because they can also be the worst failures if not. Example: “I don’t usually let cute girls hit on me, but for you I’ll make an exception”

2. **Direct opening line** – These consist of directly approaching a woman without any pretense whatsoever. The direct and innocuous opening lines have tested to be much more successful, especially for the inexperienced. For example: “Hi, my name is ..... what’s yours?” or “Hi – do you mind if I sit next to you?”

3. **Innocuous opening line** – This is when you use something in the environment or you refer to something happening to start a conversation – for example “Hi, would you happen to know what time it is?” or “What’s good to eat here?”

It’s been demonstrated many times that generally women who are most interested in long term relationships respond best to innocuous and direct opening lines, while women who are interested in short term relationships or one night stands respond better to the cute/flippant opening line.

Most men believe that the cute/flippant opening line is the best, but studies show that in most cases as noted above; they are not – except in those cases where the women are not looking for a long-term relationship. Perhaps that is precisely why many men like the cute/flippant opening line best – because it saves them time if they are looking just for one nighters.

The Cute/Flippant opening line also runs the biggest risk of failure when the content is cheesy or corny, when it's delivered poorly, you haven't established preselection and it's being delivered to the woman who is more interested in a long-term relationship. If you're going to use this type of opening, you should first establish welcoming eye contact and/or have supreme confidence when delivering it, otherwise it can be a recipe for disaster because it will sound to her deceptive and the person delivering it untrustworthy.

Of course, many other factors will determine your success/failure rate of any opening lines such as:

**1. Timing** - What is going on in her personal life at the time, her mood, who she's with and how she's feeling. Even her menstrual cycle can be a factor. If she's ovulating and you have traits and characteristics that are desirable to her – you're much more likely to score. However if you don't, you're much more likely to be rejected. This is because during this time of the month, her sensory perception in many areas is heightened, and although she gets hornier during this period, she is more careful to avoid men with undesirable traits.

**2. Personal History** - How appealing you are to her at that point in time based upon all of the factors discussed in earlier chapters relating to her father, ex-boyfriends, a movie star she just saw in a film that appealed to her etc.

**3. Delivery** - Your confidence, approach, body language and preselection (gauging her interest prior to the approach) are things you do have under your control; the first two you don't. You're about to learn more about these elements and how you can control them in this chapter.

All of these factors will determine your ultimate level of success or failure, and some of them you have control over; others you don't. Your goal is to be as best prepared as possible and be aware of any hurdles.

If you want to be successful with the cute/flippant approach, here are the main things you need to be aware of:

- a. The content is good and not offensive
- b. It's delivered with confidence and the right timing.
- c. You've established preselection or welcoming eye contact and body language.

It's my opinion that hybrid-opening lines like cute/flippant and direct have the highest probability of success, because they are both direct or innocuous and humorous. For example: "Hi, do you know Leonardo?" She says no, and you say, "Hi, I'm Leonardo, what's your name?"

Alternatively, there's the cute/flippant and innocuous: "Did you ever notice how it's always room temperature wherever you are?"

No matter which approach you use, you can be prepared to follow up with any number of generic humorous lines you will find in the appendix of this book. With some experience and practice, you'll be able to blend them into the conversation effortlessly and even come up with your own.

In a few pages, you're going to discover the ultimate opening line that has never failed me in 30 years. I would say it falls under the Direct and Innocuous opening category, but you will find that you can easily transition it into becoming very humorous, playful and flirtatious.

## **IMPROVISED INTRODUCTIONS**

You've been given a lot of information so far, and now you're going to learn how to put it all together in order to be able to approach any woman with supreme confidence, make her laugh, establish rapport and if she's available to date, - walk away with her contact information. When you have a funny and interesting presentation that you've developed, practiced and perfected, you will absolutely become more confident and successful at it.

In this chapter, I'm going to share with you a system that has never failed in 35 years to establish deep rapport with a woman in minutes. I will provide you with a method to playfully engage her for more than an hour in thoughtful attraction based conversation the first time you meet her. One of the keys to attracting women is being able to bring out the best in her, and you're shortly going to learn how to do that.

I'm going to show you how to approach and open, then use humor as the ultimate icebreaker. A clever and humorous introduction instantly short-circuits her usual defense mechanisms and right away you've made a good first impression. You've immediately overcome that initial moment of awkwardness that usually accompanies meeting someone for the first time and now it's much easier to establish rapport. When you start out with a humorous outrageous quote – you can then say practically anything after that and get away with it.

When you first have the opportunity to meet her or approach her with a direct or innocuous opener followed by humor, you've subconsciously created an instantaneous positive emotion that you can build on. If done properly, you can establish immediate trust and likeability with the opportunity to take your connection to the next level.

When you have a plan, it's so much easier to smoothly transition from making contact with confidence and humor, then establishing rapport, and finally walking away with her contact information so you can take it to the next level. You want to remember to close out on a high note with her e-mail address or phone number so she'll look forward to seeing you again. It takes all of the guesswork and anxiety out of it if you're prepared. Once you've done it a few times, it will become as automatic and easy as learning to drive a stick shift that will drive you to the Promised Land.



I know that there will be those detractors who say that having a scripted approach won't work and it will seem unnatural etc.; but let me ask you this: Wouldn't you feel more comfortable and confident if you had something really funny or amusing to say and practiced it a few times in front of the mirror, and then were prepared to respond to her reactions or objections? I'm sure the first time you had sex you probably had something to read or graphics to look at and practiced quite a bit alone before you tried it out on a woman.

Here's a better example. If you were ever in sales and you were about to cold call a client out of the blue for the first time – it's only common sense that you should have someone experienced design a script or presentation – at least until you become more experienced yourself.

