

GERMAN MUHLENBERG

HOW TO TALK TO GIRLS

Simplified

WHY OPENERS AREN'T THE SOLUTION

FULL VERSION

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Introduction

- *If you have trouble chatting with a girl you like.*
- *If you always end up having boring conversations or don't know what to say.*
- *If you want to know what to do on a date to make it a fun, exciting and interesting experience.*
- *If you want her to really enjoy being with you and to feel attracted to you.*
- *If you have already searched through various videos, blogs or **Wikihow** and they did not help you.*

Then this is the right book for you!

Some of the questions I get asked most frequently are: “*How do I start a conversation?*” “*What do I say to a girl?*” “*Should I have certain phrases prepared in advance?*”

One of the main problems when striking up a conversation with a woman is that everything seems to be going well and then suddenly her interest seems to simply disappear. As her answers get fewer and shorter you can start to feel like the situation is a complete disaster and that you'd give anything to know what she was thinking.

It's happened to all of us some time or another when we don't know what to say when starting a conversation or when there are some uncomfortable silences. The truth is that it's not as difficult as many think and yet many men end up in boring conversations and the girls they like rarely have unforgettable nights with them.

Why?

Because they end up doing the same boring, predictable and tedious things that the last 100 guys did and they simply don't work. Imagine that one girl is on a date with a random guy she doesn't know and he starts asking her the same questions she always hears:

"So, where do you come from?", "What is your job?", "What do you study?", "Why did you choose that university?", "Where would you like to live?", "Where would you like to go on vacation?" Some men will even talk about the WEATHER! That last one, definitely, is not the topic of conversation of an unforgettable night!

The worst thing is that there is a belief that the solution to this is "openers" or pre-set phrases and I have to admit that I used to think that way too. Once a guy wrote to me: *"If I had a perfect phrase to start a conversation everything else would just flow."*

Many guys are looking for this perfect phrase, an all-encompassing opener, that will instantly get a girl to be interested in them and attracted to them....sorry, it just doesn't work this way!

This is not another cheap book of dating advice from one of your peers... although is a cheap book. The thing is this guide will not only give you the tools to have better conversations with girls but also give you a better understanding of what is important and what isn't.

Chapter One

Openers

Welcome!

In response to the majority of questions that other readers ask me, I will provide some openers on how to start an effective conversation with a woman here. To begin, get close to a girl or a group of girls and say:

“ *Hey there, I need a female opinion!* ”, and then:

- “What do you guys think about ending a relationship with a text message?”
- “In a fight to the death between ALF and ET, who would win?” (Or whatever fictitious characters occur to you).
- “Sex or Chocolate?” (Or whatever topic that you can debate on).
- “If you say *I love you* when you’re drunk, does it count?”

And that’s it, this is where the book ends.

Good luck!

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wrote...and wrote...and wrote...and wrote...and wrote...and wrote...

He wrote...he wrote...he wrote...

He wrote...he wrote...he wrote...

He wrote...he wrote...he wrote...

And what happened?!

Unlike the others these phrases did not work for him.

...

...

As you know, this boy was me a long time ago (and if you didn't know, now you do). As it was with me many guys also start out with no idea what to say to girls. The truth is that today when I talk to a girl I have no idea what I am saying most of the time.

It is known that only 20% of human communication takes place purely through words and the rest is your attitude, body language, vibe, presence and so on. The important thing is not "WHAT" we say but "HOW" we say it. Nevertheless, the questions are always the same: “ *What do I tell them?* ”, “ *How do I start a conversation?* ”

These guys make the mistake of trying to make that 20% of the equation their entire focus.

I could give you hundreds of phrases and questions to repeat which could sound "nice". The issue is that I doubt they're really that useful. I mean it, you could find thousands of phrases in blogs or forums but none of them will really get you the results you seek.

Why?

Because when you're sitting and chilling in your home like you could be right now these phrases might sound attractive and interesting, like they would suit any situation. But when you're at a bar or a club... or on a battlefield as many see it ... everything changes because we're nervous. Often the timing or place isn't right .

Maybe the correct question is:

What is it that we are feeling when we communicate with her? What is our mentality? What do we transmit? These are the most appropriate questions when starting a conversation.

Because it is much more powerful to BE something attractive than to SAY something attractive. That should be our goal.

Chapter Two

Problems with looking for the “perfect phrase”

At first, when I was just beginning in the field of seduction, I had a notebook full of phrases with which I could start a conversation until I finally kissed the girl. My notes were written, crossed out and rewritten. I tried to perfect them until I was as tired as if I had tried to find the perfect algorithm for picking girls up.

In the time that I spent studying "openers" (pre-set phrases) and seduction I could probably have developed a cure for cancer or become a nuclear physicist ... well, perhaps not, but anyways, it was a big chunk of time! The point is that for a long time my concern revolved around finding the perfect phrase believing it was "important".

Now, why do the majority of men believe this?

An opener is not only linked to what you say but also to starting a conversation which can frequently be very difficult because of anxiety. This is why, in my opinion, there is so much focus on openers and phrases. If you don't talk to any women at all on a night out it can get to be a very frustrating experience. One of those nights where we stand around in the bar with our glass at chest height watching others as they have fun around us while we feel miserable. Oh yeah!

There is nothing really wrong with having a pre-set phrase lined up to use, sometimes they can be fun and useful. The problem is when we see these phrases as something necessary to "keep the conversation going" or "impress her". This approach hides us in the background of a search for validation and puts her above us. Unconsciously we are saying that we should try hard to win

her attention or impress her, rather than meriting this attention because of who we are. We look for a perfect phrase to show how "cool" we are or to make us more interesting because we really do not consider ourselves to be like that.

Another problem is that quite often we would rather blame the phrase than take responsibility ourselves for the woman's reaction. We blame the phrase to avoid our responsibility and don't work on the underlying problem. "*Oh, this opener doesn't work*", but perhaps you stuttered or your hands trembled or you accidentally spat in her face ... but of course, we should definitely change the *phrase* because it doesn't work.

Let's look at an example that a seduction coach tells one of his students to use with a group of women. It can be anything, like: "*Hello, I saw you and I liked you!*" Or "*who lies more, men or women?!*" Or if you prefer, "*I'd kill a whale with a flip-flop for you!*" ... it's all the same.

The coach uses it and it works perfectly because he is completely congruent with that opener. He is used to walking directly up to girls and saying, "*y ou look great*" and that doesn't seem creepy or strange because of his body language and attitude.

But then his student, who cannot even maintain eye contact, who is extremely nervous and cannot smile, is rejected with answers like "*I have a boyfriend*" or "*g et lost*" or simply with uncomfortable silences along with the group's mischievous giggles.

So why don't openers work for everyone?

Even if the words we say sound cool the execution, the attitude behind the words, the body language and other communication factors can be sending a completely opposite message to what our words mean. The message the student is sending is that he is someone fearful, insecure, negative, desperate, dramatic, degenerate... OK, OK not that bad. The point is that the girl is receiving much

more information than just the words.

Maybe now you're thinking, *"I don't have any problem going up to a girl to talk to her. I don't tremble, I just don't know WHAT to say to her."* Well, what happens is that we are still looking for her validation and subconsciously that is what we are going to communicate. No matter what beautiful words we are saying what we are going to be transmitting is what we are subconsciously thinking: **"I need a phrase to impress her"**.

Why?

Because we still see her as better than us.

And what happens when we think this way?

What happens is that we will get the feeling that we need to force ourselves to get her. It's that moment when we start thinking of her as a prize and everything we say will be used against us.

And here is the important difference: the coach does not think he needs a phrase (regardless of whether he uses it or not) because he does not think of the woman he speaks to as better than him, rather he seeks to establish a relationship as equals.

However, the student who does see the woman as better than him thinks he needs a phrase and even though he and the coach say the same thing they communicate different messages. As a result the girl will feel that there is something strange about the student, that he is not being genuine or authentic and so she will reject him.

As I said before, it's not that it's wrong to look for pre-set openers or conversations but the truth is that most of them are not going to be of much use to us. If we try to do what others have already done but it's not congruent with our personality, we'll probably fail.

Even if we receive a positive response, such as "o h, thank you, " most likely we're just going to sit there thinking, "*great! But what do I do now ?!*"

Many guys told me how their conversations flowed well when they talked to girls who didn't interest them, while when they were with women they liked, they confessed that they had problems, that the conversation didn't flow and all their efforts were worthless. Their question was how they should act in front of these "women" that they liked.

" I feel like if I had two or three go-to topics I know I could improve and get women to like me more ", one guy wrote to me.

In chapter three of [Seduction Simplified](#), "The girl 10", I talk about the mistake of believing that we must act differently according to how attractive we consider a woman. The logic of this thinking is that the more attractive a woman is, the greater the difficulty in seducing her, which determines our behavior and how to get her.

One of the problems with this is believing that women see themselves in the same way that we see them. We could say that it doesn't depend so much on their physical beauty but rather on their emotional need and self-esteem, in short, how they see themselves.

In the same way, our attractiveness and the attraction that we make her feel will depend more on the perception we have of ourselves and our emotional needs.

If we overestimate her we will undoubtedly feel more nervous, we will act awkwardly and we are likely to feel that she is out of reach. The men that women find attractive are those that they see as equal to or slightly "above" them. If we think we need a funny phrase to pick her up it will be difficult for her to see us as attractive.

Conclusion

It's not that there aren't any eloquent phrases, ones that make people fall in love or that really have a profound impact on them, it's just that we shouldn't focus on the phrase itself, it won't depend on that. If a phrase works really well, it's likely that she already felt attracted before we approached her.

So, what can we do?

So long as we are 100% congruent and honest we can say almost anything. There are no incorrect phrases when they are honest ones.

It's a matter of changing our mindset: we do not need to say anything special to attract her. I used to think that to pick up a woman I needed to say something interesting, make her laugh, receive three indicators of interest and then move on to another phase ...

The less we think about what to say or talk about with a woman, the more we will concentrate on the interaction itself. We can genuinely take interest in the conversation and respond naturally, instead of thinking about the next phrase to say.

The fewer things that go through our heads, the more time we will have for a fun, interesting and exciting conversation with her. Through a process of trial and error, rejections and uncomfortable moments the conversation begins to flow as a result of the experience we gained.

Sure, it's going to take a while until we start gaining experience but that's how it is with any other skill. Just keep in mind that you're not waiting for her to say something like: "*oh yes, I want you to take me to your bed right now*" every time we start a conversation. The fact that you receive a reaction is positive. Let's play with that reaction and move on to another conversation.

It's like this, due to experience and seeing the girl as an equal the

conversation got going. That is what we should focus on, not words.

Chapter Three

Why do 80% of the seduction tips fail?

- "How to make a girl fall in love with you?"
- "How to start a conversation?"
- "How to get back your ex?"

The reason why most books don't work is because they don't focus on the underlying problem. The fact is that most of these techniques try to compensate for deficiencies in personality. They try to cover up the problem, but they do not solve it because the fears and insecurities will remain.

Many people who seek to improve their romantic lives have beliefs that place them above or below the opposite sex. These beliefs arise from Cultural Narratives that are encountered in various way in our culture. Cultural Narratives may be one of the fundamental principles that most books or advice in general doesn't cover and these narratives affect all of us, to a greater or lesser extent, in our romantic lives.

We are constantly influenced by how our relationships should be both in terms of love and sex even before we are really thinking about what appeals to us. We assume that Cultural Narratives are real because we see them in everyday life; in school, family life, the media etc., and we usually approve them without really asking what they are. The problem is that many of them can hurt us. Some examples of these narratives are:

Narratives About Sex

With the beginning of the Middle Ages in Catholic Europe, the Church

imposed on medieval society that sex was allowed only within marriage and should be for the exclusive purpose of reproduction. This categorized sex as something bad or impure and that fantasies and desire were wrong or immoral in some way or another.

In those times access to education and information about health was far removed from what we enjoy today. Many people lived in extreme poverty and barely had enough to eat. Having children involved potentially serious consequences not only in terms of the delivery but also when it came to feeding the child. Even for a wealthy man, for whom keeping his children was not a problem, he needed to make sure those children were his own. For this reason, this type of narrative helped maintain fidelity and more control over women. This is also an example of the attitudes that were passed on through generations and are not justified today.

The truth is that most people enjoy, think about and fantasize about sex and there is nothing wrong with that. The problem comes when people take these narratives as truth and because they view sex as inherently immoral a lot of guilt is generated for them. Every time we try to conceal or repress a desire, in this case enjoying sex, consequences such as low self-esteem, shame or self-sabotaging behaviors are generated.

This can also make it difficult to commit or have healthy relationships. It is important for any healthy relationship to accept our own wishes as well as to accept the wishes of our partner without overreacting or judging them.

