



# The Wing Girl Method

I Coach Men On How To Get & Keep The Women They Want

## The Wing Girl Method Manual For Approaching & Creating Attractive Conversation

As I am sure you have guessed The Wing Girl Method does not typically endorse **Pick Up Lines, Gimmicks** or **Routines**. BUT we do understand that in the beginning stages of learning, some tactics are needed.

Therefore my Wing Girls and I have put together a quick tip manual for approaching and having attractive conversations with women.

**Disclaimer:** These tips/lines/routines are ONLY for the practice stages. From these we want you to develop your own versions so that they are genuine and authentic to you.

Your Sassy Sister,

*Mami*



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## The Basics

Below you will find basic rules and information for approaching and creating attractive conversations with women. At any time if you feel you need a deeper explanation, feel free to contact me at [marni@winggirlmethod.com](mailto:marni@winggirlmethod.com). This is where the 2 weeks of Virtual Wing Girls really can assist you!

### **Pick Up Lines Gimmicks and Routines Don't Work**

Pick Up Lines, Gimmicks and Routines are only to be used in one way and that's for practice. That's right. You may only use borrowed material during your learning phase.

In the beginning it is totally fine to use other peoples pick up lines, gimmicks or routines because you are learning and figuring out your own style. BUT you cannot rely on using others materials, word for word, and expect amazing results.

Why? Because I said so and because I can guarantee these materials are not congruent with your character. Therefore you are being false, fake, inconsistent and dishonest. Women can smell false behavior from a mile away.



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**Story #1:** I used to work with a client who had gone to a boot-camp run by a leading player in the attraction industry. This program included tons of routines to memorize and use.

This client and I went on a Wing Girl outing and he attempted to show me his moves. He would go up to women and say the lines he was told to say that would bring him instant success. Instead of the women getting turned on they appeared to be insulted and actually repulsed by my client. They then said “Did you practice those lines before you came here”. I obviously swooped in to save him by saying we were doing a test.

**FACT:** People are different. Therefore 1 line that one person uses will not come across the same way if another person says the exact same sentence.

**Story #2:** I worked with another client who had done a similar program to the one described above and he started reciting his routine for me by telling me a story about him and his motorcycle.

When he was done his story I said to him “Have you ever been on a motorcycle?” he said no, with a sad look on his face, and I said “Then stop telling that story. You are not selling it and I can tell it’s fake.” Needless to say he never told that story again.



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As a woman I have heard all the typical pick up lines, from many, many men over the years and sometimes they spark attraction and other times they invoke nausea. Seriously.

Which further solidifies the fact about women stated during the contract phase of this program. Women respond to emotions (energy) and not words.

**FACT:** Everything you do and say must reflect you. Be consistent, genuine and most importantly honest. As I have told you many times before, women are most attracted to a man that is confident with himself and comfortable with his behaviors.

If you say something out of character women can sense that. Therefore you need to take the pick up lines, gimmicks and routines you learn from others and make them your own. Add your own tweaks to make them work for YOU. Then they will work.

**EXERCISE:** Next time you are out socially find two women, tell them you are conducting an experiment, and need their assistance.

Ask them both what random foods they dislike. Pick one of the foods and make sure that one of the girls likes this type of food. Let's say that one of them hates peanut butter and jelly. Then ask each of them



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to say “I love peanut butter and jelly.”

You will be able to sense which one is being honest about the statement and which one is just saying it because they were told to say it. Even though they are using the same words the statements sound completely different.

That is exactly how you will sound if you borrow conversation from others.

## **LISTEN, LISTEN and LISTEN MORE...**

Listening is a difficult task to complete when you are nervous and talking to a woman you just approached. I get it.

**Story #3** During a first session with one of my clients I had him do a mock pick up with me. I would be sitting at a bar and he would approach me and attempt to engage me in conversation.

After a few tries we got his attempt to a sexy place where I was totally comfortable with him sitting beside me. The next step was engaging me in conversation.

