

Manual For Approaching & Creating Attractive Conversation



Now that you know what you're all about and what your goals are, it's time to start achieving them.

The only thing that I ask of you, before you dive into this manual, is that you abide by 1 simple rule:

RULE:

For every 1 hour of "studying" and absorbing information i.e. Reading this guidebook, you must go and practice in the real world for 2 hours! If you just sit at home on your couch you will never see change.

We both know that you got this program because you're not a quitter, like 90% of the other guys out there. If there's one thing women

avoid more than anything, it's a guy who bails on something because he doesn't have the guts to follow through on his own self-development.

When you commit to yourself, bet on yourself, and become your best cheerleader, women will be automatically drawn to you because they'll be able to tell that YOU are the guy they can count on.

We don't like wishy-washy guys who can't make decisions or can't rely on themselves.

We want you to be the rock that stands up and stands strong for himself because we know that you'll do that for us when we need you to.

So as long as you abide by the rule above you WILL get the results you want with women.

Approaching

If you often see beautiful women but can't quite find it in you to walk up to them, or if you're constantly waging a war about whether to approach in your head, then this section is for you. In this section we're going to be going through:

- How to get you mentally pumped and excited to approach any woman you want, without having to worry if you're bothering her or coming off as creepy
- Exercises to help you take action immediately with any woman you want
- Tips on what to say in every situation no matter where you are

Approaching women does not have to be as difficult as you think. In fact, as a man it is part of your biological makeup to approach and attract women. Why? Because you need to approach so you can have sex and make babies to populate the earth.

The only thing that is stopping you from fulfilling your manly duties is that thing on top of your neck - your head.

Over thinking your actions can sometimes deter you from making them. Action is your best teacher, and the most empowering step you can take. So, moving forward, I do not want you to think about approaching, I want you to just do it.

There's a saying that goes, "You miss 100% of the chances you

never take"...and this is 100% true when it comes to approaching women.

Just like it's your duty as a man to approach women, women feel it's THEIR duty to WAIT to be approached by men.

So while you're sitting there wondering what the hell you could possibly say to her, she's sitting there wondering when the hell you're gonna say ANYTHING to her.

There have been many times when I've met eyes with a guy in public and desperately wished he'd come and approach me...only to have him remain completely silent and never bother to say anything.

I could have approached HIM yes...but just imagine how many women you're leaving disappointed by never saying anything to them.

Inaction leaves you static. Action pushes you forward. Whether it's good or bad, action is definitive. This means that you can celebrate or move on, rather than wasting time wondering 'what if?'

From now on, there is no more wasting time and opportunity in this area of your life.

No more standing there and wondering about "the perfect line to use" or if you're gonna be bothering her or if you're just better off

not saying anything AT ALL.

In order to get what you want you have to go after it. No one else is responsible for your happiness. SO if you see a girl you like, go for it. You gotta get her and not wait for moments of perfection to bring you together through little effort. I trust you know how to connect this.

Why Approaching Women You're Attracted To Give You Anxiety

Now let's tackle why you feel like you have so much more invested in approaching women you're attracted to.

Why is that?

What (apart from a gorgeous smile) makes her so much harder than all of the other people you've been speaking to? I want us 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.

Over the last decade of working with 1000's of men from all over the world, I have discovered that the #1 reason men have approach anxiety is because they tend to attach huge meaning to the outcome of their approach.

For example: "I'm going to approach that smoking hot girl, ask for her number and go on a date."

First, the only thing you know about this girl is that she is hot and her looks have caught your attention. You have NO idea if you want her number and you definitely don't know if you want to spend time and money taking her out on a date.

Second, any time that you put pressure on a possible outcome, you will most likely fail. Why? Because if you are focused on a goal larger than what's presented in front of you, you will experience:

1. Stress
2. Extreme pressure
3. Inability to be present

All of the above are detrimental to your approaches with women.

I'll get back to WHY this is so detrimental a little later. For now, I want to work on readjusting your goals, creating the right mindset and neutralizing your expectations by helping you set manageable and achievable intentions.

Mindset To Have When Approaching Women

When you are approaching a woman or a group of women, it's important to have the right mindset in place. Adhere to the following "rules" and you will notice that any fear of rejection will start to dissipate.

What's Worse? Getting Rejected or Never Knowing If You Would Get Rejected?

It's Not A Big Deal: Women are not magical unicorns with breasts. They are human just like you. So if things get too overwhelming for you before an approach, just breathe, take a second to collect yourself and calm down and then approach when ready. Your approaches will never be successful if they're filled with anxiety, pressure and negativity. Approaching is supposed to be fun, light and exciting.

ALWAYS Take Risks: You see something you want count down from 3 and go for it. The only way to get what you want is by asking for it. AND who knows? You may approach her and decide she's nothing special. Remember, let her do the rejecting NOT you.

Setting Intentions

There are many different situations that you will find yourself in with women but the one constant will be you.

Therefore every step of the way, I want you to ask yourself
“What Do I Want?”

- Because I believe that in order to get what you want, you have to ask for it.
- When you know what you want, your intentions will be clear.

Let's put it this way: You want to wash your clothes, but you are out of laundry detergent. So you go to the grocery store to buy laundry detergent. At the store you don't sit in front of the detergent section, stare and get nervous about whether or not you should get the detergent. You select the detergent you want, take it to the counter, purchase it and take it home. That was because you had set your intention.

Intention: Go to the grocery store and buy laundry detergent.

INTENTION COMPLETED.