Narratives About Love

The narratives about love and romanticism have been placed in a very idealized position. In the Middle Ages, love could even be seen as a mental illness which made people act irrationally and do things like elope with other partners or make bad decisions, even to the point of killing for love.

After the Industrial Revolution society stabilized and it was no longer necessary to arrange marriages for economic or political reasons. It was from this point that love began to be seen in a more romantic light, a process of self-realization and a desirable goal to achieve. It was also where this cultural narrative started next to the Romanticism, a cultural movement that took place in Europe from the end of the 18th Century up until the first half of the 19th Century.

Another aspect of this narrative is that it is only successful if it lasts forever. Studies by various biologists and anthropologists show that this is not true. A team from the Albert Einstein College of Medicine did a study with different couples. This study was explained by neurologist David J. Linden in his book "The Compass of Pleasure". They made brain scans of the subjects while they looked at a photograph of the face of their loved one. The results indicated that in most cases people do not fall in love for life. That idea of maintaining a relationship together, whatever the cost, maintains this romantic idealization that hurts if it goes beyond mutual respect. Sometimes, the best thing is to simply finish that relationship and allow each other to move on.

In Western culture, and perhaps to a greater extent in Latin America, many of us romanticize love and see it as "the great solution to all our problems in life." It's love movies, fairy tales, princess stories, pop culture, Disney's "happy endings", poems and many things that feed this narrative.

Now, what is the problem with all this?

That our relationships are the first victims. All these messages in some way tell us that: "there is only one true love for all life", "if we find love nothing else matters", "that love can do everything and solve everything", or "that love justifies even behaviors that are not healthy." And because we idealize love, we also overestimate it.

A very interesting note by Mark Manson called "[Love is not enough](#)" criticizes John Lennon for being idealistic and inconsistent with songs like "All

you need is love" when in his personal life he abandoned one of his children and beat his two wives.

We should understand that having healthy relationships requires more than passion, emotion or love. We understand that the success of our relationships depends on deeper values. If we are in a relationship in which we continuously perform behaviors that hurt us or hurt our partner then love alone is not enough, it is not a good relationship.

With this I do not mean that love is a bad thing in itself or that there are no couples that last forever. Without a doubt it is a very important experience in the life of any person. But when love is considered paramount then it is most likely that we will ignore fundamental values such as honesty, respect and commitment to the people we love. If love is the solution to all our problems, why bother with all the other difficult things?

And how is it that these narratives affect us?

Well, we already talked about what Cultural Narratives are and how they affect our beliefs, however, we also have our personal traumatic experiences that tend to amplify these ideas, thus generating greater damage.

If for example:

- There is a narrative that talks about women as manipulative, malicious and cold and if in our last relationship our partner cheated this will confirm that they are this way.

- If as children we were mocked for our appearance, as adults we could combine that trauma with the standards of society on beauty and generate an obsession with our image.

- Having an authoritative or neglectful mother or father that affects our way of seeing the opposite gender in the future.

Inferiority Gap and Performance Behaviors

This combination of narratives and traumatic experiences can generate what is called the "**inferiority gap**". This means that a person believes implicitly that there is a difference between their value as an individual and a specific sex or gender, and therefore, needs an action to compensate for it. As I said in the beginning, this happens with most people who seek to improve their romantic lives because they adopt a belief that places them above or below the opposite sex.

For example:

- If a man puts women above him then he will believe that he needs to compensate with certain behaviors, gifts or phrases.
- Women sometimes put up with bad treatment in a relationship and believe they are not worthy of their partner's consideration and respect, they want the man to prove their love somehow.
- A man who tries to seek out eloquent phrases and pick up lines in order to have sex with women.

As we said before, these people believe they need some action to compensate for this inferiority gap. These behaviors are called "**performance behaviors** ." They are not things we do because we really want to but things we do because we fear disapproval or rejection from someone else. Not only are these behaviors unattractive, they even unbalance a relationship in favor of the person with the most power.

Worst of all, most of the seduction tips in Blogs, Youtube videos or even books and magazines promote this type of behavior. "Say this", "do the other thing", "wait three days to answer" ...

Every time we see a person above us that makes us feel that we must improve to obtain their approval, we will have performance behaviors. People in this situation are those who try to be more cool or successful than they are, who seem to know more than they really know, who are not open to their needs, their values or their past.

Romantic movies are full of these behaviors as if they were something normal: “try to say something to impress”, “manipulate”, “pursue”, *etc.* In reality, a healthy relationship is one in which each person expresses how they feel and their partner takes it or leaves it. If they leave it there is an incompatibility of values and it probably was not a good relationship.

Even those who adopt an apathetic attitude so as not to give a needy impression so that they are perceived as more attractive, paradoxically, are having a compensatory behavior because they are not being authentic. They hide their emotions and do not show themselves as they really are, they are pretending in order to give a more positive image. Basically, all they show is that they care too much what others think about them.

Performance behaviors are universally unattractive and generate rejection for acting desperately. These behaviors, besides being unattractive, consist of three problems:

1-Reinforces low self-esteem: If we cannot be ourselves whenever we are facing someone that interests us or if we need an action or behavior to please the rest, this will reinforce the belief that we are insufficient.

2-They are exhausting: They take a lot of energy because we will never know if we are correct: “Did I say the correct phrase?” “Did I talk to him too soon?”

3-They inhibit trust between people: Trust is one of the fundamental values in relationships. If we feel that we need certain behaviors to merit acceptance,

we will never be sure whether the other person appreciates us for our actions or for what we really are.

Conclusion

If most of the seduction tips fail, it is because they focus on giving advice on "performance behaviors" and not on working on the underlying problem that is the "Inferiority Gap".

When I was a teenager I believed that women were something to be conquered, something for which men had to prove their worth for courtship. That men should entertain and validate or be accepted by them. The truth is that in movies this can work but in reality women do not tend to see these behaviors as something attractive.

While the advice out there tries to counteract these needy attitudes, for example, by saying phrases to make us look "cooler" or waiting for 3 days to respond so as not to come across as needy, they try to present these behaviors as those of a man who respects himself. However, a man who respects himself says what he thinks and talks about his values freely and does not say practised phrases to seek acceptance.

If, on some occasions, "performance behaviors" have a positive effect, it is because they act as a placebo generating great motivation at the beginning. The tips may also help you a little by simply getting you exposed to more women. But it is not the best way.

If compensatory behaviors are taken as the solution, it will not cure the problem but will disguise it. You will generate an incongruous and inauthentic personality by repeating phrases or acting in certain ways to please others, but deep down, you will continue to seek acceptance.

Remember, "performance behaviors" are those we do not do because we really want to, but because we fear that others will disapprove or do not want us.

Those who feel the need to use techniques or specific phrases feel inferior to the one they want to seduce.

The most successful people are those who do not see the opposite sex above themselves. They are those who do not feel that they have to do anything special to earn them. That way your game becomes simple and natural.

Chapter Four

How to turn on the most important attraction mechanism?

Who is your favorite super model or actress? Imagine her. I'm going to imagine Jennifer Aniston who, despite being older, I still like (and no, you can't imagine the same person). Now imagine that you have her at your side.

How does it make you feel? Do you like it? I'll assume so, since she's your favorite.

What would happen if you could make her feel everything that you're experiencing with equal or greater intensity? All we need to do is activate their attraction mechanisms.

How?

Well, it's not height (although that helps), it's not muscles (although that helps), it's not being rich (although that helps), it's not fame (although that helps) nor how many girls want us (although that really helps).

So, what is it?

It's what all of these features point towards: **OUR STATUS** .

I'm not talking about superficial status (although that helps) but about something much deeper. Women will not judge our status based on our material goods, how many drinks we buy them or if we have a pretty face. But they will do it because of our behavior and how needy we act in front of them.

Emotional Investment

This is another topic that I touch on in my book " [Seduction Simplified](#) ", however, I consider it important enough to talk about again. An element of personality that determines the attractiveness of an individual is their **behavior** and **emotional need** .

It is said that in prehistoric times women considered the personality, status and hierarchy of their potential partners more, bearing in mind the need for protection and their chances of survival. The presence (or absence) of these aspects is measured by women through observation, more or less unconsciously, of **male behavior** .

When we talk about behavior we refer to how someone behaves in front of other people and also to how others behave in front of them. These two aspects are intimately linked, since in a certain way others treat us as we allow them to.

An important component of behavior is emotional need. In most cases **the attraction that a person's personality generates is inversely proportional to their emotional need** .

People with a high level of emotional need tend to be less attractive and invest emotionally in others much more than others invest in them. They prioritize the perception other people have of them over how they feel about themselves. **They seek the acceptance of others rather than living life on their own terms**

This attitude is subconsciously communicated through behavior and a woman (or people in general) can intuitively tell when we are at our most needy. Not investing emotionally can be difficult when we are faced with a very attractive woman, either by idealization or when we have fear of losing her.

In the same way, women can also be emotionally needy. Although in men emotional neediness is a pretty unattractive quality it is not considered as undesirable a factor in women.

It is important to note that women are equally attracted to men who

demonstrate the potential to be successful and those who have already achieved success. As examples we could think of a university student with many skills who has not yet finished his schooling, a painter with little money who paints masterpieces, a talented dancer who has not yet achieved a starring role or a tenacious businessman who is going through a bad spell.

The Power

Mario Luna, one of the most prominent coaches in Spain, **refers to "giving away power" as something similar to "emotional need"** . He says that when it comes to the mechanisms of attraction "giving away power" is the main mistake we can make, and also, the most difficult to see.

Why?

Because giving away our power makes us lose her attraction but not her approval. This is where many men believe they earn points towards seducing a woman but in fact do the opposite. "Oh, I made her laugh 3 times!".

When what they are really earning is a pat on the back for trying too hard and giving her all their attention. That is giving away your power. Also those who think of a perfect phrase beforehand don't realize that even before the game begins **THEY ARE GIVING AWAY THEIR POWER**.

Another way of giving away our power can be talking about things that don't interest us and trying to cling to whatever thread of the conversation she shows some interest in. All for the simple fact of maintaining the conversation, as if the number of words we said represented how soon we'd be in her bed. We have to remove her from the center of our Universe.

Quite often, when a guy finds himself in front of a woman who attracts him, he overreacts. In simple words, the girl's behavior causes an emotional reaction in the guy which makes him respond too quickly or intensely.

For example, it is very common that if an attractive woman makes a disapproving face when talking to a guy he immediately feels very down or gets angry or upset. If she shows him a sign of her approval or touches him then his face changes suddenly as though he had just won the lottery. When she speaks, without realizing it, he turns quickly to listen to her and not miss any detail. If she says or asks something he is already responding before he even understands the question.

Remember this, **what's reactive is repulsive.**

That is why it is fundamental that we do not react more than her because in an interaction the person who reacts less often is the one who has more emotional power over the other.

As Mario says, for women our "power" is just as attractive in us as something like their ass or their tits can be to us and the main ingredient of our appeal for them.

Let me be honest, I've been studying seduction since 2008 and I've been with incredible women and yet sometimes even I screw it up, sometimes I give them my power by mistake. Sometimes it happens to Mario and the same for 99% of men. It happens to all of us, it's something human, the solution is to accept it and move on. Don't aim for perfection all the time.

So, with the next girl, this is how I propose we do it. Even if we only interact with her for a few seconds, let's conduct an experiment. Instead of reacting like a scared mouse, release the lion you have inside and ... react less.

How do we do it?

Slow down your movements, as if you are almost in slow motion. Breathe deeply, take time before responding. Keep relaxed and calm, no matter what you say or do. Do not overreact. Don't change your behavior to get her attention. Don't beg for her approval. Don't do anything for her that she would not do for

you (for example: follow her, buy her a drink, etc). An attitude that I like to project is showing them that they can leave whenever they want. I do not try to keep them talking more or try to get closer if they move away.

When you go to say something look her in the eye before speaking. If you don't have her full attention then do not say anything because even if your feet are pointing towards her and hers are pointing away from you then you are giving away your power.

However, I don't want this to be taken as a "compensation behavior", but as a way of being less reactive to the world and not taking situations or people so personally. Remember that beyond advice true emotional independence is something that takes time to develop. It is a more complex internal process that, in time, will allow us to be truly honest.

This is the thing, if we are in front of a girl thinking about:

- How do I impress her?
- How do I make her like me?
- What can I do to make her have sex with me?

Then we are giving away our power and being needy. Unfortunately this is what happens to most men when they talk to an attractive woman. This is definitely not the best thing to do.

As I said before this will happen if we think of her as being above us. Instead of asking ourselves if we are good enough to hook up with her we should ask ourselves if she has something interesting about her beyond her sex appeal. Thinking highly of her only for her beauty will undoubtedly make us feel more nervous, act awkwardly and probably make us feel that she is out of our reach. Thinking highly of her to the point of worshipping her is one of the main reasons why we give away our power.