He would ask me a question and I would start to answer and before I would finish he would cut to his next question. Meaning the jerk cut



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me off and was not listening to me. Instead he was preoccupied (nervous) and not present in our conversation.

Therefore I could not connect to him and was not attracted. I did not feel like I was part of the conversation.

It is difficult to connect to a woman if you're living in your head and not present. I know it is tough especially when you are nervous but if you take a deep breath and listen conversation will flow much easier.

I always say conversation is very similar to dancing. As a man you present the first move to the dance by asking a woman to dance. She will then take on the second move and give you her hand and so on and so on. Step by step, you give a little more to form a connection.

You want your dance to flow and the moves to be smooth therefore you need to first practice the moves and be present so that they will work!



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## Compliment With Purpose

I have an exercise for you that will let you know exactly how it feels, from a female point of view, to receive an empty compliment.

**EXERCISE:** Select a person a random person that you do not know very well. It can be someone in your office, at a bar, a coffee shop, wherever. Best is to find a woman to assist you. Tell them you are doing an experiment and need their assistance.

Ask this person, preferably a woman, to compliment you for 30 seconds.

What you will see is this person you have selected is not complimenting with purpose. They are complimenting to without purpose. You will also notice how false and unattractive they appear to be.

**FACT:** An attractive woman will encounter false compliments and compliments without purpose almost every day of her life.

To a woman, the compliments that really matter are the ones that show you really get her and can see past her outside appearance.

For women who are attractive, they know they are attractive and



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therefore have no need for compliments about their looks. What they are attracted to are genuine compliments that get behind the looks.

**Story # 4** I recently did an interview with the Amanda Lyons, wife of Adam Lyons. Adam Lyons is a rising star in the pickup and attraction community. I have also met Adam many times and he is amazing with women but more importantly he is one of the most confident and consistent men I have ever met.

Amanda, is HOT. Not your average HOT but really HOT. She told me that she has been hit on by men since the age of 12. Men who have showered her with meaningless compliments and offers to give her the world. These men repulsed Amanda because they were not sincere and caused her to build up a wall.

It wasn't until she met Adam that her wall came crumbling down. Adam did not compliment her the way other men did. They didn't tell her how beautiful she was or how sexy she was. Instead he talked to her and listened to her words and then gave out compliments once he felt they were deserved.

He did not compliment on her looks. He complimented her on her character.





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## Examples:

Here are some examples of how to compliment a woman's character:

1. I can tell you have a really kind heart
2. You put up this tough exterior but I can tell you have a really soft side
3. I bet people misunderstand you a lot

\*You can also compliment on little nuances.

1. You know your lip curls whenever you get nervous
2. I like how your eyes twinkle when you get excited

*\*These "lines" are to be used as guidance and direction.*

What you need is to be aware of is **WHY** you are complimenting.

Next time you approach a woman think before you compliment and ask yourself these questions.

***Am I complimenting to make conversation?***

***Am I complimenting to break into conversation?***

***Am I complimenting to get a response from a woman?***

***Am I complimenting to make a woman like you?***

***Am I complimenting to get sex?***

If you answer yes to any of these then I am sorry to say, but what you



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are doing is a form of manipulation. That's right! You are using compliments to get what you want.

Stop complimenting to get a response and compliment because you really mean it. I guarantee it will improve your success with women!

## **Lead The Conversation, Don't Dominate**

It is my belief that men should be talking 25% of the time and allowing a woman to talk 75% of the time.

Leading the conversation instead of dominating is sexy. Point blank. I hate when men talk my ear off and don't listen to what I have to say. To me it spells insecurity and discomfort. It can also spell friendship instead of sexual or intimate.

In order to be seen as a sexual, leading, masculine option instead of a woman's new male best friend you have to be careful with the type of energy you are putting out there when you speak.