Of course after you've done it a few times and start becoming more confident, you will be able to start improvising more and eventually you won't even need any prepared openers – you'll create your own. However until you get to that level of confidence – you should have a planned presentation or formula to work with. I'm sure you'll discover that when a particular approach becomes successful, it will become second nature without even having to think about it.

Wouldn't you feel more comfortable and confident if you had something funny and clever to say when the conversation stalled? It doesn't take much to ruin an otherwise stellar presentation then to have it awkwardly stall. Memorize a few funny lines and take it from there. With a little practice, each new line can start a whole new tease/challenge/humorous dialogue.



*"If you can make a girl laugh, you can make her do anything."*

*Marilyn Monroe*

Some experienced pick up artists or experts might tell you that you don't need any planning or presentation because they forgot how difficult it was for the first few times. They already have the confidence and experience – however if you're new at this or want to try a simplified step by

step approach that eliminates the guess work and greatly enhances your confidence and success, then you'll want to practice and master the Amorado Approach.

As you've discovered here so far, there are several ways to induce powerful emotions of attraction from a woman by using the Attractor Factors. Using strong masculine body language and exhibiting Alpha Male Behaviors are sure to draw and keep her attention. Having something funny, clever or interesting to say in order to get it all started is the catalyst for making everything work together. It's the first impression and the straw that stirs the drink.

The ability to make a woman laugh can turn an average looking guy into one that all women want to be with regardless of your looks or status. It compliments one's physical attractiveness tremendously. Knowing in advance that you have something funny to say greatly enhances your confidence and your willingness to approach women to make them laugh.

Quoting Dr. Arthur Wassmer in his book *Making Contact*, "All people are flattered and gratified by attention and interest. Rather than feeling that you are invading their privacy, the woman you address is more likely to feel, "How nice that you too feel I'm important." Contrary to your fear that she will think your question or approach is silly, their subconscious reaction will probably be, 'How intelligent you are to be curious about me.'"

In this next section, I'm going to give you a step by step method to give you the highest probability for a successful improvised introduction and minimize practically any risk of rejection.

## **“THE ADVANCED AMORADO APPROACH” - IMPROVISED INTRODUCTIONS**

The Amorado Approach is a very simple step-by-step formula:

- Determine your objective (to get contact info, invite her for coffee or drink, to just flirt – or all 3)
- Gauge her level of interest (optional but highly recommended)
- Rehearse and visualize in your mind a successful encounter
- Phase I (Establish Contact) - Approach then stand or sit using confident masculine body language
- Establish confident eye to eye and eye to body contact and stand at a 45 degree angle when chatting
- Select and use a direct or innocuous line – or if you feel daring and cocky, choose one or two or more of the many humorous opening lines you feel comfortable with

- Play off her response –flirt, tease and challenge – then – use a level 2 line
- Play off her response –flirt, tease and challenge - then– use another level 2 line
- Phase II (Build Rapport) - Ask the ultimate foolproof question to build rapport
- Phase III (Get contact # and leave) Get the e-mail address or number or set up the next meeting – leave on a high note

## 1. DETERMINE YOUR OBJECTIVE

Before you approach any woman, you always want to know in advance what your purpose is. Do you want to get her phone number or e-mail address so you can contact her later? Do you want to just go have fun by flirting and making her laugh – and maybe if you hit it off you’ll ask for her number? Do you want to ask her to join you for a cup of coffee or drink with you at this moment? You need to know in advance what your purpose is so you can consciously work towards that end.

## 2. GAUGE HER LEVEL OF INTEREST

You can really reduce your percentage of rejection to zero and boost your confidence at the same time when you know that the woman you’d like to approach is going to be receptive. A new book claims that you can tell if she’s interested in you by the way she moves her eyes.

[Ali Campbell – Author of More Than Just Sex](#), says that if a man makes eye contact with a woman, she will often look away. But if you know what her glance means, you can tell if she would like to get to know you better or not. The reason is that *how* a woman looks away from you will tell you everything you need to know about the way she is feeling about you.

*“If she avoids your gaze completely or if she stares directly at you with a blank expression – this is definitely not good. If she looks over your head with disinterest – this is also not good.*

*If she looks to the side — to the left or right — this means the door is still open and a verdict hasn’t been returned. She is searching her brain for an answer.*

*If she looks down in a way that seems to be sweeping the floor, this means that the lady is checking with her internal feelings. This is the one you are after — it’s the holy grail of looks. It is a great indication that the female is interested in you. “*



In an earlier chapter, we also learned that women are generally responsible for starting conversations. We learned that:

- If she looks once and doesn't look back and doesn't smile – your chances may not be that good.
- If she looks once and smiles or blushes and acts coyly – your chances are pretty good
- If she looks twice – your chances are really good.
- If she looks twice and smiles – you have a great opportunity in front of you.

With enough practice reading women's body language, you will generally get a good feel for how a woman is going to react if you approach her. In most cases, with enough practice and awareness you should be able to tell how receptive a woman will be by the way she looks at you.

### **3. VISUALIZE IN YOUR MIND A SUCCESSFUL ENCOUNTER**

It's always a good idea to practice visualizing successful outcomes in your mind – studies show it will significantly increase the likelihood of doing well. You want to rehearse in your mind walking over with confident masculine body language, using seductive eye contact, delivering your opening line like a seasoned comedian with her laughing, establishing a connection and rapport with her, and you walking away at a high point in the conversation with her e-mail address or phone number.

## **4. APPROACH THEN STAND OR SIT USING CONFIDENT MASCULINE BODY LANGUAGE**

### **(Phase I)**

When you're walking over to approach her, you want to make sure you're walking with a relaxed masculine body language as we've discussed in previous chapters. You want to walk slowly, calmly, deliberately and with a purpose. Take long, comfortable strides.