Every interaction with a woman is a way to improve our skills and ourselves. The aim is not to sleep with her but to develop ourselves on a personal level. If we end up in her bed it is because we are definitely on the right track.

But then, **should we take the initiative, should we advance when it's the right moment?**

Of course. The idea is that you don't do it with a needy attitude. Mario says: we enter "the store" to "try on a pair of pants" not to "buy them". If it's clear from the start that we want to buy them that would be giving them our power.

Let's try to interact with them FROM A POSITION OF POWER, WITHOUT GIVING IT AWAY and tell me: what differences do you notice? Did their gestures change? Did they begin to act like timid little girls that blush?

Anecdote I: Just another night

It was a Friday night in Montpellier, France. I found myself quite tired after working all week. I was indecisive about whether or not to go out for the night because I was scheduled to work again already the next morning at 6 A.M. I decided to do it: "Two short hours, and I'll leave," I told myself.

I had a drink with some of my French friends, but they ultimately decided not to come out, so I set out alone. I arrived and made a quick reconnaissance of the establishment. I was on the third floor when I saw her. I liked her instantly. Dark brown hair, petite, fantastic breasts and well-dressed. She was sitting against the wall and seemed bored and alone. Next to her sat another girl, who was also attractive in a different way, and who seemed to be accompanied by another man. I sat down on her other side, and without an ounce of shyness, extended my

hand and introduced myself by name. Surprised, she smiled at me.

The club was dimly lit and the music pounded. I began to talk to her in my basic, strongly-accented English while memorizing the details of her face. I always do that. Up-close, I liked her features even more. Communication was difficult. She told me she was German and had the accent to confirm it. Her name was Julieane.

I noticed an acceleration in her speech, as if she were a bit nervous. She was also struggling to understand what I was saying. Her dominion of the English language humiliated mine, I felt like a “brute,” but I knew that this also generated a certain charm.

Languages never felt like a barrier for me when it came to communicating with women. At times, I had met girls who used my low language proficiency as an excuse to reject me, but I knew that the real problem wasn't a lack of communication but a lack of interest.

When one person likes another, they'll listen attentively and try to understand regardless of how good or bad the level of the language (unless it's non-existent). In the first few months, I went out to parties and approached girls saying “You like me”, when in reality I wanted to tell them “I like you”. But truthfully, it didn't make a difference. They already understood my intentions.

We continued to struggle to converse in broken English. I interrupted her with a kiss. She wrapped her arms around me and I did the same, in response. She kissed like an angel, and our kiss lasted several minutes. When we finally stopped, and resumed talking, we were both more relaxed.

Then she introduced me to her companion, who turned out to be French, and as I habitually do, I congratulated the French girl on having such an amazing friend (Juliana). The French girl left us alone, and for a while we took advantage of the time to talk and kiss.

It wasn't long before we left, hand-in-hand, complicit in what we were about to do. We took a taxi to her house. She led me through the doors like a guest of honor. Her flat was lovely, very organized and clean.

Now there wasn't any loud music or dim light. We started in the kitchen. In some ways, we looked at each other as two strangers who were seeing each other for the first time. We spoke a bit. My brain collected new information about her and I began to perceive her more as a woman and less as just a girl in a bar.

She was delicate, somewhat structured but at the same time, sensitive and simple. She had deep brown eyes and blinked up at me when she was trying to understand what I was saying. She offered me a glass of wine, but I asked for a glass of water instead. This disconcerted her, and for a moment she was quiet, as if it wasn't the response she expected. Then she got two glasses.

We went to her room. She had an ample bed with a large window behind it. A desk with a computer on it stood to one side with various pieces of furniture surrounding it. I sat on her bed and began to take off my socks. She moved about the room, rearranging things here and there, although it was already quite tidy. Then she returns to me, and after a brief exchange of words, we kissed again. Both of our clothes fell off. Her tits were incredible. I loved this moment; I loved being with her.

We were in her bed, limbs entangled and completely naked. We spoke for a time more, I adored hearing her laugh. Then we fell asleep for a couple hours. I awoke at 4:30am to leave for work. She got up with me and put on her pyjamas. She sweetly opened the door for me and left me with a kiss as if I were her lover leaving for war.

I exited hurriedly, straightening my recently-put-on clothes. I had no idea where I was or how to get to work. Somewhat disoriented, I began searching for a taxi. The streets were vacant. As time passed, I started to despair. I broke into a run as I watched my location on my phone, beginning to convince myself that I

wasn't too far, that just maybe I could make it if I ran. I crossed green and wooded landscapes, but I couldn't stop to look at my surroundings. I ran. I ran as fast as I could. I felt short on time and a little desperate. The problem is I'm a very punctual man.

It was 5:57am when I finally arrived and was greeted by a friend. "How are you?" He asked me. I was breathless, starving and sleep-deprived. "Great!" I responded, smiling ear-to-ear.

Chapter Five

Don't fear rejection

“ The difference between losers and winners is that losers don't fail enough. ”

- Ross Jeffries

If we want to start a conversation with a woman, the first thing we should do is approach her and start talking. Now, the reality is that 95% of men suffer from anxiety over approaching her so we often fail to do it.

That's the moment when we try to force ourselves to start a conversation with a woman and then start thinking of thousands of random reasons not to do so: *“What if I'm too fat?”* , *“and if I'm not on her level?”*, *“and if she thinks I'm a loser?”* , *“and if my biceps aren't sculpted enough?”*.

We over-analyze the situation in a way that paralyzes us. *“I'm not ready yet ,”* we think. We still need to read a little more, we tell ourselves. However, if we suddenly start talking to a girl and have a good time, none of those thoughts matter anymore. We begin to relax and enjoy ourselves. We realize that we don't need to know anything else about seduction and that this book is unnecessary (careful!).

While we might think that all those fears and insecurities in our mind are relevant and valid, the truth is that they don't matter at all. We just have to go and talk to her. It sounds simple but I know that sometimes it can be very difficult.

And what if she rejects us?

There will be moments when all you get is a completely negative response.

Something like: “*I’m busy, go away!*”, “*I have a boyfriend!*”, “*I like girls*” or whatever other type of rejection can happen to you.

Let's not let that rejection affect us. I know many people who give it a lot of significance when they get rejected as if it had some real meaning. The only thing they are doing is avoiding true learning by saving themselves the discomfort of that “no”. She doesn’t know us and there may be thousands of reasons why she doesn’t want to be with us, such as, “*your biceps aren’t sculpted enough.*”

The truth is that we often judge **rejection** from our own metrics and insecurities. Men tell themselves “I'm sure she rejected me because I'm ugly”, “my hair doesn’t look good”, “I'm not that important”, “my shoes are not Nike”, *etc.* Stupid stuff. Their reasons for rejecting us may be very different from those we imagine but we shouldn’t care at all.

Why?

Because her opinion shouldn’t affect your life. If you think that she is right and you don’t like something about your condition, you should work to change it or improve it, not victimize yourself and cry about it.

I’ve spent years in the area of seduction and I’ve received hundreds of rejections, probably many more than anyone who is reading this book. I admit that some have hurt me, either because of inexperience or being unjustly attacked.

I remember one night, when I had already been a coach for a few months, I saw a girl sitting in a club and I sat next to her. I'm not sure if I was able to say anything, but if I had, it was something really trivial. She looked at me with the face of a rabid dog, almost as if she was barking and foam was spewing out of her mouth, while insulting and repudiating me. I ran out of there with my tail between my legs and that night I couldn’t approach any other girl, the feeling

was horrible.

I've had very few rejections like that and nowadays they don't mean anything to me. I barely think that I had anything to do with her rejecting me like that. She probably had a bad day, maybe she just had a bad break-up with her boyfriend or she could have lost a loved one. Maybe she didn't like my face but why should I care?

Another night I was in a bar in Singapore. I saw a tall and very attractive girl in her 20s. She probably would have intimidated me a lot when I'd just started in the art of seduction and I wouldn't have believed that any of my openers would work but by that time I wasn't a rookie.

I approached her, saying "hello!" with a smile. She looked at me smiling without saying anything and turned away. Behind me, one of her much shorter friends with glasses appeared as if she were her henchman. She was pretty cute herself but the contrast with the other girl did not favor her. "You're not in her league," she exclaimed, going behind her friend. I laughed without caring.

Now I'm telling this story because there are going to be ridiculous, absurd and funny rejections. That time was the first time that my rejection was announced by somebody else.

Assume attraction

When approaching a woman we should always assume that she is attracted to us, although of course, this is not always the case. Most women will not be available or interested in us. However, if we assume that they are it will make it easier to approach them and even to get rejected... I mean, they're the ones missing out anyway.

It's said that Thomas Alba Edison tried ten thousand different times before

creating the light bulb: he claimed that each attempt took him one step closer to success. Failures are nothing but experiences and a life full of experiences is a richer life. Whether they are good or bad experiences will always depend on our way of looking at it and what we learn.

Never pretend that approaches are perfect. Many times they are disorderly, improvised, unpredictable, clumsy, stupid or ridiculous. Let's embrace randomness and disorder, accept that they will never be perfect and just get close to her!

If she rejects us we can simply move on to the next girl until we find someone who we match up well with. Most people tend to take things personally, which is a way to see everything that others say about us as something real.

Do not expect everyone to accept you.

Approach

Ok, maybe you're thinking: "*that's all very nice Germán but I still don't know what to do in front of a girl*".

Well, we are getting closer. However, I think it is important to mention the **three-second rule** first, even though many of you may have heard it before.

The three-second rule consists of going to talk to a girl within a period of 3 seconds counting from the moment when we first see her. Our brain does not have time to process what it is doing correctly and we get to her before it self-sabotages. This rule can be very powerful but it is not perfect because it also takes time to get used to doing.

The idea is to avoid standing like a dog next to a woman trying to convince us to talk to her. Applying the rule, I think, will give her a good first impression of us because it shows great security even if we start stuttering without knowing

what to say.

Another good methodology to implement is to start talking with three groups of different girls in the first half hour in a bar or club. The important thing is to get yourself completely wet like the analogy of jumping into a pool, the first few times it is difficult to jump until your body acclimatizes and then we enjoy it.

See each stranger as a new experience to learn. Let's talk to women like an ordinary person and we'll be fine. Let's just say "*Hi!*". The worst thing that can happen is that they don't reply.

Responsibility

In my adolescence I was extremely shy, however, my great desire in life was to find the girl of my dreams who I could happily spend the rest of my life with. I know, I know. I know it sounds like the typical teen movie, but that's how I was.

When I first started going out at night I was only able to approach a girl if I got drunk. I didn't get much in the way of results, at least, not the ones I wanted. A few years passed and, yes, I had been with some girls but very sporadically, and mostly, not my type ...

That's how it was when, as a 19 year old, I enrolled at a Seduction Academy, Levantart, the first in Argentina. As a result of my studies there I was not only able to approach more girls but I also began reading more and more all the time and started going out to bars completely on my own.

Outcome?

As expected after a few months my growth had been exponential. It became normal for me to approach several women a night, get contact information, ending up kissing them and quite frequently sleeping with them. That's how I

also quickly became a coach at the same academy.

Not everything was rosy, I went through many uncomfortable moments, nights when I was left alone and hid behind my cell phone after only getting rejected. Some nights I really only made mistake after mistake.

If your intentions are to improve with women you are going to have to go through all of that. This doesn't mean that you should do it in the same way, everyone has their own timing and methods, but it will be your responsibility.

There is what is called the comfort zone, that space in which we feel comfortable. And we feel comfortable because we already know it, not because we like it. Getting out of there requires emotional energy, motivation, and action but if we are lazy it is difficult for us to achieve any change. It is a matter of creating our own value and putting forth our own great effort to move forward.

So, the question is: What is needed in order to move forward?

Having a purpose in life

Having a purpose in life will affect us positively in every aspect of our lives. If we already have a positive and happy lifestyle then we won't be so nervous when we start a conversation with a woman because if she rejects us we just can return to our normal life.

If Tony Stark (Iron Man) is rejected by a woman he's not going to care much at all. He will continue with his life because it is already exciting. If your life sucks, if you have a job you hate and you spend all your energy trying to get with women as if your life depended on it then a rejection could be devastating.

Having a purpose in life means following your own passion, hobbies, family relationships, goals, and things that you like.

This is a point where perhaps many fail, and it is very common to see how

there are relationships that go down the tubes because of the simple fact that men prioritize women, thus losing their own identity, their own purpose and life.

There are people who give up all their hobbies or friends for their partner. They make them the center of their Universe, which is very unattractive. Doing this means that however good the relationship may be, it will inevitably, in most cases, be a relationship with an expiration date.

A lack of self-confidence and a lack of a clear purpose in life are the main shortcomings of an emotionally helpless person, who will tend to prioritize other people over themselves.

