



***Seduction* Science**

Volume I

By Derek Vitalio

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A Message To The Reader From Derek Vitalio

Congratulations on your decision to improve the quality of your life! I came to the study of seducing women by an interesting twist of fate. When I was a psychology student in school I began to volunteer to work with a Neuro-Linguistic Programmer I had found in the Yellow Pages. She had the amazing ability of creating fast, rapid change in the behaviors and beliefs of her clients.

After a few months, I began to notice a pattern: although her clients would come in with all sorts of problems, she would use the same exercises on all of them... the only change she would make was to vary the hypnotic suggestions according to the problem the client had. However, the underlying structure of the exercise stayed the same.

Pretty soon I was good enough to solve clients' problems myself. All I had to do was adjust the exercise to that client's particular problem. I was shocked, because it worked with fantastic results. Consider that people go to traditional therapy for 10 years or more, wasting a lot of time and money, and hardly ever get their problems solved!

So one day I asked myself, what would *I* use hypnosis for? Because I never really had a problem... but I did have a dream that I always wanted to get laid like a rock star! When I was kid, I had an older stepbrother who was always picking up women left and right but he would never tell me his secrets. In fact, he would just make fun of how stupid I acted when I was around girls.

Then a couple of weeks later, I bumped into an old friend who was really upset because his girlfriend had left him and he had no idea how to pick up a woman. He was the kind of guy who would just meet girls by accident and he would usually get nowhere with them. You can probably imagine being in his shoes. I told him I was a NLP intern and that I had access to powerful hypnotic techniques that could solve basically any problem you could imagine.

That's when it struck me. I realized I could take these exercises to master the ability to pick up women successfully. All I had to do was train my mind in the same way I trained my clients by constructing the suggestions to fit my particular problem.

I tested the mental exercises first on myself... in just the first three months I found myself in steamy situations you never could have imagined. One night I picked up two voluptuous French girls from a club using my new techniques and winded up at my apartment in the hot tub enjoying

the most mind-blowing soapsuds rub down my step brother only wish he had. Another day I was at the beach and a girl actually walked up to me and told me that she liked the way I projected my energy. Two hours later I was banging her in HER car and afterward she bought ME lunch.

After a number of successes, I began to think of all of the guys out there that could greatly benefit from this obscure, but extremely powerful knowledge.

So you might be wondering how does this hypnosis work? It's simple. When you're very young, your mind is a powerful learning machine, eager to take in all the information the world gives it. As a kid everything you see and do is completely real and true to you. You accept everything you see and do as is. The problem is, you can pick up beliefs that eventually become negative habits. For example, have you ever been in a situation where you did something embarrassing and a whole bunch of girls laughed at you? I can remember back in high school in the cafeteria I slipped on some loose man-which on the floor and fell flat on my ass in front of a whole bunch of girls including one I really liked and they all started laughing at me! I was planning to ask one of the very same girls out later that week, but every time she saw me she would laugh! I couldn't get that picture out of my mind and so I began to avoid them, and pretty soon (and I didn't know this at the time) I was avoiding cute girls altogether!

I had assigned negative feelings to my bad experience. And I repeated how embarrassing it was so many times in my head that I developed the habit to avoid cute girls without even realizing it. My mind was thinking, "This is what I'm SUPPOSED to be doing. I'm SUPPOSED to avoid these girls."

Yes, this doesn't sound rational does it? But your mind isn't rational; it's emotional. You act on what you repeat in your mind over and over again instead of on what you would really like to have happen. So if you're rehearsing negative feelings, emotions, and pictures (maybe you're not even fully aware of when you're doing it), you're going to get negative outcomes in your actual life.

In contrast, have you ever met someone and you instantly felt that feeling of belonging? Where every word just seemed to flow... and everything came out exactly the way you would have wanted it to? After driving her home from the motel, or after that first kiss, you replayed every positive word and outcome over and over in your mind. It motivated you the next time you went out... only this time, your mind took the repetition of these positive thoughts as commands from you to repeat the same actions in the future. This is positive hypnosis.

Other examples of positive hypnosis are doing things that you've repeated so many times in your life that they have become unconscious habit like driving your car while holding a conversation, playing an instrument without thinking about it, hitting a baseball coming at you at 60 mph, or learning your job so well when you were once baffled at what to do.

All these things you do automatically. But when you FIRST started... you had to put a lot of effort into them. And you made mistakes. But now it's easy and you simply act on what you have repeated in your mind over and over. So, what if you were to take this same reliable habit-creating process and make it work to attract women to you without even thinking about it?

Now that you know a little about how your subconscious works, you'll begin to understand why the visualizations you encounter in this book made such an impact in my life and how I got myself into all those situations I never could have imagined. I'm sharing my knowledge with you in the hopes that you can find as much happiness and satisfaction as I have.

Following the exercises in this book you will cause changes to take place inside your mind, leading you to feel, think, and behave in ways that will get you laid, giving you complete control over your sexual future.

Some of the exercises involve visualizations of movie screens and energy. If that sounds unusual, that's okay. All you will be doing is taking 20 or 30 minutes a day, creating different experiences inside your mind. No matter how out of the ordinary or even juicy the experiences you imagine seem to be, their repetition will allow your mind to give you the attitudes, feelings, and behaviors of a successful player. And as this happens, you will find yourself easily relaxed, comfortable, and successful with women.

These powerful hypnotic techniques are a result of years of study and experimentation. They work right away. You don't have to wait years for change... they're designed to produce permanent change in about 30 repetitions.

So if you're ready to experience what thousands of guys have already discovered, get ready for the ride of your life... and get laid like a rock star.

Regards,

Derek Vitalio

Introduction to the Exercises

Can you imagine what it would be like to walk into a bar with a beautiful woman on each arm? Having fun, laughing, and talking? Can you imagine what it would be like to have women mesmerized by your presence, by the very energy you project when you walk into a room? What would you feel? What would you say to yourself? What would people say about you? Sound impossible?

This book will show you how to train your mind to attract women like a magnet to you. All you have to be is a smart guy who can follow these three simple instructions:

- 1) These exercises are to be done in a light-hearted, playful fashion. Although you must put energy into them, it is vital to avoid taking this “too serious”.
- 2) The trick to these exercises is to make the visualizations of past, present, and future events as detailed and as vivid as possible. The more detail you put into them, using images, sounds, tastes, smells, feelings, and colors, the more your mind will know what to do to be successful with women.
- 3) Set up a quiet place to begin. You may use candles, dim lighting, and trancy music to make the experience more relaxing and more real for you.

After a few months, you will find success with women coming to you more and more automatically. Do the exercises every day, even when you have scored many times.

Meet the girls

Jessica and Chelsea, two of the hottest babes I've met, will be giving you advice and tips throughout the book – read what they have to say to find out what is really going on inside the heads of hotties and all the juicy details about what they're really thinking.



Profile: The alluring Jessica

Derek: How old are you?

Jessica: 20

Derek: How many guys have you slept with?

Jessica: I've been with 6 guys

Derek: What is the sexiest thing about a guy to you?

Jessica: His eyes and the way he makes me feel.

Derek: If you had to choose the sexiest thing about yourself, what would it be?

Jessica: My smile. No guy can resist it!

Derek: Where do you like to meet guys?

Jessica: At Barnes & Nobles. A lot of smart guys go there.

Derek: What does it take for a guy to get you into bed?

Jessica: If he's direct with what he wants and takes control of the situation.

Derek: Anything you'd like to say to the readers and fans?

Jessica: If you see me on the street, just say hi and who knows!



Profile: The beautiful Chelsea

Derek: Chelsea, how old are you?

Chelsea: I'm 21

Derek: How many guys have you slept with?

Chelsea: Lol. I've had sex with 4 guys.

Derek: What is the sexiest thing about a guy to you?

Chelsea: His voice... lol I love a sexy voice. And if he can sing, I'm his!

Derek: If you had to choose the sexiest thing about yourself, what would it be?

Chelsea: Guys say I look exotic.

Derek: Where do you like to meet guys?

Chelsea: At the beach, lol they look so cute in shorts!

Derek: What does it take for a guy to get you into bed?

Chelsea: lol oh my god... I guess I'd have to say if he knows where to touch me in the right places

Derek: Anything you'd like to say to the readers and fans?

Chelsea: Come and give me a big kiss!

Chapter #1: Learning How To Relax

Have you ever been out and suddenly, right in front of you, you see the most beautiful, drop-dead gorgeous piece of ass on the planet? What's the first thing you feel? (Besides that bulge in your pants) Your heart is probably beating like a runaway locomotive... your palms get sweaty... you hesitate... and you freeze. You're now "tranced-out" like a deer looking at two headlights. This is a recipe for dating your hand tonight!

The first rule in dealing with women is to learn how to relax and completely let go of your fear and hesitation. This first exercise will help you completely let go and relax just like 007 in Octopussy.

All jokes aside, this is a variation of a Yogic exercise used by many masters in Western Tantra in preparation for the ritual of sex (and you know what happens when you practice Tantra!). You must master the exercise in this chapter in order for everything else to work and take effect the way you want it to. This means practicing relaxation every day.

Follow the steps exactly. Don't rush. It's critical that you sloooow down, and relax. You should be free from all distractions. Dim all of the lights and put on your favorite relaxing music. If you don't know what to play, I recommend music by Enya or "An Enchanted Evening" by Kitaro.

Exercise: The Deep Relaxation Inducer

1. Lie down or sit down in a comfortable place
2. Take a deep breath, and close your eyes
3. Place your attention to your left foot
4. Breath in, and then breathe out as you let all the tension out of your left foot
5. Place your attention to the right foot
6. Breath in, and then breathe out as you let all the tension out of your right foot
7. Place your attention on the left leg from the knee down
8. Breath in, and then breathe out as you let all the tension out of your left leg
9. Place your attention on your right leg from the knee down
10. Breath in, and then breathe out as you let all the tension out of your right leg
11. Place your attention on the left thigh
12. Breath in, and then breathe out as you let all the tension out of your left thigh

13. Place your attention on the right thigh
14. Breath in, and then breathe out as you let all the tension out of your right thigh
15. Place your attention your butt
16. Breath in, and then breathe out as you let all the tension out of your buttocks and groin area
17. Place your attention on your stomach
18. Breath in, and then breathe out as you let all the tension out of your stomach
19. Place your attention on your lower back
20. Breath in, and then breathe out as you let all the tension out of your lower back
21. Place your attention on your chest
22. Breath in, and then breathe out as you let all the tension out of your chest
23. Place your attention on your upper back
24. Breath in, and then breathe out as you let all the tension out of your upper back
25. Place your attention on your left shoulder
26. Breath in, and then breathe out as you let all the tension out of your left shoulder
27. Place your attention to the right shoulder
28. Breath in, and then breathe out as you let all the tension out of your right shoulder
29. Place your attention to your left arm down to the elbow
30. Slowly breath in, and then slowly breathe out as you let all the tension out of your left arm
31. Place your attention to your right arm down to the elbow
32. Slowly breath in, and then slowly breathe out as you let all the tension out of your right arm
33. Place your attention to the left forearm down to your wrist
34. Slowly breath in, and then slowly breathe out as you let all the tension out of your left forearm
35. Place your attention to your right forearm down to your wrist
36. Slowly breath in, and then slowly breathe out as you let all the tension out of your right forearm
37. Place your attention to your left hand and fingers
38. Slowly breath in, and then slowly breathe out as you let all the tension out of your left hand and fingers
39. Place your attention to your right hand and fingers
40. Slowly breath in, and then slowly breathe out as you let all the tension out of your right hand and fingers
41. Place your attention to those powerful muscles in the back of the neck
42. Slowly breath in, and then slowly breathe out as you let all the tension out of those

muscles

43. Place your attention to the rest of your neck
44. Slowly breath in, and then slowly breathe out as you let all the tension out of your neck
45. Place your attention to your jaw and mouth
46. Slowly breath in, and then slowly breathe out as you let all the tension out of your jaw and mouth
47. Place your attention to your nose and ears
48. Slowly breath in, and then slowly breathe out as you let all the tension out of your nose and ears
49. Place your attention to your forehead
50. Slowly breath in, and then slowly breathe out as you let all the tension out of your forehead
51. Place your attention to the small muscles of the eyelids
52. Slowly breath in, and then slowly breathe out as you let all the tension out of those muscles
53. Place your attention your entire face and head
54. Slowly breath in, and then slowly breathe out as you let all the tension out of your face and head
55. Now place your attention on your ENTIRE body
56. Slowly breath in, and then slowly breathe out as you let all the tension out of your entire body as you find yourself now in a state of mind and body that is appropriate for the rest of the techniques in the book to work. In fact, some people have found that doing this exercise every night before they sleep has been very beneficial for their health.
57. Go ahead and mentally state, "Now I am going to count from one to five... and as I count from one to five, I will awaken, alive, refreshed, and feeling much better than before...1... 2... 3... 4... 5"
58. If you are doing this exercise in preparation for any other exercise included in this book, just continue with the next step in the sequence you are following

At this point you are at the place where you can relax and completely let go. Keep a journal and write down your thoughts and feelings as a result of the exercise.

Chapter #2: Being Playful & Removing Lust

Out of the hundreds of women I've talked to, the top two traits women look for in a man is a sense of playfulness and humor.

But most guys take themselves too seriously when it comes to women. For instance, most guys ask themselves needless questions that rarely lead to getting laid. For example,

"Am I wearing the right shirt?"

"Will she like me?"

"When should I touch her?"

"Where do I take her?"

"What do I talk about?"

"How do I look?"

"Should I shave?"

The problem is, these questions block your mind from being playful. You become preoccupied by irrelevant little details when you're not looking at the bigger picture of how your attitude is the crucial factor for success.

If you're not ready to have fun and be playful with her or WITHOUT her... no amount of cologne or breath mints will make her horny for you. Some examples of better questions to ask yourself are,

"How much fun can I have tonight?"

"What do I find interesting about this person?"

"What interesting things can happen tonight?"

"What sorts of feelings can I make her feel?"

"How different am I from other guys?"

Remember that even though getting laid is your goal, focusing too much on it will fuck your game up. You need to learn how to have fun regardless of getting laid or not.



Jessica

I once met this guy who had an incredible energy, it's hard to describe. It was like he had this genuinely friendly energy... not all horny and desperate like most guys I meet! When he shook my hand, he did more than just shake my hand. He put his other hand along my elbow; he smiled... I had to smile back! You had to like him. When he talked to me, he would take my hand in a way that I would only allow my best friend to do. I wanted to be his friend after just meeting him!



Chelsea

I was at a yogurt shop one Saturday and – lol - I met this guy who was not that good looking but was really funny. Lol When we talked he was so funny that I couldn't stop laughing and I just felt so good around him. He wasn't even trying to hit on me like everyone else does, and maybe that's also why I liked him so much! He was enjoying himself. I didn't know if he was going to ask me out so I asked him out. I had to take a chance because it's so hard to find a guy who is so funny and comfortable with himself. And I'm glad I met him because I found out he was a real good kisser ;)

Also, once you're in a playful state, you can relax because you're not placing so much importance on getting laid that you freeze up or scare the girl away. Instead, if you're playful, incredible sex adventures will come naturally to you as a side effect of who you are – a fun guy that girls feel comfortable and good around.

Being playful also means being extremely positive. You should have the attitude that super hot babes give you blow jobs every day. Don't worry if it's true or not - the right energy will come out. Laugh and talk with your friends. Make it seem like you're the life of the party, or at least you're having the time of your life. If you radiate such positive, playful energy, then women, who are very intuitive, will pick up on it and look to be with you.

Look at each girl as an experiment to experience something new. With this mindset there is no "failure" because you can always take something from that interaction and use it with the next woman.

Sometimes though you're just so horny that you just can't think of anything else but her ass and tits. If this is the case, I recommend you try the following exercise immediately:

Exercise: Remove Lust Hand Motion

1. Jerk off three times

Ha ha. Just kidding. Just seeing if you're paying attention!

If you're one of those guys who are so shy that they have trouble approaching women, the Crazy Playful Walk-up exercise will help you eliminate seriousness from your attitude and allow you to make approaching and meeting women a fun adventure that you will look forward to doing every day.

Although at first the exercise may sound extreme and might seem like the stupidest thing you have ever done, it is designed not to get you laid but to force you to adopt a playful attitude. Also, the exercise will allow you to notice what the woman feels because it removes the focus from your old seriousness to how she reacts to the playful attitude behind your words.

Go some place (preferably far away from your house and where nobody knows you!) and randomly start walking up to women (ANY woman, she doesn't have to be gorgeous for this exercise to work) and say the following with a PLAYFUL attitude.

Exercise: The Crazy Playful Walk-up

1. Say sincerely and playfully, "Hi, maybe you can help me... I'm lost... can you tell me how to get to (name the city you're in)?"
2. This will make her laugh or make her look confused for a brief moment. Whatever happens, keep a playful yet sincere attitude and you decide what to do next based on HER actions.
3. If you feel you need to bail, just excuse yourself by saying, "Well it was nice meeting you" and walk away.

Do this exercise at least 5 times and write down all of the responses you get.

For the next exercise, the first step is to choose a code word or phrase beforehand. For example: "NOW", "KABOOM", "I HAVE THE POWER", "ENGAGE", "MAKE IT SO", "THUNDERCATS, THUNDERCATS, HO!", or "ABRACADABRA". Whatever. You get the point.

Exercise: Playfulness Amplifier

1. Relax, take a deep breath, and close your eyes.
2. Do the relaxation exercise from Chapter 1 to completely relax.
3. Think about a time in your past when you felt playful, like when you were a kid, and everything was new and you were always eager to learn and discover new things.
4. Notice everything you see, everything you hear, and notice how you feel. Notice as much detail as possible.
5. Now when you are totally in that moment of your past, feeling playful, go ahead and say your code word or phrase out loud to yourself.
6. Open your eyes
7. Close your eyes
8. Now imagine yourself when you were in a situation with a woman in the past where you feel you needed to be more playful. Remember it with as much detail as possible.
9. Now say your code word to yourself, and notice how different you feel.
10. Open your eyes
11. Close your eyes
12. Imagine a time and a place in the future where you need to be more playful with a woman.
13. Say your code word and notice the change in how you feel.
14. When you're ready go ahead and say, "Now I will count from one to five, and as I do so, I will awaken, feeling better than I have before ready to be playful and have a fun life...1...2...3...4...5."
15. Slowly open your eyes

When you master these exercises, you will notice more and more women drawn to your attractive, inviting, playful energy.



Playing with Hot Babes at Tommy's Pool Party

Tommy's not athletic or tan. In fact, he's kind of lanky looking but he's very outgoing and has that playful look in his eyes. He always likes to have fun in the moment and he doesn't take himself too seriously when it comes to women.

One day Tommy and I were at the pool and I was determined to watch him work his “magic”. Tommy was in the shallow end of the pool and a few feet away from him was a curvy, short-haired, green-eyed girl who wanted to go for a swim but was nervous about ducking her head all the way under.

A little annoyed, and making no sense at all Tommy shouted to her, "Hey! Look at me! You're making me get all wet!" and he splashed her with some water, moving toward her. The green-eyed girl laughed and climbed out of the pool. Man was she hot... perfect round ass and small tits! But Tommy didn't seem to care. He ran after her, as fast as he could being waist-deep in water, and as playful as ever, splashing her and getting wet.

I also saw a cute, brown-eyed Latin girl, watching the whole scene from the deck and laughing.

Tommy exclaimed to them, "You both have to jump in!" and tried to pull them in by the feet.

The girls laughed and said, "Oh, really?" And Green eyes – amazingly! -- jumped back in.

Tommy hugged her by the waist and she began screaming like a little girl. Then cutie Brown eyes jumped in too, laughing and splashing water. When they were finished splashing Tommy and the two girls ran to some pool chairs, laughing out loud.

Tommy asked Green eyes, "Do you have a buddy?"

Green eyes replied, "Yea"

Tommy then hugged Brown eyes and laughed, "Is she your buddy!" and he kissed her on the cheek. Brown eyes blushed and they both laughed. Then Tommy asked Brown eyes, "What do you really like to eat?"

She answered, "Ice-cream."

"Ah. I love to eat ice-cream too", Tommy said and laughed and kissed her again on the cheek. Brown eyes just rolled her eyes and laughed. Turning to curvy Green eyes he whispered (but so that the other could hear him), "Hey, she just told me she really thinks I'm cute, like a big tub of ice-cream."

Green eyes asked, "Really, she did tell you that?"

"Yeah, she says she wants to melt me all over her. And then I'll have to lick all the sweetness off her!" Tommy turned over and flopped on his belly in his pool chair. The girls laughed again.

"Wow... aren't both of you so lucky you found such a handsome a guy like me!"

Brown eyes laughed. "Yeah!"

"Well shall we go to my place?"

They said, "Well... we were thinking of going dancing later tonight..."

"OK, meet me at ten o'clock at. And if you're nice to me, you can lick my cute, ice-cream cone."

The girls looked at each other and laughed. "Ok, we'll see what happens when we see you there," they giggled.

Tommy kissed both girls *yet again* on the cheeks before getting up. His playfulness definitely gives him a magic touch that makes him dynamite.

Chapter 3: Picking Up Like A Pro

Have you ever approached a woman and not known what to say? Maybe you said something that made her ignore you, or maybe you got so nervous that at the last moment you bailed out. This next exercise will make you a pro in no time.