You want to act like you're delivering to her a thousand dollar prize that she just won. Don't try to disguise the fact that you're hitting on her. You want to imagine that she's already your friend and assume that she's going to be into you. You want to remember that you're doing this for your own entertainment, not hers.

## **5. ESTABLISH CONFIDENT EYE TO EYE AND EYE TO BODY CONTACT – STAND AT A 45 DEGREE ANGLE WHEN CHATTING**

When you first look at her face, make solid eye contact and study her face a little, not too much. Stand and temporarily remain at a 45 degree angle to her so you don't appear threatening or too forceful. Show your hands, and smile very casually, and very little if at all. Release the tension from your jaw by relaxing it. Avoid any nervous behavior, like tapping your hands or feet and making quick movements.

You need to be aware of her body language. You also have to keep an eye out for when she's showing her shoulders to you. If she starts to face you with her hips, feet, and face – especially if she opens her hands and arms, and creates a direct, physical line of communication between her chest and yours – she is giving you very strong indications that she is interested in you.

When she starts facing you more, that means she is starting to trust and accept you. This is a good sign as it means she is opening up to you. At that point, you can start to open up to her more, but you want to remember to go with the ebb and flow. Give a little, take it away, give a little, and take it away.

If she starts twirling her hair, or preening in any way, that means she's starting to get interested in you. Other positive signs are mirroring and matching your movements, looking down at an angle and making more eye contact and communicating with you that sort of shuts everything and everyone else out – that means you're making very good progress.

## **6. USE ONE OR TWO OF THE OPENING LINES**

Review any of the direct or innocuous opening lines in the appendix and pick out a few that you would feel comfortable using. (See the opening lines list below.) You should ultimately be the best judge of what works best with your personality. Practice a few of your favorites and stick with them. Try and pick out ones that you can play with, or follow up something with, because you will be reacting to her reaction to them.

## **7. PLAY OFF HER RESPONSE – FLIRT, AND TEASE – THEN USE A FOLLOWUP LINE**

When you picked an opening line, try and determine which one will elicit a response that you'll be able to run with. Try and imagine how she will react to it, what she might say, and what you might say in return. That's why it's good to stick to a few favorites because you'll get more practice and be better able to flirt, tease or challenge them with your response. What's interesting about this approach is that some of the responses will become predictable, and you'll learn to be prepared with a witty comeback. Go back and forth and play with this banter until it subsides then use another phase 2 line. (See Phase 2 lines below)

## **8. FLIRT, TEASE AND CHALLENGE – THEN USE ANOTHER FOLLOWUP LINE**

Listen very closely to what she says, because she will give you openings to play with. Once you've established the tone for flirting and opened up the possibilities of acting silly and flirtatious by modeling this behavior yourself, she will be very likely to play along and say things that you'll be able to play off of as well.

This type of flirting is a very powerful tool for attraction, as she will surely be having fun as well. You'll soon be amazed and even surprise yourself at some of the lines you'll come up with spontaneously and how good you can get at this with a little prompting from her once you connect. It will all seem to come so naturally. You'll be soon creating your own dialogue that romantic comedies are made from.

## **9. THE SIMPLE FOOLPROOF APPROACH TO BUILD DEEPER RAPPORT –**

If you feel that you're not comfortable or confident yet with using any of the humorous opening lines I've suggested, then you should start off with the opening line that has never failed me. Even if you have opened with a few of the humorous lines and they didn't work as expected (remember, confidence is the key with any of them); you can still perfectly recover with the following foolproof phrase I'm about to reveal

At some point you've got to get a little serious if you want to build rapport and connect. I've listed the important follow-up questions in the deep rapport section below that you can ask her in order to do that. But first, you'll need to ask her the magical phrase – or what I'd like to call the best opening line I've ever heard of or used. It's not only the best opening line to make contact with, but it's also the ultimate one to quickly and easily open the door to a further line of questions that will immediately establish deep rapport and attraction for you.

I like to use this foolproof phrase after the humorous introduction to segue into deeper rapport, but if you want to skip that and just start out with this opening line and follow it up with the questions I've listed, then it will also help you to achieve instant rapport.

The smoothest and most successful method I've ever used in order to transition from flirting to building deeper rapport is complete sincerity and honesty. In over 35 years of approaching women, I have never failed once to have any woman smile and willingly engage me in a thoughtful conversation with this magical, foolproof line. This is what I would say (drum roll.....):

## **THE AMORADO APPROACH AND ASSESSMENT FOR INSTANT DEEP RAPPORT**

### **THE AMORADO APPROACH AND ASSESSMENT FOR INSTANT DEEP RAPPORT:**

**“HELLO, I'M DOING RESEARCH ON A BOOK ON LOVE AND ATTRACTION, AND I COULDN'T HELP BUT NOTICE THAT YOU'D BE THE PERFECT WOMAN TO ANSWER A FEW QUESTIONS. DO YOU HAVE A FEW MINUTES?”**

Now you could say that you're taking a course based on love and attraction instead of doing research, which is still true, and I'm sure you'd accomplish the same result, but let's dissect this powerful but simple approach to discover why it's so effective:

- She's flattered that you approached her
- It arouses her curiosity in a positive way
- It's very non-threatening
- What woman isn't interested in love and attraction?