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## Conversation Examples:

*A Friend Says* - OMG I feel exactly the same way that you do. That's just how I feel every time I see a beautiful woman and an average looking man together. It makes no sense to me.

*A Sexual Leader Says* - You have a really interesting perspective. Before walking over here I would have never guessed that response would come from you. I have been proven wrong (smile, pause in silence for 2 seconds then look away) and then move into general conversation that is light and fun.

Possibly start commenting or showing her others in the room to look at that you find interesting or funny. This will change depending on where you are. Club - Point to some fool on the dance floor and then grab her hand and tell her you can do better. Book Store - Say now let's find that book you were looking for and lead her into another section.



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**EXERCISE:** Go sign up for an improvisation class. Improvisation classes help you learn to use your imagination and pull conversation out of thin air. BUT most importantly they teach you how to lead conversation so that you can pull others into your world.

When I was younger I signed up for an improvisation class and fell in love with it. It was fun, I pushed myself and I expanded my brain to a level where I am now able to create conversation at the drop of a dime.

## Be Comfortable With Awkward Silences

The awkward pause is by far one of the worst feelings in the entire world. That is, until you learn to enjoy it and realize you are not responsible for filling it.

I used to panic whenever I heard an empty pause and stupid things would come out of my mouth just to avoid it. Now, I breathe in the pause and celebrate it. I actually love it.



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## **TIP: Take a moment**

When engaging a woman and you experience this pause take a breath, lower your shoulders, soften your brow, look in her eyes and smile. Calmness in a man is SEXY!!!! I guarantee she will be the one filling the gap.

Now that I have explained some of the basic rules to conversation I am sure you are ready to know **HOW TO APPROACH AND HAVE ATTRACTIVE CONVERSATIONS WITH WOMEN.**



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## Approaching

Approaching women does not have to be as difficult as you think. As a man it is part of your biological makeup to approach and attract women. The only thing that is stopping from fulfilling your manly duties is that thing on top of your neck, your head.

Your head allows you to think and thinking can some times deter us from doing what we really want to do. Moving forward, I do not want you to think about approaching, I want you to just do.

Inaction leaves you static. Action pushes you forward. Whether it's good or bad, it's definitive. Therefore you can celebrate or move on.

### **TIP: Get Pumped!**

To avoid fear and anxiety, before you approach, go to the bathroom to jump up and down a few times. Gets the blood flowing and will make you smile.

Remember the first exercise in the How To Become A Man Women Want video? The exercise where you have to engage 10 people



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every single day? I want you to take this exercise seriously.

You may believe that your approach anxiety is strictly isolated towards women you find attractive but I guarantee you that this fear is towards all people that you feel you have no business talking to. Meaning, you believe you have no reason behind your approach.

This exercise of approaching 10 random people every single day will get you more comfortable with knowing you don't need to have a reason for approaching people other than YOU WANT TO!

Once you can approach any stranger without fear or anxiousness then you can move onto women you are not attracted to and continue onto women you ARE attracted to. See more baby steps and practice!

Now for the women you are attracted to it may feel like you have so much more invested in the approach. It feels that way because currently you do. We want to remove this pressure so that approaching a hot, amazing woman can be considered fun and not a scary task that you would rather avoid.

When you go to the grocery store to buy laundry detergent do you sit in front of the detergent section, stare and get nervous about whether or not you are making the wrong choice? No you don't. You select the detergent you want, take it to the counter, purchase it and take it



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home.

I want you to apply this same way of thinking towards women.

**You see, you like, you pick it up and you take it home. Or You want, what you want, when you want it!**

Don't be afraid of these normal male urges. They are masculine, strong, attractive and sexy. As long as your wants don't hurt or belittle anyone, then you are to do as you please.

**1,2,3 GO...**

That is The Wing Girl Method motto that you are now obligated to live by.