Don't misunderstand me, it's true that it's important to have a balanced life, but someone's purpose in life must be made into a priority, be it building a business, studying, traveling the world etc .

Chapter Six

How to start a conversation

Ok, so we already applied the three second rule, right? We barely make it into a place, we go for the woman, that's what the rule is all about...

What? We still don't know what to say?

The truth is that the three second rule is often difficult to apply because we don't know what to say. It makes no sense to get so invested in what *phrase* you need to start a conversation because as I said before it is irrelevant.

I know, I know. I know you bought this book to know "WHAT" to tell a girl and then I just come along and say it doesn't matter, but we'll continue to develop that later. For now you should just go up to her and say "hello".

When I first arrived in Australia, one of the first countries I ever visited, my English was more like a Tarzanic dialect than anything else. I practically hit my chest with my fists to communicate.

During my first two months living in Australia every time I approached a girl and tried to tell her, "*I like you,*" I would say "*you like me,*" which, despite my mistake, led to the interaction beginning with a smile on her part. Many times the girl would correct me but sometimes I confused their words and did not care. After that the conversation flowed....

If she likes you, she'll be willing to listen. On the other hand, if you don't interest her not even the most ingenious phrase will be enough. As I said before, the attraction usually happens long before you say the first word.

And what if you are extremely shy?

If you approach a woman and you feel shy or nervous, you must simply accept it. Don't try to fight against those feelings because it will only increase their intensity. It's very common when you're nervous to say to yourself "*oh my God, I'm so nervous! Don't be nervous, don't be nervous!*" Finally we end up becoming even more nervous. Let's face it, if we're nervous, it's okay.

If you approach a girl and say, "*hey, I saw you and I felt intimidated but I liked you,*" I assure you that not only will that help you more as an exercise to improve your shyness but you'll even have many situations in which girls will want to help you out.

If they perceive that you are trying to seduce them in a manipulative way, they'll become defensive. The truth is that women have a sixth sense for that. On the contrary, if we show ourselves as authentic and vulnerable they'll respect us much more.

Being genuine and authentic will not only help us to have a more secure personality but it will mean that we end up surrounded by people who are more compatible with us. This is exactly why the "bad boys" are so attractive to women. They do not hide who they are, they are not afraid to live and they simply do not care what others think of them.

If we are not able to start a conversation with a simple "*hello*", no phrase will be good enough. As I said before, we have to accept our vulnerabilities and expose ourselves. We shouldn't be using phrases and conversation as a shield or a trick to get someone to like us.

This will give us the freedom to start a conversation in any way. We have to accept those uncomfortable silences to understand that there's nothing wrong with them. I'm not saying it's easy, it may take a lot of effort and sometimes we don't know what to say.

There may be times when you feel so much awkwardness or discomfort when

talking to a girl that you curse my advice that got you into the situation!
However, you need to remember that it is this feeling of failure that will lead to your self-improvement further down the line.

First Impression

“You never get a second chance to make a first impression.” - Oscar Wilde

Studies show that we generate a large amount of our perception of other people in the first few minutes of meeting them. This first perception can still have an influence even through the first weeks or months of a relationship.

However, a big mistake is believing that people’s first impressions of us are based on what we say. The truth is that most people don’t remember what the first words were but the presence, look, emotional need and so on. This is another reason why we shouldn’t worry so much about “what” to say.

I admit that all this thinking was a bit of a revolution for me at the time. I was a great follower of the openers, pre-set phrases, canned material or whatever you want to call it. But I remember that everything changed in 2012 when I read the book “Models” by Mark Manson.

Openers can work but in the long run, I think, they end up being a bad choice. In my experience, and in what I’ve seen in other guys, the more we strive to say the “best phrase” the more we’ll end up looking “weird” or “needy”. It’s not only that what we say may not be in context but the simple fact that we’re looking for a phrase to make her like us makes us seem more needy.

In contrast, saying “hello” and presenting yourself in an honest, open way in most cases has a positive or neutral reception. It's simple and it's natural. So what better starter than that?

Now, if you get a lot of rejections by saying “hello” and introducing yourself,

it may be because:

- **You present yourself poorly** (Negative body language, poorly dressed, acting needy, little eye contact, etc)
- **You approach for the wrong reasons** . If you do it looking to impress your friends, expecting a reaction from the other person or even as if the woman is just another notch on the bedpost then your reasons are wrong. On the other hand, if you approach a girl that you like and you say she is cute because you really think that then you are doing it the right way.

With the fact that you've gotten to speak with her for just a moment you've started off on the right foot. Next it will depend on your ability to have an exciting conversation.

Demonstrate sexual interest

Show her that you like her by giving her a genuine compliment. Personally, at parties and clubs, I usually do this from the start. I approach with a smile from the front or side and say, *"hi, I saw you and I liked you, who are you?"* At this time I would hold out my hand and say hello. If the girl isn't interested I just smile and continue on my way.

It isn't necessary to start this way, but it *is* necessary to show sexual interest at some point during the conversation. The best way to do this is by being clearly specific about the **first thing that catches our attention** . Maybe it's her red lipstick, her tender smile or how much we like her hair pulled back. If you have problems saying something specific, just say some generic praise like, *"you look amazing"* .

It is important to note that these compliments are sexual, not emotional. **Expressing our sexual desire** is crucial if we do not want to end up in "the dead zone" ... I mean "the friend zone", unless, of course, that's your wish.

The truth is that women seek to feel admired and also desired. It is important to remember that there is a big difference between **expressing our sexual desire in an honest and disinterested way** and dishonest **flattery** that tries to draw a reaction from the other party.

Here's a funny story from when I was in Vietnam and I met a girl at my hotel. From the beginning we had an incredible connection and we talked for half an hour straight without stopping, sharing all our experiences. Everything was fine but at no time had I shown sexual interest with her.

Now I can't say if what I did next was right or wrong, it just came into my head. "I think you're a pretty sexy girl," I said, without any scruple. Her eyes flew open wide as if she had never expected me to say that. For some reason we separated later and I didn't see her again for the rest of the day. My feeling was that she hadn't liked my remark and disappeared. I just kept going on with my life.

The next day we met again. We had an amazing afternoon, we kissed and we lived happily ever after ... OK, OK, or at least until our trip separated us. Before we said goodbye I asked her what she had thought when I told her how attractive she looked when we first met and she replied that I had surprised her a lot and she didn't know how to react. I confessed to her, "I was afraid that you would see me as a friend after our nice talk". She laughed and said that before I said that she thought I was just being friendly.

If she really interests us then we have to say so because even if we end up failing, we make it clear what our intentions are and we show that we have the courage to say it.

Here's another anecdote from a night in Australia when I was spending my first New Year's outside of my own country. I went out with a group of French friends to see the fireworks in Sydney, one of the biggest shows in the whole

world. The thing was that after the show we went to a club.

I'm going to make it short, there was a girl dancing with a trans friend inside a cage on a platform about two feet above the ground. She was divine with pretty, delicate features and very short platinum blonde hair. She was wearing a tank top and some shorts along with high heels. If anyone has read "The Game" by Neil Strauss the situation was similar to when Style meets a level "11" girl in the club.

Of course, the cage was surrounded by wolves that stalked her without ever being able to get close. She danced like a goddess who threw sunlight from her eyes and intimidated even the strongest man ... well at least that's how I remember it.

My first thought was that she wasn't within my reach ... I was a vagabond backpacker trying to conquer the world in a \$10 shirt and she was, well ... a kind of supermodel. My second thought was, *"what can I lose?"*

I placed my foot on the dais and entered the cage with a burst of courage. First I looked at her trans friend who smiled at me in approval and I told her I liked the short haired girl who, by the way, carried on dancing and ignored us, although she was probably wondering who I was. Her friend gave me the okay by nodding her head and that's when I approached the goddess. I looked her in the eyes, kept my posture straight and said,

"I think you're one of the most beautiful women I've ever seen."

It was like shooting an arrow straight at her chest and through her body. Her face then showed expressiveness. Suddenly, she went from being a goddess to a human being... to a woman.

She smiled back at me and I approached her. We begin to kiss slowly. Around

me you could hear a "Wooww" from the crowd that mixed with the loud music. The next day we were messaging each other and she told me, *"I like how honest and direct you were! No one's ever done that with me."*

She probably heard similar things every day so what I said wasn't really special, however, the form was different.

This is not an isolated case, it has happened to me literally hundreds of times, although of course, not always inside a cage. This doesn't mean that this is why women don't reject me, which has also happened hundreds of times, but what does it matter? **There is no wrong phrase when we say it honestly.**

Remember never to send the wrong messages about your intentions. We must not act too obviously but the final result we seek must always be clear, **"I am a man. I have sexual desires."**

Chapter Seven

How to have an exciting conversation

How many times have we gone from being engaged in a conversation with a woman where everything seems to be going well, when suddenly, she simply seems to lose all interest?

Something very important to understand is that men, biologically, have certain traits that differentiate us from women. Usually, **women tend to have a more emotional way of thinking**, while men have a more logical way of thinking. I know there is a lot of controversy about this but at least, that's how I see it in my experience.

This does not mean that women do not act in a logical way or men do not react emotionally (especially when it comes to women). What I'm trying to say is that women tend to act emotionally more often than men, generally basing their decisions on how they feel at the moment. This helps us to better understand their behavior and explains why a woman can suddenly gain or lose interest.

Now, one of the problems men have in a conversation is focusing on the facts of the subject, rather than the emotions. Remember that when talking with a girl it is important that she go through a roller coaster of sensations. This means that she wants an exciting conversation. If you do not generate fun, tension and conflict there is no emotion, there is no chemistry.

It is for this same reason that a woman can quickly lose interest in a man in a conversation. He begins to ask the typical boring and platonic questions like: “*What's your name?*”, “*How old are you?*”, “*Where are you from?*”, “*What are you studying?*”

We can ask these conventional questions over and over and you know what? Nothing will happen in her brain except for: “OK, I'm going to give my standard answer because that's what I'm used to doing: *my name is Jessica, I'm 23 years old, I'm from...*”

When most guys talk to a very attractive woman they feel afraid and their conversation ends up being like a bad and predictable movie without any emotion...like the most recent Adam Sandler movies. They ask boring questions and try not to unsettle the woman so that she feels very safe and validated. Instead of being a man who is sexually interested, they sound like an asexual creature that can't generate tension or emotion.

And what are we communicating with this?

That we're a guy who's not worth her time and will talk about ANYTHING just to avoid uncomfortable moments, even if we don't care about the subject. On the contrary, we'll win the conversation (and her attraction) if she invests more than we do emotionally (following or staying around us, doing things for us, showing interest, letting herself become more physical with us, etc ...).

Think of a conversation in which she'll get wrapped up in knowing about our lives because it's interesting and fun and we aren't struggling to keep her with us. Many times I have dropped a conversation and stayed in silence upon not seeing interest from a woman or in order to test their interest. Don't worry about taking a break while talking and don't be afraid of silences, they don't bite.

Why, instead of asking what topics of conversation might interest her do you not think about what you would like to say yourself?

Sometimes we think that to have an exciting conversation we have to tell a great story, ask the right questions or say something really cool. We're so concerned that everything goes well with the person we like that we feel tense or as if they're evaluating us. However, if a good conversation has anything it's

CHAOS. There aren't correct questions or answers or universal opinions that can please everyone in the world.

The more we think about what we're supposed to ask, the further we'll be from engaging in a good conversation. The best conversations aren't precise or perfect or ordered, it's quite the opposite, as I said before great conversations are pretty chaotic. They are disorderly, exciting, spontaneous, and bounce around to several topics without necessarily finishing many of them.

Conversations don't start off as deep or relevant, they become like that as we share dreams, aspirations and fears with the other person and we start getting to know each other.

There are always going to be moments in a conversation when you have ups and downs. Don't expect to make her laugh without stopping, in that case you'd be looking for her validation. Don't fall for the pressure to create sensational conversations or the idea that your dates should be like sky diving, bungee jumping or that life should be like a James Bond action movie. The issue is that it's important to know how to direct conversations so that they're exciting. Later when she is in our bed we can ask her what she studies, what she is dedicated to or her name ...

Remember, women look for someone exciting, not someone who's afraid of expressing themselves.

So, how do you create exciting conversations?

1 - Make statements

Making statements can be much more powerful than asking questions because it generates the idea that we already know the person. Friends generally talk

making statements, not questions.

Asking questions creates a context in which we want something from the other person by requesting information. For this reason making statements can be much more powerful since we are not “taking” anything from the other person.

The statements can be simple, instead of asking “*how do you know each other?*” say, “*it seems like you’ve known each other for a long time.*”

Most guys talk to a woman in interview mode asking her questions to keep her there and to make sure the conversation doesn’t die. Sometimes asking questions may be inevitable to get a conversation rolling, however, these should be used sporadically.