- You have a common interest
- You noticed her and chose her from the rest to talk to
- You've called her the perfect woman –so she's likely to live up to that
- You've given her a compliment, so she's more likely to reciprocate with her time
- What woman doesn't like to give her opinion, especially on matters of the heart?
- It's a seemingly simple and innocent request
- You only asked for a few minutes, so you're not going to take a lot of her time.
- It's honest because you are taking a course – you're reading this book
- It's sincere, because you really want to learn more about love and attraction
- It demonstrates that you're an intelligent man with a passion and a purpose

This truly is the easiest, least non-threatening, universal and best opening line and shortcut into her closely guarded emotions that I've ever heard of or used. Of course you want to make sure that the woman is not rushing for a cab or waiting for her boyfriend to return from the bathroom – you want to make sure she's available and in a position to have at least a brief but meaningful conversation with you. If you approach her casually with a friendly smile – it should always work.

The following sets of questions below are designed to elicit very thoughtful answers while tapping into her memories of deep emotional feelings of love and attraction that can be transferred to you. She will be revealing intimate details of her life that are reserved for very close friends, family and therapists. When this occurs, it's inevitable that you will become the recipient of some level of attraction and the transference of the emotions she's feeling.

This amazing technique allows you to easily probe into areas that take most men many months to tap into. It's like sending in a subliminal Trojan Horse that slips through the subconscious walls of her closely guarded vault of unforgettable emotions and desires relating to love.

I've personally used this method well over a hundred times, and each time I've made the effort to refine the precise wording on each question and place them in a specific order for optimum results. I've also consulted with associates and students who have successfully practiced this technique and I've come to the conclusion that it has been very finely tuned.

Furthermore, you'll discover that if you ask the questions as worded and in the right order, she will willingly open up to you. They were specifically designed to start off innocently enough then stealthily escalate to more personal and emotional questions. The answers she's likely to give are the perfect blend of her personally held secrets combined with endless opportunities in which to create humor and playfully tease her about.



Each question has the opportunity to open up a wide range of emotions, topics and anecdotes that gives you the ability to have a very meaningful dialogue. You will easily be able to talk for at least a few hours on this subject alone if you wanted, although it's not recommended. I should remind you that for an initial encounter your main purpose is to make a first good impression, create attraction while establishing solid rapport, obtain her contact information, and leave on a high note so she will look forward to seeing you again.

### **LEVEL 3 OR DEEP RAPPORT QUESTIONS:**

1. What decision do you think is the most important one a person will make in their lifetime?

(This is a great one to start with because it's so profound yet something that she's probably never thought about before. It's also very non-threatening and will really start her thinking. It's designed to let her know that this is going to be an important and worthwhile conversation that she will most likely benefit from. Most people will answer it's who they choose to be their life partner or BFAL – best friend and lover, and you can discuss with her your opinions for that answer. Your answers will reveal your deep interest in the importance of romance and in love and attraction)

2. What's the best pickup line you've ever heard that's worked on you?

(This very playful and fun question should generate some laughs and a chance to start teasing her a little. You might even share with her some of your stories. )

3. What do you think is the most ideal or best way for a man to approach you?

(Another question to elicit humor and perhaps a little embarrassment Ask her if she prefers direct, innocuous or humorous/flippant. That should give you some valuable information.)

4. Have you ever used a pickup line on a guy and/or how do you attract a guy or show him that you're interested in him?

(This is another question designed to elicit humor and perhaps a little good natured embarrassment. It's also very revealing and could give you some insight into her level of experience and dating habits - as well as elicit some humor and a chance to flirt.)

5. What characteristics and traits do you find attractive in men?

(This is another great question that gives you insight into who she is and what she likes. Remember, characteristics are learned while traits are inherited. Here, she is giving you a roadmap to what her hot buttons are – so now you know how to use your strengths to adapt to her ideal lover.)

6. How many dates do you feel most people think there should be before having sex?

(Note – you’re not asking her the question – you’re generalizing, but you’ll get some important information, like how liberal or conservative her values are. The questions are slowly and gradually getting a little more personal)

7. When was the first time you fell in love? How did it make you feel? How many times have you truly been in love?

(This is a level 2 disclosure question, and when she starts to answer it, some level of bonding and transference of attraction to you will be irresistible. You can even ask her to elaborate on the positive, joyful aspects of her relationships. You will want to steer the conversation away from the painful parts of it. When you ask her how it made her feel, she can’t help but recall that emotion, and when you look at her with some intensity when she tells you, she can’t help but transfer that emotion to you.)

8. How many years younger and older do you feel most people think is the appropriate age range for women dating men? For example – is it 5 years younger and 10 years older?

(This question should reveal or give you the opportunity to learn more about how liberal or selective her dating criteria are. Once again, you want to make sure she knows that you’re not asking her personally, you’re asking her to generalize – that way she will be more likely to give you an honest answer.)

9. Have you ever tried online dating?

(You will learn her level of desire to meet someone, and how many opportunities she has to date in her own circle of influence. This is also a great opportunity to share online dating stories – or repeat a few from the list I’ve given in the appendix.)

10. What was your best and worst dating experience?

(This is the perfect opportunity to inject more dating humor into the conversation. It also gives her the opportunity to naturally share a personal story with you. If she’s telling a memorable story that comes naturally, a connection and friendship will start to develop.)

11. What kind of profiles attracted you?

(Another opportunity to discover what type of man she’s interested in, and what type of information you can use for your own online profile. Perhaps you just happen to have those qualities she’s looking for.)

12. Would you rather choose, or be chosen?

(This is a very powerful question that she may not be able to answer, but she will realize that you are tapping into her deep subconscious desires. My bet is that she will give you a very uncomfortable laugh, and she will respect and admire you for tapping into important emotions she wasn’t even aware of. In fact, this is a very important question you should be asking yourself.)