- You see a hot girl you like, you approach
- A woman in the grocery store catches your eye, you approach
- The lady at the gym who uses the treadmill beside you EVERY DAY, you approach





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**TIP:** Change the story in your head

Instead of thinking “**This GIRL is going to reject me, or, This WOMEN will think I’m too fat, bald etc... or, I have nothing to say to HER**” think “**She’s cute, I want to talk to her, so I will, or, She’s hot, I wonder if I will like her, let’s see.**”

The story changes into being about what SHE wants into what YOU want. Until she makes an impression it is not about HER yet. How can it be?

I see so many men who put women that they know nothing about, on a pedestal, even before they say ONE SINGLE WORD to them.

Respect yourself first and let her earn your respect.

Approach a woman you want and say hi, introduce yourself and wait to see what she shows you.



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## CASE STUDY:

Check out a case study of a man I worked with ONCE. Together we worked on pushing him through his approach anxiety so that it was completely eliminated.

**Go to:**

<http://www.winggirlmethod.com/approach-anxiety-case-study/>

Once you can push yourself past the fear of rejection and the discomfort approaching will become really easy. You may even start to question why you ever thought approaching was difficult. I know it can be challenging to think of ways to break into conversation and just APPROACH.

Many of my clients have the same issue so I give them the assignment of creating a list of “openers”. This gets their approach muscles working ahead of time so that when they are in the moment they are ready to go.

Below is a list one of my clients sent to me that I thought was great! I have also included my feedback in bold so you can understand what the lines mean to a woman.



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## OPENER EXAMPLES:

### 1. Supermarket

Lady pushing scaled down buggy. Hello. Smile. That's a cute buggy but it's getting full. Can I go get you the industrial size buggy? **So cute. I love this. Playful, slight tease and enjoyable. You may not even need to say the first two lines of "Hello, that's a cute buggy...". It actually has more power if you just say "Can I go get you the industrial size buggy?"** After she giggles or responds in her own way you can introduce yourself and even start piling stuff in her buggy.

### 2. Supermarket

Lady looking at different hair care products. Hi. Smile. I'm thinking about switching from just using soap on my hair. Can you suggest a good shampoo for my kind of hair? **This is great and very similar to a line I used yesterday at the nail salon. I just got engaged and I am having a shower on Sunday thrown by my future mother in law. I tried on 3 different colors and said to a woman getting her nails done "I have my engagement shower on Sunday. Which color makes my ring pop more?" she said "well first question, what are you wearing" I said "Great question, I didn't even think of that" and then we chatted for another 5 minutes and then I excused myself. It's always good to reward women for helping you.**



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**As an add on you can have her feel your hair “run your fingers through and tell me what would work best.”**

## 3. Bookstore

Lady reading a book in one of the aisles. Bump gently into her as I go by. Hi. Smile. You look mesmerized. Do you think I would like what you're reading? **I like this because it shows you understand that you can create your own situations that will enable you to approach. The world is yours, seriously. Go make things happen. It will be scary at first and then get amazing and fun!!! I promise. Instead of saying “Do you think I will like what you’re reading.” You could say, “What has you so hooked?” Up to you.**

## 4. Bookstore

Lady looking at books in the new arrival section. Hi. Smile. Have you heard any good reviews about ..... (one of the arrivals). What do you like to read? **This is cute. Not my favorite but if said in the right way could be great way to break into conversation. There is no oomf in it but sometimes there does not need to be. It may lead to an interesting conversation or a may lead to just a great suggestion for a book :-)**

## 5. Coffee shop

Lady at next table working on a laptop. Hi. Smile. You seem to be



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really focused. Is your deadline today? **Love this. Smart ass!**

**Again, if said lightly and in a slightly teasing manner it could be great. Love it.**

## 6. Gym

Lady working out on a machine. Hi. Smile. I've never tried that machine before. How do you like it? **Again, not my favorite but great that you see you can hit on women at the gym. Just seems soft and the usual comment from men at the gym. What about "Looks like that machine is really working you hard" or "you are really punishing that machine. Give it a break!"**