Statements are a good way to restart a conversation in a more interesting way than a question. Instead of asking a generic question to prevent the conversation from dying, like, “*what did you study?*” you can say something about yourself like: “*I always wanted to learn to parachute.*”, “*My dream is to swim around with sharks or spend a year in Tibet.*”, “*The other day I read in a book that there were some Siamese twins who were born in Korea and one of them had his head stuck in the other's butt.*”. Whatever. It is better to be random and interesting than predictable and boring. Don’t be afraid to say something.

This works because unlike questions, statements do not require investment from the other person. We can say whatever we want and there is no implicit expectation that she will generate conversation. That's why declarations can be a great habit since we create new topics for conversations.

Statements also oblige us to share our thoughts with a woman and share who we are, thus showing vulnerability. If we only ask questions, it will be more difficult for her to contribute to the conversation.

On the other hand, if the girl is interested in what we say and begins to ask us

questions about what we're talking about, she'll be the one who is "taking" something from us. She'll be looking to find out more about who we are, she'll be the one who is investing.

2 - Cold reading

"The only thing that people love more than talking about themselves is listening to people talk about them."

This is where the concept of "cold reading" comes in, one of my favorite tools when making statements. Basically it's trying to guess something about someone as if we knew it based on some particular trait. Instead of asking what we want to know, we simply try to predict it.

For example instead of asking:

- *"Where are you from?"* You can say: *"You're from X place."*
- *"What do you do for a living?"* You can say: *"You look adventurous/ intellectual/ analytical I bet that your job is interesting."*
- *"Do you have brothers or sisters?"* You can say: *"You look like the youngest/ oldest in your family"* or *"you look like an only child, you have a whimsical face"*
- *"Do you like to read?"* You can say: *"I bet that you love to read."*

We should try to apply this as much as possible with the person we converse with regardless of whether we're right or wrong. This will generate more threads of conversation and many times she'll even ask us about what we have said.

3 - Connection

As I said before, many men focus on facts in a conversation, rather than emotions. We talk about *"where we went"* , *"who we saw"* , *"what happened"*

instead of what it meant to us or what we felt.

In a dialogue there's always what's known as a “ **conversational crossroads** ” with two different paths that could lead to continuous superficiality or to greater intimacy . For example, in a conversation, she can say something like: “*next month I'm going to France*” .

Keeping the conversation going on a superficial level would mean asking questions like: “*What day are you going?*”, “*How long are you going?*” , “*What places are you going to?*”

Now, to take the conversation to a greater level of intimacy we would say: “*Is it your first time in France?*” , “*How does travelling make you feel?*”, “*Is there anything in particular that you like about that place?*”.

Giving an emotional twist to a conversation is what makes it more interesting. When many guys talk about themselves they say something like, “ *hello! My name is Jimmy, I'm 24 years old and I like to travel .*” It's not that this is bad but it's something very general and not very exciting.

If we want to generate a connection when we talk to a woman, the focus should be on her *and* us; our passions, identity, dreams, ambitions, goals in life, best and worst experiences that we've gone through, childhood, family, travel, *etc.* These are the things that make us unique, that is, different from the last 30 dudes who spoke with her.

Next we need to find out what her true motivations are. **Why does she want the things she wants?** Most men generally don't dig very deep with their questions and doing so is a very good way to create a more intense conversation. Discover why she wants the things she wants. For example, instead of asking, “did you like it?”, ask, “what did you like about it?”

We can also ask open-ended questions to make the topics deeper, for example:

- What made you want that? (passion, hobby, career, etc.)

- How did that experience make you feel? (Start of a trip, project, etc.)
- Why? (Yes, it can be that simple.)

As we said before, the idea isn't to make this a job interview but to ask questions that lead to interesting and fun topics.

If you want to connect with a girl you must learn to speak in this way. The truth is that talking about football won't be the best way (unless that's one of the girl's great passions).

4 - Know how to listen

Being a good listener can be one of the most important skills in life, and yet not everyone really knows how to do it.

Being in front of a good listener brings us pleasure but, in general, people usually want to express themselves instead of listening to the other person. The desire to say what we want to say is stronger than the desire to hear and understand what the other person is saying.

These are the four characteristics that make you a good listener:

1 - **Have genuine interest:** Good listeners have a true interest in learning more in a genuine way. They are curious, the type of people who push to know more than what the other person is saying. They ask questions like: “ *What hurt them or made them more passionate?* ”, “ *Why did you act that way?* ”, “ *Why was that important?* ”

They may even go back in the story to something that was mentioned before as if they were creating a map of the scene. They get excited by what they hear.

2 - **Look for clarification:** This is related to the previous point but basically

dig into the details and motivations of “why” something was done or why someone felt a certain way. Don’t look at the story as a simple anecdote but seek a clearer and deeper understanding of the situation.

3 - Don’t judge other’s values: When someone speaks they aren’t looking to be judged or criticized but simply understood. A good listener doesn’t make value judgments about the fears or faults of others because they have a deeper understanding of how crazy the human mind can be. They aren’t surprised or scared about these issues but they accept and recognize them.

4 - Separate disagreement from criticism: There is a great tendency to perceive disagreement as an act of hostility. A good listener can make it clear that they disagree with what another person says and yet accept the existence of different opinions. Again, they don’t make a value judgment or take disagreements personally. This is very common in discussions about politics or religion.

Finally, a great advantage that we’ll obtain from being good listeners is that we’ll learn more from everyone else. As Dale Carnegie says:

“ Every man I meet is superior in some way. In that, I learn of him .”

5 - Conversation threads

The concept of conversation threads is related to jumping from one topic to another in a conversation, thus keeping things interesting. For example, we’re talking to a girl and she says:

“ Last summer I was in Morocco crossing the Sahara Desert on a camel trip. The day had been really long and everything was extremely exciting until way in the distance I saw the highway where the cars were crossing. We definitely weren’t as isolated from the world as I thought .”

Then in response we could talk about:

- 1-Morocco and other related countries.
- 2-Stories about our journeys.
- 3-What we did last summer.
- 4-Experiences that turned out to be deceptive.

And so on with countless topics such as the Sahara, excursions, camels, *etc.* In this way we can jump to other interesting topics that arise in the conversation. You should make this technique into a habit when it comes to conversing with people. Conversations only end when one of the people no longer has any conversational threads. Anyway, you can always restart a conversation with a new statement, and if not a statement, then a question.

Now, if we're talking to a girl and suddenly she is disinterested or reluctant to talk, just leave her. It's not worth continuing. Don't try to force someone to like you. **Would you buy a dog that bites you?**

It is important to set standards, don't seek out every girl you see for the simple fact that they're cute. This is a needy attitude and it will demonstrate that you don't value yourself highly enough. It's not about chasing women or entertaining them, but about being the kind of person who has fun in every interaction.

6 - Physical escalation forms part of every conversation

Physical escalation is part of nonverbal communication. If she doesn't feel comfortable giving you her hand, don't expect her to feel comfortable kissing you. Just giving her small touches on the arm is usually enough. Once this is achieved and she is attracted, you can connect with her and go for the kiss.

Never leave physical escalation to the side. Many guys have good conversations but never physically escalate for fear of messing up or making a mistake. It's a typical error that lands you in the friendzone.

A question that comes to me frequently is this one:

You could be on the first date (or it's the first time in which you're alone together with the girl), the place is very quiet and although it's easy to tell that she likes you, there is a certain distance that doesn't allow you to go for the kiss (usually because of a lack of physical escalation or sexual tension when flirting). If you find yourself in this situation, what I recommend most is to confess to her that you like her.

It's probably going to hurt you, it's going to be hard for you but it's the best opportunity in these cases. The situation would be a bit like "break the glass in case of emergency". You can say something like, "*did you know that I feel nervous by your side*". She can ask, "*why?*" Your response would be, "*because I like you*".

Now, I'm not saying that you should spit this right out instantly, (unless you think it's time), but rather to make your intentions clear. Seriously, never intend to postpone the kiss for the next date because what will probably happen is that it won't work and she will see you as a friend that doesn't have any balls.

Yep...a castrated friend...

Anecdote II: Irresponsible people

I was sitting naked in one of the shower rooms with my knees bent. Giulia, also naked, was on top of me. The space between the walls was narrow and doing it in that position was very uncomfortable. Her two big, blue eyes were

fixed on me, looking at me with great admiration. I put one of her fingers in my mouth and she grabbed me by the back of my neck with great passion.

The situation was super exciting ...

I was in Edinburgh and the winter had just arrived. The contract on my house was up and so I moved to a hostel where my childhood friend, Pablo, was working. These places are characterized by having shared rooms where young people from all over the world gather because the prices are low.

The hostel was large, spacious and modern. It had four floors; the first housed the reception and the cafeteria, the second housed the bedrooms, a kitchen, the laundry and the terrace where people smoked. In the third there were only bedrooms and one room where there was a complete bar, exclusively for the guests. This bar had a Ping-Pong table and a pool table which I often spent many hours playing on but without a doubt my favorite place was the kitchen because that's where I met the most people. That's also where I met Giulia.

Giulia had tan skin with red cheeks and large, clear, blue eyes. Her hair was red, bulky and wavy. Her body tall and thin, as well as delicate. She always wore overalls with a shirt underneath in a somewhat bohemian or hippie style.

Our eyes met for the first time when she and a friend were speaking Italian in the kitchen. I'd already eaten a couple of hours ago, but, in any case, since I have a ravenous appetite, I started cooking two eggs.

I tried to start a conversation with them by speaking to them in English but Giulia did not seem to understand what I was saying. Her friend, on the other hand, did answer me and when I said I was Argentinian they both began to speak to me in Spanish.

Clara, Giulia's friend, had lived in Barcelona, Spain, for some years because she had dated a guy from Catalonia. Giulia, meanwhile, had lived for six months in the Canary Islands, Spanish islands located in the Atlantic Ocean off the coast of the African continent.

The conversation simply flowed while I stirred the eggs in a pot with a spoon. From the way she looked at me and the interest she demonstrated in the conversation it was easy to notice that Giulia was attracted to me.

We sat at one of the tables. Clara repeatedly got up to check on her food, leaving me alone with Giulia. This time alone created a closer relationship between us even though not all of the topics we spoke about were serious.

After a while another Italian friend of theirs arrived and they invited me to eat with them. The luxurious banquet they served was of great diversity and featured pasta, roasted vegetables and my hard boiled eggs cut in the middle. Then I got a bottle of white wine that I usually used for cooking out of the fridge and put it on the table and offered it around.

I was sitting on one of the ends of the table with Giulia on my left. The three women were talking wildly in Italian, loudly, as they moved their hands in such a way that it made them look like they were arguing, although they were not. I tried to follow the conversation with the few words I came to understand, but Giulia continually explained the drift of it to me.

We ended the evening with coffee brought from Italy and prepared by Giulia in the “ristretto” style. As I still had some wine left, I invited everyone to continue drinking on the smoking terrace. Giulia accepted and Clara accompanied us.

The terrace was a kind of wooden room without a roof but with a window overlooking the stairs of the hostel. We sat there and continued drinking while we talked with the other people around us. Clara decided to go to bed and slowly one by one the people around us also left the place. Giulia and I were left alone.

The night was cold and that made us tremble slightly and press our bodies closer together. Despite the cold and the late hour the desire to remain there on the terrace was mutual.

She spoke to me in Spanish, somewhat coarsely and with a strong Italian

accent. Her crossed legs pointed towards me while with her hand she played with her wavy hair. She smoked a cigarette, blowing the smoke upwards and every so often taking a sip from her glass of wine with a very sensual attitude. Her gaze was penetrating. I definitely wanted to kiss her.

I paused to serve myself another glass of white wine. I took a drink and then I looked at her while I smiled and asked her seriously if she considered herself a spontaneous person. Giulia laughed, because of the unexpected question and then answered, “yes”.

I stretched my hand out so that she would take it and she did. Then I pulled her gently towards me, directing myself to her mouth. She smiled knowing what she was doing without putting up resistance. We kissed.

We kissed each other with immense passion and stayed there on the terrace for several long minutes, enjoying each other's mouths with great pleasure. The cold was no longer a problem and the temperature increased while we caressed each other. After a few more long minutes, she told me:

Giulia: *I would like to go with you, but I'm on my period.*

I smiled with surprise at her sudden and unusual confidence.

Me: *Okay, no problem!*

The door then opened and other people invaded the place. We talked for a while and then we left the terrace. She told me she was tired and said goodbye with a kiss. I went to my room and a few days went by without either of us knowing what the other was up to.

One night when going up the stairs I could hear Giulia talking loudly in the corridors. I recognized her voice because her accent was very peculiar. I looked around, trying to locate where her voice was coming from, as if it were a siren song. Then, suddenly, she tapped lightly on the glass of the window that connected with the terrace.