Any time you go to the store without an intention you end up spending too much, forgetting to get what you need and probably buying stuff that you will never use.

Now let's say, after you get the detergent, you see a few others things that you decide you want. You now have an add-on intention.

Add-On Intention: Get eggs, milk and shampoo

ADD-ON INTENTION COMPLETED.

The picture I am painting for you is that setting intentions helps you be clear and get what you want instead of ending up with a house full of garbage you don't need.

Let's apply what you just learned to your approaches with women.

I want you to eliminate large, outcome dependent intentions like: get her number, ask her out, etc.

I want you to start smaller. Smaller will help you keep yourself in check, maintain self-respect and get better results with women.

From now on, I want you to use the following intention as your reason for approaching:

INTENTION: “She’s hot. I’m going to go talk to her and see what she’s about”

This intention puts FULL CONTROL into your hands and puts you in the position of selector and evaluator.

After you complete this intention you can move on to further intentions, if you decide to do so.

Exercise:

Write down the intention above, or some version of it that feels right for you, and stick it in your back pocket.

For the next two weeks, keep it in your back pocket and every time you see a hot girl and start going into grand intention mode (which will psych you out), pull out the piece of paper and read it.

Own your intention and then count down from 3 to 1.

3, 2, 1 GO!!!!

Start Approaching:

Exercise To Get Your Social Muscle Working

One thing I want you to do to master approaching women is to first spend the next 3 weeks building up your approach.

First your going to start by approaching people (men and women) you are not interested in. Then you're going to approach women you don't find attractive and finally super attractive, awesome women.

I don't mean trying to "pick up" 10 people; I want you to start conversations with absolutely anybody you come across. Before you get to picking up, you first must now how to openly and freely approach people. THEN you can move onto picking them up!

NOTE: The best way to "Pick Up" Women is by not trying or focusing on picking up women.

I know you may feel uncertain about this at first. In fact, I had a client that sent me this email that will probably resonate with you:

"I do not see how approaching other random men and people I am not interested in will ever amount to more success with women. I want to approach women, not people.

So, for me, approaching 10 people a day to talk to them wouldn't really help me overcome my fear of approaching attractive women."

This comment is very common. In fact, I used to think the same way

when I was overcoming my extreme approach anxiety (after I had my stroke at the age of 20).

I used to say; “How does approaching stupid random people help me approach and engage people I actually want to talk to?”

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

Once you can approach any stranger, without overwhelming anxiousness (a little fear is OK, *natural* and part of the fun!) it will make it 10x's easier to approach women you are attracted to.

On top of that, women are attracted to social men, men who can carry themselves in conversations with other people, and men who OTHER people enjoy being around.

If you can get to the point where you're approaching and socializing with anyone you come across, women will see you as a man of value and want to be a part of your contagious social energy as well...they'll even start approaching you themselves because they see how comfortable other people are in your presence.

Exercise Steps:

Step 1: Approach 10 people per day you find hideous ;-) or people you are not attracted too.

Do this for 1 week, until that tense feeling in your stomach that's causing you ulcers turns into a feeling of excitement and ease.

This step also gets you to start opening your eyes and seeing the opportunity around you at all times. There are people everywhere to talk to.

Step 2: . Approach 10 women per day you are NOT attracted to.

Do this for 1 week or until you no longer get anxious over this approach.

This step is to get your social muscles flowing so that when Ms. Hotty comes along and catches your breath you won't get winded and use that as an excuse not to approach her.

3. Approach 10 women per day you want to meet. Women you are attracted to. Women you want to date, sleep with etc....

Do this for the rest of your life!

After 2 weeks of getting your social muscle working, these approaches won't feel as high pressured as they once did.

The rest of this guide is going to teach you about how to do these approaches, what to say to people and how to get them to respond to you.

Work in small steps everyday, and soon strolling up to a gorgeous woman and starting a conversation is going to feel a lot more natural.

The exercise of approaching 10 people a day is the exact same exercise I gave to myself and the same exercise I have used to coach 1000's of men to success with women.

Once you start doing this exercise, you will start to see what 1000's

of others (and myself) have seen.

1. You will see how easy it is to talk to everyone around you, including beautiful women you are attracted to..

2. You will see how people will start engaging you first (again, including beautiful women you're attracted to).

3. You will see how opportunities are always around you.

Why will it do all of this?

Because opening yourself up to everyone makes you ready and prepared for when someone great comes along. If you are not ready, you will miss the opportunity every time.

Approaching 10 people every day:

Increases: Confidence, comfort level and energy.

Decreases: Fear of rejection, attachment to an outcome, stress levels when approaching those you want to approach.

Overall it will make it easier for you to transfer that comfortable, natural approach to any woman you are interested in.

Now you've:

- Understood why you have approach anxiety and realize it's simply fear that's holding you back (not worth it)
- Created a new intention for approaching women
- Forgotten about approach anxiety and have chosen action instead of stagnation
- Approached 100's of amazing people including women you are attracted to
- Eliminated your approach anxiety and replaced it with excitement and fun

It's time to move onto our next section...

Conversational Starting Points

If you've ever stumbled over your lines when chatting to a girl, been unable to carry a conversation on and paid a compliment only to have it bomb - this is the section for you.