## 7. Gym

Lady running on a treadmill. Hi. Smile. That's a great pace you've got going. How far have you gone? not so good. **Weak and same comment as above.**

## 8. Mall

Lady shopping in ladies section. Hi. Smile. My mom is feeling low and I want to get her a nice gift to pick up her spirits (true BTW) (blouse, sweater, jacket, etc.) I wonder what I should get her? **This is great but you have to be able to add something interesting to it but definitely a great opener. Asking for assistance, then leading her to help then rewarding her for her help. Picture a teacher and a kindergarten student.**



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## 9. Mall

Lady shopping in record store aisle

Hi. Smile. I'm browsing for some new ..... (rock,country, jazz) Have you heard something new you really like? **Great opener and way to break into conversation. Again asking for advice but make sure to take her help and then reward her for helping. Say something like "someone's got a fetish with...."**

## 10. Mall

Lady shopping in perfume aisle. Hi. Smile. My cousin's birthday is coming up and I want to get her some top of the line perfume. Can you suggest a nice fragrance? **Better but a better idea is TELL her you want to try out some fragrances on her. Say "Can I borrow your arm for a minute?" take her arm and say "my cousins birthday is coming up and I want to get her something nice, can I spray to test it out" spray. Sniff.**



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## **EXERCISE:**

Create your own list of openers. Go back through recent approaches you made or wished you made, and write down what you wish you could have said.

Practice in the mirror for 2 weeks every night. I want you to get comfortable with the openers so that they are automatic and flow out of your mouth easily.

Next go practice them with women. Start off slow by approaching women you are NOT attracted to. When that feels comfortable to you, move onto attractive women.

This exercise will make it easier to approach. You won't be stumbling for "What to say" because you will already have a repertoire of things to say.

As you practice you will notice what works for you and doesn't work and you will tweak!



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## Creating Attractive Conversation

I have had hundreds of men writing into me asking this question “What do I talk to women about” and I always give them the same response. Talk to women about whatever you want.

Contrary to popular belief, there is no magical conversation that will instantly get a woman’s underwear to pop off. Nor is there a conversation that will guarantee attraction with every single woman.

In fact it is not what you say to women but HOW you say it to them. I am going to say this again so that I can drill it into you.

### **IT’S NOT WHAT YOU SAY BUT HOW YOU SAY IT!**

If you are comfortable and confident saying “banana, banana, banana” to a woman and really own it, she will be attracted to you.

As I have said before, women are attracted to energies and character not to specific words. If you speak with passion, excitement, confidence or knowledge then you are as good as gold.

It’s when you start formatting your conversation to please a woman that you will turn off women.





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## **EXERCISE:**

Find a woman and approach her. Tell her you are doing an experiment, because you are. Then start talking about something you are an expert in or that you really care about. For example, if you love comic books, tell her about your favorite comic book characters.

Notice her face and involvement when you are speaking. When you are at ease and are comfortable talking she will be at ease. She will lean in, make eye contact and hang onto your words.

She does this because you are projecting a character that she can connect to and wants to be around. A character that is passionate, confident and expressive. Very attractive!

Do this exercise with 3-5 women. I guarantee you will get a similar response. Keep in mind that if you are not at ease and comfortable with your conversation she will not have this response. That is why you must be sure to select a topic you know a lot about and have passion for.

The lessons learned from this experiment will alleviate the pressure



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to “say the right thing” because you will you now know, there is no “right thing” just the RIGHT WAY.

Now that you know this it will be easier for you to break into conversations.

## **BUT WHAT HAPPENS NEXT?**

There are many different situations that you will find yourself in with women but the one constant will be you. You have to decide what YOU want from this woman. YOU are in charge and YOU can talk about whatever you want.

I am pretty sure you have several conversations each and every day. Why do you think a conversation with a woman should be any different?

As long as you don't ask a woman to pull your finger or talk to her about your ex, the door is open for conversation.