## THE CLOSE

As a final note, you need to remember your purpose here. It's ultimately to establish rapport and attraction then walk away with her contact information on a high note. The last step in this process is being aware of the optimum moment to close. If you are connecting with each other and you feel that you would like to know her better - You go for the close.

The timing here is critical. At one of the highest points in the conversation when you're really connecting and laughing, you should tell her that you have to go. This is where you ask for her contact information. It's at this moment she will be the most likely to give it to you. You don't ask, you tell her.

*“Let's exchange information and I'll catch up with you later...”*

You want to ask for her e-mail address first which is the least non-threatening. If your connection is great, then you can ask for her phone number. Write them down on your notepad or enter them into your phone.

During one of the highest moments of your encounter, the moment you get her contact information – you have to leave. Any more contact at this point will diminish her interest. *The more of a connection you have when you leave the conversation is relative to the level of interest she will have to want to see you again.* I can't stress this “Attractor Factor” enough.

When I wrote my first book over 30 years ago, I was so motivated to meet awesome women that I kept a small notebook with me with these questions listed so that whenever I happened to see a woman I wanted to meet, I would be prepared.

It was my calling card and an incredibly powerful prop. I would actually take notes when they answered these questions. It truly impressed them because it clearly showed that I was taking a genuine interest in them. It gave me the chance to carefully study their face and make suggestive eye contact and flirtatious glances that elicited very noticeable and immediate seductive smiles and attraction. This simple formula is so amazing because it synchronizes both your emotions and focus in a way that makes flirting so easy and natural.

It eventually got to the point where I had the ability to dial the attraction level up or down at will. The note taking added so much credibility to my approach and system, because not only was I giving her my total attention, it gave me the opportunity to showcase my Alpha Male Traits by displaying my masculine body language as well as my passion and purpose.

The notepad and pencil became the perfect prop and tool for seduction. It gave me the opportunity to unabashedly reveal my playful flirtatious personality to her, and hers to me, because we were comfortably discussing intimate parts of our life. Nowadays, you can take a picture of the 12 questions for deeper rapport on a Smartphone, and even record her answers on it – however, I still think its best if you have a little note pad to take notes. There's just

something about it that makes it easier to flirt with her when you use it. Besides, you'll have it right there handy to get her e-mail address.

I'm sure there may be a few of you who don't think it's worth the effort to study and practice these techniques, or aren't willing to take the necessary steps to ensure your success with having a quality woman in your life. You have to ask yourself – how important is it to you to have a quality sexy woman to share your life with? Do you want to settle for the first one that comes along and have her choose you, or do you want to be able to have the opportunity to select from a wider pool of prospects, and choose the perfect one for you?

With smart phones, it's now much easier to be prepared to use the Amorado Approach. You can take a picture of the questions, and use your recorder on the phone to take notes.

## **EPILOGUE**

Now I know many of you are probably thinking that there is so much information here, and it's going to take a lot of time and effort to learn, practice and use it. My answer to you is the two favorite questions I like to ask women when I first meet them:

***1. What decision do you think is the most important one that people will ever make in their life?***

***2. What do you think is life's ultimate experience?***

If the answer in fact is “who you choose to be your best friend and lover,” and “being in love;” then why wouldn't you be willing to take the time and effort to learn how to select and connect with the best woman possible? Just think about the rewards! My desire is that you all experience the same joy and ultimate pleasure of experiencing high quality women to share your life.

I don't expect you to get this all at once, but the more you practice and review this information – the more successful you will become – and it will become second nature –

Don't forget to check out the Appendix below for some of my favorite lines – you can steal them from me because I stole most of them from some of the best.



Happy Hunting –

Leonardo Amorado

## **APPENDIX**

### **A FEW GIRLFRIEND GETTING GAMBITS:**

If you see a woman at a restaurant or bar you'd like to meet – write a tic-tac-toe design on a napkin. Put an 0 in the center square, then have the waitress or bartender hand it to her from some “anonymous” guy, with the offer to buy her a drink if you'd like. Tell your messenger that if she wins, her prize is a drink on you.

Of course, she'll be curious – so she'll put an x on any of the outer squares – and hand it back to the bartender for a return delivery. When he hands it back to you, you then put an X on the square opposite of the other side of the 0 where she marked her X. Then approach her by saying “XOX” already? – All I wanted to do was play a little game with you, and you're already into hugs and kisses? I'm not that easy you know...

<b>X</b>	<b>O</b>	<b>X</b>

\*\*\*\*\*

If you're flirting with a girl and she's teasing you by playing hard to get by not giving you her phone number, pretend your phone doesn't work, and then ask her if you can borrow her phone for a real quick local call. Call your phone from her phone, and her number will show on your caller ID. Of course she'll instantly know what you did when your phone rings. This usually gets a laugh and a playful punch on the arm – and a phone number.

\*\*\*\*\*

Ask a woman if she wouldn't mind taking a picture of you (and your friend – or of anything else in the area that you'd need later for posterity...) then maybe a few more because you blinked (or whatever) then ask her if there's anything you can do to return the favor – like buy her coffee or a drink.

\*\*\*\*\*

If you happen to see one or two attractive women that you'd like to meet, tell them that you need some pictures for your dating profile, and studies show that you get more responses if one of the pictures includes attractive women looking and smiling at you.

Get someone to take a picture of you between them, ask them to give you a sexy smile while you look right into the camera with a serious, sly look. It even gives you the perfect excuse to put your arm around them – I'm sure they would let you. Take more than a couple of them. The truth is, it really has been proven that these types of pictures do make you more attractive to other women when you post your profile online.

Maybe you can reward them by buying them coffee or lunch? Don't forget to get an e-mail address or phone number.

# Direct Openers

## DIRECT OPENERS

Hi, My name is .....What's yours?