You will learn:

- How to ditch those tired lines and routines to have more genuine things to say...leaving her more open and eager to talk to you as opposed to annoyed and bothered
- How to attractively communicate whatever you're talking about in ways that get her wanting to talk more with you and

even spend more time with you afterwards

- How to be interesting to women in ways that get them curious enough to approach YOU, thinking about you when you're not around, and wanting interact with you more
- How to use openers that don't sound hokey real and are original without having to worry about if she's heard them already
- How to listen and respond to what women want to talk about to get them emotionally connected to you a
- How to lead the conversation without dominating it and looking like you're insensitive or egotistical
- How to pay a compliment that really means something without her rolling her eyes or thinking you're just some creep trying to get into her pants

Ditch Those Pick Up Lines, Gimmicks and Routines

First things first, it's time to forget trying to follow a script when you're talking to women. The Wing Girl Method isn't about using **Pick Up Lines, Gimmicks** or **Routines**: they're not real, they're not you and they don't work!

In the beginning of course, it is totally fine to use other people's 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 can guarantee these materials are not congruent with your character. Therefore when using gimmicks you are being false, fake, inconsistent and dishonest. Women can smell false behavior from a mile away.

I do understand that in the beginning stages of learning, some tactics are needed, to ensure you have a structure that works with women.

To make sure you have enough great pointers to get you started I have put together a quick tip section for having attractive conversations with women.

Disclaimer:

The following tips/lines/routines are ONLY to be used for practice

From these building blocks I'd love you to develop your own versions so that they are genuine and authentic to you.

Forget the Fakery and Be True to You

First of all let's get rid of some false beliefs that you may have tied up with how you can talk to women.

FACT: It's Not About What You Say It's About HOW You Say It

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.

Women respond to emotions and not words. So try to say things that are original, real and true to you.

I've always said that you can line up 20 guys in front of me and each of them could deliver the exact same "panty dropper" line. I am going to FEEL something totally different from each guy's delivery.

Some I'm going to want to slap...

Some I'm going to want to take under my wing as my new gay best friend and never let women hurt him...

And some are going to hit my attraction trigger buttons because of HOW they said it to me.

So the more authentic, calm and collected you can deliver a "line" the better. Women want to feel your value and power behind your words and when they do they get uncontrollably turned on.

FACT: Women can smell an inauthentic man from a mile away

There is nothing worse to a woman, than a man being inconsistent. In order for a woman to let you in, whether it's for Sex, Partnership or Friendship, she has to trust you on some level.

This trust is broken as soon as women sense any inconsistencies within you. Why do you think women ask so many questions or put up boundaries when first meeting you??

They do this to gauge if you are a good man or if you're putting on an act so that you can potentially harm them in the future.

Therefore if what you present to them is inconsistent, it will immediately set off her bullshit alarms, creep her out and trigger her to get away from you as fast as possible.

So lines that are not yours or not in line with who you are instantly going to set off these alarms.

STORY

I used to work with a client who had gone to a boot-camp run by a leading male expert in the attraction industry. This program included tons of routines to memorize and use.

This client and I went on an 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.

It went something like this:

Client: “Hey, I’m buying a gift for my little sister and wanted your opinion on what I could get her.”

Woman: “How about some jewelry.”

Client: “Oh, I see you’re a materialistic girl. We’re never going to get on!”

Woman: “Did you practice those lines before you came here?”

Obviously, I swooped in to save him by saying we were doing a test.

However, this proved to him that you can’t expect to use scripted lines that someone else has given you, and expect to have the same success that they did.

Scripts given to you by others are for practice and are for you to see patterns of what makes for great conversation. You must always use these patterns to create your own lines of conversation.

In the next section I’m going to teach you about how to create your own lines of conversation that are authentic and totally consistent to who you are.

FACT: Fake stories, no matter how cool they sound, will seem insincere and come across badly.

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 who is confident within himself and comfortable with his behavior.

STORY

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.

Client: "I once toured across the West coast on my motor bike, it was the best adventure. A lot of girls rode on that saddle!"

Marni: "What engine was it?"

Client: "Errrrr....."

Marni: "Have you ever been on a motorcycle?"

Client: "No."

Marni: "Then stop telling that story. You are not selling it and I can tell it's fake. You're cool enough as it is without having to mention a motor bike!"

Needless to say he never told that story again.

The note I made about using lines also applies to telling stories. All stories you tell must be your own. You can use other people's stories as guidance for creating your own stories.

NOTE: Women aren't turned on by stories about motorcycles, skydiving or hunting. They're turned on by passion and you excitement about whatever it is your talking about.

FACT: You Are Interesting Even If You Don't Think So

I know you may be thinking, but I'm boring as a bump on a log. My life is not exciting. Why would a woman want to hear about my life?

Well I have 2 answers for that.

1. If you don't find your life interesting, then make it more interesting by doing interesting things. Week 2 should have helped you with this.
2. Everything is interesting to people who are not living in your head. Most likely you don't find the things you do or think interesting because you do or think them all the time. You're bored of these things. BUT for a new person, whose never lived inside your head, it can be fascinating.

Interesting simply means: engaging or exciting and holding the attention or curiosity

I don't see anything in that definition that says things that are interesting must be non-typical, thrill seeking, life threatening things only.

You ARE interesting and the things you do are interesting, you just have to start believing that.

What Do Women Want To Talk About?

I have had hundreds of men writing in to 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 are no magical conversational topics that will instantly get a woman’s underwear to pop off. Nor is there a conversation that will guarantee attraction with every single woman.

As I mentioned above, it is not what you say to women but HOW you say it to them. This is very important and something you must get in order to be successful so I am going to say it again to 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.