She looked at me directly with a big smile. She was in the middle of a phone

call and waved me over with her free hand and started to wrap up her conversation. She hung up as I went over to greet her. We talked for a while, sat on one side of the terrace. It was another cold night, but we did not care.

While she was talking to me I was distracted by the smooth skin of her neck and the curves of her legs. In my head I tried to control my animal instinct of pouncing on her like a chained dog when provoked.

Suddenly her cell phone buzzed with a text message that interrupted us. “ *A friend is coming here* ,” Giulia told me.

Shit! I thought.

Moments later an 18-year-old boy with long, blond hair, a red wool hat, a thick jacket and a large scarf that covered his entire neck entered. His name was Ivan. He had an innocent character and asked all sorts of questions constantly.

Iván: *I hope I'm not interrupting anything.*

I was silent but Giulia said no, while looking at me with a knowing smile. She seemed to have a motherly relationship with Ivan. As time passed other guests entered the terrace among whom were Clara and some of Giulia's friends so we all decided to move to the fourth floor where the bar was.

Pablo was there behind the bar when we arrived, polishing some glasses with the seriousness that characterized him. As he polished the glasses with a cloth he kept his eyes up, looking around the room. At that time he had a short haircut and a long beard. We talked for a while and I introduced Giulia.

Giulia then ordered some beers and sat down with her friends, including Clara and Ivan, while I went to the Ping-Pong table and challenged three Italians I had previously played with to a game.

The game was not easy but one by one the Italians fell. In the distance I could see Giulia watching curiously. Her eyes betrayed her interest until she finally left her friends and approached us.

When they saw her coming the Italians quickly surrounded her, like vultures

attacking their prey, and engaged her in conversation for several minutes. I kept on playing and then Giulia challenged me to a game.

We kept on playing for a long time until a boisterous group of young Irishmen burst onto the scene. Ivan and Giulia's friends approached us and suggested we go out to smoke. Giulia then said that she had clothes in the washing machine and that she wanted to go and pick them up before it got too late. I took the opportunity to stay with her.

We entered the small room that had two washing machines in addition to two other drying machines above, leaving only a small space to move. She started to take her clothes out of the dryer and fold them. I stayed by her side, helping her while we talked.

When we finished, I simply threw myself at her mouth. We stayed in the laundry room hiding like teenagers for a long time. We kissed and we touched each other in different positions, devouring each other. She bit my neck hard as I pressed her firm breasts.

We left the laundry room in a hurry. The shared dormitories were not the best option. Quickly, I grabbed her hand and headed for the bathrooms.

We got into one of the shower stalls which were very narrow. Immediately we took off all our clothes by throwing them every which way. Now her nakedness was exposed, showing her pubic hair. Her breasts as well as her abdomen were compact and firm. Her nipples were large and pointed, betraying her excitement.

I sat facing her, bending my knees and she stood over me. I began to caress her in the most sensitive and wet parts of her body. Giulia, highly excited, held my crotch tightly, wished me inside her and made that wish come true without even uttering a word.

I put one of her fingers in my mouth and she grabbed me by the back of my neck with great passion. We both began to move against each other in the narrow space. Giulia moaned slightly and the walls echoed our thumping.

Everything was so exciting ... too exciting. I succumbed to the pleasure and I could not contain myself.

Giulia continued moving without knowing what happened but noticed my deceleration in rhythm. I felt ashamed and didn't want to admit the truth.

"It's something wrong ?" Giulia asked me while stroking my hair.

Quietly and timidly I said, "*I ... I came.*"

Giulia stopped and looked at me seriously, "*what do you mean you came?*"

"*Yes, I came.*" I said.

"*But you wouldn't have come inside of me, right?*"

A certain tension invaded the atmosphere, her expression turned angry.

"*Yes, I couldn't do it anymore.*" I said.

She smacked her forehead with her hand in concern and looked at me.

"*I can't believe you,*" she said with a hint of indignation.

Suddenly someone entered the bathroom. We both remained silent, looking at each other and carefully listening to what the stranger was doing. Then the person left. Giulia spoke first.

Giulia: "*Do you always do it this way?*"

Me: "*No, I always use condoms.*"

Giulia: "*It's just that you didn't have to finish inside.*"

Me: "*When your menstruation is almost over, there should be no chance of you getting pregnant.*"

Giulia: "*No! There is always a risk, throughout the month. Also for any kind of disease. It's obvious that you don't have to finish inside!*"

Me: "*Well, given the situation, it didn't seem obvious to me.*"

We both looked at each other like two strangers who did not understand each other. Two naked strangers on top of each other. Her admiration had quickly

vanished and she seemed to see me as a loser.

“OK,” I said, “ *we go to the pharmacy and buy the morning after pill. Let's go now!*”

Giulia: “OK , *but I still can't understand how you finished inside me. How do you not know that?!*”

We both slowly dressed again in a somewhat distant and silent way. All that passion we had created now fell into discouragement. We no longer looked at each other, we did not talk to each other or touch each other. I left the bathroom and waited for her in the hall. She came out after a few minutes and we went downstairs together.

In the reception area we used my cell phone to search for an open pharmacy but it seemed like, at that late hour, they had all already closed. Giulia was still nervous and asked me to accompany her outside so she could smoke a cigarette. Finally she spoke.

“ *Tomorrow morning, first thing, we go and we solve it. After that we never see each other again.*”

“ *Fine,* ” I answered, almost without feeling. I have to say I felt quite confused about why she had asked me to go outside with her while she smoked just so she could tell me she didn't want to see me anymore.

It was around three o'clock in the morning when we left the hostel. The cold was getting stronger and stronger. We sat on a bench under a lantern that illuminated us, right in front of the great medieval castle in the heart of Edinburgh, Grassmarket. There wasn't a soul in the street and silence overwhelmed the place.

Giulia lit a cigarette and crossed her arms and legs. A small distance separated us and we both looked in slightly opposite directions. We started to tremble because of the low temperature and the bad situation made everything worse.

Giulia: “*I still can't believe what you did .*”

I looked at her with a certain skepticism, it did not make sense to continue talking about the same thing.

“ Well, I hope you started thinking of a name for the child ,” I said.

Giulia laughed, *“n o, but seriously!”*

Me: *“ You never warned me to use a condom, I thought it was all right. What was your plan?”*

Giulia: *“ It doesn’t matter! You had to avoid cumming inside me .”*

I kept quiet. I felt a little bad about the situation, but I did not think there could be a real risk. We continued our conversation for a while and she slowly calmed down.

“ If Clara finds out about this, she's going to kill me,” Giulia said, “it’s better if we keep it a secret. In the morning we can go to the pharmacy. At nine o'clock in the morning, is that cool?”

Me: *“ Yes, I’ll meet you at reception .”*

Giulia: *“ But come, don’t leave me alone .”*

Me: *“Don’t worry, I’ll be there .”*

Each of us went to our separate rooms and I tried to catch some sleep. I was only able to sleep a little bit since a noisy group of Finns woke up before me. I got up and went down to the reception area at the agreed time and met Giulia, to my surprise, Clara was there too.

“ What a night you had! I can’t believe what you did!” Clara exclaimed.

Giulia nodded her head in declaration of my guilt.

Fucking hell, I thought, now there are two of them.

They asked me to wait for a few minutes so they could have breakfast in the cafeteria where they had already placed their order. I went with them to the cafeteria and they sat at one of the tables.

Again, behind the bar, was Pablo. What a pleasure it was to find him again! In

such a bad situation even a little consolation is very welcome. I greeted Pablo and asked about a nearby pharmacy.

“ *What happened?*” Pablo asked after he told me where to find the pharmacy.

Me: “ *Last night I ended up in the shower with Giulia and well ...*”

Pablo broke from his usual seriousness with a slightly sideways smile, he raised his eyebrows in surprise as he looked at me.

“*Uuuuhh, you never do that!*”

At least, this time I did not hear condemnation. I stayed talking with Pablo for a while and then I went over to Giulia. Clara left us alone.

We then went to the nearest pharmacy and Giulia took the pill. Then we went back to the hostel. You could tell that her mood was better, now she could laugh at my silly jokes. She mentioned that she was going to be on her own when she got back, I offered to go to the supermarket with her and then do some cooking. She accepted.

In the hostel kitchen we started to make a “vegetarian barbeque” something that does not really exist, but Giulia did not eat meat. We talked about several topics.

She told me that in Italy the state granted land in small towns to anyone who was interested, with the obligation that they had to work the land. She told me about her anarchist ideas and about other issues. She also confessed that she did not like white wine.

When we finished eating, she prepared her coffee. We both sat on the same side of the table against the wall. I approached her and kissed her, but this kiss was not like before. There was no passion or frenzy in our caresses but rather a certain redemption and forgiveness.

Giulia: “ *I still can’t believe that you came inside me ... but it was the both of our faults.*”

Me: “ I know it was both .”

Giulia: “ Yes, but it was more your fault .”

I laughed, “w ell it doesn’t matter anymore, there's always a first time!”

“ Mmm, well,” she said, “really in the Canary Islands it happened to me already with my ex.”

...

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WAIT A MINUTE!!!

Chapter Eight

The first objective in any interaction

Mood is one of the components that contributes most to generating a situation of sexual attraction and closeness. Undoubtedly, it is difficult to imagine a boring and monochromatic conversation that ends in bed.

However, it is important to understand that it is one thing to be a fun person and quite another to be “a clown”. Clowns, in general, usually attract women's attention, but only for a limited time and rarely reach the goal of leaving accompanied.

For many of the guys that I've taught, their idea of attracting women was to entertain them and make them laugh as much as possible. Their logic was that if they made enough of an effort to impress her she would be theirs. But unfortunately, it rarely worked ... well almost never. Their problem was not really being boring but trying too hard and seeking approval. Basically giving away their power.

In a conversation with a girl, our conversational frame should be "*I'm a happy guy, and I'm just looking for fun.*" Every time you talk to a woman you shouldn't be thinking of different strategies to get her into bed (because I know quite well that's what they always do). Instead you should be having fun and flirting with her but always in a disinterested way. This doesn't mean that we can't present ourselves in a sexual way, rather that everything we do doesn't depend on what *she* thinks or does.

Unfortunately this is not the framework most men are using. As soon as they see an attractive woman, they worry too much about how to pick her up and not about their own fun, sabotaging themselves. They put her above them, and in

this way they become needy.

Keep this in mind, **if your stress level is higher than your level of fun or enjoyment when you are with a girl, then you are definitely being more emotionally invested than she is.**

It is important not to expect to end up having sex from every conversation we have. It's best to concentrate on having fun and forming a connection. Most of the women we talk to are not going to have sex with us, and if we go into a conversation thinking "*I want sex!*" we are already being too needy.

So when we meet a woman for the first time, our first goal should be... to have fun. Our second goal may be to make her laugh, but first we consider ourselves. **Remember, do not deprive yourself of doing something you like for fear that she will reject you for it.**

The importance of flirting

As I mentioned in my book [Seduction Simplified](#), by definition, **flirting is a type of mood in a sexual way**. It is expressing our sexual desire without showing desperation and doing it in a fun way.

If you are flirting with a girl and she can't stop laughing, she will definitely be yours. The simple act of making fun of her will imply from her perspective that we already have enough attention from other women, we demonstrate confidence and show that we aren't afraid to offend them.

Try to keep the conversation light and positive where she talks most of the time. Joke as much as possible in a playful way and not offensively. Treat her how you would treat your younger sister, act playful and annoying.

We don't need to tear down their self-esteem, that shows insecurity in us. It is okay to flirt but always humorously and not about personal things (either her physical appearance or intelligence in particular). The idea is to treat her with

respect, as if she were someone wonderful but without forgetting that we are too.

Doing this we will achieve:

- Showing ourselves to be DIFFERENT since most men do not act like this with women.
- By flirting with her, we will demonstrate that we are not AFRAID TO LOSE.
- If we focus on FUN, we won't be in need of her approval.

As her attraction increases, she will want to invest more in the interaction with us and will tell us more about herself. Usually, it won't take long for her to emotionally invest in the conversation once she has started talking about herself. When you gain more confidence and invest more in your own fun than in her, the words themselves will have little importance.

Some examples of flirting:

Being the authority: Means creating a role-play where we place ourselves in a position superior to her. We could say something like:

- *“Get out of here”*
- *“I'm going to call security”*
- *“You've been very bad... You're in timeout, go to my room!”*
- *“I'm going to hire you as my personal assistant”*
- *“I'll give you five minutes! Quick!”*
- *“I'll talk to my secretary and let you know if I can.”*

Disagreeing with her playfully: When she says she doesn't like something

that we do, such as, *“I don’t like that Seduction Simplified book,”* we can smile and answer with something like:

- *“I think you need to go.”*
- *“I don’t think we should talk anymore.”*
- *“I don’t think we can be friends anymore”*

Mock and imitate her in a funny way: When she says something, you can repeat what she said and exaggerate her voice or accent in a funny way. You can also exaggerate her expressions in a playful and silly way. This is especially good if she has a strange accent or finds it difficult to pronounce a word.