Exercise: Generating Powerful Pickup Lines

1. Find a woman that attracts you. Get near to her, but don't say anything.
2. Stop the world... slow everything down... imagine the world is standing still... how do you feel?
3. Notice all the details about her. Notice everything. How do you think she is feeling? What do you think she is thinking about? Is she in a rush or relaxed? Is she bitter or is she friendly? Is she tired or is she energetic? What is she looking at? What does her posture tell you about her? What do her clothes tell you about her?
4. If she goes away, don't worry about it. The exercise is what's really important. Just find another woman and do the same thing.
5. Whatever you see in her is what you will talk with her about. For instance, notice something unique about her and comment,
 - If she has a nice energy say, "I couldn't help but notice, but you have a really nice energy... it's very attractive."
 - If she is wearing some unusual clothing that you are curious about ask her, "I'm curious, where did you get that? I've never seen anything quite like it!"
 - If she looks kind of glum say, "Hey I noticed you look kind of glum. What's wrong?"
6. Noticing something specific about HER is important because if you go up to her "cold" and you say some standard pick up line, she'll know you just wanted her for sex... because you didn't notice anything about HER.

GO OUT AND APPROACH 3 WOMEN EVERY DAY FOR 6 WEEKS. Use the Pickup Line Generator Exercise on each woman. Each experience will be different. And yes, that means approaching over 100 women! You must practice approaching dozens of women to become a natural at it. Practice makes perfect – or at least gives you the confidence and ease to do it with the ease of a pro.



Jessica

Most of the guys who come up to me in the clubs are so lame. They just try to grab my ass without even making eye contact or they say, "Hey what's up babe". But I remember this one guy really well. I was at the bar, feeling kind of blue because I had had a fight with my best friend. Out of nowhere this guy came up to me and asked me what was wrong. He sounded genuinely concerned, not like he was just hitting on me. It was really nice that he could tell how I felt coming from a total stranger! I told him about how I got in a fight with my friend and it went from there.



Chelsea

Whenever I go out I'm just looking to have fun. Sometimes I meet guys that seem to me a little bit too serious. I kind of feel bad for them, because they're not all bubbly like me! Lol I remember one day I was at the mall looking for some red shoes to buy to go out that night. Suddenly the guy next to me looked at me with a nice smile and asked me, "Where did you get that bracelet? You have nice taste." I told him the whole story about how I got it and he was so interested in what I was saying. It really surprised me because most guys never notice the little things.

Women are an abundant resource. They are everywhere. Just go to your local mall and you'll probably bump into hordes of beautiful women. They can be found at the beach, the park, outside of movie theaters, shoe stores, bookstores, and anywhere sweets are sold.

Since you're going to be meeting so many women in the next few months, you can just relax and begin to list all the qualities and characteristics of the kind of girl you want to attract. If you know what these characteristics are, you will be more successful because you'll know what to look for.

What kind of woman would you like to have? Do you want an explosive one-night stand or a hot, passionate relationship? The following exercise will clear the road for the right woman to come to you. But first, list the qualities you are looking for in a woman. Take your time and list as many qualities as you want in a woman. Here are some examples:

John: "I like a woman who is very sexual and is always eager to have a wild time with me in bed. I also like a woman who is down to earth and doesn't expect me to pay for everything... a woman who is happy and open."

Fred: "I want a woman who is not a slut... who is only a slut with me! One that knows when to get dirty but also knows when to act like a lady. Someone who keeps in shape and has a great body and nice tits. Oh yeah, and one that treats me like a god!"

Exercise: The Female Attractor

1. Do the Relaxation Exercise from Chapter 1 to completely relax yourself
2. Think of the qualities you want in a woman that you listed earlier
3. Begin to focus on feeling the presence of the kind of woman you're wishing to attract. Imagine that she's right there, right in front of you.
4. As you do this, focus on the feeling of being connected to her.
5. Connection 1) Imagine a cord of green sex energy coming from your chest to her breasts, connecting both of you... focus in on this feeling.
6. Connection 2) Imagine a cord of yellow sex energy coming from your eyes to her eyes, connecting both of you.
7. Connection 3) Imagine a cord of red sex energy coming from your groin to her groin, really connecting both of you now, as you really focus in on this feeling.
8. Connection 4) Imagine a cord of orange sex energy coming from the top of your stomach (the area where you feel butterflies) to hers, connecting both of you.
9. Connection 5) Imagine a cord of blue sex energy coming from your throat to her tongue, connecting both of you.
10. Connection 6) Imagine a cord of gold sex energy coming from your forehead to her lips, connecting both of you. Really focus in on this feeling.
11. Focus on all 6 sex connections and a feeling of well-being
12. As you focus on the feelings of the 6 connections, notice what happens as you double the intensity of the feeling
13. Now in your mind, switch places with her. Step into her body, feeling what she's feeling, and have her step into your body, feeling the 6 sex connections.
14. Hear her thoughts listing your best qualities from the inside of her mind.
15. Step back into your body, continuing to feel all 6 sex connections.
16. Send her the feeling of anticipation toward the day you meet in the near future.
17. Count to yourself from 1 to 5, saying, "Now I will count from 1 to 5. And when I do, I will awaken, feeling much better than I have ever felt before...1... 2... 3... 4... and 5." Slowly open your eyes.

Do this exercise no more than twice a week. Go on about your normal life... you'll find yourself

drawn to go to new places... trust your intuition and follow this. When you meet this woman, she may or may not be everything you wanted. That's ok. Just repeat the exercise, but be more clear in the qualities you want in a woman because, for example, you might attract a woman who is married or has six kids or is even Ben & Jerry's Chunky Monkey fat! And in case you find a woman that does not treat you the way you expect to be treated, walk away. She may not fit the qualities that you listed and are looking for.

So where could you go to find these women?

Go out each day of the week, staking out different locations. See if you can find the places that have the most women, and at what times. For example, if you want to be successful at fishing, you have to know when the fish pass by. Write down in a journal where the hottest babes are. After a few weeks, you'll know when and where the best places to go are.

Chapter 4: Transform Shyness And Fear of Rejection

You need to go out and engage women in conversation. But have you ever felt that fear or hesitation right before you go up and approach her? Unfortunately, this is where most guys disqualify themselves from beautiful women's lives before they even get started.

But has it ever occurred to you that most women are as scared and as shy as you are? THEY are the prey. YOU are the predator. Do you think that a cat is worried about what the mouse is thinking or feeling just before he eats it? No. The cat lives in the moment; the cat's not worried about where he was or what he was doing yesterday. Nor is the cat shy or scared. The cat is calm and focused. If the cat feels any fear, it's felt as a rush of energy and only propels him forward.



Jessica

I went out with a really shy guy once. Even though he was really gorgeous, he was always asking me if I was alright and he never made a move, even when I was giving him signals. It seemed like he was so worried he'd do or say the wrong thing that we never had any fun. He was cute, but he really blew it! I really like a guy who knows how to take control of a situation... it's so sexy. As long as he isn't pushy of course :)



Chelsea

lol So many of the guys I meet think that I'm really innocent and don't think about sex. I remember this one guy that took me out to eat and talked about everything but sex. I was waiting for him to say something but he never did! It's too bad... lol he missed out on something really good!

So what if you were to see yourself as a predator, not worried about what the mouse thinks? What if you were to see fear not as a distress signal, but rather as a signal for you to experience a rush of relaxation and pleasure before you walk up and engage her in conversation? Let's banish and transform that fear, hesitation, and lack of action so that you will never miss another opportunity with a woman again.

The following exercises help you to step out of yourself, free from whatever unwanted emotion you're experiencing in the moment, and give yourself the best advice possible for that situation. It

will teach you how to remove yourself from a state of shyness or fear to a state of calm, predatory-like perspective where you find all the answers coming to you.

Exercise: Emergency, On the Spot Fear And Hesitation Banisher

1. When you feel that sense of fear or hesitation, immediately relax and take a deep breath.
2. Imagine that you are looking at yourself from above.
3. Observe yourself standing there, wondering what to do. Ask yourself, "What would be the best thing for me to say or to do?" and watch as the you that's standing there does what you told him to do.

The next two exercises work to increase your sense of choice, have better reactions to women, learn faster from your experiences with women, and eliminate your fear and hesitation.

Exercise: At Home Fear And Hesitation Banisher

1. Relax, take a deep breath, and close your eyes.
2. Do the Relaxation Exercise in Chapter 1 to relax yourself
3. Once you are completely relaxed, go ahead and imagine that you are sitting across the room, observing yourself there in your sofa or couch (or on whatever you're sitting). Be patient with yourself... your mind may not be use to this kind of visualization, so give it a chance to practice.
4. Notice the "you" that is sitting on the couch. Notice the rate of your breathing. Notice now, that this allows you to relax even deeper.
5. Think of a color (this will be your "Power Color") that you associate with this relaxed feeling. Take all the time you need to allow the color to surround you. Notice how just the thought of the color triggers the relaxing feelings inside your mind. What would happen if you were to think of this color when you're out there talking to women?

For this next exercise, we're going to show you how to program your future and reprogram the past mistakes you've made with women so that you can pick up women on automatic pilot like a pro. Do this exercise every day for at least 21 days, reprogramming a different mistake each time.

Exercise: Reprogram Your Mistakes Into Successes

1. Relax, take a deep breath, and close your eyes.
2. Do the Relaxation Exercise in Chapter 1 to relax yourself
3. Think of a mistake you've made with a woman in the past that you would like to avoid in the future.
4. Imagine one of those times where you made this mistake with a woman before.
5. Imagine going back in time 10 seconds before you made the mistake. Freeze this image!
6. As an observer, give yourself the advice you need for the event to happen the way you really wanted it to.
7. Now, as if the event were a movie that you're watching, play the new event forward in your mind. Notice how differently the event turns out this time.
8. Now recall your Power Color, from the previous exercise, and have it cycle through your body.
9. Now run the movie again, only this time, insert yourself into the movie.
10. See, hear, and feel everything that's taking place. Make it as real and vivid and juicy as you possibly can.
11. Now imagine a time in the future when you will enjoy this positive result. Insert yourself in it and imagine how this future event turns out in exactly the same way like how you programmed it in the past.
12. Count to yourself from 1 to 5, saying, "Now I will count from 1 to 5. And when I do, I will awaken, feeling much better than I have ever felt before...1... 2... 3... 4... 5." Slowly open your eyes and write down your results.

Chapter 5: Secrets of Casting Out Negativity

Have you ever had some sassy witch tell you something that you took personally? Or reject you and embarrasses you in front of all of your friends? You go home feeling like shit and for some reason you can't let go of the bad feeling. The next day you go out again and the only thing playing in your mind over and over again is the bad experience from the previous night. You even start remembering other bad memories from the past. And before you know it, you're not in the mood to do anything with women at all!

The problem is that your mind does not have an easy way to keep out those bad thoughts and keep you focused on getting laid. In fact, these negative memories can come out at any time and fuck you up at the most inappropriate moments!



Jessica

You shouldn't get too down on yourself from a few bad experiences. Ever hear that song that goes like, "Pick yourself up and try again... pick yourself up and try again, try again"? In my opinion it's all a learning experience. You'll do better next time because you learned from your experience from the last time. But if you dwell on the negative you won't go anywhere.



Chelsea

Oh yeah... positive energy. Lol me likey! Someone who can project a nice aura will definitely catch my attention. But if you've got all this messy, bad gunk in your head what kind of energy will you have? I don't know, lol but probably not the good kind!

Now, what if you could take all of those bad memories and make them vanish forever? And what if you could take all of your good memories, even ones that have not occurred yet, and use them to make women attracted to your positive energy?

In this exercise, you will learn how to separate negative from positive images. Follow the steps exactly. Do not rush. It is critical that you sloooow down, and relax. You should be free from all distractions. Repeat this exercise daily and write down your results.

Exercise: The Negativity Annihilator Technique

1. Relax, take a deep breath, and close your eyes.
2. Do the Relaxation Exercise in Chapter 1 to relax completely
3. Now with this relaxed feeling, start to become aware of a big, floating cube of energy, as tall as you are, in back of you toward your left. This cube represents your PAST.
4. Now observe a negative event you remember with a woman. Imagine that the memory is like a black and white picture.
5. Go ahead and throw the black and white memories into the big, floating cube behind you.
6. Keep throwing any negative memories you have into the cube until the cube is full.
7. Once the cube is full, notice what happens as you shrink the cube to about an inch across and send it far away behind you.
8. Now start to become aware of a big, floating ball of energy, as tall as you are, in front of you toward your right. This ball of energy represents your FUTURE.
9. Now observe all the positive memories and experiences that you can easily remember in your life with women. If you do not have any, imagine what the experience would be like if you did. As you observe these memories, turn up the brightness of the colors, and the loudness of the sounds.
10. Now, insert these positive memories, including the colors and sounds, into the big, floating ball of energy in front of you.
11. Keep adding memory after memory into the ball of floating energy until it is full, noticing how the ball gets more intense and powerful with each positive memory.
12. Now expand the ball of energy and mentally step into it... wash yourself in the experience.
13. Go ahead and count to yourself from 1 to 5, saying, "Now I will count from 1 to 5. And when I do, I will awaken, feeling much better than I have ever felt before, realizing that anytime I have a negative memory I can just send it to me past and shrink it, and anytime that I have a positive, wonderful experience I can send it into my future and step into it...1... 2... 3... 4... 5." Slowly open your eyes.

Chapter 6: Becoming a True Player

Men who are always getting laid like rock stars NEVER reveal their secrets about women. If you ask them, they may tell you one thing when in fact they act completely differently, if you observe closely.

Usually they give you lame, bullshit “advice” like, "Just be yourself", or "Just treat her like shit." What a crock... players say this b.s. simply because they don't want you in on all the pussy they get.



Jessica

I knew this guy who slept with a lot of women... or at least he bragged about it a lot to me... one of my close friends even admitted she had sex with him! I think it was the way he made eye contact. He'd just you look at you as if he wanted to rip off her clothes right there.



Chelsea

My father always told me to stay away from rough men. lol And now I know why. One day after work, I went to a bar and bumped into this tall biker with a beer belly. He had all these scary tattoos on his arms. But he gave me this really sexy look with his eyes. He came up to me and we started to talk, even though I was reluctant at first. But he was so relaxed about everything and sexy that I felt myself getting hot. I couldn't believe I felt like this! He gave me a ride home on his Harley that night and you can imagine how much fun we had.

How do you copy all of the secrets they won't tell you? The next exercise will show you how by teaching your mind to pick up subtle signals in the player's behavior that are otherwise invisible to you and everyone else. The exercise will allow you to become the player yourself by duplicating moves that even he himself is not aware of.

Repeat the Player Move Duplicator daily and write down your results. Within 30 days you will begin to acquire new skills and abilities that you've never had before, making it seem as if you've always had these abilities, as if they were natural.

Exercise: Player Move Duplicator

1. Relax, take a deep breath, and close your eyes.
2. Do the Relaxation Exercise from Chapter 1 to completely relax
3. Think about someone you know who is a player and gets women like crazy. He may have a special talent, skill, or ability to attract women that you would like to have. ***
4. Now that you have a player in your mind, begin to imagine that there is a movie screen in front of you. You are sitting in this movie theater watching the player move through a typical day in his life. On the screen, notice what he is doing... watch how does he carries himself... notice what he thinks... how he acts... what he says to women.
5. Imagine now that you rise out of your body and into the movie screen, into the body of the player. Now run through the movie again and pretend that you are him... notice what you are now doing... watch now how you carry yourself... notice what you think... how you act... what you say to women.
6. Once you are satisfied that these behaviors are programmed into yourself, go ahead and count yourself from 1 to 5, saying "Now I will count from 1 to 5. And when I do, I will awaken, feeling much better than I have ever felt before, understanding that anytime I want new skills and abilities, I can use the player move duplicator to program them inside me and make me successful with women...1... 2... 3... 4... 5." Slowly open your eyes.

*** Note: If you don't know anyone who is good with women, "The Art of Seduction" by Robert Greene has many examples of players throughout history. See the Bonus Resources at the end of this book for more information

In this next section, I interview Zach, a successful player and ask him how he has slept with dozens of beautiful women.



Exclusive Interview With A Player

Derek: Zach, you've slept with over 50 women and nearly 10 this past year. What's your secret?

Zach: To score with chicks, you really have to learn to detach yourself from yourself. Meaning that who gives a shit who you are or what you think you are or what others think you should be or what norms you're suppose to follow.

Derek: Can you give us an example?

Zach: Yeah. Just look at Bill Murray in the movie "Groundhog Day"... he's an asshole and no one likes him. After he wakes up on the same day, day after day after day, he just starts doing crazy shit after a while because who cares, there are no consequences! He fucks with people's minds. He does stuff he'd never normally do. He becomes the Alpha-male. Because he leaves his old social self behind because the social norms DON'T MATTER. There are no consequences.

Derek: How does that apply to getting laid?

Zach: You have to consider the world like that too. TALK TO A BUNCH OF GIRLS IN FRONT OF THEIR BOYFRIENDS – APPROACH GROUPS OF GIRLS -- WHO GIVES A SHIT! SCREW THE NORMS, that is what a player does.

Derek: Easier said than done, right? How can the average guy learn to do that?

Zach: Easy. ACT LIKE EVERY DAY IS YOUR LAST DAY ON THE FUCKING EARTH AND YOU WILL GET LAID. Don't leave your house until you believe this and are in that frame of mind!!!

Derek: You've said before it's kind of like acting.

Zach: Think about it: when you give a performance on stage, you are STEPPING OUTSIDE OF YOURSELF and you feel free to say what would normally be a bunch of crazy shit and the attention is on you. You feel that rush because you said "FUCK YOU" to what your normal self would normally do. In a performance situation, unfortunately, that "Fuck you to my normal social self" is STRUCTURED, so you know you can also step back into your old self after you're done, BACK TO YOUR PRISON.

The key to feeling ALPHA ALL THE TIME is to tell your normal self to go fuck off, not just in structured situations like a performance, BUT ALL THE TIME EVERY DAY. Girls are a FUN game. You are NOT a bold guy, you just come across as bold BECAUSE YOU DON'T GIVE A SHIT ABOUT CONSEQUENCES. Guys who are BOLD give a shit, so they have to work up the confidence and then IT IS FAKE.

Derek: What does "not giving a shit" allow you to do?

Zach: Well you do things without regard to consequences, like talk to girls in front of their boyfriends, or talk shit to them in groups. And if they're cold to you, call them on it. BE A FUN GUY AND YOU WILL BE ALPHA AND GIRLS WILL RESPOND. Yes, you will CRASH AND BURN but players don't care because IT IS A GAME and they don't care what people think, and because to them it's their last day on Earth.

Derek: So what do you recommend for people who don't have that attitude... how do they learn it?

Zach: In the morning, work yourself up into the state of mind that this is YOUR LAST DAY ON EARTH and you will do crazy shit with girls because you will FUCKING DIE TOMORROW. You don't care what your friends, parents, roommates, coworkers, strangers, girls you meet, their boyfriends, or anyone thinks about you. YOU ARE A FREE AGENT FROM ALL SOCIAL NORMS. You don't care what YOU think about YOU. What you did yesterday or whenever HAS NOTHING TO DO WITH WHO YOU ARE OR WHAT YOU'RE DOING TODAY. You are NOT bold, you just don't give a shit so you are PERCEIVED AS BOLD. Your confidence is genuine. Boldness implies you're scared of the consequences, you just acted in spite of them.

If you can be in this frame of mind, it will make a 500% difference.

Chapter 7: Mastering Conversation To Make Women Fall In Love With You

Conversation is the key ingredient to making women mysteriously attracted to you. The problem is that most men have no idea how to keep a conversation that will get her sexual imagination flowing. Most men have trained themselves to talk about boring topics, like their jobs or school majors. How many times have you thought to yourself “I should have said this” or “I should have said that?” How many times have you run out of things to say and she just looked around uncomfortably waiting for you to talk about something interesting?



Jessica

Hmm... I enjoy it when a guy asks me for my opinion. Too many guys just talk too much about themselves or not at all. That's how I know they're nervous which makes me uncomfortable. But when a guy asks me for what I think, it shows that he's interested in what I think and feel about. And I really like that!



Chelsea

I like it when a guy talks about the little details in things and doesn't just ask me the same questions I've heard a million times like “What do you do?” Also, I like a guy who is not afraid to open up to me... then I feel I can trust him and open up my feelings to him.

The secret is, to teach your mind conversational choice so you don't say the same lame-ass shit over and over again and never learn. You should enter conversations with interesting topics that your mind automatically provides for you.

The next two exercises build on each other, so it's important to do both. They will give you conversational flexibility... in fact in a few short weeks you'll find yourself never running out of interesting things to talk about.

Exercise: Instantaneous Topic Generator

1. Make a list of what you enjoy doing
2. Make a list of what you enjoy doing with friends
3. Make a list of what you enjoy doing with someone special
4. Make a list of what interests you
5. Make a list of what catches your attention
6. Make a list of what's important to you

Once you finish these six lists, you will end up with a personal recipe for the topics that interest you. Use these topics in your conversations to involve women. Stay on fun topics in the beginning. As she gets more comfortable with you, you can begin to ask about her opinion on deeper topics that interest you like relationships and eventually sex. Women love to talk about relationships. Take your time. You'll learn a lot about yourself in the process. Before you start thinking the Topic Generator is an exercise from one of those self-help, Men are from Pluto Women are from Saturn bullshit relationship books, you can realize and relax knowing that it is an important step that lays the foundation for what you really need to know.