Women are attracted to what’s behind the words, what you’re expressing through them and the character they see from them. 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.

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. Or architecture, or video games, or art, or celebrity gossip. Whatever you feel most comfortable talking about. Talk about it and don't hold back.

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!

More importantly, she does this because she can FEEL you.

TIP: When interacting with women, it will be the death of you to apply linear logic and consistency.

For women, emotions are everything. She needs to feel you in order to want you.

Women absolutely crave men to come up to them and make them **feel** something. Talking is just one mechanism to do that, so is picking her up and spinning her around, so is kissing her, so is the tone of your voice, and so is what you wear and how you look (to a much lesser extent).

Feelings are everything.

If she FEELS that what you are saying is false, she will discard you immediately and put up her shield of protection.

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 to “say the right thing” because you will 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.

How To Make Yourself Interesting To Women

I have to be honest for a second. One of the most frustrating sentences that I hear most of my private clients say to me is:

“I have no idea what to say to women. How do I make myself interesting”.

Typically this statement comes right after they’ve just spent 20 minutes talking my ear off.

Do you know why this sentence is sooooo frustrating to me?

Because most of the men that say this same sentence to me, happen to be super interesting.

They just don’t realize that their experiences, stories and opinions are actually interesting.

They think that women want to be razzle dazzled (can’t believe I just used that phrase but it’s true) talking about private jets and travel and big business deals.

These things are not what makes a man interesting. Trust me, I used

to work in the finance world and interacted with tons of men who regularly did these things at least once a month and I still found them dull and uninteresting.

As I've said before in this guidebook and as I'm going to continue to say throughout it, it's about not about what you say, its about how you say it.

Women are not turned on by what you talk about. They're turned on by HOW you talk about it.

For example, if someone were to ask me what I did for a living, I could respond two ways.

I could say, "Well I help men understand women but there are other women who do that too and they are also great at it. It's not really that big a deal."

I literally just bored myself writing that sentence.

Or I could actually be interested in what I was sharing and say, "I have the best job in the world. I get to work with thousands of men from all around the world and teach them how to understand women so they can attract, date, seduce and get any woman they want. I get emails from men every day telling me how I have changed their lives with women and it makes me feel amazing".

The 2nd example is much more alive and exciting because I'm

saying it proudly and owning it. I myself am interested in what I am talking about, so therefore I express it with interest. I have passion around what I'm saying and that's what women are attracted to.

The key to interesting conversation is to actually be interested in what you are talking about. I mean, if you don't find yourself interesting, how is anyone else ever going to?

Remember, just because you've lived it and it may seem boring to you, it can be interesting to others. Others who don't live their life the same way or do the things you do.

So here is my assignment to you that I want you to try out this week

EXERCISE:

I want you to talk to people, especially women, and ask them what they think is most interesting about them. Maybe it's that they nerd out on video games. Or they have a strange love for cats. Something.

Then ask them why they think it's the most interesting thing about them and then Be INTERESTED in their response.

Then I want you to share what you think makes you interesting or an interesting fact about you that others probably don't know.

But here's the real assignment.

I want you to be interested and excited about your own fun fact about you.

Tell her:

- Why you think it's an interesting fact about you
- What it means to you
- What you think about it
- How it relates to what she found interesting about herself. Find that connection and point it out to her

Overall, I want you to share and not worry about if it's interesting to HER.

Worry about whether or not it's interesting to YOU.

Like I say over and over again, you are never going to be a mind reader. So if you keep trying to figure out what would be interesting to a complete stranger, you're kind of screwing yourself.

Instead, figure out what's interesting to YOU and then share it in detail with women.

A man who is excited and passionate about something, even it's simply that he's painting his house, is sexy!!

Go out, have fun and be interested in the world around you and I guarantee you will always have something interesting to say.

How To Start A Conversation With Women

I want you to work on your own 'opening lines'. I want you to feel out what is natural to you through real life practice.

My overall belief on talking to women is that the way you start talking to a woman should be no different from the way you start talking to everyone else around you.

Conversation style should not change as soon as a hot woman comes along.

However, conversation style does change once you develop your intention.

There are 3 ways to start talking to a woman. But all 3 require 1 thing, a purpose. If you don't approach and start talking with purpose, then don't bother approaching at all.

Guys who say hi then stand there staring waiting for me to continue the conversation creep me out.

It comes off as needy and awkward because it's like he's relying on ME to conduct the conversation when I probably wouldn't wanna have a conversation with him at all.

Starting a conversation with a purpose is a way of giving a part of yourself to a woman without asking for anything in return. It's a way to open up your awesome amazing world to her and inviting her in without obligation. When women feel like they're being invited into a conversation with a man as opposed to FORCED into one, they'll gladly engage.

3 Ways To Start A Conversation With Women

1. OSA – Observation, Sharing and Asking A Question
2. Opinion Opener
3. Direct Approach

All are great, but again, they must be real, authentic and genuine or else none will work for you.

OSA

Using an observation about the woman you approach or the world around you.

Example: At grocery store seeing a woman loading up on food.
“That’s a lot of food for a little lady”

Observation conversational conversation requires wit and speed. This is where those improvisation classes will come into play.

Improvisation classes are great because they train you to become highly in tune with the moment and to think on your feet.

A lot of guys will see a woman and struggle with something to say to her...but once you become highly sensitive to your surroundings and your surrounding environment with HER, you won’t ever have to worry about finding something to talk about because you’ll have every conversation topic at your fingertips

Reminder: After an observational statement is made you will get 1 of 2 responses.