Make fun of her in a sexual way: If she touches you, you can say something like:

- *“Hey, hands off the merchandise!”*
- *“You’re just interested in my body!”*
- *“Are you flirting with me?”*
- If she is staring at you, you can say something like:
- *“Stop looking at me like that, I’m not a piece of meat!”*

When she does something sexy, and tries to get your attention by saying, *“I look great in underwear!”* You could say something like, *“hey, you should try to control yourself!”* You could also try, *“I don’t sleep with anyone on the first date!”* If she says *“let’s do it”* (in any context), you can say, *“I think you’re going too fast”* .

Stereotype her in a funny way: Imagine that you are on a date with a girl with glasses. She looks like a typical “librarian.” We can joke about the

stereotype of librarians who are shy and tame but in private they must be sex bombs.

Or maybe with an Asian-looking girl you can ask her, *“is it true that all Asian girls know Kung Fu?”* Maybe, *“how many asses have you kicked lately?”* You could even touch her biceps and say how strong she must be.

If she works in a bank, tell her that you would never trust her with your money because she would spend it all. If she's Irish tell her that you would never have a competition to see who can drink more beer.

Again, the words do not matter, these are random examples. There are tons of other silly, funny stereotypes.

Exaggerate what she says or does:

- “That bag is huge, do you have a gun in it?”
- Or if she has a green-colored drink, “that drink seems radioactive”

A good way to generate humor is to take note of some completely appropriate activity in which a group of girls are engaged and tell them that it is not allowed.

- “*Is that alcohol? What a shame, you can’t drink here!*”
- “*I think you look too good for this place, you should go.*”

Some women will try to test us to see if we are genuine with our behavior. Sometimes they will simply touch us to see if we give in easily to them but others will be verbal.

A good way to respond is to exaggerate. This is because we will show that we have a sense of humor and that we do not take them too seriously. Here are some examples:

- Her: “Do you have a girlfriend?”... You: “If you work a little bit harder, maybe.”
- Her: “I’m too old for you”... You: “Oh, I know. This would never work”.
- Her: “You know I’m not going to sleep with you tonight, right?” You: “Obviously. Sex is always better on the second date in any case”.

Give her a fun nickname: If she is very studious you can call her “Nerdy”. If she is constantly laughing, “Giggles”! If she is someone who multitasks you can call her “Multipurpose”. It's just observing little things about her and then giving her a silly and playful nickname!

Do the opposite of what she asks you to do, but in a fun way: Let's say that she asks you to pass her the salt while eating. You can move it even further away, out of reach. Just remember to do it in a fun and not a mean way.

Challenge her: This is one of my favorite ways to flirt. For most men, the simple fact that a woman is attractive is enough for her to win them over. If she can win you so easily, all you’re going to show her is that you’re worthless. The best way to win a woman is to get her to go our of her way to win you. Therefore, playfully challenge and flirt with her to communicate that she somehow should try a little more.

Some examples:

- Be more creative!
- Sometimes you can be very interesting.
- We’re going to my house to listen to music...if you don’t like music you can get dressed and go!

- You're just as bad as you are cute!
- Are you like this with everyone?
- If you keep on behaving like this, I'll never love you!
- Can I tell you a secret? I love when you smile. You could do it more often.
- I wonder if you kiss well ...
- You and I could never be together ... we would always argue and I would always win.

The key concepts are self-entertainment, not adopting a needy attitude, having authenticity and not being afraid of it. These things are not simple to achieve but they will come with practice.

Remember that the words aren't important, it's the attitude and the context that matter. If we do it in an incongruous way, it won't work. Out of context it can be just weird.

And that's the key: becoming a versatile, funnier and more interesting person. Let's practice flirting on a day-to-day basis with any woman or person, with our family and friends so that it is something that we naturalize. It would be a mistake to only use this when we see a girl we like because in the end, it's all about intuition. And intuition must be acquired through practice.

Chapter Nine

How to text a woman

So, you're texting a girl and suddenly she stops responding. Or perhaps you spent weeks writing to her and without saying anything she starts to go out with a new guy who came out of nowhere. Messaging can be difficult and we all fail sometimes. Maybe you said something you shouldn't have said or maybe you acted too hastily or needy.

The truth is that most men have no idea how to message properly and then sit around wondering why the woman isn't responding, maybe they haven't seen the message or a UFO abducted her.

So I'm going to leave some tips for messaging here:

Tip number 1 - Have a life

Many men don't have a life and spend all their free time emotionally investing in a girl, wondering what she is doing or what to tell her.

The purpose of life is to follow our own passions, hobbies, family relationships, goals, and things that we like. If we have a life we won't spend all day obsessing because it took her just a minute to respond at first and then an hour the next time. We're not going to have time to ask what she's doing or worry about what to tell her.

Now, a classic error is that many guys try to do certain activities or hobbies then show it on their social networks for the purpose of impressing a girl. That's not how it works, in this case they'd be seeking approval and would continue to

be needy. Let's look for something that really fascinates us and in the end maybe it's even her who will be asking about us.

Tip number 2 - When to message

Always message a girl within the first 24 hours, maximum 48 hours, after you meet her. This makes sure she still has the “feeling” of when she met you, remains interested and doesn't forget you.

Many guys ask me how long they should wait to answer a message. The best advice is to respond to the message when we feel we want to respond. Let's respond when we are free but not every 5 seconds. If we can answer every 5 seconds all the time then ... **Get a life** .

Women want to be with someone interesting and if you answer every 5 seconds it will mean that the most interesting thing in your life is her, so you won't have much to offer her.

On the other hand, if you are going to be obsessed with how long you should wait to answer and be doing calculations and algorithms to find the perfect moment then I have some bad news: **You are emotionally investing more than her and it never works.**

As I said before, **if the amount of stress is greater than the fun you are having then you're doing it wrong.**

You should message the necessary amount to keep her interested. Don't wait too long because she will stop thinking about you. It's not about sending her messages all day, every day. You aren't available 24 hours. Nobody cares what you had for lunch or what you're doing right now. Even if she is attracted to you, she will stop being so if you are constantly seeking her attention.

Also, don't be afraid of not talking to her for one or several days. This will make her perceive you as a more unpredictable person, someone who isn't afraid of losing her and who isn't available all the time. It will make her wonder more about you. And the more she thinks of you, the more she will be attracted.

Tip number 3 - How to message

Most men choose to create too much communication, making her laugh with constant jokes or sending text messages throughout the day to simply entertain her. By doing this, they create greater validation but not more attraction. They create a framework where she is at the top and they are chasing her. This isn't how you should do it.

Actually the shorter and more direct the better. When we message a woman our goals should be the following:

- **Make her more comfortable** (if she wasn't comfortable enough).
- **Have a date.**

If our messages don't fit one of those goals we are probably going about it the wrong way.

It is important to message her when you have something interesting or specific to tell her. For example, you should send a message to a girl about something funny. She responds by laughing and adding to the conversation, and so on for about 10 messages. Then you can go for the date or just finish the conversation.

At the time of writing, omit the, "*hey, how are you?*" It never gives good results, even with people we already know. It simply drifts into a boring conversation that doesn't lead anywhere.

A useful way to send messages can be by referencing something from when you first met her or something personal about her. This also serves well for

messages in online dating with reference to her photos or biography. For example if she has pictures of climbing we can start by saying something like, “*I see that you like climbing. You must be an adventurous girl.*”

Once she references her “climbing”, you can make an assumption on the subject or a question such as, “*when did you start?*” “*What made you start?*” “*What’s the most dangerous thing you’ve lived through?*”

This gives us the possibility to ask more questions and assumptions about their answers. An incorrect way to do this would be simply saying, “*I see you like to climb,*” because it gives less possibilities to continue the conversation.

Don’t talk too much. If you can’t think of anything good to say, it’s better to say nothing. If you think it’s a good moment to end the conversation, just do it. By the time the conversation comes to an end naturally, they simply stop responding. Don’t keep messaging non-stop, it’s usually going to come across as desperate.

Don’t use too many emoticons, it’ll give them the idea of someone more childish. Let’s use them, but sporadically. Many times they serve to express or enhance an idea like when we make a sarcastic joke.

Don’t always send the message first. Many guys do this until she stops responding and then start another conversation repeating the process again. This betrays that you are much more interested in her than she is in you. Whether it’s by messages or in person, more than any pick-up phrase, an attitude that you don’t need her is worth more.

Remember that the final goal for messaging is always a date so we say that has to be our goal. Don’t message her for months waiting for it to be the ideal moment. If she isn’t interested, don’t try more than twice unless she comes looking for you.

Chapter Ten

Technique vs Behavior

Super technique of sunglasses at night

This is an incredible technique that consists of wearing sunglasses at night and girls come over to take them off.

Advantages:

- They show interest quickly.
- You don't even have to open your mouth.
- ... The club lasers don't damage your eyes

**Secondary effects: You aren't going to see shit.*

Cool, no?

Well, there really aren't any sunglasses at night techniques. All these techniques or pick-up lines significantly help the type of people who develop their game or social skills through talking to women. It can be repeating a pick-up line, doing magic tricks, a personality test, *etc.*

The same Erik Von Markovik known as the mystery creator of the book "The Method (Mystery Method)" says that he recommends to his students to memorize 300 different lines or openers to never be lost for words. Personally, that's not what I recommend.

These techniques will never be enough. You could improve yes, but they will not attack the underlying problem. On the contrary, men who have solid value

can be irresistible for a woman even when she just looks at him.

The reason most pick-up books don't work is because they don't address the underlying problem, rather they promote techniques that try to compensate for personality deficits. They seek to cover up the problem but they don't solve it, so the fears and insecurities are still there. It's like trying to cover the crack of the Titanic with a ton of band-aids. No matter how many we use, there will never be enough.

The seduction game isn't about chasing women to seek approval. It's about persecuting ourselves as a form of personal development and becoming more independent. Understanding the value we have, knowing who we are.

If you feel anxious, depressed, worried, disappointed or frustrated in front of a woman, it is important to understand that it's not about her. She can't help you no matter how much you love her. She will never be able to meet all of your needs because she wasn't designed for that.

It's about you becoming a complete, independent and integrated man. It's then when a woman is deeply attracted to a man. When he, no matter what he says or does, will always make the perfect movements.

The people who subconsciously believe that these techniques are necessary feel so because they don't feel good enough to win women. The men with greater success are those who see women as equals. That way your game becomes simple and natural.

An attractive personality does not consist of phrases or lines but in personality by itself. We can say the best phrases in the world, but if these don't match who we are, then they won't have any meaning. In short, they won't be attractive.

Success with women is based on the development of our personality.

Anecdote III: Get out!

It was a Saturday at 5 O'clock in the evening on my fifth day in Moscow. I found myself in a little park waiting for another date with another Russian girl. Her name was Anastasia. She arrived promptly, she was thin with blonde hair, green eyes, and a small beauty mark underneath her mouth.

We talked while we set off around the city. It was easy to tell that she liked me... well, actually, for a simple reason, we were already walking hand in hand. While she was telling me the history surrounding a building from the Second World War, I interrupted her with a kiss on the mouth. She held her posture during my interjection, but didn't let go of my hand.

We arrived at the central park, a vast, beautiful space where we stopped to get a coffee from a little stall that was on the side of the path. There we sat down on a sort of giant bean bag sofa and, quite comfortable, continued our conversation interwoven with kisses. It was clear that she was feeling more and more comfortable and trusting with me and the conversation simply continued flowing naturally.

The cold intensified and Anastasia blew her nose with a handkerchief every now and again. We decided to move to an extremely elegant bar whose lounge was divided by yellow curtains that stretched down to the ground forming different sections in an Arabic style. In each of these partitions there were very comfortable seats with tables possessing a refined elegance and a few lit candles creating a warm, intimate atmosphere. There we lay back side by side while she spoke in Russian to the waiter to give him our order.

We started smoking Shisha and drinking beers. The minutes flew by and both

the number of kisses and the temperature rose. Curious glances from the neighboring sections came through the gaps left by the curtains. The waiters interrupted constantly, either to clear the tissues that Anastasia kept discarding or to build up our bill with more orders. Generally, they maintained a professional attitude but occasionally a smile slipped out, due to the amorous situation in front of them.

"We can't do it here," Anastasia repeated constantly while I adjusted her clothing and tidied up her hair in an attempt to regain composure, but, to tell the truth, my only goal was to excite her more.