The next exercise develops your conversational power, installing the 3 most important skills of conversation flexibility: Introducing new and interesting topics into the conversation, asking her questions that make her open up to you and talk, revealing what you need to relate to with her, and being able to relate what she talks about to your life and share this with her.

Within a few weeks of practice you'll be surprised at what comes out of your mouth automatically as you find yourself talking to women.

Exercise: The Conversation Generator

1. Relax, take a deep breath, and close your eyes.
2. Do the Relaxation Exercise from Chapter 1 to get completely relaxed.
3. Think of a time when you were too quiet or said something wrong in a conversation with a woman.
4. Observe, in your mind, what happened in the interaction as if you were watching a movie. Notice what you could have said differently, or introduced a topic that would have been more interesting to her, especially if it gets her talking.

5. Now, as soon as you're ready, stop the movie and imagine a filmstrip with 3 slides, like one those Kodak negatives, only with color.
6. Look into the first slide and replay the movie, this time with you introducing a different topic into the conversation. As the movie plays, go ahead and allow it to turn out favorably for both you and her.
7. Look into the second slide and replay the movie with you asking her a question that gets her to open up and talk. As the movie plays, go ahead and allow it to turn out favorably for both you and her.
8. Now look into the third slide and replay the movie with you listening intently to whatever she is talking about. Respond by finding something in common from your life that relates to what she's saying. As the movie plays, go ahead and allow it to turn out favorably for both you and her. Make it as juicy and as clear as you possibly can.
9. Go ahead and count to yourself from 1 to 5, saying "now I will count from 1 to 5... and when I do, I will awaken, feeling much better than I have ever felt before...1... 2... 3... 4... 5." Slowly open your eyes.
10. Do the above steps with different scenarios from your past everyday.

Chapter 8: Structure What You Say So You Never Get Rejected and Never Give Them The Opportunity To Say “No”!

Most guys set themselves up to easily get rejected. You’ve probably heard of any number of these conversations first hand:

Him: Can I buy you a drink?

Her: No.

Him: Can I have your number?

Her: No.

Him: Can I kiss you?

Her: No.

Him: Want to go back to my place?

Her: No.

Him: Do you like my car?

Her: Hell no.

However, there is an amazing way to get what you want and yet never get rejected and never get one of the dreaded “no’s”!



Jessica

Too many guys make it just too easy to say no to them. It almost seems like they’re begging. It’s so much better when the conversation just seems to flow naturally.



Chelsea

Sometimes guys never ask me questions that get me talking. It always seems like they ask me things that can be answered in one word. Lol How boring!

The key is to give her two choices that both lead to you. This is called a “False Choice”. What do I mean by this? A false choice means it seems like you have a choice, but both choices are so similar that in reality they lead to the exact same outcome. Now let’s rephrase these Yes/No questions as False Choice questions where she has no opportunity to say “no”.

Yes/No: Can I buy you a drink?

False Choice: Can I buy you a drink now or in 15 minutes?

Yes/No: Can I have your number?

False Choice: When should I pick you up tomorrow, at 9:00 or 10:00?

Yes/No: Can I kiss you?

False Choice: Would you like me to kiss you softly and slowly or passionately?

Yes/No: Want to go back to my place?

False Choice: Would you like to go back to my place or should we go to your place?

Exercise: False Choice Rejection Neutralizer

1. Write down something you might ask a girl that could get a "No" answer. Like, "Can I have your phone number?"
2. Now, write it down in a way that offers her two very similar possibilities that both lead to the YOU and leaves her no way to say "No."
3. Repeat this exercise for three questions every day for 1 week.

Another technique you can use instead of giving a "Yes/No" question, is to give her two contrasting options, one that is very appealing and the other not at all.

Yes/No: Would you like to dance?

Contrasting Options: Do you want to go dancing or would you rather stay a wallflower?

Yes/No: Can I have your number?

Contrasting Options: Do you want to go out with me or miss out on the opportunity to have a good time?

Yes/No: Would you like to join me for coffee?

Contrasting Options: Would you like to go for a drink and have a nice chat, or would you rather stay here and read those boring textbooks?

Exercise: Contrasting Options Rejection Neutralizer

1. Write down something you might ask a girl that could get a “No” answer. Like, “Can I have your phone number?”
2. Now, write it down in a way that offers her two contrasting options, one which is very appealing and the other not at all and leaves her no way to say “No.”
3. Repeat this exercise for three questions every day for 1 week.

The added beauty of False Choice and Contrasting Option questions is that they make you sound more ballsy and confident. Just compare your old Yes/No questions. Don't they make you sound like a total begging wuss in comparison? Women love a guy who sounds in control without being pushy and bossy (read: desperate and insecure) and your False Choice, Contrasting Option questions will do just that!

Chapter 9: Pulling It All Together

Making Out With Two Girls At Once!

Note to reader: Phillip's story shows you how to bring all of these exercises together to achieve success in even the most difficult of situations.

Derek: Why don't you tell us about your recent success?

Phillip: I've been following the exercises you've taught me Derek for a few months now and I can hardly believe what recently happened.

Derek: Tell us.

Phillip: Normally I hate clubs, I've had a lot of bad experiences in them. So for a week I practiced the removing negativity exercise to cast out all my bad feelings and place good ones there instead. I took all of my flub-ups and mess-ups and turned them black and white and cast them out behind me. In front of me I put all of the positive ways I would act... playful and funny, having more confidence.

Derek: So you were feeling great.

Phillip: Yeah I was. So that one night I decided to go out to a club and see what would happen. Yes, I normally hate clubs, but now I had felt better about going. Inside it was dark and there was loud music and girls everywhere. I got that gripping feeling in my stomach where every muscle in my body tenses up... so I did a quick version of the relaxation exercise to calm myself down.

Derek: Good.

Phillip: I just hung around for a while enjoying my relaxed state. After a few minutes though I noticed this one girl – she was hot. She had long, jet black hair and perfect little breasts under a shirt that read, "Hottie." I knew I had to do something fast!

I began walking toward her and then I froze! All I could think of was what should I say? Then I remembered to slow everything down in my head... I took a few deep breaths and imagined an image of myself walking up to her and confidently saying "hi?" with a big smile. I imagined myself doing it again and this time I saw myself saying, with genuine curiosity, "Hi. What's that you're drinking? I've never seen anything like that before!"

The next moment I found myself doing just that. She told me, “Oh, this is ‘sex on the beach’.” She was actually enthusiastic and had a big smile on her face. She was already responding well to the energy I was projecting. I got her name, Mindy, and she introduced me to her friend Samantha, a blonde Russian-looking girl. The three of us began talking about different drinks and which one was the most “deadly.” After a few minutes though, I decided to bail because I wasn’t used to this. So I said, “Well I’m going to find my friend, it was nice meeting you,” and I left them.

Derek: Good start. But that’s not the end of them is it?

Phillip: No. I walked around for about 15 minutes, scoping the club out. Then some girl came up to me and said that two girls were calling me – I looked, and it was Mindy and Samantha in the VIP area waiving me to come over!

I walked over to the VIP area, but the bouncer wouldn’t let me in through the ropes! I explained to him that two girls wanted me in, but he wouldn’t let me inside, and I wasn’t about to tip him... I’m cheap OK!

Well I had to act fast and I was just standing there like some buffoon. Then I thought of the player move duplicator exercise – yeah I thought that exercise was silly at first, but I was wrong – and I just imagined what would a REAL man of action do?

I went BEHIND the VIP area where the bouncer couldn’t see me, and managed to climb over the 5-foot wall! I came from the other side where the girls didn’t expect me, which gave them a big surprise and laugh and I sat right down between them.

Derek: Great move. So what did you do next?

Phillip: Well we began talking and I began stroking Mindy’s arm. I asked her, “What is most important to you in relationships,” and she said SEX. I literally couldn’t believe she said that, maybe I just think of all girls as innocent. It kind of threw me off – I realized I needed to amp up my playfulness a little to match hers so I said “Engage!” out loud and I got a new rush of energy.

Derek: So the “Engage” amplifier really exploded your state?

Phillip: Absolutely! And just in time. Mindy had to go to the bathroom and I was alone with the blonde, Samantha. I thought I'd do something REALLY crazy... she seemed just as horny as Mindy, so I put my hand lightly on her tit and asked, "are these real?" I thought she'd slap me, but I remembered what I read in that one chapter about being Alpha and the mood felt right anyway.

She said "No" they weren't real! I told her, "Look I like your friend, but I think I like you even more." I took her by the cheek and we began making out right there. I had NEVER done anything like that before.

Anyway Mindy came back from the bathroom, and saw the two of us going at it. She sat next to me and said, "Hey he's my guy!" grabbing me. I said, "Oh I am am I" and I took her by the chin and began tonguing HER down. Now I had never ever done anything close to this. Though it may seem hard to believe, doing the exercises somehow had given me just enough moxy and attitude to pull it off.

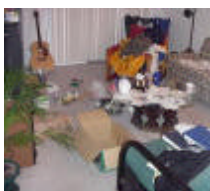
Samantha was now jealous too, so I said, "It's so much better if we're not jealous of each other and we all just get along." I threw in one of those false choices questions and told both of them, "We can all kiss and make up now and be happy or you can each take turns." The three of us – these two beautiful, young girls and I - sat in a circle and kissed.

Derek: How? In turns?

Phillip: No, not in turns... our three tongues we're all mingling, all together at once. Needless to say the night ended with Mindy giving me a wild blowjob back at my place... and Samantha watching.

Derek: Nice. Thanks for sharing with us Phillip.

BONUS: The 8 most important rules for setting up your place to make girls want you in less than an hour



#1) Clean up your place! Dirty sneakers, old pizza crusts, and bathroom mold experiments do not exactly turn women into wet, chest-scratching sex banshees!



#2) Put a few candles around the house. Candles set a relaxing atmosphere and ambiance.



#3) When a chick comes over, if possible, place soothing music in the background. If you have no idea what to play, I suggest something like “If We Fall In Love Tonight” by Rod Stewart to start your collection.



#4) The super sofa trick: Remove ALL chairs, lounges and sofas except for ONE small sofa. So when you sit down you have to sit down TOGETHER where you can lay the moves.



#5) Get a fish aquarium and some colorful fish. Women love watching them and you’ll have an excuse to take her back to your pad. “Hey, I’ve got this really cool fish tank with some crazy fish... you’ve got to see this.”



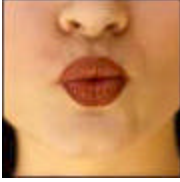
#6) Buy some good incense, not some cheap bullshit. Have a variety on hand. You can then SHOW her your collection of aromas and let HER pick which she likes best... then light up the fumes and you’re smoking!



#7) Get color rich, SATIN sheets for your bed and big FLUFFY pillows. Women love the looks of an inviting bed... if your bed is inviting enough, they’ll usually say, “Wow, I love your bed!” and jump right on it to feel it... right where you want them!



#8) Get a pet cat or cute dog. At the very least, get a stuffed animal. Chicks love cute furry animals. And she’ll associate that cuteness with you.



BONUS: The 10 must-have moves that will get you laid

Move #1: The Conversation Restarter Move

Derek: How does this one work?

Zach: The key to the conversation restarted is to say, "Well before I go, let me just ask you one more question."

Derek: Explain how that helps you.

Zach: It doesn't seem like much I know, but this is actually a really great line. It's gotten me laid more than a few times. Here's an example. Once I approached this older woman with enormous, incredible tits and full lips that just read 'blow job' all over them. I went up to her and we had a conversation. She and her friend were visiting from New York. She eventually said, "I like you, but you're just too young for me." So I said, "Well before I go, let me just ask you one more question," and then I immediately asked her, with genuine curiosity, a question about her without waiting for an answer. We talked again for another 5 minutes. Then she tried to brush me off again with the "you're too young for me" theme, and so I said yet again the same thing..."OK, but let me just ask you one more question", and without waiting for an answer I simply continued the conversation!

Derek: So what happened?

Zach: Believe it or not, this went on four times. I jumpstarted the conversation over from the "rejection" four times over with this same simple line. The fourth time, she said to me, "My friend and I are going back to my hotel. Would you like to come?" Well, I didn't need to be asked twice and those full lips on my dick were just how I imagined they would be!



Move #2: The Smell to Sex Accelerator

This move is killer and no one should be without it! It takes a little rapport however, don't try this before getting some sort of "vibe" or green light from her.

When you're near her, begin to smell the area around her shoulders. At first, just do it a little but with time do it more and more. After a few minutes move up to her neck and ears. There is no touching or kissing involved. Just having her feel your breath against her skin that close is a major turn on for a woman. You smell her. She gets wet.

Your attitude is important here. Make sure you really enjoy the smelling and that you feel completely relaxed; in fact, with every sweet smell of her skin you relax even more. Eventually she'll get so turned on she may try to kiss you. If she does, allow your lips to get right up to hers, but then pull away at the last second and just keep on smelling her and enjoying it. Go slow. Run your fingers through her hair, and when you do kiss, make it full of passion. After that she'll be begging you to relieve her.

Move #3: The movie you MUST see with her

If you see one movie with her at your place, make it "Chocolat" (2001). In this fairytale film set in France, the lovely heroine Vianne miraculously unleashes peoples' repressed sexual desires with her magical chocolate confections. Romantic, sensual, and fun, this "chick flick" will get any woman thinking in the right direction... not to mention steaming wet between the legs!

Move #4: Dance and Touch Move

Invite her to your place to teach her how to dance. Girls LOVE this because no guy will have done anything like this with her before. And it's a great excuse to make lots of physical contacts in unusual places, and to get your lips close to hers. Even a girl who normally wouldn't let you touch her much will let you put your hands all over her because it's not about "sex", it's about "learning how to dance".

But you can't dance, right? Easy. There are numerous How-To-Dance for beginners and idiots videos out there. You can usually find one at your local Borders or Barnes & Nobles. Buy it, take it home, and practice the steps over and over until you can move without being a stumbling fool.



Move #5: Kiss Nitro

When you're getting the right vibe from her, don't be a pussy waiting around for her to ask you to kiss her. Because it'll never happen! You have to make the move. One of the best ways to get it going is to simply say, "Would you like to kiss me now?" in a confident, secure manner (just make sure it doesn't sound like you're begging... say it more like a command than a question). If you get anything but an outright "no", go for the kiss. It's highly unlikely she'll say "Yes, kiss me now!!!", but anything besides a strong rejection from her means she probably would like to kiss you. If she doesn't say anything in reply just say, "Well let's see" and just go for it. She'll fold for your lips in no time.

Move #6: Get a Time to Call

Ever get a girl's number and then you call her the next day only to get her message machine? You call her again later and get her message machine again?? And if it's her cell phone she can tell exactly how many times you tried to get through... you're already looking like a loser!

Now imagine this. You got that all important number. But wait! You're forgetting just one thing... **GET A DATE AND TIME TO CALL!** Make sure you set up a date and time for that first call. It might go like this,

Her: My cell is 555-LOVE

You: OK, I'll give you a call tomorrow, after 6:00.

Her: I'm going to be busy tomorrow night, it's my sister's birthday.

You: So when do you suggest we get in touch?

Her: How about the day after at 6:00. I'll be available then...

You: Perfect ;)

This move goes along way in that preventing the dreaded message machine monster from ruining your day.

Move #7: Voice Magic

Forget that whiny, windy voice. Women are turned on by a slow, rich, resonant voice that seems almost hypnotic. Here are some tips to get that voice that women kill for.

- Slow down. Don't talk so fast. This is not a race. Clearly pronounce every word.
- Lengthen the vowels and bring in the natural deep richness of the tone of your male voice. Place more emphasis on the vowels and less emphasis on consonants.
- Sometimes you want to speak softly and almost whisper. Modulating your tone can be very sexy.
- Concentrate on where the sounds are coming from. Is the sound resonance mainly from your nose, your throat, or your diaphragm? It should be from your diaphragm. Say "hmmmm" until you can work the vibrations into your chest.

Move #8: Be Chivalrous in Small Ways

Many guys make the mistake of doing too many big things for the girl too soon in an attempt to impress her, like getting her a bunch of flowers on the first get together, buying her dinner, and paying for everything. This is NOT necessary – in fact, it usually backfires because it makes you look desperate in “super nice guy, I have to kiss her ass and hope that she likes me” kind of way.

What’s more important is to be chivalrous. Do LITTLE things for her. Like open the door for her. Compliment her on something that is unique about her. Find out what SHE likes and surprise her by doing small, thoughtful things. You can even be overly cocky, funny, and crazy... just throw in a little chivalry too and you’ll get major brownie points.

Move #9: Kiss Question Move

Once the girl is really into you, and you want to get that first kiss going, simply ask her at some point during the conversation, “So, do you like a take-charge kind of guy or a more sensitive kind of guy?” If she says, “I like a guy that takes charge,” then take her cheek in one hand and just move in for the kiss. Most likely she’ll let you kiss her. If she turns away, say, “I thought you said liked guys who took charge.” Most likely she’ll let you kiss her then... after all, it is what she just said she liked!

If she says, “I like a more sensitive guy,” then ask her about her first magical kiss that she really enjoyed and remembers. After she describes it tell her, “Let’s see if we can make a special kiss that’s even better.” If she’s quiet or says anything but an outright “No”, then kiss her.

Move #10: When All-Else-Fails Move

When the conversation seems to be drying up, or if you just can’t seem to hold her attention, or when all else fails, just tell her, “You know, I’ve noticed something that’s interesting about you... I don’t know if anyone has ever noticed it before.” There’s 100% chance you’ll have her attention and she’ll ask you what it is. Just say... “Nah, I couldn’t tell you...” You’ll have her writhing in curiosity at that point and all of her focus will be back on YOU. Then start talking about something else completely different, just change the subject entirely like you never had made those comments. This will drive her crazy with curiosity and engaged in the conversation.

BONUS Resources

Movies to see



Chocolat

This is the perfect movie to take a girl home and get her mind moving in the right direction.

Chocolate is an aphrodisiac that makes us feel relaxed and sexually turned on. In this movie Vianne Rocher, played by Juliette Binoche, wearing low cut tops and heels, opens up a chocolate shop filled with rich, delicious candies and chocolates.

She begins to change the attitude of the entire French town where the people live under strict moral standards set by the Catholic church. As the townspeople discover her sweets and her magical ability to perceive their hidden desires, sex drives soar.



The Tao of Steve

Based on a true story of a real person, The Tao of Steve is an excellent movie to pick up some tips on how to be successful with women.

The movie is about Dex, an unmotivated, smart guy who has made his life's quests being completely irresistible to all women. He combines all of philosophy into his "The Tao of Steve" where the prize of success is sex.

The dialogue is incredibly funny, packed with good lines, and is a valuable addition to any up-and-coming player's library of material.



Groundhog Day

When Bill Murray wakes up the same day, Ground Hog day, day after day after day, he begins to do whatever he feels like without worrying about the consequences. He tries out different personas and experiments with what he does.

This is the same attitude someone who wants to be successful

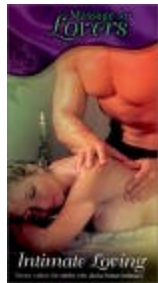
should have... be playful, experiment, and live in the moment for THAT day. See this movie.



Cal Pozo's Learn to Dance in Minutes Series

Invite the girl to your place to teach her how to dance. Girls LOVE this because no guy will have done anything like this with her before. And it's a great excuse to make lots of physical contact in unusual places, and to get your lips close to hers.

To get started, pick up one of the numerous how-to-dance videos out there. There's a popular series by Cal Pozo called "Learn to Dance in Minutes." The videos are easy to follow and the steps won't take you much time to learn. Remember, you don't have to become an expert dancer, just good enough to show the girl a few simple steps with confidence.



Massage for Lovers

Women love massages, and if you give her an incredible massage like she's never felt before, she'll keep coming back for more. Massage is a great excuse to get her naked and your hands touching every inch of her skin without it being "just about sex."

Simply ask her, "Do you like massages?" She'll tell you yes, then tell her, "Well I give incredible massages... I was instructed how to give massages that will relax every muscle in your body and make every inch of your skin glow." Most women will jump at the opportunity.

Mood Music

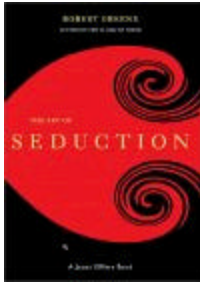


If We Fall In Love Tonight by Rod Stewart

Any girl with a romantic bone in her body will enjoy Rod Stewart, even if it's her first time listening to him. If you want to bring her closer to you, and make it feel like you're long time lovers, pop a Rod Stewart CD in.

This CD includes the hits "If we fall in love tonight", "When I need you", and "For the first time".

Further Reading



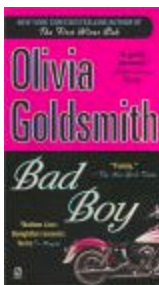
The Art of Seduction by Robert Greene

This thick, information-packed book examines the lives and deeds of the greatest seducers through history and profiles 10 seductive archetypes... the siren, the rake, the ideal lover, the dandy, the natural, the coquette, the charmer, the charismatic, and the star. The book also chronicles the lives of various anti-seducers. Highly recommended.