1. The woman will latch on to your observation and come back at you with a joking line of banter. This response is typically from more outgoing women.

2. The women will stare out you while she internally says to herself “what does this guy want from me”.

Both responses can lead into either sharing or asking a question. I call this method OSA.

Sharing: Share an opinion, experience, interesting fact or story about yourself pertaining to the observation.

Example: “I was here about a week ago buying food for my weekly summer barbecue and had a cart that looked similar to yours. I probably got about 30 stares from people thinking to themselves that guys a pig or that guys in for a good time.”:

This gives the woman a second to let her guard down and see that you are simply sharing and engaging in conversation with her NOT trying to get anything from her.

Then you can lead into a question.

Question: Make sure your questions are open ended and require more than a 1 or 2-word response. Try to avoid using “Do you...” it always leads to a yes or no answer. Use What, Why, Who, When and Where.

Both can lead you into more conversation so that you can decide your intention and what you may or may not want from this woman.

****There is a video example of how to do OSA in section 3 of How To Become A Man Women Want**

Opinion Opener

Breaking into conversation with a woman and asking her opinion on something. For me, this is the cheesiest of all forms of conversation but I understand that some people feel most comfortable using

opinion openers.

Please remember that if you use an opinion opener, make sure you actually want to hear the opinion and can actually add to her response.

I've had guys come up to me and ask me my opinion on something and completely disregard my response. It's like they were waiting to see if I responded and if I did they went and continued on their pre-planned conversation tactics, which is always a huge turn-off.

Example: (At grocery store) "I'm cooking dinner tonight for two of my best friends. Which wine goes better with Chicken?"

Then, from her response, you can lead into sharing or asking a question.

Direct

I really like direct approaches when it is appropriate. Being direct, is asking for what you want and open to hearing what the other person wants as well.

Example: "Hi, listen, I'm in a meeting right now, but I'd love to grab a coffee with you some time. What's your number?"

The direct approach will only work if your approach is sincere. If a

woman ever feels that you are not present, or that you see her as an object during a direct approach, she will eject herself from the interaction very quickly.

I want you to work on your own 'opening lines'. I want you to feel out what is natural to you through real life practice. See which of the 3 options for starting conversation work best for you.

I recently did some work with a client on conversation. After our first lesson, I put together a list of common scenarios and openers that you can use for yourself as a starting point for conversations.

NOTE: Please use my lines as guidance for creating your own lines. Play around with them when you practice to figure out what works best for you.

The scenarios and possible "openers" are below as well as my feedback and comments.

Scenario 1: Supermarket

A lady is pushing a shopping cart in the supermarket and it's filled up to the max.

Observational: "I think that cart is maxed out. You better be careful cause I just saw a lady in aisle 3 with a similar size cart that had fallen on top of her due to heavy weight. Can I go get you the industrial size buggy?"

Why this works: Playful, slight teasing and enjoyable. Shows that you can laugh and be funny.

Scenario 2: Supermarket

A lady is looking at different hair care products.

Opinion Opener - "Can you help me pick out a shampoo. I'm horrible at making these types of decisions. Do I go with full body or extra volume." (smirk)

Then once she gives her response, you can actively listen and say really? What made you choose that one? Be interested.

As a sexy add on you can have her feel your hair by saying, "run your fingers through and tell me what would work best."

I used an opinion opener the other day at the nail salon on a cute girl sitting beside me. 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. Well I might be wearing..." and then we chatted for another 5 minutes all from a simple question!

Why This Works: A man in fashion distress is always cute and it's a great way to disarm a woman who otherwise might be guarded in public. It's also really great because it's giving her a chance to offer YOU some valuable advice, which will make her feel good about herself and feel good about you in turn.

Scenario 3: Bookstore

A lady is reading a book in one of the aisles.

Observational Opener "That books obviously got your attention.
What are you reading?"

Then she can tell you what book and you can tell her:

A) You've never read it but you're heard about it. Maybe you read about it.

B) I've read that and became obsessed with it because of...

C) You didn't read it but obviously it's something I should check out

Why this works: You're opening with a question that leaves more room for discussion. If you started with a yes or no, she probably would've answered you right away and then gotten back to reading her book.

Scenario 4: Bookstore

A lady is looking at books in the new arrivals' section.

Opinion Opener "Have you heard any good reviews about...(One of the arrivals).

Why This Works: Again, this is a question that gives a woman an opportunity to express her own value to you and talk about something positive.

Scenario 5: Coffee shop

A lady is at the next table working on a laptop.

Observation Opener: "You're so focused. I do the same thing when I am really into something. I furrow my brow and get this intense face. What are you so focused on?"

Then when she tells you, you can be interested in it by asking a couple of follow up questions and sharing something about yourself.

Why This Works: It doesn't feel pushy or intrusive. You've noticed something, it caught your attention and you want to know more about it. You NOT her.

Scenario 6: Gym

A lady is working out on a machine.

Observation Opener: "You're really punishing that machine. Give it a break!"

This is appropriate to use in a gym (where women aren't necessarily expecting to be flirted with), non sleazy and perfectly between a tease and a compliment.

Why It Works: The gym isn't the most conducive place for chitchat or "picking up" women. It is a great place for quick flirts and built up connections. Showing that you're not afraid to tease and make a joke is a great way to break the ice and start something at the gym. You can leave after you make this comment but you've left it open so you can re-engage in the future.

Scenario 7: Mall

A lady is shopping in ladies section at a clothing store.