Once you realize that you can talk about whatever you want, you will be in charge of the conversation and will be leading the conversation.

Remember, the conversation is meant to help you decide if this woman is good for YOU.



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So instead of going into a conversation with a woman thinking “I don’t know what to say to her.” Or “she will think I am dumb” etc... Think to yourself any of the following:

- I want to talk to this woman and find out if she is as good as she looks
- I want to ask this woman for her phone number
- I want to take this woman for coffee
- I want to find out if this woman is good enough for me
- I want to sleep with this woman

See a pattern? It’s about YOU not HER.

Each of these “I want” statements are actually GOALS for YOU to learn to follow. If you have a clear goal in mind, the easier conversation will flow out of your mouth with women.

Again, these goals are for YOU and not for the woman you are approaching.

Men who have goals with their interactions have much better success than those who do not.



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## Examples of Goals:

**Unclear Goal – (At Grocery Store)** “Hi, my name is Paul. I just thought I would come over and say hi and see what you were up to. Do you live around here?” “No.” “Oh well, I thought maybe you did. What are you buying?”...

This dreadful conversation could go on forever. Paul had no goal in mind other than to talk to her. He was too afraid to say what he really wanted to say.

**Clear Goal – (At Grocery Store)** “Hi, my name is Paul. And you are...” “My name is Wendy” “Wendy, very nice to meet you. You caught my eye from across the room and I want you to join me for coffee.”

Very direct, on goal and no dilly dallying. Paul has now stated what he wants from the woman. She has the option of saying yes or no.

It is so important to understand what you want from a woman before you go and approach her. If you want to talk to a woman because you find her attractive, don't hide this. Show it, say it and act on it.

Women will find a man who is direct and straight with her very attractive.



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The example above is great for when you see a woman out socially in a place where you don't have much time to speak. But what if you have more time to talk and want to connect or create attraction? What if you are on a date?

Believe it or not LONGER conversations are actually easier than short conversations as long as you know how to LEAD the conversation. I believe that in the beginning, it is the man's responsibility to guide the conversation. Not dominate it.

In an earlier example, I showed you the difference between a "friendship" conversation and a "sexual" conversation. The difference between these 2 types of conversation was that the friendship conversation was not LEADING the conversation.

**As a man, you should be talking 25% of the time and the woman should be talking 75% of the time.**

So how do you lead the conversation? You lead by asking questions, telling stories and LISTENING.



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## Asking Questions:

Women LOVE to talk about themselves and their opinions. It makes them feel stronger and heard.

**Tip:** Ask questions that require more than a one-word answer.

1. Do you like chocolate? Answer – Yes or No
2. If you could have 1 type of snack food what would it be and why? Answer – Chocolate is my favorite type of snack food and if was allowed 1 snack it would be a king size Twix bar!  
Reminds me of my childhood.

Do you see the difference? Question #1 is an uninvolved question and #2 evokes a feeling.

This is where you guide and lead the conversation because you are leading a woman to a feeling rather than just a simple response.

A women's real responses come into play about 15 seconds after they start to speak. The first 15 seconds are how they initially "THINK" they feel and after the 15 seconds their real thoughts and emotions are released. The more you make a woman talk the more she will feel connected to you.



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## **Tip: Don't try to top her!**

When women reveal and share they **want to be listened to**. They don't want to be topped or hear about how you experienced the same thing, they want to feel heard and understood.

This was touched on before when I discussed “friend” conversation vs. “intimate” conversation.

Friend: I felt the same way... (tell your own story for 5 minutes)

Intimate: That must have been really rough on you...

When I was younger I always hung out with guys and I remember this one car ride with 3 of my guy friends. One guy would tell a story and the others would scramble in their heads to find a story that topped their story. None of them were listening to each other. They were competing.

After you ask a detailed question, allow the woman to be heard when she gives a response. You are free to comment and get into conversation and discussion BUT be careful of stepping into friendship talk. At least in the beginning.