500 New Questions for the Game of Life by Evelyn McFarlane

Ever run out of things to ask a woman? No more. This book has 500 interesting questions you can ask a woman that will really make her think – and really get the conversation going whether at a party, dinner, or at work. Ranging from sexual questions like, “If you could do one thing that you’ve never done with a spray can of Reddi Whip, besides eat it, what would you do and to whom?” to deeper questions like, “If you had to identify the one thing destiny probably held in store for you, what would you say it is?” this book is for you.



Bad Boy by Olivia Goldsmith

A fiction novel about a geek turned stud “bad boy.” Jon is a nice, sweet, computer geek with no life when it comes to women. Wanting to have a transformation that will turn him studly, he gets help from his friend Tracie who turns him from a nerd into the kind of guy women flock to – a “bad boy”. What is really interesting is that the story is written by a woman, so you get woman’s perspective about what is hot and sexy in a man... and what differentiates a “nice guy” from a “sex stud”.

Notes



***Seduction* Science**

Volume II

By Derek Vitalio

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A Message To The Reader From Derek Vitalio

The way to seduce a woman into bed is all about getting rapport with her and then leading her through different positive states like romance, connection, happiness, and states of laughter. However, the very *first* state she must feel is ATTRACTION. If she feels attraction for you, she'll follow into rapport with more quickly. And the best way to create that first, crucial positive state is to look attractive! "No duh" you might say, but most men really don't pay any attention to looking attractive.

Yes, there are other ways to make women attracted to you, like the confidence you project, the way you talk to her, the way you give eye contact. That is all explained in the original Seduction Science book and you will get amazing results even if you're so butt-ass ugly that you make horses bolt when they see you. But you can really speed up your successes to super-sonic speeds by taking care of your "look". It never hurts to have it in your arsenal. And that's what this book is about.

So how do we go about creating this initial positive state of attraction in the women we want and love?

Women love tans. A tan really stands out if everyone around you is white as a lily. Of course getting a tan is not relevant to everyone – especially if you're dark skinned, in which case you're already ahead of the game!

Having a tan used to mean you were poor. A poor farmer usually spent all day out in the sun working the fields while upper class tried to remain as light skinned as possible – light skin was a sign of wealth. "Proper" ladies hid themselves underneath an umbrella when they went out. In the 1960's however, attitudes began to change. Having a tan was now a sign of wealth. If you had a tan, it was a sign that you didn't have to work and that you could spend all day at the pool.

The only problem is that sun exposure over time wrinkles your skin and makes it feel like alligator leather. Sun exposure also increases your chance of deadly skin cancer. Volume II will show you the secret of getting a golden tan *without* the side effects.

As for fashion, women enjoy being with a man who is well dressed. Being well dressed expresses to women your confidence and success. Scientific studies have shown that people, both men and women, treated you radically different based on how you're dressed.

Unfortunately, most men have no idea what they're doing when it comes to clothes and colors. If one of these men is you, you're doing yourself a big disfavor. Did you know the *first thing* a woman looks for are how nice your shoes are? Most men wear sneakers – big mistake! Volume II will give you exact fashion tips that you can follow.

What really gets a women going is the site of a nice, hard body. It's been shown that most women like the muscular, toned type rather than a super-skinny body, a fatty body, or an overly muscular body. The problem is, most men eat way too much or eat way too little – they don't know how calories work and how the body processes foods. They don't know to pack the muscle on.

Though you can easily make a woman attracted to you despite having a less than ideal physique, having a nice, muscular, toned body will give you a one up over everyone all of the Burger King and beer drinking slobs out there. You don't have to be one of them. And women will be impressed. Volume II will show you all the answers you never knew.

How about Pheromones? How about scents that trigger animal lust in the opposite sex? Do those really work? And what do women really like to smell on you? Volume II has the answers.

And probably the one factor that is most important of all for seducing women – your smile! A simple smile and eye contact will create instant fixation of the girl onto you, especially since 99% of the other men aren't doing it! Unfortunately, most guys are embarrassed about their smile and try to hide it. Volume II will show you how to make care of your smile once and for all – in just one day!

So get the work done that you need to get done. Don't push yourself to look like a model as fast as you can. Remember, these tips are meant to be *fun*. If they're not fun, change your strategy.

Now go out there, enjoy yourself, send me your stories, and get laid like a rock star!

Regards,

Derek Vitalio

Getting the Perfect Tan



I've found that women LOVE men with nice, golden tans. Face it, having a tan is a sign of wealth in today's culture – it means you have the leisure time and money to spend getting a tan. And this can send very attractive signals to women. That, and the fact that so few people are tan it looks exotic.

I got interested in the idea of having tan skin when I noticed most of the hot women were tanned. Maybe it's their tans that make them hot, or maybe it's just that hot women tend to get tanned. Or maybe it's all a media-induced hallucination. The reason is not what's important – what's important is that you can use this to your advantage.

I use to walk around white as Casper because my skin did not naturally tan at all. No one ever complimented me on my skin. Things only got worse when I stayed in Miami, home to thousands of golden tanned Latina women. On the beach I stuck out like a fucking S.O.S. beacon. The sun reflected so intensely off my white ass that it blinded people chicks through their sunglasses.

Eventually, after months of experimentation, I figured out the secret of getting a golden nice tan. And I definitely notice the difference with women. They're even MORE friendly and eager to have some "fun" with me now that I looked golden. Here are your options.



Tanning Beds

Hold on just a minute! I'm sorry, but there is no such thing as a "perfect" tan with tanning beds.

Tanning beds produce large quantities of UV light and **doubles** your risk of developing the most common forms of skin cancer. In fact, you are better off getting sunburned red once in a while than being exposed to a little UV light from a tanning bed each day.

The industry is quick to claim that their beds are safe, but don't be fooled. ANY tan is damaged skin that is more likely to wrinkle and sag than skin that hasn't been tanned. Over time, you may notice certain undesirable changes in the way your skin looks and heals. Skin that has a dry, wrinkled, leathery appearance early in middle age is a result of UV exposure.

I know from first hand experience... I tried using a tanning bed for a while and only came out reddish every time. I often felt sick, like I had a fever.

To put it simply, you cannot tan without damaging the skin. Tanning offers some protection against burning but chronic exposure causes permanent skin damage. Stay away from tanning beds!

So is there any hope for you, oh whitest of whitey boys? Yes there is!!



Sunless Tanners

I've personally used sunless tanners with great success. You may have heard a lot of horror stories of people looking like they've taken baths in turpentine, but when applied properly no one will be able to tell your "fake" tan apart from a "natural" tan.

The first time I used a sunless tanner I did it ALL WRONG and was lazy about following the directions. I used a product that was too dark for my skin and ended up with streaky hands and ears. You can learn from my mistakes and get your perfect tan the first time around.

First, here are some frequent questions about sunless tanners that I hear:

Will the sunless tanner stain my bed sheets brown?

If you go to bed within 2 hours of applying sunless tanner, you may stain your sheets brown and stink them up. I simply wear bedtime clothes to bed and this solves the problem.

Will sunless tanner make my skin look orange?

Sunless tanners are much better than they were when they first came out in the '60s. The tone they give you looks completely natural, although it varies from product to product.

Will sunless tanner cause streaks?

Apply tanner in a circular motion instead of up and down. This prevents any streaks from developing. Avoid applying it to your ears. Only apply it to the tops of your hands by holding your fingers tightly together.

What about my legs?

Sometimes I don't bother with my legs. I rarely wear shorts and my legs never show. This way I can get done with the application faster and I dry faster. I also spend less money.

How long does it last?

I've found that an application lasts about 3 to 4 days for me, although some products claim they last over a week. I generally reapply every 3 to 4 days with occasional extra touch ups for my hands.

Does sunless tanner fade naturally?

Yes. For the most part, sunless tanner fades out gradually and remains natural looking as it fades.

Do some parts of the body fade faster than others?

I've found that my hands tend to fade faster than the rest of my body. What I do is give my hands and extra application every once in a while.

How much does an application cost?

It depends on what sunless tanner you're using. You can reasonably expect to pay at least \$5.00 worth of cream for a full body application.

Does sunless tanner make you have a smell?

A lot of the sunless tanners have unusual smells that stick with you unless you shower it off. Unfortunately, you shouldn't shower for at least 2 or 3 hours after application. That's why I suggest you apply the tanner at night at least an hour before you go to bed and then shower in the morning.

What products do you recommend?

Personally, I use Banana Boat Soft Medium Blend. It's great because I can find it at almost any drug store and it gives my very light skin a nice, golden glow.

Best Light Products Australian Gold Espresso Dark Tanning Milk, Banana Boat Sunless Tanning Soft Medium Blend, Hawaiian Tropic Herbal Self Tanning Foam Medium/Dark, Kava Kava Dusk, Neutrogena light/medium lotion, SUN Laboratories Luxurious Self Tanning Milk, Yves Rocher Monoi de Tahiti Express Bronze Self Tanner

Best Medium Products Au Courant, Beauticontrol Sunlogics, The Body Shop Fake It, Jan Tana Fast Tan, Jan Tana Golden Sunless Tan, John Abaté International Sunless Tanning Lotion, Malika Native Tan, Neutrogena Medium Deep and Deep Glow lotion, Paula's Choice Almost the Real Thing Self-Tanning Gel, Zia Solar Intelligents

Best Dark Products Banana Boat Deep Dark Blend, Beach by Strong Products, Clinique Self-Sun Self-Tanning Lotion Dark, Neutrogena Sunless Tanning Foam in Deep and Extra Deep, SUN Laboratories Dark Sunsation, Supre Colour Shimmering Self Tanning Mousse

Word of Warning!

Sunless Tanner is NOT sunscreen. Even if you LOOK dark, your skin will burn raw and red just as easily as you normally would. Don't be fooled by your own image! Always wear sunscreen.



How to Apply Sunless Tanner

Give yourself time

After you apply sunless tanner, it will be about two hours before you can wear normal clothes and go somewhere. You might continue to smell as well, unless you shower. That's why I always apply sunless tanner an hour or two before I go to bed. That way the cream has time to work all night and I can shower the residue off in the morning.

Items you'll need

Have these items handy before you start.

- Self-tanner
- An available bathroom
- Cotton washcloth to exfoliate your skin
- Soap
- Ordinary skin lotion
- Fingernail scrub brush
- Sponge paintbrush with a handle to reach your back
- Latex gloves
- Cosmetic sponges

Step #1) Shower

Take a shower and use the cotton washcloth to remove dead and dry skin by rubbing your skin gently in a circular motion. Pay particular attention to the lower half of your legs, knees, ankles, tops of feet, and elbows.

Step #2) Preparation

Take a few minutes to dry and apply ordinary skin lotion to your feet and ankles, knees, elbows, hands, wrists, face, neck, and any area with fine lines. This will help give you a more even application.

Make sure you put on latex gloves on your hands at this point. This will prevent your hands from getting badly stained.

Step #3) Apply Self-Tanner

Apply in the following order.

- 1) **Legs:** Start with your legs, doing an entire leg at a time. Apply quickly but thoroughly, spreading in a circular motion to avoid streaking. Go around your leg, not up and down it. Be careful not to miss any areas.
- 2) **Ankles & Feet:** For your ankles and feet, spread the self-tanner from your legs onto your ankles and the tops of your feet. Use as little as possible in this area. Do not apply it directly to your toes, your heels, or the sides of your feet.

- 3) **Torso:** Work up and stop at your neck. Apply the self tanner to your entire torso before applying it to your arms. Use the sponge paintbrush to apply self tanner to your back.
- 4) **Arms:** Don't forget under your arms and the sides of your torso.
- 5) **Hands:**
 - Remove your gloves and moisturize your hands with lotion.
 - Lightly wipe sunless tanner onto the backs of your hands with a cosmetic sponge. Hold your fingers tightly together to avoid getting any lotion between them.
 - Wash your fingernails with a fingernail brush.
 - Apply ordinary lotion to the backs of your hands, gently blending it all over your hands and onto your wrists.
 - Wash the palms and fingernails.
- 6) **Face & Neck:** Apply sparingly to this area, because this part of your skin takes to self tanners quite well. Apply especially sparingly to your forehead hairline area. Don't forget to apply it behind your ears.

Step #4) Dry

Avoid contact with everything and everyone for at least fifteen minutes, 30 minutes ideally. After fifteen minutes, you can put on loose clothes while you are drying. Do not put on street clothes, exercise, or clean the house, or do anything that will make you sweat for one hour.

Avoid contact with water (like taking a shower for instance) for the first three hours, eight hours ideally. That's why I recommend applying only before you go to bed.

If your knees / elbows / ankles / feet / wrists are too dark

To keep it from happening again, apply lotion to your knees and elbows before applying the sunless tanner, then remove most of the sunless tanner about fifteen minutes after application. You can do this by lightly dampening some tissue and rubbing it gently over your elbows and knees, or by applying a little more lotion, then wiping that off. Also, thoroughly exfoliate your old tan so that you don't get a build-up.



Mystic Tanning Booths

If that's all too complicated for you, your solution might be a new product called "Mystic Tan". A Mystic Tan Booth sprays a fine mist of sunless tanner over your body evenly. The particles are polarized and use your body's own magnetic properties to attract particles to every part of the skin. This removes the possibility of streaking and getting dark concentrations at your knees and elbows. The result is an instant, even application of sunless tanner in one session which only takes a few minutes.

A Mystic Tan booth will run you about \$30,000 dollars, but you can find one at your local tanning salon. The one near me costs \$25 an application, but it's worth it if you have the money. Over doing it yourself, you'll save time, hassle, and the possibility of screwing up.



Getting the Perfect Style

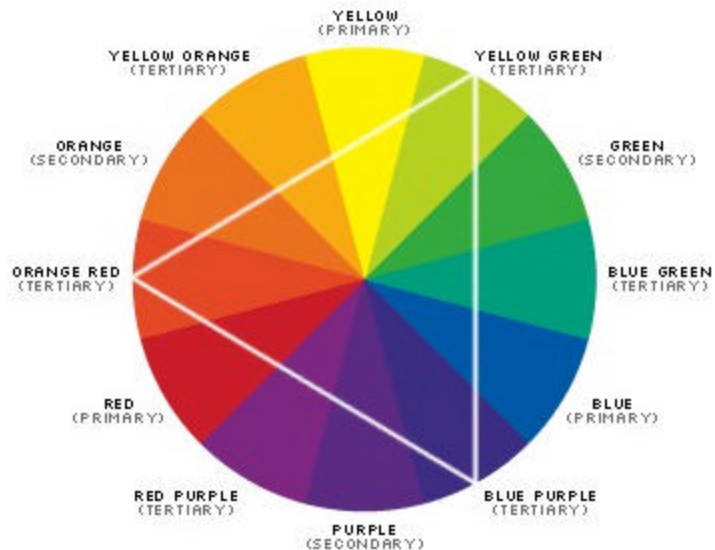


Knowing how to dress is more important in succeeding with women than you think. Scientific studies over and over have proven that how you dress drastically affects how other people treat you. Most people size each other up in less than 30 seconds.

So instead of complaining about why girls can't see the REAL you through your clothes, why not take advantage of human nature and use it to your advantage by controlling how women respond to you?

Meaning of Colors

Colors will often create an emotional state in a woman. Different colors speak different emotions. What emotions and feelings do you want her to get from you?



BLACK -- Elegance, authority, dignity, sophistication, seductive, mystery

GRAY -- Brainy, class, efficiency, sophisticated, confidence

BLUE -- Loved, high regard, knowledge, trust, serious, responsibility, social status, caring, good health, tranquil, intuitive, trustworthy, calm, honest, loyalty, integrity

WHITE -- Virtue, clean, status

GREEN -- Relaxing, compassion, prosperity, prestige, growth, abundance, vitality, harmony, efficiency

AQUA --motivated, active, dynamic

TURQUOISE --Refreshing, cool, imaginative, innovative, youthful

LIGHT BLUE -- Peaceful, sincere, affectionate

INDIGO -- Knowledge, power, integrity

PURPLE -- Spiritual, passionate, visionary, regal, respected, dignified, luxurious

LAVENDER -- Romantic, imaginative, fantasy

MAGENTA -- Outrageous, imaginative, innovative

GOLD -- Illumination, wisdom, prestige, expensive

SILVER --Prestige, cold, scientific

Avoid mixing too many colors or else you'll look gay. I once wore rich-blue jeans with a button shirt that had yellows and oranges in it – my friend told me I looked like Paul Bunion. One day I was waiting at the train station wearing my colorful shirt, and this dude came up to me and told me I was very beautiful! I told him thanks but that I don't swing that way. Needless to say, I never wore that shirt again!

How to Dress

Stripes

Horizontal stripes make the eye move left and right, making you look fatter. Vertical stripes cause the eye to move up and down giving you a thinner look. I once knew this chubby chick who liked to wear this shirt with big, horizontal lines on it. It looked awful and made her look fat. In general, I would suggest avoiding stripes altogether.

Dress up

I learned from my friend that you should always drop a notch above everyone else. That way you stand out from the crowd and women NOTICE you because you stand out – and in a stylish, handsome way. I often find myself in clubs where the guys are dressed in sneakers, jeans, and t-shirts while I'm wearing \$150 black shoes, black pants, and a form fitting shirt with a bit of sparkle in it. Once you can get past the fact that you look a little different from everyone else, you'll quickly find girls looking you over much more. I always get complements on what I wear. In fact, I've had women approach me just to ask me about my clothes – THEY try to pick ME up.

After all, when you walk down the street, which girl do YOU notice more? The girl in old sneakers and jeans or the girl in a clean, colorful, tight, stylish dress? Even if no one else is in style you notice the girl who is... and maybe even give her extra points because she stands out that much more.

Shirt

If you're buff, wear a tight shirt. I suggest you wear a color that contrasts your skin – a black shirt if you have light skin, a white shirt if you're black or deeply tan. Avoid button up shirts with short sleeves unless you have really thick arms - they make you look scrawny.



Underwear

Almost every girl I've ever slept with has told me her favorite underwear are boxer-briefs. They give you the sexiness of boxers yet give you the support of briefs. I wear black ones to contrast my light skin and regularly get complements on them.

Shoes

Most women will scrutinize your shoes. I know this sounds weird, but your shoes are one of the MOST important pieces of clothing. For starters, don't wear sneakers. I know most men do wear sneakers, but you're not most men are you? Sneakers look childish and show dirt very easily.

Instead, go with brown or black dress shoes, even when you're in casual situations. Trust me, the girls will definitely notice and you'll distinguish yourself from all the other slobs. My favorite brand is Florsheim – I wear a pair of Florsheim Imperials (see pic) whenever I go to a bar, a club, or out on the town with a girl. I wear brown for more casual situations like meeting a girl for coffee at a coffee house.



And one other tip related to shoes: Your socks should match your trousers rather than your shoes if possible.



Jackets

Need a jacket? I suggest going with leather. Leather never goes out of style and suggests the “bad boy” image that girls fantasize about. A nice leather jacket will also make skinny guys look thicker in the body and buff.

Accessories

I like to wear a nice, silver watch. It's the equivalent of a bracelet for a man. Get rid of that black, plastic watch you have – it just looks kiddie and tacky.

I also sometimes wear a silver, metal chain around my neck to get that “bad boy” look, especially if I go to a dance club. I've found it looks best when I tuck the chain under my shirt.

A ring is also a popular accessory for men. Wearing a simple ring can be very elegant and stylish at the same time. Go for simplicity and elegance. Be careful with gold rings – they can look tacky and over-opulent.

Where to go next

To get more specific advice on color and style, visit your local Mean's Wearhouse store (find store locations on www.menswearhouse.com). I've found that their clerks are highly trained and will give you advice not only on the perfect clothes to pick out, but also give you advice regarding what you're wearing when you came in.

Getting the Perfect Body

One thing I've noticed is that babes like trim, muscular guys. It is definitely to your advantage if you can create that feeling of attraction inside of her with just your looks alone. But most men are too fat or too thin. In either case, they're lacking in lean muscle mass. This chapter will show you how what you eat and how you exercise affects your body.



The low-down on calories

We all tend to think of calories and food, but calories really apply to anything with energy. A calorie is the amount of energy it takes to raise the temperature of 1 gram of water 1 degree Celsius. The calories listed on food packages are actually kilocalories (or a 1,000 normal calories). So a donut that contains 300 calories (or kilocalories) has enough energy to heat 300,000 grams of water 1 degree.

All foods are a combination of carbohydrates, protein, and fat. Once you know how many carbohydrates, proteins, and fats are in a food, you can figure out how many calories the food contains.

1 gram of Carbohydrates contains 4 calories

1 gram of Protein contains 4 calories

1 gram of Fat contains 9 calories

As you can see, 1 gram of fat has TWICE the amount of calories as protein or carbohydrates, so if you need to lose weight off that gut of yours, you need to cut back on the amount of fat you eat.

How many calories you need

2,000 calories is the rough average of what a person needs in a day, but your body might need more or less than 2,000 calories. Factors like your weight, height, age, and how much exercise you get all help to determine you many calories you need to eat. To calculate how many calories you need, there are three many factors you should take into consideration:

1. Basal metabolic rate (BMR)
2. Physical activity
3. Thermic effect of food

Your **basal metabolic rate (BMR)** is the amount of energy your body needs to function at rest, accounting for 60% to 70% of calories burned in a day. That means over 60% of the calories you eat are required just to keep your heart beating and your body temperature steady! You can use this formula to calculate your BMR.

$$66 + (6.3 \times \text{body weight in lbs.}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

My own BMR is 1,989 calories for instance.