"my mom is feeling low and I want to get her a nice gift to pick up her spirits. Any ideas what I should get her? I'm not sure if this (picks up fuchsia scarf) is quite right for a sixty year old!"

You can take this opener one step further and put the scarf on her to

see how it looks on a woman. Then make a joke how she's not an old woman. Give your thoughts on the scarf, why you like it or what you got her last year.

Why It Works: Just like the opinion opener above women love to help a man in distress. They also like to help due to their biological need to be a caregiver.

Scenario 8: Mall

A lady is shopping in the perfume aisle.

Creative/Interactive Opinion Opener “can I borrow your arm for a minute? (pause and a smirk) I’m getting a gift for my cousin . I want to see how it smells.”

I love when guys do stuff like this to me. It’s almost as if I can’t say no because I’m so curious about why he’s so damn confident. Honestly, I’m attracted to him just being so bold. He’s living in his own world and bringing me into it. I LIKE IT and want more!

Why It Works: This opener works because it is interactive and shows you know how to take control and be bold enough to not only ask an opinion, but lead her as well.

The 8 examples of openers above are for you to use as guidance for constructing your own openers. Look for the patterns in them and understand why each of them works. Then create your own!

I did want to point out 1 thing that's really important when talking to women.

Did you notice how none of the openers above start off with Hi, my name is.... That's because I find "Hi" incredibly formal. Right away it makes me think "I don't know him" and "what does he want from me".

If you start a conversation with a woman by skipping out on all formalities it will make her feel like she already knows you and that you're not trying to get something from her. You're simply talking to her and welcoming her into your world.

***Now Go Out
& Start Talking To Women***

EXERCISE:

Using the templates from above, 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 what you would say 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 and 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 proven/practiced things to say.

As you practice you will notice what works for you and doesn't work and you will keep tweaking until start getting positive consistent results.

Combating The Awkward Silence

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. That's right, just like how you don't have to talk about any particular topics, you also don't have to talk constantly. In fact being unable to pause makes you appear nervous, jittery, and completely unconfident.

If you can sit there and hold a pause, it shows women that you're confident with the moment even if there aren't words being spoken. It gives you the time to use body language and assess hers, and even gives HER time to say things that she might not have otherwise said.

Awkward silences are also the breeding grounds for sexual tension and first kisses.

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.

TIP:

Take a moment to yourself.

When engaging a woman and you experience an awkward 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.

EXERCISE: Next time you are out socially, find two women and tell them you are conducting an experiment, and that you 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, 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...

Now that you can kick start a conversation you have to learn how to continue it forward. If you find yourself asking lots of questions you don't care about, or conversations often going cold rather quickly, then you need to learn how to be a more effective listener.

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

However, it is really important that that you become a great listener. Not just so that you can eventually be an amazing partner, but also because “really listening” will give you all the clues you need to carry on an effective conversation with women. In fact, if you’re one of the guys who struggles with finding things to talk about with women, listening will cure you of this dilemma; most of the times women talk enough to GIVE you things to talk about with them.

STORY

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 approach 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.

Client: “So are cosmopolitans your favorite cocktails?”

Marni: “Yes I like them...”

Client: “I thought so, so where do you like to go to normally on the weekend?”

Marni: “I like to work out, hang out with friends...”

Client: “What about during the evenings?”

He was so preoccupied with asking the right questions that he wasn't

present in our conversation.

That meant I could not connect to him and thus was not attracted to him as well. 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. In dancing as a man, you present the first move by asking the 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!

Here is an example of how you can listen for what the woman is interested in, and make your conversation go further by responding to her:

You: "Hi have you heard any good reviews about 'Freedom?'"

Her: "No I haven't, I'm more of a Jane Austen kind of girl."

You: "I have to admit I've never read Jane Austen, though I did watch the 'Pride and Prejudice' movie. Are you a huge fan of Mr. Darcy then?"

Her: "Yes!"

You: "Ok that means on our first date that I'll have to rock some breaches!"

Notice how the guy initiated the first move, then listened, followed what the woman signaled she was interested in, and built a conversation out of the 'steps' the woman suggested - just like in a dance.

Lead, But Don't Dominate, The Conversation

It is my belief that men should be talking 25% of the time and allowing a woman to talk 75% of the time. You are leading the dance, but you are taking the cues from her, and allowing a woman to express herself.

Leading the conversation is sexy however; dominating it is a turn off. I hate it 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 lead to friendship instead of a sexual or intimate relationship.

In order to be seen as masculine sexual leader 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.

To explain this I'm going to give you some conversation examples of the different ways a friend speaks, compared to a sexual leader.

Conversation Examples:

A Friend Says - OMG I feel exactly the same way that you do. That's just how I feel. It reminds me of the time I.... (Gives a story from their own life).

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

I firmly believe that in the beginning, it is the man's responsibility to guide the conversation. Not dominate it.

This is the difference between a "friendship" conversation and a "sexual" conversation: friendship conversation seeks common ground, while a sexual interest leads the conversation.

Remember 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.

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.

They may want to hear their friends share similar experiences, but not someone they've just met. Besides you don't just want to be their friend!

So don't lead the conversation like a friend, "I felt the same way..." (Tell your own story for 5 minutes)..." Instead focus on getting her to express herself.

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.

You don't want to compete with a woman, or be her friend, you want to be the kind of guy she wants to date.

So after you ask a detailed question, allows 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.