In the beginning you want her to reveal to you. This will create a



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sense of safety and security in her, which is what causes attraction in women.

Listen, observe and see if YOU want to find out more about her. No need to spill your guts and pounce on the woman. Let her come to you and see if she is worthy enough to hear your information.

I recently worked with a wonderful man named Joe. Joe is constantly trying to better himself with women and people in general. From time to time he will send me email reports of research and findings.

One time Joe had written me to tell me about some recent research he had done on finding women's happy places. No, I am talking about that happy place, I am talking about assisting a woman in locating something really makes her happy.

I thought it was interesting and can help you fine-tune your skill of listening to women and guiding them in conversation.

## **Joe's Research Email:**

Marni,

I have been experimenting with really listening to women and trying to find out more about them. From this I have discovered that I like to make women happy by taking a fond childhood memory and making





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her aware of it.

My fond childhood memory is baseball, when I was young I was really good at baseball. I was better than most of the other kids. So, whenever someone talks about Little League Baseball or I see a game being played, it brings back positive feelings! Big Time. My social value was higher at that time. I was better than the other kids.

The other night I tried this out with women to see if they had a similar response. Here are the 10 steps I took to discover a woman's happy place!

1. I started talking to her and found that she loved music. She WAS aware that she loved music, so I had to work from there to find something from her childhood that brought good memories/feelings and make her aware of it. If she's already aware of it, then the technique doesn't work.

2. Next, I probe a little more about the things she did when she was a child or teenager.

3. Next, I look for what reoccurs and her excitement level of each thing she mentions. I keep probing without being annoying.

4. With this girl, dancing kept reoccurring. She also showed micro-expressions of positive flashbacks to "good times" in her life. Dancing



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seemed to be "her thing".

5.I said "Do you want to know something? Dancing is YOUR thing."

6.She looks away (in thought) and says "You're right".

7.I said, "You don't have a bad memory of when you were dancing... do you?"

8.She smiled BIG and said "You're right! Oh my God. I didn't even realize that!"

9.Then, I back off and let it flow. I helped her become AWARE of something, which makes ME seem "smart" and of "high social value".

In fact, I'm not "smart". I'm very aware! Since I'm more aware than most people, I "feel" of higher social value...thus comes confidence. It all connects. Gain awareness = gain in confidence = fearless = attracting women.

Joe

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## **EXERCISE:**

Use Joe's 9 steps listed above and do the same research he has done with 10 women.

Take note of how women respond. How their body reacts and how their comfort level with you changes.

One note: during this exercise, really own that you are leading a woman to becoming aware of something within her. Showing that you can "get" a woman or really "understand" her on a deeper level will result in a deeper connection from a woman to you.

The above exercise will help you remain present in conversations with women. Which means, it will get you out of our head and into the moment.

When you are a present man, women will feel it and they will be attracted to it. Because a present man is one that is calm, cool, collected, comfortable and easy to connect to and that is exactly what women want.

Conversation with women is about finding a connecting point and if you are too wrapped up in your own head, you leave little room for



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connection.

My friend Christian Hudson and I have created an audio on “Making Connections With Women” that I want you to listen to. This audio will really assist you with understanding how to connect to women through conversation.

To Listen Go To:

<http://www.winggirlmethod.com/making-connections-with-women/>

To find out more information about Christian Hudson go to:

<http://tinyurl.com/ybn5u9s>

Christian makes so really solid points about the importance of connecting to women and how to make sure you remain attractive through the process.

So now you know how to approach a woman, attract a woman and start conversations with women that are attractive. But what do you do next? You go out and use this knowledge to get the women you have always wanted.

Go out practice, do the exercises and I promise you that very soon you will be able to get any woman you!



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If you have any questions email me at [vip@winggirlmethod.com](mailto:vip@winggirlmethod.com)

Your Sassy Sister,

*Mami*