The second factor, your **physical activity**, includes everything from running, walking, and just moving around. Check Appendix A in the back of the book to determine how many calories you need depending on how much physical activity you do and depending on your weight.

The **thermic effect of food** is the final addition to the number of calories your body burns. This is the amount of energy your body uses to digest the food you eat -- it takes energy to break food down to its basic elements in order to be used by the body. To calculate the number of calories you expend digesting food, multiply the total number of calories you eat in a day by 10%.

The total number of calories a body needs in a day is the sum of these three calculations.



The Yin-Yang of calories: Good Versus Evil

Consider what happens when you eat more calories than what your body actually burns. If you eat an extra 3,500 calories over a period of time, your body will gain 1 pound of new fat.

3,500 extra calories = 1lb of new body fat

However, if you *burn* 3,500 calories more than you eat, either by eating less or exercising, you'll lose 1lb of fat.

The beauty of exercise is that it raises your metabolic level not only when you exercise – but your metabolic level increases a few hours **AFTER** you've finished exercising! For a few extra hours you'll be burning calories faster than normal.

So, does it matter whether you're getting calories from protein, carbohydrates, or fat? In the end no – a calorie is a calorie – a carbohydrate calorie is no different than a fat calorie. A calorie is simply a unit of energy. As long as you continue to burn up what you're stuffing into your mouth, you will keep your current weight. And as long as you eat more than you burn, you'll gain weight.

However, your body has a hard time converting carbohydrates and proteins into body fat. Fatty foods are converted into fat more easily which means it's a good idea not to eat too much fatty food. Although fats are necessary for the body to function properly, no more than 30% of your daily calories should come from fat.



Getting That Ass Into Shape

When you exercise, many of your organs work in concert to help you exercise. Your heart speeds up to pump blood faster and your stomach stops digesting so that it doesn't waste energy that your muscles need.

The body has several different ways to create energy. These different ways work in phases. Energy comes from three different ways to the muscles, in this order:

1. the phosphagen system
2. the glycogen-lactic acid system
3. aerobic respiration

Phosphagen System - When you first start exercising, the muscle cells already have some energy for immediate use, but only enough to last for about 8 to 10 seconds. This is why you can have an intense "burst" of energy when you first begin exercising.

Glycogen-Lactic Acid System – Here energy is created more slowly but lasts for about 90 seconds. The muscle cells are using anaerobic metabolism, meaning without oxygen, and product a waste product called lactic acid. Because this way of creating energy doesn't require oxygen, it gives your lungs time to get going. However, the lactic acid builds up and that's what makes your muscles hurt and feel sore.

Aerobic Respiration – After a few minutes you begin breaking down calories in a process called aerobic respiration. This is where your fat and that gut of yours get broken down for energy.

Carbohydrates are burned first, then fats, and if you're starving then your proteins get broken down last. Aerobic respiration produces energy at a slower rate than the others, but can last for hours.

Once you begin exercising, the amount of oxygen available to your muscles can increase over 10 times. But only 25% of the energy you use is converted into motion - the rest is lost as heat and your body needs to get rid of it. Your skin throws off extra energy and feels hot and begins to sweat. The sweat evaporates from your skin, cooling it.

Packing on muscle

You have two kinds of muscle fibers, fast twitch and slow twitch. Fast-twitch fibers contract faster and deliver a greater amount of force. Slow-twitch fibers develop force more slowly, but can maintain contractions for longer. Your genes determine how much of what kind of muscle fiber you have, but most people have an equal distribution of both fiber types.

As you exercise, especially in resistance training, these muscle fibers increase in size. Protein in particular also feeds the fibers, allowing them to expand. If you want to gain muscle mass, you need to eat enough protein and put resistance on your muscles.

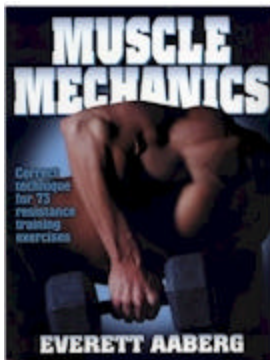
What I do is hit the gym 5 times a week for about 60 to 90 minutes, alternating which muscles I work out. I then eat 5 meals a day, each with 20 to 40 grams of protein. This diet and exercise program has worked for me. If you want to construct your own program, I recommend that you read the following sources!



Muscle & Fitness Magazine

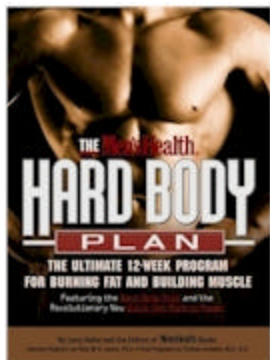
<http://www.muscleandfitness.com/>

I've found Muscle & Fitness magazine to have a lot of great diet and exercise tips for gaining more muscle mass. I have a subscription, but you can save money by reading it in your local bookstore. My only criticism is that it can get a bit repetitive after a while, but each issue contains a few gems.



Muscle Mechanics by Everett Aaberg

This book simply rocks! It shows you with photographs exactly how to perform over 70 exercises to work out every part of your body from your legs to stomach to arms to chest. For a while I use to bring this book with me to the gym to make sure I was doing the exercises properly. I highly recommend you check out this one.



The Men's Health Hard Body Plan : The Ultimate 12-Week Program for Burning Fat and Building Muscle by Larry Keller and Lou Schuler

Good for beginners who need some structure to get started, this book gives you a step-by-step program to help you get off your butt and begin building that killer bod. The book is full of photographs making it easy to follow and tells you how to get in and out of the gym without spending too much time. From the editors of Men's Health Magazine. I highly recommend this one.

Getting the Perfect Scent



Women have a better sense of smell than men do, so the #1 rule about smelling good is above all, smell clean. North Americans seem to have this obsession with bathing, so you should at least shower and shampoo daily. Yes, daily. Health wise, you don't actually need to bathe that often, but everyone in this society expects that so if you want to be successful with women, do it. Body odor and greasy hair are not in.



How to choose a cologne

Go to the men's cosmetics counter of a nearby department store. Find an attractive sales lady and ask her what her opinion is. Most women have their favorites and will recommend their picks. What they'll do is spray samples onto pieces of paper so that you can decide which one you like best. Buy whatever is on sale – there's no need to purchase the most expensive one.

In the morning, after you shower, spray a little onto each wrist, behind each ear, and on the back of the neck. Don't put cologne directly on your clothes or it will smell like that forever. And if you have a girl waiting, don't put it directly on your dick because it tastes nasty!

Here are some of the more popular brands:

America	Curve	Joop!
Azzaro	Dolce & Gabbana	Kouros
Bijan	Drakkar	Lacoste
Boss	Dune	Lagerfeld
Boss Elements	Escada Pour Homme	Nautica
C. Herrera	Escape	Obsession
CK Be	Estee Lauder	Paco Rabanne
CK One	Eternity	Paul Sebastian
Claiborne	Giorgio	Polo Sport Extreme
Claiborne Sport	Guy Laroche	Safari
Contradiction	Hugo	Tommy

Deodorant

I use “Obsession for Men” by Calvin Klein. I’ve found that the cheaper brands can actually make your underarms smell *bad*. If you can, match your deodorant with your cologne and you’ll be all set.



Pheromones... fact or fiction?

Pheromones have long been found in mammals like rodents and pigs. However, the concept of pheromones in humans... or a “scent of sexual attraction” has been debated by scientists for years.

It’s been shown that women who live closely with each other adjust their menstrual cycle timing each other. A recent study of a group of women had them smell perspiration from other women. It caused their menstrual cycles to speed up or slow down depending on the time of month the sweat was collection – before, during or after ovulation. This was the first proof that people respond to pheromones.

Recently, scientists have detected evidence that the human brain responds to pheromones. 12 men and 12 women had their brains scanned while they smelled the hormones estrogen and testosterone. Estrogen caused men to experience blood flow to their groin area, but it had no effect on women. The testosterone however caused heightened blood flow in women, but not the men.

Another study found that 74% of the people who tested Athena, a commercial pheromone developed by Dr. Cutler, experienced an increase in hugging, kissing and sexual intercourse.

However, the exact pathway for detection of pheromones in humans is still not known. Other animals have a vomeronasal organ (VNO) which acts like a “sixth sense” to perceive pheromones. Some scientists think they’ve found pits inside our nostrils that might be VNOs, but may no longer work.

However, most researches, even those who have found some evidence for the existence of human pheromones, still believe that the subject is an open question and requires further research.

As for myself, I have heard some people swear by them, and hear others say they tried them but didn't get any results. There is no scientific evidence that pheromone cologne will work for you or for anybody. You also have to take into account the placebo effect.

If you have the money, I suggest you give pheromones a try. It can't hurt, and that's the only way you'll really know. But if you don't have thousands of dollars to burn, I suggest you spend your hard-earned money on more proven techniques (like joining a gym) and wait for further research to come out.

Pheromone Products

Most of pheromone products inflate their claims in order to sell their product. There is very little independent, scientific evidence to back these claims up. However, if you want to find out more about Pheromones, check out the book "*The Scent of Eros : Mysteries of Odor in Human Sexuality*" by James Vaughn Kohl.

Scent of Eros <http://www.pheromones.com/>

Athena <http://www.athenainstitute.com/>

Various <http://www.love-scent.com/>

Getting the Perfect Smile



Smiling is critical to scoring with women. A nice smile lightens the mood and makes women put their defenses down. A nice smile can turn a bad day for a woman into a good day. So be sure to smile at everyone you meet at the same time you make eye contact. Just the very act of smiling will make you feel great and you'll radiate a good attitude automatically. Once your smile becomes automatic, you'll find that a great smile and a little eye contact is a great way to meet any woman you desire.

Unfortunately, not everyone keeps very good care of their teeth and they're embarrassed to smile very much. You may even have an okay smile, but it could use a little improvement to give you that boost of confidence that you need. Your genetics, your age, smoking, drinking coffee and colas will all stain your teeth over time. So what can you do about? Read on.



Avoiding Ugly Stains

A common little trick I use is to always use a straw when drinking a dark cola. This way the soda never makes contact with your teeth and runs straight down the back of your throat. Yes, you lose a little bit of the taste, but you keep that smile white for longer. Besides, you really shouldn't be drinking soda, all it does is give you empty calories.

Believe it or not, I ALWAYS use a little straw when drinking coffee (often your coffee stirrer will work). Coffee is very hard on your teeth. You may lose a little taste, but what you get is worth the "cost".

And... quit smoking! Cigarettes cause yucky yellow and brown stains to appear on your teeth after time. Just another reason to give up the cancer causing little devils.

Whitening Toothpaste

Whitening toothpaste can remove stains that are on the outside of the teeth. However, whitening toothpaste and professional dental cleanings will not remove the deeper stains. That's why most

peoples' teeth only get 1 to 3 shades whiter with toothpaste whiteners. This is the simplest and cheapest option, but give the weakest results.



Tray Systems

In my personal experience, personal tray systems from the local drugstore are a pain in the ass. First of all, the trays never seem to fit quite right. Look for a system where you boil the plastic tray in hot water and then mold it to your teeth.

Also, you have to wear the tray for hours every week – often for 30 minutes twice a day! – and many of us simply don't have the time. It can also taste bad and I'd often have moments where drool was running down my chin.

If you are looking to get a professional tray system from your dentist, expect to pay at least \$400 and then needing an update every year for about a 5 to 6 shade improvement. However, this option is costly and time consuming compared to new technology employed by BriteSmile.

What are the side effects?

Some people experience temporary tooth sensitivity to hot and cold. This usually goes away in the first week however. You may also experience some spotting, which means you simply didn't apply the gel evenly enough in the tray.



BriteSmile

Web site: www.britesmile.com

How does BriteSmile work?

First, they coat your teeth with some transparent goop and force your lips apart so that all of your teeth are exposed. Then they put this module up to your mouth that emanates a blue light all over your teeth. That's it. If you want to know how it all *really* works I have no idea – do your own research! It was somewhat uncomfortable, but they let me watch television and change the channels which helped pass the time.

How long does it take?

The procedure really does only take about 60 minutes. It's not very comfortable, as your mouth is forcibly stretched open the whole time, but they get you in and out very quickly.

How long does it last?

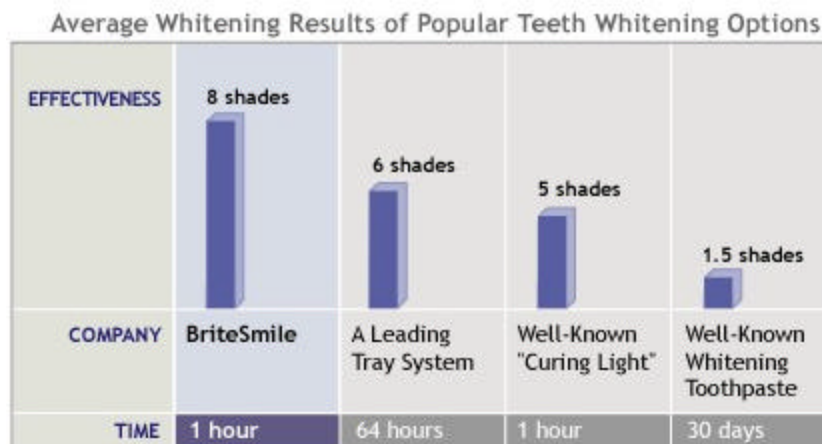
BriteSmile lasts anywhere from 1 year to 10 years, depending on what you eat and how well you take care of your teeth.

How much does BriteSmile cost?

About \$500.

How many shades does it brighten?

BriteSmile claims they shade 8 or more shades, although your results will vary. In my case, I found a significant improvement in my teeth's whiteness which has lasted over a year now?



Is BriteSmile safe?

Yes. It's harmless to surface enamel and dental work. However, do you have your teeth cleaned before you have the procedure done.

Any minor side effects?

I found that my teeth where super extra white for the first week after treatment. Actually, I LIKED them being that white, they looked really good. I was a little surprised and disappointed when the whiteness dulled a little after about a week.

What else should I look out for?

What they don't you is that after you have your \$500, 1 hour treatment, they try to sell you VERY expensive BriteSmile brand toothpaste and mouthwash in a package which costs *yet another* \$500! The toothpaste and mouthwash package is optional, but they will claim that you need this special toothpaste and mouthwash to be sure your results will last.

Personally, I said "no way!" and a year later my results have lasted. I believe this is where they make their real money but in my experience it's completely unnecessary. If they push you to buy, stand firm and say no thanks.

Appendix A: Calorie chart

The number of calories you burn in a given activity.

Activity (1 hour)	130/lbs	155/lbs	190/lbs
Aerobics, general	354	422	518
Aerobics, high impact	413	493	604
Aerobics, low impact	295	352	431
Archery (nonhunting)	207	246	302
Automobile repair	177	211	259
Backpacking, general	413	493	604
Badminton, competitive	413	493	604
Badminton, social, general	266	317	388
Basketball, game	472	563	690
Basketball, nongame, general	354	422	518
Basketball, officiating	413	493	604
Basketball, shooting baskets	266	317	388
Basketball, wheelchair	384	457	561
Bicycling, <10mph, leisure	236	281	345
Bicycling, >20mph, racing	944	1126	1380
Bicycling, 10-11.9mph, light effort	354	422	518
Bicycling, 12-13.9mph, moderate effort	472	563	690
Bicycling, 14-15.9mph, vigorous effort	590	704	863
Bicycling, 16-19mph, very fast, racing	708	844	1035
Bicycling, BMX or mountain	502	598	733
Bicycling, stationary, general	295	352	431
Bicycling, stationary, light effort	325	387	474
Bicycling, stationary, moderate effort	413	493	604
Bicycling, stationary, very light effort	177	211	259
Bicycling, stationary, very vigorous effort	738	880	1078
Bicycling, stationary, vigorous effort	620	739	906
Billiards	148	176	216
Bowling	177	211	259
Boxing, in ring, general	708	844	1035
Boxing, punching bag	354	422	518
Boxing, sparring	531	633	776
Broomball	413	493	604
Calisthenics (pushups, sit-ups), vigorous effort	472	563	690
Calisthenics, home, light/moderate effort	266	317	388
Canoeing, on camping trip	236	281	345
Canoeing, rowing, >6 mph, vigorous effort	708	844	1035
Canoeing, rowing, crewing, competition	708	844	1035
Canoeing, rowing, light effort	177	211	259
Canoeing, rowing, moderate effort	413	493	604
Carpentry, general	207	246	302
Carrying heavy loads, such as bricks	472	563	690
Child care: sitting/kneeling-dressing, feeding	177	211	259
Child care: standing-dressing, feeding	207	246	302
Circuit training, general	472	563	690
Cleaning, heavy, vigorous effort	266	317	388
Cleaning, house, general	207	246	302
Cleaning, light, moderate effort	148	176	216
Coaching: football, soccer, basketball, etc.	236	281	345
Construction, outside, remodeling	325	387	474
Cooking or food preparation	148	176	216
Cricket (batting, bowling)	295	352	431
Croquet	148	176	216
Curling	236	281	345
Dancing, aerobic, ballet or modern, twist	354	422	518
Dancing, ballroom, fast	325	387	474
Dancing, ballroom, slow	177	211	259
Dancing, general	266	317	388
Darts, wall or lawn	148	176	216
Diving, springboard or platform	177	211	259
Electrical work, plumbing	207	246	302
Farming, baling hay, cleaning barn	472	563	690
Farming, milking by hand	177	211	259
Farming, shoveling grain	325	387	474

Fencing	354	422	518
Fishing from boat, sitting	148	176	216
Fishing from river bank, standing	207	246	302
Fishing in stream, in waders	354	422	518
Fishing, general	236	281	345
Fishing, ice, sitting	118	141	173
Football or baseball, playing catch	148	176	216
Football, competitive	531	633	776
Football, touch, flag, general	472	563	690
Frisbee playing, general	177	211	259
Frisbee, ultimate	207	246	302
Gardening, general	295	352	431
Golf, carrying clubs	325	387	474
Golf, general	236	281	345
Golf, miniature or driving range	177	211	259
Golf, pulling clubs	295	352	431
Golf, using power cart	207	246	302
Gymnastics, general	236	281	345
Hacky sack	236	281	345
Handball, general	708	844	1035
Handball, team	472	563	690
Health club exercise, general	325	387	474
Hiking, cross country	354	422	518
Hockey, field	472	563	690
Hockey, ice	472	563	690
Horse grooming	354	422	518
Horse racing, galloping	472	563	690
Horseback riding, general	236	281	345
Horseback riding, trotting	384	457	561
Horseback riding, walking	148	176	216
Hunting, general	295	352	431
Jai alai	708	844	1035
Jogging, general	413	493	604
Judo, karate, kick boxing, tae kwan do	590	704	863
Kayaking	295	352	431
Kickball	413	493	604
Lacrosse	472	563	690
Marching band, playing instrument(walking)	236	281	345
Marching, rapidly, military	384	457	561
Moto-cross	236	281	345
Moving furniture, household	354	422	518
Moving household items, boxes, upstairs	531	633	776
Moving household items, carrying boxes	413	493	604
Mowing lawn, general	325	387	474
Mowing lawn, riding mower	148	176	216
Music playing, cello, flute, horn, woodwind	118	141	173
Music playing, drums	236	281	345
Music playing, guitar, classical, folk(sitting)	118	141	173
Music playing, guitar, rock/roll band(standing)	177	211	259
Music playing, piano, organ, violin, trumpet	148	176	216
Paddleboat	236	281	345
Painting, papering, plastering, scraping	266	317	388
Polo	472	563	690
Pushing or pulling stroller with child	148	176	216
Race walking	384	457	561
Racquetball, casual, general	413	493	604
Racquetball, competitive	590	704	863
Raking lawn	236	281	345
Rock climbing, ascending rock	649	774	949
Rock climbing, rapelling	472	563	690
Rope jumping, fast	708	844	1035
Rope jumping, moderate, general	590	704	863
Rope jumping, slow	472	563	690
Rowing, stationary, light effort	561	669	819
Rowing, stationary, moderate effort	413	493	604
Rowing, stationary, very vigorous effort	708	844	1035
Rowing, stationary, vigorous effort	502	598	733
Rugby	590	704	863