Compliment With Purpose

Now that I've got you thinking of your openers, and have given some guidance on how you can continue the conversation, I want to tackle the issue of compliments.

Compliments are something you'll almost inevitably use when you're first speaking to a woman: but so often compliments are delivered terribly! Just like using lines and routines, if you use a compliment you don't mean, or that you haven't thought up, it will ring hollow to a woman. Many times she will have heard it all before, and think you're a jerk for trying to use a line to impress her.

In doing the exercise below you will know exactly how it feels, from a female point of view, to receive an empty compliment.

EXERCISE:

Select a random person that you do not know very well. It can be someone in your office, at a bar, a coffee shop, wherever. Its best is to find a woman to assist you if possible, however anyone will do. 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 discover is this person is not complimenting with purpose. They are complimenting to you without purpose. You will also notice how false and unattractive they appear to be.

Then go ask a friend to give you a compliment about yourself. Not about your looks but about the YOU that they know. See how different that feels when they actually give a sincere compliment that is based on knowing you. Their compliment was not empty.

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

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

STORY

A while back I interviewed Amanda Lyons, wife of Adam Lyons.

Amanda, is HOT. Not your average HOT but really HOT. She told me that men have hit her on daily since the age of 12. Many of these men have showered her with meaningless compliments and offers to give her the world. These men repulsed Amanda because they were not sincere and as a result 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. He 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 he felt were deserved. He also did not compliment on her looks but he did compliment her on her character.

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
4. It's nice to meet someone who actually cares about others

****Complimenting on character, or appreciating her for being her, is the key component of connecting to women. It shows a woman you get her and see something that others don't see in her. Something she may not even see in herself. This is what makes women answer the phone the next day and want to see you again. They become "addicted" to being seen and understood when most men won't get past her looks.**

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 me?

Am I complimenting to get sex?

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

How And When To Touch A Woman

This is the MOST important, basic rule of all. Touch is the difference between “friend for life or lover every night!”

Touch is the silent way of telling a woman: I'm not talking to you so that we can go shoe shopping tomorrow or that you can cry on my shoulder about your ex-boyfriend.

Touch is silently telling a woman, I'm into you and I want to touch you more – especially in really fun and dirty places.

RULE:

You must quickly establish yourself as a man who is comfortable with touch.

Here is the thing, the longer you wait to begin touching a woman, the more resistance you are going to face and the tougher it is going to be to make the transition from “friend” to “lover”.

In fact, you may never even get a chance to start touching because she might have already dismissed you as just another guy who she has defined as a friend.

You can't blame women for this. So many guys hit them on that they have to make a decision pretty quickly as to whether or not they want to keep talking to you.

If she views you as a friend, she is going to respond to you as a friend. But if you make her view you as a lover or a sexual option, she will start to view you that way.

That's why establishing touch early on in an interaction with a woman is key.

General Rules For Touching:

1. Make sure you touch a woman at least 1 time during a 2-3 minute conversation.

2. Do not touch for longer than 2-3 seconds. Lingering touch is creepy.
3. Do not over touch. If you touch too many times (more than 5 times in a 2-3 minute conversation) then you are an over-toucher, which says “friend”.
4. Areas to touch: small of back, shoulder, knee (if sitting), forearm.
5. NOTE: If you are not comfortable touching, girls will not be comfortable being touched.
6. Touch when you are giving a compliment. This gives women a landing point.
7. Most important rule: Pay attention to how a woman responds to your touch. The first time she may tense up or freeze, that’s normal. But if she does that the second time, hold off on all touching until the woman is more comfortable with you.

Conversation Continuers

Now you’ve just started a conversation with a beautiful woman you met and I don’t want you to stop there. I want you to have great conversations with women: not pointless small talk, but real interactions that will help you to truly connect with them.

In this section I’m going to be helping you to develop your conversational skills.

We’ll be tackling:

- What are the best kind of questions to ask so that women are eager to answer them and continue talking to you
- How to expand on what you're saying without seeming like you have a rehearsed conversation ready
- How to truly connect with a woman on a deeper level to push past monotonous, surface level conversations
- How to ask a good question to keep her engaged and wanting to know more about YOU in return

What are the best kinds of questions to ask?

Women (like most people) LOVE to talk about themselves and their opinions. It makes them feel stronger and heard. Your job when you ask a question is to ask one that gets her to express a longer response.

You don't want to ever ask a question that could be answered with just a 'Yes' or 'No' response. The goal is to get her opinion on something.

So instead of asking, "Do you like chocolate?" which has a yes or no answer make it a broader question: "If you could have 1 type of snack food what would it be and why?"

Then instead of getting a 'Yes' or a 'No' you may get a detailed answer like this one:

"Chocolate is my favorite type of snack food and if I was allowed only one snack it would be a king size Twix bar! This candy reminds me of my childhood."

Do you see the difference?

Question #1 is an uninvolved question and #2 evokes a feeling.

Remember I said that having a good conversation is like dancing with a woman, and that women crave a man they can “feel?”

Asking questions that evoke a better response in a woman will allow you to actively listen and make the next move in the dance. In addition it lets her feel you.

This is how you guide and lead effective conversation. Lead a woman towards a feeling rather than just a simple response.

It will also take a little time before a woman feels warmed up and ready to speak to you. 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. So the more you make a woman talk, the more she will give you accurate responses and feel connected to you.

How to expand on what you’re saying to create attraction

Sometimes when you’re speaking to someone new it can also be difficult for you to say your real thoughts. You may feel ‘put on the spot’. If this happens then you may not speak to a woman in as much detail as you’d like, and the conversation will fall flat.