After passing several hours in the bar we decided to go to her house. She warned me that her mother was visiting and that she would be leaving at 6 in the morning. It really didn't matter to me. Anastasia tried to pay the bill with her credit card, but they didn't accept it. She asked me if I would pay her part, telling me she would pay me back afterwards. I accepted, since, up until then, she had been paying for everything it was from hers.

We took a taxi and headed towards the outskirts of the city... far out of the center, very far. We circled around a sort of motorway and drove for at least half an hour. When we stopped to get out we were on a sort of wide highway where the spaces were big, empty, and mostly colorless. I found myself in a completely different part of the city. We walked until we reached the door of her building and she was looking for her keys in her purse when she said:

"I can't believe you want to meet my mother on our first date. Now you're going to have to go out with me for at least four months."

I jumped, startled.

"No, no, no," I said, "it's not that I'm interested in meeting your mother, what I said was that I didn't mind her being here."

She just laughed and nodded.

We went up in the elevator and then she pressed the buzzer for her apartment

so that her mother would let us in. I was surprised that the old lady was still awake since it was 2 O'clock in the morning. The woman let us in and I politely said hello. She was very old, thin, and wrinkled.

Upon entering, my first impression was that I couldn't call it the prettiest apartment. We found ourselves in a hallway with the walls painted an intense blue and an opaque light creating a slightly somber atmosphere. From this room extended four others. To my left was the bathroom and the kitchen, in front of me a half empty bedroom with a small table lit by a bedside lamp, and, lastly, to my right, a living room.

I took off my shoes and left them on a little shelf to the side of the door. The mother and daughter talked in Russian and the old lady looked at me while, with a friendly smile on her face, she offered me something to drink.

"Vodka?" she asked, smiling.

I laughed, but I only wanted water after so much beer mixed with Shisha.

The lady brought me a glass of water and after exchanging a couple of words with Anastasia, she went into the bedroom. She sat down slowly on the small bed, her possessions next to her on the on the well-lit bedside table. This image stayed with me, as it was somewhat sad and melancholy, but, at the same time, it seemed to me to confirm that the old lady had approved of my presence in the house.

Anastasia and I stayed in the living room and opened the fold-out couch. She started to undress and change into her pajamas. Her nudity enhanced the beauty of her figure and sparked my desire. I took off my pants but left my t-shirt on.

Anastasia let me know that we would have to wait until her mother left and until then keep our composure. I said "okay," containing my excitement, since I also needed to get some sleep.

She lay down beside me and we started to kiss. The physical contact, the kissing, and the little touches made it difficult for us to restrain ourselves. I took

off all of my clothes and she slid down me, continuing to kiss me. I simply let her.

A few minutes passed until I stopped her and put myself on top of her. I played with her, rubbing against her crotch but the frenzy was such that I almost came and I asked her if we could slow down a little.

Her face, red from excitement, suddenly changed. Offended, she coldly rolled away, asking me to move away from her while she turned around, her back now to me.

"Okay," I responded calmly, without reacting, despite my surprise. I hugged her from behind and passed my hand between her breasts, holding her. She grasped my hand.

Then, almost silently, she started to sob.

"I want you to leave," she said softly, but conveying great rage.

I was perplexed.

"It's 3 in the morning, I don't have any cash and I don't even have any idea how to get back and you want me to go now?"

Anastasia: "Yes, get out."

I had no idea what was going on.

Me: "And how am I supposed to go at this time?"

Anastasia: "I don't know, that's your problem."

Bitch! I thought.

Light was already seeping through the window. In the summer in Moscow the sun comes up extremely early, these are known as the white nights. The problem was that there weren't going to be any metros running until 6 am.

"Okay," I said, "if you want me to go, I'll go, but can I ask at least that you pay me back the money you owe me from the bar?"

I said it with only the slightest hope that she would do it.

Aggravated by my request she replied, "I'm not going to give you anything. Get out!"

I was already biting my bottom lip to hold back my anger. I simply kept quiet and let the silence install itself in the room, I didn't have anything else to say. Slowly I started to let her go and I rolled over, facing up on the sofa.

What am I doing here? I thought to myself.

Anastasia suddenly started to cry again and turned towards me. Her eyes were red and glistening from the tears. Her face was so sad and her lips were arched down in marked fashion, as if she was a clown exaggerating her expressions.

A little smile that I tried to contain escaped from me. It was just that, I didn't understand anything.

She looked at me fixedly while she started to caress my chest.

"Forgive me," she said, "sometimes I react badly. Why are you upset?"

I looked at her with a certain skepticism. First she kicked me out, then she stole from me, and now she was asking me why I was angry.

"Look, everything's Okay, I just need money to go and we'll leave it at that.

"You only care about money, I'm not going to give you anything. Get out!"

And it was true! I felt cheated and at that moment not even her slender figure was sufficient to motivate me to stay. I was now not into her whatsoever.

I decided that the best option would be to try to sleep until 6am, the time that the Metro started to operate again. The minutes passed and she swung back and forth between a sea of rage followed by one of guilt in a cycle that seemed without end.

"Yes, I'm angry, because you came to my house, when my mother was here and you don't want to fuck." Followed by "why did you come here!?" Continued with "Why do you want to go?"

I fell into a state of sleep in which at times I awoke holding her in my arms

while she stroked me and whispered softly into my ear "get out," like in a horror movie. I didn't want to listen to her anymore, I felt that the conversations devolved into discussions without any sense instead of trying to fix the situation. Then, suddenly, she got up sharply from my side, she picked up one of the tissues that she had on the bedside table and said with fury, "I'm going to wait until my mother leaves and then I'm going to kill you..."

Then she returned to lie by my side, her back towards me, starting to cry violently. I paused for a few seconds. A cold shiver crept up my body, considering the possibility of her really doing it. My brain calculated what my best options were to survive or escape.

I could have escaped immediately, but I feared that she, in her wavering, out of control state, would go to the kitchen and get a large, sharp knife to stab me with in the middle of the chest.

Her emotional state was very delicate. There was no other option, I had to fuck her...

I took her from behind and once again placed my arm between her breasts. She again took my hand.

I started to laugh nervously.

"First.... don't kill me."

"Okay," she responded softly while she dried her tears with her hand, "and second?"

"Second... I don't know."

She laughed quietly, as if she had been appeased. I started to press my arm against her chest while my hand took her breasts, kissing her from behind. She held my arm strongly while she caressed my feet with hers. I rubbed my nose against the back of her ear while I continued kissing her and blowing gently on her skin with an animal instinct.

I could feel her excitement in the change in her breathing. Right in that

moment I took her by her neck and squeezed. She let out a squeal of pleasure and I whispered in her ear, "you still want me to go?"

She didn't respond, almost breathless.

She started to jerk me off, but I stopped her. It seemed that now I had her dominated like a cowboy dominates the wild stallion on the plains or perhaps like I was a Cossack of the Siberian steppe. She wasn't fighting anymore, no more talking, she was totally submissive to me and with greater and greater excitement.

I still wasn't really into her, since I figured that Anastasia was decidedly crazy, but, at the same time, I liked the whole situation.

With one hand I masturbated her while with the other I continued gripping her by the neck. Her excitement increased incrementally and proportionally to how much I squeezed her. Then I grabbed her hair, pulling her back firmly. Her excitement was so great that she asked me to stop while she pressed her legs together in a futile attempt to control her ecstasy.

Anastasia, already at the limit of arousal, begged, "I want you inside me."

I asked, while keeping her hair pulled back, "are you going to do what I tell you?"

She replied somewhere between a murmur and a submission, "yes!"

I took a condom and put it on. I held her by the waist and penetrated her softly but firmly. I pulled her hair again while with the other hand I continued masturbating her.

Between gasps she started to ask me to go slower.

Pulling her even harder by her hair, to the point of almost pulling it out, I said to her,

"I'M GOING TO KILL YOU, YOU FUCKING BITCH!!!"

She let out a moan of pleasure, her whole body trembling for a few seconds.

Her mother was probably totally horrified if she heard that kind of outburst coming from the room.

I was completely exhausted. Not only from the adventure, but also because I had spent more than 30 hours without sleeping, walking around the whole city, bleary from alcohol and Shisha. I usually like to stay and talk after having sex, but not with her, not in that moment. My eyes were closing while I asked myself if it was sensible to sleep with the enemy.

Anastasia woke me up and started talking to me. I can't even remember what she was saying to me, she just talked and kept repeating "get out" softly and slowly while she supported herself on my chest, holding my hand.

It was obvious to me that she didn't want me out, but my sanity was at risk trying to understand this woman. I looked at the time and there were only 20 minutes left before the metro started running again. She said again "get out," but this time was the last.

I looked her in the eyes and said "Okay, I'm going." I pulled the duvet off myself and pushed her arm off me, she rapidly grabbed mine with an expression of rage in her face like a murderous doll. I was terrified.

I brusquely pulled my arm back but she grabbed it again. The situation was turning tense. *This girl is possessed by a demon!* I released myself once again.

Suddenly, her expression softened and her face adopted a look of sadness and abandonment. New tears sprung onto her face, while her naked body rested in the open on the sofa.

"Please! Don't go!"

She cried out like a little girl who doesn't want her dad to leave.

I felt bad, but my disconcertment and incertitude were still very present. In my mind, she could at any moment run towards the kitchen to get a sharp knife and carry out the threat that she had made earlier. I felt like my life was in danger and I wanted to escape.

"No, sorry, but I think it's better if I leave," I said.

"Why?" She asked.

"I feel uncomfortable, I would prefer if we ended things here."

With great anger and annoyance she replied, "fine then, go!" She turned around on the bed.

I got up and started to get dressed. I had no idea which way to go, but all I wanted was to get out of there.

She turned around and looked at me once again, "why are you going?"

I felt very confused, being posed the same question every now again that I had already replied to not long before.

I repeated my answer to make it clear, but it wasn't totally true. In reality I felt a deep fear of her because I had no idea what she was really capable of.

"Don't go!" She said with tears falling from her sad face, but uttered softly so that her mother wouldn't hear.

"I prefer to go."

"Please don't go!"

She stood up, naked, from the sofa and came towards me.

"I'm sorry," I said, "but I think it's better this way."

She placed herself in front of me and while I got dressed she begged me to stay, staring straight into my eyes. It was as if she was terrified to be left alone in her apartment. I kissed her on the cheek and put my hands on her shoulders to comfort her.

She continued insisting, "stay, please," repeating herself tirelessly.

Her expression started to seem lost and her face began to turn into that of a maniac. The way she was looking at me was such that, to tell the truth, I didn't know if I was living my last moments. Her threat newly flashed into my mind and my paranoia swelled with renewed intensity.

"Please, don't pressure me!" I said.

She looked at her feet, as if accepting my decision, while she stayed in front of me.

I looked at my watch and there were only ten minutes left until 6am. Her mother was still in the bedroom and this, somehow, calmed me down. I thought that I should leave before the old lady, otherwise this might cause me more problems.

Anastasia continued crying and asking me to stay. I calmly continued refusing. I leaned forward again to kiss her on the cheek, but she pulled back to avoid me. I took this refusal as an excuse to continue my flight and put an end to this sad situation. I grabbed everything, without finishing getting dressed. I couldn't find my shoes and then I remembered that I had left them on a shelf beside the front door.

Anastasia became even more restless. I wanted to avoid, above all, her getting away from me. "I'm going to take pills," she told me in a threatening tone. I just looked at her without saying anything, I didn't take it seriously and there was nothing I could do about that anyway, even though it would make me immensely sad.

Her anger grew, "GET OUT! GET OUT NOW!" She ordered me, growing in fury.

I obeyed. I opened the front door and took my shoes.

She ran behind my back towards the kitchen.

Shit! I thought. A cold chill ran immediately across my whole body.

I opened the door and ran for the elevator. The door opened and I pressed the first button I saw just to close the door. The elevator closed and started to go down. A sigh of relief, along with a laugh escaped me. I was still scared, but I felt safe. I put my shoes on, still topless with my t-shirt and jacket in hand.

I arrived at the bottom floor and a man who looked like he worked in the

building went past. I asked him where the metro was, and as we didn't speak the same language he indicated it to me using gestures.

I walked through the wide, unfamiliar streets until I found the metro. I still felt lost in the outskirts of Moscow, cheated, violated, and on top of that, threatened. But, nevertheless, I had a sensation of limitless joy.... I was alive!

I took the metro, arrived at my hotel, and slept, slept like a baby. I got up a little confused and with a sharp headache, like that of a hangover. I looked at my phone and had a new date with a different girl, but I wrote to her,

Sorry... I can't go out today.

I hope you enjoy the book as much as we did writing it. It is really gratifying for me when someone spends their time reading what I had written. Publishing this book has become my consuming obsession as it was the result of two years work..

Feedback means everything for Self-Publishers, not just for motivation or self-development to continue writing and can also help in the promotion efforts. I would really appreciate it if you could take the time to leave me a [review](#), Each one means a lot for me.

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