Running, 10 mph (6 min mile)	944	1126	1380
Running, 10.9 mph (5.5 min mile)	1062	1267	1553
Running, 5 mph (12 min mile)	472	563	690
Running, 5.2 mph (11.5 min mile)	531	633	776
Running, 6 mph (10 min mile)	590	704	863
Running, 6.7 mph (9 min mile)	649	774	949
Running, 7 mph (8.5 min mile)	679	809	992
Running, 7.5mph (8 min mile)	738	880	1078
Running, 8 mph (7.5 min mile)	797	950	1165
Running, 8.6 mph (7 min mile)	826	985	1208
Running, 9 mph (6.5 min mile)	885	1056	1294
Running, cross country	531	633	776
Running, general	472	563	690
Running, in place	472	563	690
Running, on a track, team practice	590	704	863
Running, stairs, up	885	1056	1294
Running, training, pushing wheelchair	472	563	690
Running, wheeling, general	177	211	259
Sailing, boat/board, windsurfing, general	177	211	259
Sailing, in competition	295	352	431
Scrubbing floors, on hands and knees	325	387	474
Shoveling snow, by hand	354	422	518
Shuffleboard, lawn bowling	177	211	259
Sitting-playing with child(ren)-light	148	176	216
Skateboarding	295	352	431
Skating, ice, 9 mph or less	325	387	474
Skating, ice, general	413	493	604
Skating, ice, rapidly, > 9 mph	531	633	776
Skating, ice, speed, competitive	885	1056	1294
Skating, roller	413	493	604
Ski jumping (climb up carrying skis)	413	493	604
Ski machine, general	561	669	819
Skiing, cross-country, >8.0 mph, racing	826	985	1208
Skiing, cross-country, moderate effort	472	563	690
Skiing, cross-country, slow or light effort	413	493	604
Skiing, cross-country, uphill, maximum effort	974	1161	1423
Skiing, cross-country, vigorous effort	531	633	776
Skiing, downhill, light effort	295	352	431
Skiing, downhill, moderate effort	354	422	518
Skiing, downhill, vigorous effort, racing	472	563	690
Skiing, snow, general	413	493	604
Skiing, water	354	422	518
Ski-mobiling, water	413	493	604
Skin diving, scuba diving, general	413	493	604
Sledding, tobogganing, bobsledding, luge	413	493	604
Snorkeling	295	352	431
Snow shoeing	472	563	690
Snowmobiling	207	246	302
Soccer, casual, general	413	493	604
Soccer, competitive	590	704	863
Softball or baseball, fast or slow pitch	295	352	431
Softball, officiating	354	422	518
Squash	708	844	1035
Stair-treadmill ergometer, general	354	422	518
Standing-packing/unpacking boxes	207	246	302
Stretching, hatha yoga	236	281	345
Surfing, body or board	177	211	259
Sweeping garage, sidewalk	236	281	345
Swimming laps, freestyle, fast, vigorous effort	590	704	863
Swimming laps, freestyle, light/moderate effort	472	563	690
Swimming, backstroke, general	472	563	690
Swimming, breaststroke, general	590	704	863
Swimming, butterfly, general	649	774	949
Swimming, leisurely, general	354	422	518
Swimming, sidestroke, general	472	563	690
Swimming, synchronized	472	563	690
Swimming, treading water, fast/vigorous	590	704	863
Swimming, treading water, moderate effort	236	281	345
Table tennis, ping pong	236	281	345
Tai chi	236	281	345

Teaching aerobics class	354	422	518
Tennis, doubles	354	422	518
Tennis, general	413	493	604
Tennis, singles	472	563	690
Unicycling	295	352	431
Volleyball, beach	472	563	690
Volleyball, competitive, in gymnasium	236	281	345
Volleyball, noncompetitive; 6-9 member team	177	211	259
Walk/run-playing with child(ren)-moderate	236	281	345
Walk/run-playing with child(ren)-vigorous	295	352	431
Walking, 2.0 mph, slow pace	148	176	216
Walking, 3.0 mph, mod. pace, walking dog	207	246	302
Walking, 3.5 mph, uphill	354	422	518
Walking, 4.0 mph, very brisk pace	236	281	345
Walking, carrying infant or 15-lb load	207	246	302
Walking, grass track	295	352	431
Walking, upstairs	472	563	690
Walking, using crutches	236	281	345
Wallyball, general	413	493	604
Water aerobics, water calisthenics	236	281	345
Water polo	590	704	863
Water volleyball	177	211	259
Weight lifting or body building, vigorous effort	354	422	518
Weight lifting, light or moderate effort	177	211	259
Whitewater rafting, kayaking, or canoeing	295	352	431

Notes



***Seduction* Science**

Volume III

By Derek Vitalio

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A Message To The Reader From Derek Vitalio

The women in this book are all real women that I've encountered online using chat. Yes, online can be a great place to meet women, beautiful women, and I strongly suggest that you use your computer to your advantage.

The benefits of learning by direct example are enormous – by following my step-by-step analysis of what's going on, you'll be able to easily model the aspects that work for you.

While these conversational examples will work at a party, on the beach, or on your computer, if you proceed with online conversations be mindful of one point: *get her phone number and start talking to her on the phone as fast as possible*. Otherwise, no matter how well you seduce her through the internet, you'll remain her net fantasy and nothing more.

Now go out there and get laid like a rock star!

Regards,

Derek Vitalio



Sherri Wants Some Action part #1

Age 26

Occupation: Social worker

Likes: Hanging with friends, reading, movies, music, theatre, dancing, and “outdoorsy” stuff

When I first saw Sherri's photo I pants stood at attention and almost burst! Since I've gotten to know her, not only is her face gorgeous with those green, hypnotic eyes, she had an ass so round you could serve dinner from it. She also had a great, breezy attitude when I first IM'ed her. Although rather shy at first, she turned out to be a little freak in bed and couldn't get enough of my dog licking. Babes don't get any better than this one!

Derek: Hey how are you!

Start the conversation out with enthusiasm.

Sherri: hi there

Derek: I'm good.. got a run today

Derek: nice day over here

Sherri: cool

Sherri: nice here today too

Derek: yes i guess it's nice everywhere

Lame joke... a little humor opens women up.

Sherri: lol

Derek: i bet even afghanistan has nice weather today

Carry on the same joke.

Sherri: u think?

Derek: well, it is a desert isn't it? i don't think they ever have cloudy days

Okay, that joke is getting lame now!! :)

Sherri: hmm good point

Derek: anything unusual happen

Sherri: today u mean?

Derek: yes like you saw a big rainbow or met an old friend

Cute and mushy. Notice how I'm change emotion often... going from humor to cuteness. Switch a lot, keep the babe on her toes. Stay too long in one emotional thread and the women may get bored – and worse, see you as one sided.

Sherri: lol

Sherri: nothing so exciting i'm afraid

Derek: lol well sometimes the good things are in the little moments

New "romantic" theme. Never focus of her boredom. If you talk about it, she'll feel only more bored. Change topic and imagery to keep her interested.

Sherri: yes

Sherri: i agree

Derek: like when you hit the shower

If she responds well to you, suggest a topic that invokes sex! In this case hitting the shower.

Sherri: lol

Sherri: nothing exciting today

Derek: after mowing the lawn! yuck

Derek: i don't suggest getting a big lawn

Sherri: lol

Sherri: i hear ya

Sherri: i mowed today .. yuck

Derek: oh you did too?

Sherri: yep

Derek: well we must be psychically connected somehow ;)

A joke. She mowed and I mowed. Joke about the connection you feel together.

Sherri: lol

Sherri: ☺

Derek: well it happens. Did you brush your teeth today?

Sherri: yes

Sherri: lol

Derek: My god. I DID THAT TOO!

Carry the joke for a one two punch!

Sherri: woowoo .. twins

Derek: lol We are connected! I knew it

Derek: It's like i can feel a rope of energy passing between you and me

Derek: lol

Sherri: lol

Derek: can you feel that?

Sherri: yes, you must have flossed as well

Derek: of course

Derek: I floss like there's no tomorrow

Still joking.

Sherri: lol

Derek: i'm building a swing set with my floss i go through so much of it

Still joking. Humor really lets a woman put her defenses down. I suggest you joke around A LOT to make her comfortable before wanting her number or asking to meet you. DON'T talk about sex on IM. Wait until you meet her for that.

Sherri: lol

Sherri: you must be Mcguyver (spelling?)

Derek: ☺ see, my teeth

NOTE: I'm showing Sherri a happy face graphic that is showing his bluish teeth.

Sherri: lol

Sherri: nice teeth

Derek: why mcguyver?

Sherri: if you can make something out of dental floss

A hidden compliment.

Sherri: wait, i guess it would have to be a bomb then

Derek: yeah i have to get that blue lining out of my teeth though

Sherri: so nevermind

Sherri: lol

Derek: lol oh gotcha

Sherri: ☺

Derek: oh you do too! See, we are like twins

Nice line here... reinforces the idea that we're uniquely connected.

Sherri: yes it appears so

Derek: what's going on with work next week? are you looking forward to it

What does she do?? Well, it's more interesting for her to talk about what she likes and doesn't like about work, so that's how I phrased it.

Sherri: well, i am not looking forward to it to be honest ..lol

Sherri: i am tired of working and want to sit on my ass at the beach for a week

Sherri: lol

Sherri: <-- needs a break

Derek: don't we all.

Pace her... acknowledge that you understand.

Derek: well what sorts of things do you enjoy doing in your free time then, cutie?

Once you're done with the humor and she's responding quickly, shift the conversation to her favorite topic: herself.

Sherri: hmm

Sherri: hanging with my friends, reading, movies, music, theatre, dancing, outdoorsey stuff

Great stuff to work with. This chick is cool. You don't need to elaborate on everything she says, just concentrate on one.

Derek: what kind of dancing do you like

I have a genuine curiosity for dance, so I flew with it. Pick whatever you find most interesting, because a woman can sense if you're bored and are only talking to get into her pants, or if you're actually interested.

Sherri: lol any kind

Derek: have you taken any classes?

Sherri: well took ballet and all that up through highschool

Sherri: took a ballroom dancing class once

Sherri: lol other than that nope .. i just like to move to the music

Derek: oh you did.. did you ever break a leg or anything in ballet?

Corny, but gets a laugh.

Sherri: nope

Sherri: lol

Derek: <whew>

Derek: I've taken jazz dance.. we did some michael jackson moves

Sherri: ahhh

Sherri: very cool

Sherri: what kinds of things do u like to do in your spare time

She's asking me questions now. Good sign... we've got good rapport already.

Derek: also a little ballroom through college... it was fun

Derek: well, similar to what you said.. seeing a good movie with someone, dancing, writing, outdoors, exercising for a brief list

Sherri: cool

Derek: i like hiking, cabins, seeing sunsets, swimming in the lake

Sherri: me too

Derek: what movie did you last see?

I gave her some information about what I like so that she can see we have similar interests,, but I'm quick to change the conversation back to her interests. Again, women LOVE to talk about themselves! And a women will notice if you're genuinely interested in her. Most men blab on about themselves WAY too much.

Derek: or your favorite movie

Sherri: lol uh spiderman ..

Derek: lol

Sherri: oh yippee

Sherri: lol

Sherri: took some kids

Derek: lol oh sure.. you were really their for the kissing scene weren't you

Introduce some sexuality... notice the context of this "joke" is that SHE is horny.

Sherri: LOL

Sherri: yes, you caught me

Sherri: i need to get my jollies from an onscreen kiss

Sherri: ☺

Derek: well I saw Star Wars.. lame

Referring to "Attack of the Clones". Don't get me wrong I live by the first trilogy produced.

Sherri: it was? damn

Derek: you might like it though.. special effects and all

Sherri: hmm probably not, i need a good story

Derek: Enough with jennifer lopez was intense

For those who don't know, in "Enough" Jennifer Lopez is running away from her husband you tries to beat her and have her killed. It's a graphic look at family physical abuse.

Derek: it had me on the edge of my seat

Sherri: i can't see that one .. to scary

Derek: lol

Derek: well i'd cover your eyes at the scary parts

Tender, with sexual tones. Keep it light unless she's unless she expresses she wants to bed you.

Sherri: lol

Sherri: aww thanks

Derek: well, in enough lopez beats the crap out of the guy

Sherri: lol that would be cool

Derek: what movie did you really like? that's your favorite

Sherri: hmmm

Sherri: i have tons

Derek: adventure, romance?

Sherri: i can think of some from both categories

Sherri: i like adventure and dramas better than romance ..lol

She's telling me how to seduce her here. Listen to everything and use it to your advantage. In an effective seduction, the woman is basically giving you exact instructions on how to seducer her. Deep down most women want to be seduced. All you have to do is listen.

Derek: lol I bet you're one of these people with 300 DVDs and their literally falling from the sky
Exaggeration humor.

Sherri: i have about 30 or so yes

Sherri: lol

Sherri: not many actually

Derek: my vhs tape movies are totally lame

Derek: ... Felix the cat... Betty boop

Contrast can be funny.

Sherri: oh my

Sherri: lol

Derek: cartoons

Derek: i don't know how I got those. a present or something

Derek: lol or visual torture

Sherri: lol likely story

Derek: "steel magnolias".. haven't watched it yet after about a year

Derek: lol maybe I'd like it

Sherri: lol

Derek: what's your favorites?

Sherri: hmm

Sherri: let me think of my movies

Sherri: i have everything from remember the titans to american pie

American Pie – this gal finds semen jokes funny. She's cool. Can get more sexual in my speech next time.

Sherri: shawshank redemption

Derek: oh i never saw american pie

Sherri: meet the parents

Derek: how is that apple scene

Sherri: lol

Sherri: funny if u are into that type of humor

Sherri: dumn if you aren't

Sherri: lol

Sherri: (dumb)

She likes it. It is one of her favorites!

Derek: toilet humor

Sherri: yep

Sherri: oh brother, where art thou

Sherri: hmm

Derek: i like dumb

Sherri: i have tons

Sherri: and can't think of many

Sherri: lol

Derek: i hear oh brother is excellent

Sherri: i love that movie

Sherri: cracks me up

Sherri: my sister and i are retards and quote it all the time to each other

She doesn't have a stick up her ass. And she's opening up to me. Definitely time get more sexual soon.

Derek: so do you have a crush for george clooney, eh??

Sherri: everyone looks at us like we are idiots

Sherri: LOL no

Derek: do you mean you sing to each other all the time? i hear the music is good

Derek: and that would look really weird

Sherri: lol no

Sherri: just crack jokes

Derek: i enjoy seeing a movie on a comfy sofa with the lights down

Sherri: me too

Derek: you can just snuggle up and tune out a little

Hint, hint. Put that image into her head.

Sherri: yep

Derek: lol that's the problem with theaters.. often you can't lift the armrest up and make two seats into one!

Hint, hint. Put that image into her head.

Sherri: exactly

Derek: lol you are so cute

I'm giving her light-hearted compliment that I'll use as her nickname. We have enough rapport now that I know she'll like it.

Sherri: ☺

Derek: ☺

Derek: oh my, it's 10:30??

Always be the first one to end the conversation. It shows her that YOU have a life without her. It shows her that you're a busy guy and you can't chat all night. It makes her look forward to talking with you again.

Sherri: yes sir

Derek: well i should probably get off in a few minutes

"Get off" is a hidden command. Sometime women pick up on it.

Sherri: ok

Derek: time passed fast!

Derek: well Sherri

Derek: is that your name?

Sherri: yep

Sherri: lol

Sherri: yep, hey well sleep good, glad to talk for a bit

Sherri: nightie night

Derek: ok, sweet dreams cutie

I'm already using her nickname "cutie"



Sherri Wants Some Action part #2

Age 26

Occupation: Social worker

Likes: Hanging with friends, reading, movies, music, theatre, dancing, and “outdoorsy” stuff

When I first saw Sherri's photo I pants stood at attention and almost burst! Since I've gotten to know her, not only is her face gorgeous with those hypnotic green eyes, but she had an ass so fine you could serve food from it. She also had a great, breezy attitude when I first IM'ed her. Although rather shy at first, she turned out to be a sex freak in bed and couldn't get enough of my dog licking. Babes don't get any better than this one!

Derek: Helloo Sherri! r u there?

I always start with enthusiasm rather than just “hello”. It makes you stand out.

Sherri: hey there

Derek: lol hey cutie

Nickname. With a nickname like “cutie” I can constantly imply I want to rip off her clothes without actually having to say it that way.

Sherri: lol

Derek: lol so did you put me in your sweet dreams?

Chicks like dreamy stuff.

Sherri: ☺

Her happy face has a tongue sticking out.

Sherri: hmm, maybe .. dont know, i can never remember my dreams

Derek: so i was there with my tongue hanging out. hmm what does that symbolize?

Joke about the symbolism of her happy face tongue as me in her dream.

Sherri: lol

Derek: i don't either, but it might be worth a try see what kind of things are going on up there

Derek: so what are you up to now

Sherri: working

Sherri: yippee

Sherri: lol

Sherri: what r u doing

Derek: well i helped my sister move

Derek: and then i took a long, warm shower which felt really good

Now I'm going to hit her with some nice sexual energy and imagery. She's ready for it now.

Sherri: very nice

Derek: like every muscle in your body just relaxes

Derek: can you imagine how that feels

Tell her to feel those hot feelings of being in the shower. Notice how the command is disguised as a question.

Sherri: yep, i can imagine

Sherri: love that

See, now she's feeling it. Give girls good feelings and they'll flock to you like Enron executives to money.

Derek: are you busy now because of your work?

She's at work so ask if she's busy. Remember, you want to be the first one to leave the chat, not her because of work demands.

Sherri: not busy .. just goofing for a while till i can leave

Derek: lol i see

Sherri: my brain is fried .. no more paperwork

Derek: well let's see how much we can relax then

I'm launching into some heavy stuff here.

Sherri: ☺

Derek: ever have a good massage

Derek: from head to toe

Sherri: i have had a few good ones in my time

Sherri: u?

Derek: shoulder massages. i havn't found many people who can do them

Derek: some people like to take the time for them

I'm establish "us" versus "them". Only Sherri and myself share these feelings of "enjoying a good massage". It's all a fantasy, but notice how my words structure the fantasy without question.

Sherri: lots of people just do it for a few minutes

Sherri: never get fully relaxed

Derek: yes, you need to do the whole body and have all of your skin touched to really relax

Hmm. Skin touched all over? Hot.

Sherri: yes i agree

No resistance. At this point the seduction is in the bag, unless you royally foul up. But she's on your side.

Derek: I have a video but can't practice

Sherri: a video?

Derek: shows stroking, kneading, vibration.. i didn't know there were so many techniques involved!

Translation: Stroke me, knead me, and I'll vibrate you.

Derek: yes from borders

Sherri: oh, that is cool

Derek: what do you to relax? or maybe you don't get the time

Sherri: bubble baths

Perfect answer. Never let an answer like this escape! There's a lot of imagery you can do to get her horny with this. And best of all, SHE'S bringing it up which means you say just about anything with no resistance. After all, in her mind SHE brought it up, so it's hard for her to object to what you say.

Sherri: candles

Sherri: book

Sherri: or music

Derek: hmm.. candles are nice. I have this incense candle that burns a scent

Derek: let's try a trick

Derek: do you consider yourself an imaginative person?

Give herself an "image to live up to". If she says "yes", she'll have to do my "trick". How could she "yes" and then not do it? In her eyes she would feel inconsistent and a liar. If she says "yes" there's no turning back for her.

Sherri: hmm, yes i think so

Derek: lol

Derek: ok well can you imagine a time when you were perhaps in a bubble bath or sung in bed

Derek: "snug"

Derek: with candles around you listening to your favorite music?

Sherri: yep

Derek: well, do you imagine that feeling inside of you or in front of you? where do you feel that

Sherri: inside of me

Notice I don't ask her exactly what she's feeling whether it's relaxation or horniness or what. You don't need to know for this trick.

Derek: where? in your chest, your hips, your tummy?

I am interested as to where she's feeling it because I'm going to move it around.

Sherri: chest probably

Derek: take that good feeling and using your imagination, move it from you chest down to your tummy

Derek: slowly.

Derek: And as it moves, the feeling gets stronger and stronger

Make the feeling get stronger and stronger as it moves through her body. This gets women extremely hot.

Derek: tell me when

Sherri: k

Her response is important.

Derek: now move that feeling down further, to deep inside your hips, as it grows more and more intense

Notice that her hips is where her pussy is.

Derek: what feeling do you have

Sherri: hmm

Bingo. She's horny. Time to turn charge the experience and connect it to me.

Derek: now imagine i'm right in front of you and i can put my hand inside and gently hold that feeling inside you

Notice that I'm touching her now in her fantasy; in fact I'm passing my hand through her body, through her wet pussy, into her hips to grab that feeling.

Sherri: mmm

Derek: now in my hands, you can feel that mmm feeling grow warmer, radiating a little yellow warmth

Turn up the heat. Make it hot. Notice that I emphasize that my hands are inside her.

Derek: imagine that warmth spreads out ward and you can feel the warmth relax your body and make you feel soo good.

The heat spreads, makes her whole body horny, and I emphasize how it feels sooo good.

Sherri: makes me want a bubble bath now

She's telling me how to seduce her. Use the imagery of a bubble bath now.

Derek: well that warmth is just like bubble bath

Sherri: yes

Derek: you feel it as a bubble bath, especially as the warmth spreads from my hands down to your legs

Sounds kind of like I'm stroking her from her pussy down her legs.

Sherri: mmm

Derek: and up slowly up through your chest, growing hot just like a hot bubble bath

And over her tits in a bubble bath.

Sherri: ☺

Derek: just imagine that you're smiling and I'm there smiling at you too

Facial expressions are very important in close intimacy. I'm facing the imagery so vivid that she can almost picture herself and me in a bubble bath, getting full finger pleasure.

Sherri: ☺

Derek: because we're sharing something special, that energy

Revisit the connection theme that's I've brought up before. So we have horniness, intimacy, and connection all rolled into one, and all associated with me!

Sherri: ☺

Derek: and then that heat spreads over your chin.. and your nose.. just like your sinking all the way down, down into relaxation and bliss in the bath

Analogy for surrender yourself.

Derek: feel better?