I don't usually do this, but I couldn't resist coming over and introducing myself

Is anyone sitting here – mind if I join you?

I couldn't help but notice that ..... You're wearing, and it caught my attention so I just had to meet you – my name is.....what's yours?

Excuse me, would you like some company?

Aren't you on Match.com?

This type of opener is most effective with women who are more “conservative” and are typically looking for longer-term relationships. It is probably the easiest to use and doesn't require much creativity. You can always follow it up with humor however a direct or innocuous opener is the type preferred by most women.

# Innocuous Openers

## INNOCUOUS OPENERS

At a restaurant - What's good on the menu here?

At a coffee shop – What type of coffee do you think is best?

At a bar – What time does the band start?

At a market – I forgot my recipe for Ceviche – do you know what I need or how to make it?

Standing in line – I'm going to be late for my meeting with the President

Walking down the street – Excuse me, do you know what time it is?

If she asks you, “do you know what time it is?” look at your watch, say yes, then walk away – of course after a few steps you can turn around and give her a silly grin and start talking to her.

You can ask her for directions – “Excuse me, do you know how to get to 3<sup>rd</sup> street?”

If she asks you for directions, “Excuse me, do you know how to get to 3rd street?” Say yes, then turn around and walk away. Then of course you turn back with a sly grin.

As you can see, innocuous openers are very easy to start with. Just look around for something to comment on and ask her opinion. Give her a compliment on something she’s wearing. Caution - Do not make a comment on any of her physical characteristics. Studies have shown that is not very effective.

After opening with a direct or innocuous opener, be prepared to follow it up with something humorous. I’ve prepared a number of funny or silly things you can use – pick a few that fit your personality, and try to set it up so there’s a smooth transition and not just some random comment.

## Humorous Opening Lines

If you want a steady supply of the best and most current humor – you can have it delivered to your e-mail box 5 times a week. Subscribe free on [www.Newsmax.com/jokes](http://www.Newsmax.com/jokes) for the nightly monologues from Jay Leno, Dave Letterman, Jimmy Kimmel, Jimmy Fallon, Conan O’Brien and Craig Ferguson.

You will never run out of material –

### HUMOROUS OPENING LINES

**Remember – Confidence and preselection is the key to delivering any of these lines**

Hi there:

1. Is your name Gwendolyn? (she says no, you say) “Thank god, I would never date anyone named that – my name is (insert your name).”
2. Do you know (insert your name) by any chance? (And of course she says no). You say, Hi, I am (insert your name), what is yours?
3. (Sit down with a deep serious sigh) “We need to talk....” (then just look at her seriously and wait for her to laugh – don’t worry – she will if you can hold a straight face long enough)
4. You remind me a lot of my friend Linda – but you probably get that a lot....I don’t see her anymore, but that’s not your fault.
5. I saw you checking me out – so – do you want to buy me a drink?
6. I noticed you weren’t noticing me so I thought I’d come over and introduce myself.



7. Don't look now, but my friend over there just bet me \$20 I couldn't get you to give me 3 things.

Of course she will ask – “What things? “

You say, “Your e-mail address, a hug and a peck on the cheek. I tell you what – if you work with me here, I'll use the 20 bucks to buy you (lunch, drinks, coffee or dinner).

8. I can tell you're just dying to ask me my opinion about (pick out something in the room, then give an outrageously absurd origin or explanation of it.)

9. I don't normally let strange (or if she's really hot and you're in a cocky mood, say “average”) girls hit on me, but for you I'll make an exception...

10. I heard you were looking for me? (Who are you?) I'm Mr. Right.

11. Did you come all the way over here to hit on me?

12. At my age (or “I've been really forgetful lately”) I have to ask you, do I come here often?

13. I have to ask you, what's a guy like me doing in a place like this?

14. I was standing over there thinking about coming over here to meet you, but then I thought, what if we started talking, then you started to like me and then you got all hung up on me.....

Or the cocky funny approach:

15. I originally came over here to meet you because I thought you were interesting, but once I noticed that (pick out an article of clothing or something about her you can tease her) you were wearing (or whatever it is you can tease her about) I sort of changed my mind. I tell you what – if you promise not to wear it on a date, I might get interested again.....

16. I can't always talk to every woman that winks at me, but for you I'll make an exception.

17. don't usually give my phone number out to just any woman, but for you I'll make an exception.

18. I'm writing an unauthorized autobiography – would you like to be in it?

19. I've got all the page numbers done; I'm up to page 246 . I'll let you help me write it.....

20. If I look familiar, maybe you've seen me at the movies. Just about every other week I watch a matinee at the local theater.

21. Didn't we go to different schools together?
22. Have you ever noticed how it's room temperature wherever you are?
23. Have you ever noticed that we get some type of weather out here every day?
24. Isn't it a nice night for an evening?
25. You look familiar, you sort of remind me of my future ex...
26. Have you ever had your palm read? (take hold of her hand, then mark her palm with a red pen)
27. Can you tell what material this is (let her rub some of it) It's boyfriend material.
28. I've been looking for a girl like you – not you, but a girl just like you
29. (If she's smiling at you, walk over to her and say,) So, who's your friend? (you better let her know you were kidding – then make your move on her)
30. Nice shoes – I have a pair just like them
31. Can I ask you a quick question? Do you know when the attractive ladies are going to get here?
32. (Whistle at a girl near the one you want to get the attention of, then when she looks over, say) "Not you, her!" (when she starts laughing or is embarrassed – then make your move)
33. To a group of girls: Make a suspicious face and ask, "Are you girls talking about me?" When they say no, you smile and say "Why not?"
34. To a Girl on her own: "Hey, are you confident enough to accept a sincere compliment?" When she says yes, you say, "Good. So am I, you go first".
35. If you see, a really hot woman all dressed up: "I suspect that you're here not to see everyone, but for everyone to see you..."