Recently I was speaking to Hayley Quinn, (a fellow female Dating

Coach) and she had some simple, but effective, advice to share on how to keep the conversation going and create more attraction while you're doing it.

Below is a summary of the key points we discussed:

1. Women are so often attracted by what they hear. Talking to a woman successfully is vital to creating attraction: it tells her what qualities you have as a man, suggests what your lifestyle is like and talks volumes about your compatibility.
2. Talking to women can be a challenging skill to master. However, to be a great conversationalist with women, you have to talk to a woman, as a woman. You have to leave your logical, factual tone in the boardroom and connect with her emotionally - or you will lose a woman's interest every time.

Women tend to talk to one another in a way that is more expressive, emotive and descriptive.

I'm not going to lie to you; talking to women is a bit of an art, which some guys find much easier than others (now at least you know why song writers always get the girl).

3. One tip that will instantly create more attraction in how you talk to women is simply remembering that little word 'because'. By adding 'because' to your conversations you will be forced to get more descriptive and detailed. It's the difference between:

'London is amazing.'

And ‘London is amazing BECAUSE I love all of the hidden hole-in-the-wall restaurants you can discover.’

The second statement will be so much easier for her to respond to as there are so many more topics of conversation to talk about: restaurants, exploring a city, free time, London.

By expanding how you talk (using ‘because’) women will find that they can talk to you much more easily and in greater detail in return. As a result you can quickly paint them a picture of your lifestyle and you’ll also have a much more engaging conversation all round - a conversation that will create lots of attraction.

Getting great at talking to women is also like working a muscle for the first time. To get this attraction you’re going to have to re-train your tongue to speak slightly differently. Start using ‘because’ to expand your statements. When you effectively do this you’ll notice that you’ll start getting stronger connections fast.

By making one simple change to how you’re speaking with people, and by expanding on what you say, you can greatly improve how much you’re able to say, and hopefully how much she will be able to say back to you in return.

Remember that women love talking about themselves, so use both statements and questions that expand the conversation. Finally, make sure and “listen” to her responses.

How to Connect with Women on a Deeper Level

While there are no 'magic bullet' topics of conversation, it does pay to make a woman talk emotionally. When she does this it means that she is speaking about things she really cares about, and is connecting with you.

When you get a women to talk about things that elicit positive emotions in her, she then connects those emotions to you and subconsciously sees YOU as the source of all her positive emotions within that moment.

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 not talking about *that* happy place, I am talking about assisting a woman in locating a memory, or feeling, that really makes her happy.

I thought I would share Joe's research email with you; as it gives great guidance on how to lead a conversation towards emotional responses that will make a woman feel a deep connection to you.

Joe's 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 her aware of it.

My fondest 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 much 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 particular girl, dancing kept reoccurring. She also showed micro-expressions of positive flashbacks to "good times" in her life

when dancing.

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 just 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

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.

NOTE:

During this exercise, really know (and own) that you are leading a woman to become aware of something within her. Showing that you can "get" a woman or that you really "understand" her on a deeper level will result in a stronger connection to you.

The above exercise will also help you remain present in your conversations with women. This means, it will get you out of your 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. He doesn't have to worry about things in the past or things that haven't happened yet because he's confident in himself and the moment at hand - 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 connection.

As a woman, I know that if you do not connect to a woman, you will never see her again.

You Can Walk Away Too...

Many times, men forget that they can walk away from the conversation as well. In fact, walking away will actually attract a woman more.

It shows that you don't need to be in the conversation and can very well do without it if you decide it's not right for you. It also shows that you don't need her attention and validation to feel good about yourself and that you feel good about yourself enough to leave the conversation.

Let's break this down into three scenarios:

#1 – You are talking to a girl and realize “Eh...Not so into her”.

While in conversation with a beautiful woman, you decide, I'm not into her and this conversation is kind of boring.

Here's what you do: You politely excuse yourself and walk away. “I'm going to get back to my friends now, but it's been great talking to you”.

If you decide to engage her again, it's up to you.

#2 – You decide you are into this woman but conversation is slowing down and you are losing steam.

As I said before, disengaging is super-sexy and attractive to women. I work with so many men and I find that many of them are fearful that if they disengage from a girl they are into, they may lose her to competition or she may forget about them. This is not true at all. You will lose them and unless they are really into you, they will get turned off by you if they can tell you are hanging around them for territorial reasons.

For now, use this rule when in conversation:

RULE:

Engage in conversation for a maximum of 2-3 minutes

For your practice and learning, keep all conversation with women, to a 2-3 minute maximum. Then disengage, compose yourself, get re-energized, mingle and re-engage but only if you want.

#3 - You're not sure if you are into this woman

Truth is, after 2-3 minutes of conversation, you shouldn't be absolutely certain if you are "into" the woman you are talking to. You may learn she's fun, funny, interesting/smart, and incredibly hot, or

not. But know that it's OK for you to have options.

Remember, you had a life before you ever met this woman, SO RESPECT IT.

If you respect it, she'll respect you and find you more attractive.

Remember to disengage and come back - but only if you want.

Marni's Secrets to Sealing the Deal:
WHAT HAPPENS NEXT

Congratulations! You now know how to approach a woman and create attraction by simply using your words. But what do you do next? You go out and use this knowledge to get the women you have always wanted.

Go out and practice by doing the exercises. I promise that very soon you will be able to attract any woman you want.

Marni