Sherri: yep

Sherri: ☺

Derek: good, most people can't do that

Don't do too much. Give it to her and then take it away. Leave her hungry for more... taking it all away also shows her that you're in control of your own horniness.

Sherri: my imagination is good

Derek: that must mean you're special cutie

She responded well. Reward her for good behavior and give her a compliment. This "trains" her in a sense to respond well next time.

Sherri: lol

Sherri: you are the cutie

Derek: lol thanks

Always acknowledge a compliment.

Sherri: ☺

Derek: lol well maybe someday we can be cuties together!

Notice how I didn't directly ask her out. I can't get a "no" answer. It's only a vague suggestion we should get together if she decides to interpret it that way. Will she pick up on it?

Sherri: ☺

Sherri: maybe so

She picked up on the desired suggestion when she didn't have to. She's way into me and wants to see me.

Derek: well, would you like to meet?

Just go for it. You can't pussy foot around the subject when she's given you can obvious green light. This is where a lot of guys mess up.

Sherri: how far are ya

Bingo.

Derek: lol well how far is _____ from _____?

Sherri: 90 minutes

Derek: only?

Sherri: maybe 2 if bad traffic

Derek: oh that's really not bad

Sherri: nah

She's making excuses for me to see her.

Derek: how about we plan a trip later and meet somewhere after we exchange numbers

Sherri: that would be nice

Sherri: i will say though

Derek: lol you will say?

Sherri: i am skittish

Here she's showing a bit of resistance. No problem. She's telling you how make her feel more comfortable in order that you can seduce her. Don't take this as any kind of rejection. She wants to be seduced, she just needs you to make her feel more comfortable.

Sherri: slow to warm up

Sherri: in other words, it won't be this weekend

Derek: lol that's understandable! a lot of people are that way

Pace her feelings. Show her that you understand her reservations.

Sherri: just wanted to be upfront

Derek: because we'd definately meet in a restaurant, in a public space

Derek: just in case you're a psycho i have to protect myself

My ammunition: Her frame of mind is that I could be dangerous. What I do is steal her fears and use them right back to her as the form of a joke to show her how silly they are. So now I'm pretending that I have reservations of her. It's all humorous and exaggerated of course.

Sherri: lol

Derek: lol just kidding

Sherri: i only stalk on mondays, so you should be safe

She gets into the joke and makes light of her reservations. Cool chick.

Derek: whew, so you won't be stalking me? okay i feel better now

Sherri: ☺

Derek: or will you be calling me 10 times a day?

Now I'm presupposing that she'll be calling me.

Derek: ☺

Sherri: lol 10?

Sherri: geez

Derek: lol oh more then?

Sherri: lol 10 is a lot!

Derek: lol i guess i'm safe them!

Derek: no just kidding cutie

Sherri: ☺

Derek: so do you only have 15 minutes left?

I want to be the one who leaves first, so I find out how much more time she has.

Derek: of working

Sherri: i can leave after 5 yes

Derek: ahh... freedom

Derek: no more flying paper airplanes!

Derek: until tomorrow morning

Sherri: yes, although i won't be in the office tomorrow so i can have a better day

Sherri: lol

Derek: oh playtime?

Derek: reading with candles in a hot tub? Lol

She responded well to the sex conversation, so now I'll start Act II. My one two punch. Watch out Sherri!

Sherri: yes

Derek: hmm, sounds sensual kind like that energy inside of you

Sherri: lol maybe

Sherri: ☺

Derek: does your mind wander like that? mine does

Transitioning...

Sherri: yep

Derek: like the steam just puts you into a trance or something

Transitioning...

Derek: i was in Japan once

Onto my "I'm naked in the hot springs with monkeys" story.

Derek: and there was this hot spring

Derek: and the water was SOO hot

Derek: you could only be in the water for a minute or two.

Derek: So I kept jumping up out of it with no clothes on, lol with my thingy out, bouncing around.

Now she's picturing me naked, hot, and covered in droplets of water with my dick out. Notice how I specifically bring up my dick moving around.

Sherri: lol

Derek: but in japan they have monkeys

Derek: and these little monkeys were running around the springs.

Uh oh, the bad guys!

Derek: They were annoying cause they kept trying to hug you (they're tame) and see if you have any food

Sherri: lol

Sherri: watch your banana

Hmm, notice what she brought up? She's thinking of dick. That's why using monkeys are a good image in this story because you associate monkeys with bananas and bananas with dick. ☺

Sherri: lol

Derek: lol no kidding

Derek: well i kept having to jump out of the pool naked and sweaty because it was so hot and these monkeys kept trying to jump on me

Okay, yes it sounds corny but girls get off on this!

Derek: lol i spent half the time trying to chase them away

Sherri: lol

Sherri: not very relaxing

Derek: no!

Derek: but it was fun!

Sherri: lol

Derek: lol i don't think i'd be naked and sweaty chasing monkeys around with my john swinging around again though, if you can picture that

"If you can picture that" forces the picture into her head. Notice how I always mention my dick.

Sherri: lol

Sherri: awww, why not!

Sherri: lol

Derek: lol well, you want to give it a try? the monkeys got awfully close to my swinging john. lol maybe they thought it was something to eat

Hint, hint, blow job my banana Sherri.

Derek: lol fortunately i wasn't turned on them so it wasn't big banana size

Notice how I casually tell her how big I am in the context of a story, though I leave my concept of "big" to her imagination... let her imagination run wild with this one! So how big are you??...

Sherri: poor monkeys

Derek: yeah i didn't have any food to give them

Derek: listen don't you have to go? it's almost 5 i don't want to hold you up

It's almost time for her to go. I don't want to hold her up, I want to be the first one to go.

Sherri: yes, i should get out of here

Sherri: thanks for goofing with me

Derek: no it was fun

Sherri: ☺

Derek: why don't we talk on the phone next time. lol or will that make you "skiddish"?

I make fun of her “skiddish”, “slow to warm up” mentality and fear. A little humor goes a long way to bring down a woman’s defenses that are sometimes just plain silly.

Sherri: lol

Sherri: nah, i am not that skittish

Derek: great

Sherri: ☺

Derek: well how can i reach you then, pray tell?

Notice I’m not asking her for her number. “Can I have your number?” automatically reminds her of all the losers who have tried to ask her out before. Also, “How can I reach you” is not a yes / no question. It doesn’t give her the option of saying no.

Sherri: lol

Sherri: just don’t post it on the internet

Sherri: and say free phone sex

Sherri: 000

Derek: oh you foiled my secret plan!

Sherri: 000

Sherri: 0000

Bingo, mission accomplished. We’re moving off IM in just two sessions. It’s ALWAYS good to get off of IM as fast as possible. If you can’t get her number by the end of the fourth session, forget it. She’ll be using you as a fantasy friend rather than meeting you as a real person. And the longer you wait, the more comfortable she’ll become as seeing you as her IM fantasy friend. Get her on the phone quick!

Derek: here’s mine to in case you ever get the urge to call

Derek: 836

Derek: ..4

Derek: ..5

Derek: ..6

I’m just making fun of how she split up her number over three lines.

Sherri: u call first .. my phone will save it

Sherri: i do have caller id

Derek: oops

Derek: ok sounds good

Derek: what times are good for you by the way?

I always ask when to call a woman. I don’t want to miss her and have my number appear on her caller id. After a few times, that makes you look like a desperate loser who jerks off to Swank magazine or something.

Sherri: well i don’t have a land line at home, just use my cell wherever i go

Sherri: so anytime

Sherri: just not after midnight .. i won't answer if i am sleeping

Sherri: lol

Derek: lol what a coincidence.. i turn mine off when I'm sleeping too!

Derek: ok cutie

Sherri: lol

Derek: you should get going now

Notice how I tell her to go instead of how I'm going to go. I also like to end on a high note.

Sherri: yes, i am packing up between typing

Sherri: talk to you later maybe

Sherri: ☺

Derek: definately. i'll talk to you later then

Derek: ☺

Sherri: bye cutie

Now she's calling me cutie as well. She has very high rapport with me. Very high. I see 100% chance of success in the future.

Derek: ok bye bye

The aftermath: Afterwards



Juliet gets Hot and Horny part #1

Age 32

Occupation: Nurse

Likes: Poetry, sex, the beach, being a mother.

I didn't get a photo of Juliet until after I met her. And thank god I met her on a chance, because boy, the first night I met her she rocked my world! Juliet always wore 3 inch heels that really accentuated her killer toned legs. Best of all, she loved receiving pleasure and I bedded her the first night we met. She wasn't as good herself at giving it, but I eventually taught her a thing or two 😊. Although she may look a little standoffish, she had a very open personality and establishing rapport was quick and easy. We're still enjoying our relationship (long distance now) to this day.

Derek: Hi :-)

Juliet: hi

Derek: How are you?

Juliet: good and yourself

Notice that I don't begin the conversation with a/s/l. It's really tacky for seduction.

Derek: Would you mind if I asked you a question?

Juliet: certainly ask away

Derek: Are you a poet?

Her screen name has already given me information to use. Notice how I'm curious about HER from the very beginning.

Juliet: well I dabble

Derek: I'm curious, what sort of things move you to write poetry

I'm asking her about what emotional states she likes enough to inspire her to write poetry.

Hopefully, she'll connect those good states to me.

Derek: Hi, my name is Derek by the way :-)

Juliet: well to be honest I started writing when i went to NY-- after my divorce-- Hi Derek nice to meet you I'm Lisa

I got her name right away. By using a woman's name in the conversation, she'll better think of you as an "old friend". It's a much more personal way of addressing someone.

Derek: Oh, how is NY? Do you enjoy living there

Juliet: i don't live there now

Juliet: I lived there along time ago

Derek: OK, actually I went to school in NY but I live in ____ now

Juliet: thats cool where in fl do you live

Derek: I live in [city]

Juliet: oh cool I live in [city] too

Jackpot! We're in the same city.

Derek: hey, great! Are you a beach person, or more of an indoors person?

Find out what she likes to do and match it.

Juliet: i love the beach i used to surf

Derek: Really? I love the beach, lol but I've never surfed

Juliet: well i haven't done it in like 12 years

Derek: lol well sounds like a lot of fun

Derek: What's your favorite thing to do in the whole world?

Juliet: yeah it was but i was only 15 so im sure its changed LOL

Juliet: well right now my fav thing is my 6 y/o daughter

Juliet: yes I'm a mom

Derek: I can completely understand

Don't freak out just because she has a kid. Most guys run at this point, but if you stay you've already separated yourself from 90% of the guys out there that will miss this opportunity.

Derek: and relationships are soo important, especially a daughter

Women's #1st favorite subject to talk about is themselves. Their #2nd favorite subject are their kids.

Derek: What are the best three things about your daughter that you love so much?

So ask! Again, ask a question that brings up an emotional state in her.

Juliet: yep my little angel even though she is living with her dad till i finish school i still love her to death

Derek: So you don't ever regret getting married?

Juliet: well she is my only baby, she has the most beautiful smile and personality, and just her in general

Juliet: yes i did regret it he wasnt the one

Derek: yes, that one person is rare and hard to find sometimes

Show that you understand her... that means YOU must be the one!

Derek: but sometimes you meet someone and there's that magic and it all just clicks

Describe the process of finding the ONE. It is something she values in this case.

Juliet: this is true but it will happen eventually-- thats true too

Derek: Would you mind if I asked you a question?

Juliet: sure thing ask away

Derek: You seem like an imaginative, deep hearted person...

Hidden complement. Based on that she writes poetry (imaginative) and that she has a deep love for her child (deep-hearted)

Derek: what sort of person do you consider yourself to be?

Juliet: well you are very perceptive -- intelligent caring funny hopeless romantic cute or so I'm told -- LOL

Collect more information about how she pictures herself.

Derek: Oh, so at the beginning of a relationship, you prefer romance over passion and excitement?

Use this question a lot. If she says "passion" she'd probably an easy lay if you act spontaneously and passionately.

Juliet: actually I like both i like the passion but passion has to remain throughout the relationship *Great she does. This tells me she's open to making out very quickly, and the more initiative I take, the better.*

Juliet: or it dies and ppl become bored

Derek: Yes, passion is like a fire, you have to keep feeding that fire and let the flame get hotter and hotter

Create a vivid, descriptive analogy for passion to get her turned on.

Derek: And most people don't know how for some reason

Juliet: this is true -- thats true but after being married i learned a few things

Show that you understand her feelings.

Derek: Oh, I'm curious to learn from your experience

Derek: You are a deeply caring person - passion never dies in people like that

Link "deeply caring person", which she already agreed with, to that she's "passionate".

Juliet: well i know one thing just when you think you have it all is usually when its gone-- well my passion never died

Juliet: i just know it never pays to lie and think you will get away with it -- my ex knows this well

Derek: Sometime you have to look for that relationship in other places; and you learn where to look

Derek: He wasn't honest?

Juliet: no he was quite a character actually i had our marriage annulled

Juliet: he was already married and then he married me then he cheated on me

Derek: !!!

Juliet: yep i picked a real winner

Derek: do you feel burned badly, or are you still excited by meeting new people and having relationships?

Use the context of the conversation to see if she's ready to "fool around" and have new relationships.

Juliet: well I got burnt bad but life goes on I'm just more careful i seem to attract idiots for some reason

Derek: lol

Derek: well, you'll find that special person that everything is just like magic and he's a really great, good looking guy

Pace what she is looking for in a guy – and tell her if she hooks up she'll love it.

Juliet: no for real its true i just cant sem to find him-- i guess im too picky lol

Juliet: i wish

Derek: What is most important to you in a guy then? if you're picky

Find out what she likes in a guy so that you can fulfill those needs of hers later.

Derek: what characteristics

Juliet: well put it this way I need intelligence , but on the same hand i like a guy who takes care of himself –

Easy to do, easy to do

Juliet: and he has to have a sense of humor

Translation: Be easy going and make me feel good. This doesn't mean you have to make me laugh hee-haw.

Derek: hmm... I think those are pretty basic... you want a good looking guy who knows how to really love you in the way you deserve and he can't be a dolt

She her that you understand what she wants. Throw it back at her, but phrased slightly differently.

Juliet: true true - but he doesn't have to be perfect either

Derek: what I find most exciting about relationships is when that passion just happens right away

Derek: and there's that look in someone's eyes

Derek: like you can look the whole way into them

Juliet: well there has to be a spark but that doesn't mean sex on the first date either which for some reason men in [city] find that the way

Derek: and it's like you've just known them forever

Derek: yes, you have to respect people's boundaries

This presupposes you're NOT one of the guys who needs sex on the first date (even if it happens on the first date anyway ☺). It shows you understand her wants and feelings.

Derek: I have rules before ever having sex, but most guys don't have any rules

Tell her that you have boundaries, since this is a concern of hers.

Juliet: thats when you fall for someone and why is it that in [city] men just want an armpiece --- whats that

Derek: what's important is when you can share intimate moments with someone, and really, really share with them your feelings

Derek: and your dreams and fantasies and disappointments

Juliet: and the third thing

Derek: some people only look on the surface though

Derek: third thing?

Derek: you mean intimacy?

Juliet: thats true -- don't get me wrong I am not by any means ugly or anything like that but I am not a model i'd rather be appreciated for my intelligence then my looks but for some reason i get hit on just for my looks

Derek: I can understand your feelings

Derek: because they're not treating you like a person

Juliet: i can tell if i guy wants to know by one thing he does and if he does this i am not interested

This is VERY important as she's about to tell me what NOT to do. Listen up!

Derek: I'm curious, what that red flag is for you

Ask her!

Juliet: well ill tell you a quick story

Derek: ok

Juliet: i met this guy named David from online - we talked and i kept noticing him staring at my chest and all of a sudden he started talking about sexual positions and sex and I was like bored out of my mind - needless to say we kissed for awhile and when he wanted to go further i said no and now i barely hear from him

Derek: Yes, I would definately stay away

Juliet: from me?

Derek: lol

Derek: no you from him

Juliet: oh ok yes i do

Derek: What I find most interesting is really getting to know someone

Derek: what do you like most about meeting someone?

Derek: Let me ask you this, what is the most romantic thing anyone has ever done for you?

Get more values from her.

Juliet: yeah i like that too - i like to get to know ppl.. well i like to talk a lot with someone before i meet them then if there is an attraction then even better.. i don't remember

Derek: Yes I like to hear people's voice - voice can be very sensuous, and I can usually tell a lot from someone's voice

Derek: I just like listening sometimes

Derek: ever love to just listen to someone's voice as they hold you and you feel warm and safe

Derek: wrapped up in their arms

Get descriptive with "touch" and "sounds" to get her horny.

Juliet: thats cool i just have had some bad experiences on here too-- yes i love that

Derek: and know that you'll meet the right person

Derek: and imagine all of the good experiences you'll have together

Derek: like that person, soft, special kiss

Get descriptive with a romantic kiss to get her horny.

Juliet: i had that with one person but he couldnt handle the fact that i had a kid-- well i still meet it just sucks when you have good conversation and then you meet and they are not at all what you expected

Derek: first, soft, special kiss i mean :-)

Juliet: yeah thats great

Derek: if you're daughter is great girl, she's part of you and that has to be part of the relationship

Derek: My friend and I were talking recently about the magical moments in a first kiss. What's your favorite moment in a kiss?

Collect information so you'll know how to lay on the first smoochie-smoochie.

Juliet: ill tell you what if he gives me butterflies he's done well LOL

Juliet: i love to kiss soft and long

Derek: Yeah, that pounding in your heart, sometimes of anticipation

Juliet: yeah exactly

Derek: that soft, long kiss - it's like the moment just slows down and you want it to last forever and ever because in that moment is perfection of the human spirit

Get her horny with description.

Juliet: i love it when a man looks in my eyes and is not intimidated

Derek: Hes, that piercing look, soul gazing

Juliet: yeah you really should read these two poems i wrote i think you would enjoy them

Derek: ok. I write too a little too :-)

Derek: what are they about?

Juliet: dreams and destiny

Juliet: they are named that as well

Derek: Dreams and destiny are some of the most fascinating topics

Derek: at the heart of who we are

Juliet: exactly

Derek: What I look for most in a girl is that she has dreams, an imagination!

Indirect complements galore!

Derek: because that is so important, I think

Derek: how do I read them?

Juliet: well i will tell you where to go www.cutsie-poetry.com put in the poet's name Juliet

Derek: ok hold on

Juliet: ok

Derek: I see a lot of poems by you

Juliet: yeah

Derek: I read Love, you are a deeply passionate person

Juliet: thank you

Derek: I'll IM you a poem that I really like

Juliet: ok

Derek: I didn't write it, but it's by a famous poet. And you can substitute "pleasure" for whatever you like... the structure of the poem is what I really like

Derek: Go to your fields and your gardens,

And you shall learn that it is the pleasure of the bee

To gather honey of the flower,

But it is also the pleasure of the flower

To yield it's honey to the bee.

For to the bee a flower is a fountain of life,

And to the flower a bee is a messenger of love,

And to both, bee and flower

THE GIVING AND RECEIVING OF PLEASURE

IS A NEED AND AN ECSTASY.

I always keep a poem about sex on hand. An ambiguous one though, you can interpret this poem Rate G or Rated R.

Juliet: ok cool

Derek: The sharing of love is what love really is

Juliet: wow thats really good it really explains love -- you took the words right out of my mouth

Derek: Do you believe in Destiny?

Juliet: yes i do

Derek: What is your Destiny?

Women love this topic of destiny for some reason.

Derek: How do you know when you're Destiny is there in front of you?

Juliet: who knows it could be me -- part of my poem LOL--

Juliet: well it will be a look that I've never seen a feeling I've never felt

Derek: lol yes

Derek: I think you have to be open to Destiny

Derek: And embrace the people in front of you, take that chance and just grab it

Referring to myself of course!

Juliet: i have fallen in love but not true love-- i am open to destiny- thats why i take it one day at a time -- true true

I've got her saying "yes"... "yes"... "yes" at this point to whatever I say!

Derek: I have to compliment you - I think we both have a lot in common

Derek: I'm sure you have that sparkle in your eyes that very few people do

Complement, not about looks but about her energy

Derek: that sparkle that says you don't just glow in your eyes but in your whole personality as well

Juliet: it's funny you said that someone once told me that

Bingo! I must be psychic ;)

Juliet: i think that and I have dreamed of this happening

Derek: what are you dreaming?

Juliet: my true love will look in my eyes and say to my i am lost in your soul forever i dreamed it a man dont know who he is but i hope he finds me or i find him :-)

She threw my a major green light with the happy face!

Derek: Well I think we deserve it to each other to get to know each other better, don't you?

I pick up on the hint and make my move... "we deserve it to each other" suggests that meeting is to HER benefit.

Juliet: sure why not can i ask you a question ?

Juliet: well a few

Derek: ok, ask me

Juliet: cause you have to enjoy your work

Derek: hmm? My work... I do enjoy it

Just say yes to whatever. Paint yourself in the best light possible.

Juliet: what do you do ? do you mind me asking

Juliet: please tell me you aren't a doctor

Derek: I do web development / software development for a company that builds motherboards

Derek: lol, oh why not a doctor?

Juliet: whew thank god

Juliet: well all the docs I know have their head up their ass

Derek: lol oh

Juliet: sorry i work at the hospital med center and I've seen one too many I'm a god docs

Derek: Hmm work is important, but it's not what makes you... a well paying job doesn't make you a better person

Derek: oh, you mean they're conceited?