## **She asks, "How are you?"**

### **SHE ASKS, SO HOW ARE YOU?**

1. I had a long accident at the mall today – I fell down an up escalator.
2. I've been reading a book about the history of glue – I couldn't put it down.

3. I went down to the store today and bought some used paint
4. I bought some powdered water, but I don't know what to add
5. You know that feeling you get the moment you lean back in a chair and you're about to fall over? That's how I've been feeling all the time lately.
6. I'm trying not to brag about how humble I am.
7. I can't wait until tomorrow. Why? Everyone keeps telling me I get better looking every day.
8. You say "I saw updock today" – she'll say "What's updock"? You say not much Bugs
9. You say – "I saw a henweigh today – she says "what's a henweigh" you say about two and a half pounds.
10. You say - "I saw a dickfer today" she says "what's a dickfer" you say "Don't tell me you're still a virgin?"
11. I got a new dog today, and I named him stay – He goes nuts when I keep calling him – I say  
"Come here, Stay, Stay, come here!"
12. I got a new dog today, and I named him Ralph – so all of the other dogs can call him too – they say "Ralph! Ralph!"
13. People are amazed that I have a talking dog that does Yoga – but he's not all that – his downward dog sucks and sometimes he lies.
14. I ask him what's on top of the house – he says "Roof" – I ask him what does sandpaper feel like – he says "rough". I then ask him "what's the skin of a tree called?"
15. I bought some batteries but they weren't included, so I had to go buy some more
16. I've been on a Tequila diet – I've lost 3 days already
17. Have you ever seen a full scale map of the U.S.?
18. I don't like country music, but I don't mean to denigrate those who do. And if you like country music, denigrate means 'put down'
19. If I agreed with you we'd both be wrong.
20. "Nothing sucks more than that moment during an argument when you realize you're wrong"

21. Having sex is like playing bridge. If you don't have a good partner, you'd better have a good hand
22. When it comes to sex, I hold my own
23. I hate to see you go but I like to watch you leave
24. I always take life with a grain of salt ...plus a slice of lemon ...and a shot of tequila.
25. I used to be indecisive. Now I'm not sure.
26. They say you shouldn't kick someone when they're down – but that's the best time because they're closer to your foot
27. I sat down to have a talk about sex with my kid and I learned a lot
28. I have a lot of growing up to do. I realized that the other day inside my fort
29. Sometimes, (if she's not religious) I like to read the bible in public and yell out, 'Oh Bullshit!'
30. At what age do you think it's appropriate to tell a highway it's adopted?
31. I dream of moving to India or Pakistan someday and becoming a cabdriver.
32. I dream of moving to India and opening a call center for Americans.
33. I dream of moving to Mexico to sell tacos
34. Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?
35. I knew this guy who broke his nose in 3 places – I told him I'd stay out of those places if I were him.
36. I was so poor growing up that if I wasn't a boy, I wouldn't have had anything to play with
37. When I went to college, my dorm was so small I broke a window putting in the key.

**She asks, "So what do you do?"**

### **SHE ASKS, "SO WHAT DO YOU DO?"**

1. I teach sign language to the blind. I sign in cursive...
2. I work on an ant farm

3. I own a chain of discount massage parlors – they are self service.
4. I sell used paint
5. I work at a fire hydrant factory but you can never park anywhere near the place.
6. I'm a tour guide for a company that uses full scale maps of the U.S.
7. I collect sea shells – I have them scattered on beaches all over the world
8. I write phone books – can I have your number?
9. I manage a call center for customers from India
10. I write for Wikipedia – my ex got me started when she would always ask “What’s that supposed to mean”?
11. I box for a living – over at the supermarket
12. I'm a rapper – I work mostly during the gift giving season
13. I edit for skywriters
14. I'm a bird watcher – have you ever seen a big blue veined throbbler? (advanced)
15. I'm the spokesman for a bicycle shop
16. I'm a male impersonator
17. I used to work at a bubble gum factory but I quit when my boss chewed me out

## Responses about dating

### **RESPONSES ON DATING:**

1. This last girl I met on Match – I caught her lying – under some other guy
2. I stopped dating this one girl because she used too many 4 letter words – Stop! Don't! Quit That!
3. I had this one date who wanted me to treat her like royalty – so I took her to Burger King and Dairy Queen.
4. She wanted me to take her to this expensive restaurant, so I gave in and we drove over there. Then she got mad because we didn't go inside!

5. I started dating this anorexic girl but then I started seeing less and less of her
6. The last long distance relationship I had was telescopic
7. I found out how to seduce this one heavy chick I was dating – it was a piece of cake.
8. I once dated this Buddhist woman who made pizzas for a living – I told her to make me one with everything. She charged me a hundred bucks. When I broke up with her, I asked her for the change. She told me “Change comes from within.”
9. I used to date this woman who was a mime, but I never could get close to her because I always felt there was some kind of wall between us.
10. I once dated this woman who proposed..... that we start seeing other people.

## A lull in the conversation

### A LULL IN THE CONVERSATION?

1. So, do you meet any attractive interesting men here besides me?
2. You can't have everything, where would you put it?
3. If it's zero degrees outside today, and it's supposed to be twice as cold tomorrow – how cold is it going to be?
4. This guy outside asked me for a dollar for a sandwich – I asked him to show me the sandwich first.
5. He said he hadn't eaten for 3 days – I told him I wish I had his willpower
6. This morning, I shot an elephant in my pajamas – how it got in my pajamas I'll never know.
7. If I can't have access to your e-mail or phone number, how about your refrigerator?
8. You should see my collection of sea shells – I have them scattered on beaches all over the world.
9. I stayed in a really old hotel the other night – they gave me a wakeup letter
10. I asked the lady at the front desk of the hotel if they have turndown service – She said sure – I wouldn't date you if you were the last guy on earth.
11. How do you know when you're out of invisible ink?