Juliet: no I'M NOT ASKING ABOUT MONEY BELIEVE ME iLL NEVER LET A MAN SUPPORT ME AGAIN THATS WHERE i GOT SCREWED- YES

Values she doesn't like. Brag and you're sunk! The key of succeeding with women is asking them questions and LISTENING to them.

Juliet: sorry bout the caps i can't type

Juliet: all i wanna know is if you are happy cause if u r miserable that makes for bad times in a relationship

She's implying that we're going to have a relationship now. Bingo!

Derek: i live pretty well but it's not about money in the end

Juliet: thats true

Derek: lol, no i'm not miserable

Derek: I love [city], this is a big adventure for me

She's interviewing me now, so change topic.

Juliet: I live with a friend until i graduate - [city] is damn expensive

Derek: and life is the best thing there is

Juliet: how old are you?

Derek: I'm ____.

Derek: but everyone thinks I'm older

Derek: How old are you?

Careful how you play the name game. A lot of women are sensitive about their age. I usually bolt if they're older than 40 myself.

Juliet: i'll bet if you saw me you'd say 19 or 20 but Im actually going to be 32 in November-- thats true

Derek: I think that's a great age

Juliet: yeah until you get there LOL

Derek: Well you FEEL like you're 19, right? ;-)

Derek: that's what counts inside

Juliet: yeah on occasion but don't get me wrong my partying days are over - i have a daughter

Juliet: i don't do the south beach thing - been there done that I want to settle down

Derek: Hey Juliet, I've really enjoyed talking with you and it would be a shame if it had to end here

Don't stretch out the first conversation too long. If she likes you, she'll make sure you can get in touch with her later. It's always best if you're the first one to leave, otherwise you look like a desperate joker.

Derek: because we could have so much fun talking more

Imply that you want to talk again. Notice how this is ambiguous... she may give you her phone number again and does NOT imply only chat by IM.

Juliet: why would it end?

Derek: Is there anyway I can get in touch with you?

Juliet: hmmm well can i ask you my last question real quick

Derek: ok, please do

Juliet: ok this is just for me to get a little idea of who im talkin to what do you look like

If she asks what you look like right before you leave, she's definitely interested.

Derek: I'm 6'0, dark hair, blue eyes

Derek: I work out regularly

Derek: I'm most proud of my pecs I think - I have great pecs

Derek: Does that answer your question?

Juliet: thats cool so you like to stay in shape then

Derek: Yes, that is very important to me

Juliet: ok cool whew

Juliet: u don't have to be perfect but health is very important to me, after all that is my field

Juliet: well you care about yourself right thats all that Derekers - your health is very important

Derek: I don't smoke or get wasted if that's what you mean

Juliet: well too bad you aren't up all night I'd say call me on my break at work-- that's cool

Derek: When would be a good time to call you then? I'd love to talk with you

Juliet: really you'd call tonight

Juliet: i don't get a break till late though

Derek: How late? Maybe I can call you the next day if it's very late

I don't like to call a girl back that fast... it makes you look a tad desperate.

Juliet: usually 3:30 am yeah it's very late

Derek: Hmm, how about I give you a call in the next few days then, possibly tomorrow?

You're a busy man, you've got a life... calling her the next day is fine. If she likes you, she'll be there waiting.

Juliet: well i am working tonight and tomorrow night i'll probably be free to talk on Monday evening

Derek: Ok :-) we'll look forward to then. What's your number that I can reach you at?

Juliet: call my cell _____. if I don't answer leave me a message

Juliet: or if you are up early like say 8am call me then

Derek: ok, we'll have an incredible time talking

Derek: 8 AM on Monday?

If you set up an exact time, she'll be ready for you. Otherwise, you may catch her at a bad moment when she's not in the mood for talking.

Juliet: I'm sure we will no tomorrow if you are up or Monday morning

Derek: Monday is easier for me... so until then

Juliet: ok no prob I'll talk to you then :-)

Derek: ok have a good night at work, Lisa

Juliet: you have a good night as well

Derek: and tell your daughter hi for me!

Mention her daughter at the end shows her you care about more things than just hooking up. It also shows you genuinely were listening to her and that you care.

Juliet: bye Derek

Derek: bye



Juliet gets Hot and Horny part #2

Age 32

Occupation: Nurse

Likes: Poetry, sex, the beach, being a mother.

I didn't get a photo of Juliet until after I met her. And thank god I met her on a chance, because boy, the first night I met her she rocked my world! Juliet always wore 3-inch heels that really accentuated her killer toned legs. Best of all, she loved receiving pleasure and I bedded her the first night we met. She wasn't as good herself at giving it, but I eventually taught her a thing or two ☺. Although she may look a little standoffish, she had a very open personality and establishing rapport was quick and easy. We're still enjoying our relationship (long distance now) to this day.

Since the last episode with Juliet, I got sick so had to put off our meeting. Instead we talked on the phone and lmed each other again.

Juliet: hey there

Derek: hey, how r u!

Start off with a little enthusiasm – it never hurts.

Juliet: not bad how bout you

Derek: great I'm over being sick officially as of today

Juliet: lucky you :-)

Derek: I enjoyed talking with you, that was a lot of fun

Derek: you're life is so interesting

Juliet: I did as well :-) how was your week? thank you

Derek: hmmm... my week I was taking it kind of easy. i used my imagination to go places

Derek: instead

Derek: saw a few movies

Derek: with the lights low under some covers

Meant to get her horny.

Juliet: that's cool by yourself hmmmmm

Got her suspicious as well. A good sign, because the jealousy is showing through. She wants me baby.

Derek: I wouldn't want anyone to get too close to me

Derek: I wasn't that sick, but still

Juliet: yeah bein sick and all LOL

Derek: how was your week? see any bad gaping wounds or anything?

Referring to her work in the hospital.

Juliet: nope but i got beat up by an 89y/o man

Juliet: he was confused and punched me right in the head

Derek: !! ?? oh yeah they can be tough

Derek: did you fight back?

Juliet: i was dumbfounded- nooo i held his arm down

Juliet: then i tied him down

Derek: When something like that happens what do you like to do relax when you get home?

Derek: 'to relax'

Get her horny again, make her thinks of good feelings by having HER describe a story.

Juliet: take a long hot shower i would like a backrub but i can' do that myself LOL

Major green light.

Derek: yeah I love hot showers

Derek: Actually, hot baths but I rarely take them

Juliet: yeah me too

Derek: but the heat just works its way through every muscle in your body, it just feels incredible

Get her horny with a hot description of myself naked in the bathroom (implied).

Derek: and all of your worries just seem to end

Juliet: yep it sure does i just took one now before i head to work

Juliet: so you heading out this weekend? see the town

Derek: well I like giving back/shoulder rubs but I'm not exactly an expert

Juliet: i will be soon

Derek: Tonight one of my friends from work and I are suppose to get together, a new friend

Juliet: thats cool

Derek: it's up in the air for us, possibly _____.

Derek: What are you planning? Don't you have to work

Here I casually talk about over contacts – shows her I have a life. Don't brag though.

Juliet: yeah that place is pretty cool- you takin her to dinner

Juliet: yep 11 to 7

Derek: lol it's a he not a she

I was a bit too ambiguous for her.

Juliet: oh sorry

Juliet: i just ASSumed

Now she's getting sexually explicit herself. This girl is horny as hell.

Juliet: but thankfully I'm off the rest of the weekend

Derek: lol no problem.

Juliet: i'm lookin at getting a position right now I will only have to work 3 days a week

Derek: we should get together though this weekend, because we'll have a lot of fun together :-) I want to meet you

Derek: !!! that's incredible if you can get that

Juliet: yeah that sounds good yep i go friday to see

Derek: But 12 hour shifts? what's the catch

Juliet: 12 hour shifts its easier

Derek: I see... just imagine having those days off and spending them with your daughter and your friends

Juliet: yeah it's gonna be great

Derek: and doing more of the things you really like to do and always have wanted to do

Derek: like...

Derek: enjoying the sunrise

Derek: (sounds goofy?) :-)

Juliet: yep exactly- yeah that is awesome and the beach at night

Juliet: nah

Derek: In a sunrise you've got to notice every shade of brilliant orange

Give her some good visuals. It turns women on.

Derek: and how it mixes with the light blue like a big dessert for your eyes

Juliet: yeah my gosh you sound like a hopeless romantic LOL- I'm kidding thats nice really

Even though she says "just kidding", that's what she felt. A little description created a good feeling in her which she associates with me.

Derek: hmm, making myself hungry for some sherbert swirl

Juliet: i love sherbert

Bingo!

Juliet: i haven't had it in so long

Derek: sherbert is one of those things you can really enjoy with someone else

Derek: not a food to eat by yourself

Derek: one spoon or two spoons

Major move here... notice how ambiguous it is though. She can take it as innocent conversation or "let's make out".

Juliet: yeah maybe we could do that

Bingo. She takes it as "let's make out".

Derek: is sherbert your favorite flavor? or you just miss the taste on your tongue

More ambiguous suggestion.

Juliet: :-)

Juliet: i like orange

Derek: hmm yummy imagine letting that sherbert melt in your mouth

Derek: and getting that orange sherbert yum-yum

Sherbert or cock? Eating is very sexy.

Juliet: yeah i know shhhh i want it now and i have to work ughhhh

She wants it now.

Derek: Hmm well just having something to look forward to

Derek: kind of like rewarding yourself with a big present

Juliet: thats true but where do you get sherbert here

Derek: hmmm supermarket... are you near one

I goofed here. She may have been referring to my apartment.

Juliet: yeah I'm near a few but i don't have a car yet hahaha

Derek: how do you get to work?

Juliet: well i had a car it died - now i take the stupid bus till next week i hope -

Derek: oh that's right... well don't eat any sherbert until we're together, that's our special food you and me

I just created a special element of the world that only she and I know about that. It is special meaning for us that no one else knows about – and it's something that she loves to it.

Juliet: ok I won't :-)

Derek: because it represents the sunrise and sunset to us

Link the sunrise to sherbert, which is also something she really likes and thinks is romantic.

Juliet: besides i have to work tonight anyway LOL-- yes it does

Derek: Well at work just take those good feelings between us, that ball of energy, and turn that energy up

Tell her to intensify all of her good feelings with me, but indirectly.

Derek: and think of that

Derek: just duck if someone tries to hit you, ok?

A little humor, referring to the old man who tried to hit her.

Juliet: you think it will get me through the night -- LOL hey i didnt see that coming LOL

Derek: Take that energy and hold it in your hand and put a little of hit into your tummy if you start to get tired

Whenever she gets tired she'll think of me to boost her up! She'll constantly look me to good feelings throughout the night.

Derek: they key is don't use it all at once :-)

Joke about it. This lightens the mood a little.

Juliet: well i'll try not too :-) you are so easy to talk to I like that

She likes talking with me. Bingo.

Derek: thanks Juliet

*Acknowledge a compliment. Some men don't have enough self esteem to take a compliment.
Show her that you do.*

Juliet: you're very welcome Derek

Derek: I'm curious, I have a question for you?

Juliet: ask away

Derek: now i'm wondering what you look like... what color is your hair, is it long/short

Derek: (i don't want to picture you all wrong)

*I waited a long time before asking what she looks like. I don't suggest waiting this long
necessarily, but don't ask a woman right away either! Always show interest in who she IS first!*

Juliet: it's right below my shoulder it is light brownish blonde i'm 5'5" about 110 athletic but not
like a wrestler bown eyes

Okay, nice.

Derek: ok, I'm picturing you. I wonder what your eyes are like. I always like people's eyes

Juliet: very light green

Juliet: guys look at that and then of course my chest ugh

Note to myself: don't look at her cheat and keep steady eye contact.

Derek: well some other guys are more inconsiderate

Tell her you're not like that; in fact, ALL other guys are, except you.

Juliet: this is true

Derek: and they can't relax about it

Explain why and she'll respect you even more.

Juliet: but It's men's nature just don't look at only them i do have a pretty face and the rest of me
is sexy

Derek: I believe you have to relax and completely enjoy the other person's company

Derek: Yes, but if you really focus in on what a person is saying it's like the whole rest of the
world just melts away

Translation: I don't look at tits and when I focus on you, you'll fall in love with me.

Juliet: i do too-- exactly

Derek: and you're looking right into their eyes and that's exactly where you want to be, just there
with their eyes

Juliet: wow ok enough enough sold LOL:-)

She wants those feelings with me, now.

Derek: and you have to slow down a little and learn to enjoy that because it's very sensual

Derek: lol i'm not trying to sell you anything

Don't get too mushy-mushy. Give it in small doses.

Juliet: I know I am kidding silly

Derek: that is a kind of intimacy all to itself

Derek: what's your favorite intimate moment? (the big-O doesn't count here)

Ask her what she likes in an intimate moment (notice how I don't specify anything... it's up to her to decide.) I also want to use this information when I meet her so I make it clear than orgasms don't count.

Juliet: hold on

Juliet: sorry

Juliet: i got a call about getting a car

Juliet: what's the big O

Derek: orgasm

Juliet: oh ok duh

Derek: like a romantic moment

Juliet: well my favorite intimate moment is i guess just kissing and holding that person close

Kissing. More evidence that this girl wants to be kissed.

Juliet: i know mushy

Derek: lol yes simple things like that

Juliet: yeah that's me ;-)

Derek: If you were to imagine that now, how good does it feel on a scale from 1 to 10?

Juliet: oh if with the right guy 10

If it was anything less than a 10, I'd amplify that feeling up, but there was no need to in this case.

You could amplify it to "infinity" but I thought that would be going overboard in this case.

Juliet: i love it

Derek: Being held in two warm arms and that long slow kiss and smile and a soft touch, am I right?

Imply that I know how to be that super, sexy guy she wants.

Juliet: especially when it's like the anticipation of the first kiss then it just all flows OOOOH -- yeah you got it

Derek: lol I think that's a universal favorite

Juliet: yeah maybe

Derek: I'm just thinking work is such a contrast

Juliet: work is ?

Derek: not as warm

Derek: I should be getting off relatively soon

Notice the hidden sex act "getting off" in the sentence.

Juliet: if it's forced you mean

Juliet: fetting off eh

Juliet: getting off LOL

Excellent. She caught it.

Derek: lol no I didn't mean it like that, but don't put any good ideas into my head

Answer: I didn't imply it, but I sure do like it!

Derek: I mean I need to give me friend a call sometime soon

End the conversation before she does.

Derek: How about we talk again though

Juliet: ok that's cool - so do you want to meet me this weekend maybe tomorrow if u r free- yeah

She's asking me out to meet. I didn't even have to. That means I need my work well!

Derek: possibly tomorrow, but it would have to be later on in the the day or evening

Juliet: oh of course

Juliet: i will be sleepin anyway in the am

Derek: right, how about I give you a call and we figure it out then? We can get together for coffee or something

Juliet: or sherbert LOL sure that sounds cool

She wants more. I'm being too conservative.

Juliet: hey do u have an email account

Derek: yes, my@emailaddress.com

Derek: ok it's a sherbert party

I quickly adjust and make our encounter more suggestive.

Juliet: you can call this # if i dont answer the cell at _____.

Derek: ok that's perfect... I enjoyed chatting with you

Juliet: me too talk to you tomorrow take care have fun this eve

Juliet: ;-)

Derek: :-) Be careful at work next time you might have to dodge bullets

End on a lighthearted joke, referring to the old man who tried to punch her.

Derek: take care

Juliet: hey you don't jinx me

Juliet: bye:-)

No Pic Available

Marsha – Taking boredom to the next level

Age: ?

Occupation: ?

Likes: Cooking, bowling, walking, and fishing.

This case is a prime example of the kind of women that would drive you a bit nutty.

Derek: hello

Marsha: hello

Derek: hey so what's going on? :)

Start off friendly

Marsha: rain

Derek: rain?? it's sunny here

Marsha: are you west of ____?

Derek: no i'm east

Marsha: that's why you have sun

Derek: i guess the west is underwater then

I usually start by cracking lame jokes.

Derek: yes but it's really hot

Marsha: if not, it's close

???

Derek: i'd like a little rain

Derek: I'd grab an umbrella and sing 'singing in the rain'

Lame joke to open her up.

Marsha: stay where you are it'll be there

Derek: lol uh oh. what should i do to prepare myself? build an underground bunker?

Marsha: that's smart...

Hasn't picked up on any jokes so far. Most women do. Bad sign.

Derek: i guess you're a sun girl? I use to live on the beach - fun

Marsha: not a good place to live , sand will wash away

Derek: well that's true, fun while it lasts though

Derek: ever been to the beach

Derek: ?

Marsha: best to build on rock ,

Derek: lol

I'll take it as a joke, but I'm not sure. This chick has NO sense of humor.

Derek: so best on a mountain top then?

Marsha: yes, Erie has great beaches

Derek: isn't it cold up there??

Derek: i was in ft lauderdale

Marsha: erie, no , it's not , it's actually warmer than the ocean

Derek: lol oh, so it's a skinny dipping beach then?

Marsha: if you want to risk jail , it can be..

Derek: it doesn't sound like you're a fighter for nudist equality then lol

Marsha still hasn't opened up. More lame jokes then.

Derek: what is it that you do like to do then

Derek: lol your profile is pretty sparse!

Marsha: I cook , I bowl , I take walks , I like to fish

Sign to bail now. She sounds like a redneck. I don't give up easily though.

Derek: cook? tacos..? toast..? cocoa..? those complicated ones

Marsha: some dinners , mostly quick meals

//////..... Boring. Give me something to work with.

Derek: lol you mean like tv dinners? those are quick

Marsha: no .. but close

Derek: lol so cooking is something you really like to do? what is it that you really like to do

Okay, need something more interesting from her. Notice how I'm asking all the questions... she's barely alive. Good time to bail normally.

Marsha: scrool back and read

??? Chick can't spell worth shit.

Derek: i like reading too. what subject?-- racy romances, how to bowl, fiction

Here I introduce sex very lightly. Hopefully she'll pick up on "racy romances"!

Marsha: I like romance , adventure and some sci -fi

Bingo, she does.

Derek: i've read a little romance..!

I haven't, but I know what they're about more or less.

Derek: the kind of a guy who sweeps the woman off her feet.. strong, independent, dangerous

Marsha: must be a sensitive loving guy, not many guys read romance

I scored points. That's why it's so important to listen to what they're saying and show interest in it. If she brings up a topic like "bowling" and it's genuinely boring to you, try to pick another topic that's more interesting so that you can respond with genuine curiosity.

Derek: well haven't you ever had the feeling of surrendering yourself to a sexy man who must have you

Get vivid with the description... that's what gets women horny as they imagine the scenes.

Derek: thanks! I bet you're a sensitive woman who can appreciate that

Acknowledge a complement.

Marsha: oh , there have been times.. but it's all fantasy

Now she's showing her horny streak under all of that repressed sexuality.

Marsha: not as sensitive as I should be

Derek: lol i like fantasy. why not let it be true?

Derek: why's that?

Marsha: something are attainable some are not.. if I was single then maybe..

Okay, not single. This girl is mostly a waste of time. I might as well see if she's the "bored housewife who needs a thrill" type.

Derek: are you having relationship problems?

Marsha: no , never have

Marsha: we drive each other equally nuts

Derek: is that good? i mean, have you ever been with someone in just the way you truly want to be with someone? who fulfills your needs

Marsha: yes, and I married him..

Lol okay, boring. She claims to have a "perfect marriage". Should sink this Marsha for the amount of time involved.

Derek: lucky you!

Marsha: have you ever found someone such as you described

Notice this is the first time she's asked me a question. Usually I'm asked a question within the first 5 minutes though.

Derek: yes, she's in ____ now. we have an open relationship

Might as well hint at the truth. It might spark open her dull personality and lazy imagination.

Marsha: and where are you?

Derek: near ____.

Derek: we visit each other sometimes

Marsha: so what you described in a person isn't really true

Marsha: at least not when describing her

Derek: well when we get together we're very close. i do perceive our relationship like that

Derek: we talk every few days

Marsha: most not be true , or else it would not be an open relationship .. there would not be a need for another .. everything would be fulfilled..

What I said violates her apparent "love can only exist in marriage" belief. We're losing any rapport we had fast. Then again you don't need to have rapport with everyone you meet – some girls are simply pain in the necks and you don't need their bad attitude no matter how attractive they are!

Derek: well that's the way she is and so am i. that allowance of freedom IS part of her being fulfilled. She has different values.

Some women DO want to enjoy their freedom and you still can have a wonderful time when you're both together.

Derek: Do you spend every second with your husband? Having your own time to yourself is part of being fulfilled in a relationship

I don't suggest you argue with then like I do here (she just hit a pet peeve of mine – dummy girls telling me my relationships are not valid). The best way is simply to end the conversation.

Marsha: well, something's missing in the relationship.. It's not like you described.. either you or her are still searching for something

Marsha: not every min, but I always know where he is and he knows my whereabouts also and what we're doing

She can't let go of this. Lesson: don't bring up your past or current relationships on a first "date", even online unless the girl is cool.

Derek: not all people are like that.. you're filtering what i'm saying through the concept of marriage. that's not how all people think or want. some women are more independent. when we're together we always feel really great with each other. If you can't accept that fine, I'm not asking you do it.

Derek: take care

Here I end my conversation with Marsha. If the girl is a loser, make sure that you end the conversation first.

Notes