12. Have you ever wondered why the third hand on a watch is called a second hand?
13. (on the phone) If you can't hear me, it's because I'm in parentheses
14. Enough of me talking about myself – now why don't you talk about me.
15. I met my ex in a revolving door, and then we started going around together.
16. She was a great housekeeper – she got to keep the house.
17. Did you hear about the girl who rode her bicycle down a cobblestone street? She said I'll never come this way again.
18. Did you hear about the cannibal who passed his friend in the jungle?
19. Did you hear about the trapeze artist who got caught in the act?
20. Have you ever wondered if cannibals think clowns taste funny?
21. Did you hear about the two gay Irish judges who tried each other? One was Gerald Fitzpatrick and the other was Patrick Fitzgerald.
22. If you want a committed man, you should look in a mental hospital
23. They say a guy's not complete until he's married – then he's finished
24. I can tell people are judgmental just by looking at them.
25. You can tell a lot by the way a woman walks. Like if she walks away, she's probably not into you.
26. The worst thing about being bipolar is that it's so awesome.
27. You can tell a lot about a woman by secretly reading her emails.
28. Have you ever wondered why Ms. Universe is always won by someone from earth?
29. Do you know what I like about you? You can't think of anything either?
30. I really like to tell you what a great job you're doing – But I just can't bring myself to it.
31. It's apparent to everyone around us how attracted you are to me, but you've got to stop coming on so strong to me, because it's not working....
32. If I stole something, would you chase me?
33. Have you ever wondered who decides when the applause should die down? It's probably a group decision.....

34. I am is the shortest sentence in the English Language – I do is the longest sentence.....
35. There is no present – there's only the immediate future and the recent past
36. Always do whatever's next
37. When cheese gets it's picture taken, what does it say?
38. "You know an odd feeling? Sitting on the toilet eating a chocolate candy bar" —
39. Everywhere is within walking distance if you have the time...
40. The last thing I remember was someone saying, "No need for alarm"
41. The surest way to remain a winner is to win once, then not play anymore...
42. Some people have become so used to the life they're living that they think it's normal.
43. We imprison all the petty thieves, but the real good ones get elected to office.
44. When I found out my toaster wasn't waterproof, I was shocked!
45. These new corduroy pillows are making headlines
46. When the 5 foot psychic escaped from jail there was a small medium at large

### Advanced lines

(To be used with caution and only after deep rapport )

**ADVANCED LINES (TO BE USED ONLY WHEN YOU'RE SURE SHE'S INTO YOU AND YOU'RE READY TO ESCALATE AND TRANSITION INTO SEX – NOT RECOMMENDED FOR OPENING LINES OR IF YOU HAVEN'T YET ESTABLISHED RAPPORT)**

1. You've been a bad girl, now go to my room
2. Congratulations! You've just won "the anonymous award" and the grand prize is a night with me!
3. Do you know, your hair and my pillow are perfectly color coordinated?
4. I wish you would keep your hands to myself



5. Would you like to have breakfast? Do you want me to pick you up at your house or nudge you?
6. Do you like sitting up front, or do you like it in the rear?
7. Excuse me, but can you tell your breasts to stop staring at my eyes...
8. Can you touch your elbows behind your back?
9. I came over here to talk to you because I thought you were attractive – but now I'm not so sure. Let me look closer.
10. So do you like strawberries or blueberries? Why? Because I need to know what kind of pancakes to make you in the morning.
11. Have you ever slept with a stranger? I'm so glad we've been introduced
12. You've got curves and I don't have any brakes
13. Could I ask you for a small favor? I have a headache and I hear that sex is the best cure.
14. Bitches hate it when you're sexist.
15. YouTube Myspace and I'll Google your Yahoo
16. I like the way you're wearing that blouse, but honestly, I think it'd look better on the floor.
17. Do you work for UPS or Fedex? I could have sworn I saw you checking out my package.
18. You should surprise your roommate and not come home tonight
19. Does this smell like chloroform to you?
20. Have you ever tried a roofy?
21. Either way I'm gonna have sex with you tonight so, you might as well be there with me
22. Sometimes I go bird watching.... Have you ever seen a big blue veined throbbler?
23. I knew they should have never given women the vote.
24. A woman's place is in the kitchen and the bedroom – and the extent of her travels between the two....

25. I'll bet you I can kiss your lips without even touching you – close your eyes – (kiss her) then say, OK - you win.....
26. Then say, I'll bet you ten dollars I can grab your boobs without even touching your blouse....
27. I think you should know what people are saying behind your back. She'll ask, what's that?. (you have a nice ass)
28. Do you have any (state your ethnic heritage, Hispanic, Asian, Irish etc.) in you? Would you like some?
29. Let me show you how I can speak English and French at the same time
30. That's a nice blouse – can I talk you out of it?
31. Every woman is beautiful – sometimes it just takes the right amount of alcohol to see it.
32. If you're feeling down, maybe I can feel you up?
33. You are so sexy when you start flirting with me like that (especially if she's doing nothing)
34. So, what parts of your body are the ones that get you turned on the most? You mean like right here, and like this? (if she says "I don't have any" you say, "Liar" and if she says "I'm not telling you" – then you say it's usually right here (touch the back of her neck)
35. Are those tic tacs in your blouse pocket or are you just happy to see me?