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**The Female POV on What Women Really Want   
In All Things Sex and Dating**

**Volume 1**

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# Why We Made This Book

The other day we were tossing around the idea of transcribing some of our top podcasts to put into a book. We thought, why not? And, if you guys decide that you like the convenience of having this info packaged in written form, we’ll continue to do more.

****Some people are visual learners and others are auditory learners, BUT many people prefer the written form for absorbing information. And, we know that sometimes (if your phones are anything like ours) when you try to rewind a podcast to hear something you missed, it goes back ten minutes rather than ten seconds.

So, enjoy the convenience of having it all written down; here, you can read and re-read anything as much as you want until it finally makes sense.

We’ve had some really good guests and it’s awesome that their episodes exist for all eternity on the Internet, but sometimes we’re afraid that they’re getting a little lonely out there in cyberspace. So, by transcribing them, it’s like repurposing our favorite piece of awesome furniture that no one has sat in for a while.

Believe it or not, transcribing and reading back our podcasts was also a good exercise for us. We got to see, very closely, just what the heck we’ve said over more than a year of podcasts and learn from ourselves, as well as make a resolution not to say “like” so darn much.

Also, because it’s been about a year and a half since we started this show, we thought it was a good time to expand what we offer to our listeners. So, this is the start of many, many awesome things to come.

# Who the Hell Are We?

We’re Marni Kinrys, owner of The Wing Girl Method and Kristen Carney, comedian, and in our podcast we take you through the uncensored and often ridiculous mind of a woman to help you better understand and appreciate women … and avoid getting punched by the next girl you come across.

Our goal is to help you better understand the silly, stupid, and sometimes frustrating things that women do that just don’t make any freaking sense.

We’re also two, awesomely driven women who have followed their hearts. We encounter strong, successful men every day and we know what separates the winners from the losers. And, because we’re in our 30s, we’ve been around a block a few times and we know how it works.

We’ve been through our own struggles and come out the other side with more character and knowledge. We understand why you have fears, hurts, and questions (we’ve been there too!) and we are SO DTS (Down to Solve) them.

We are also growing constantly. With each episode comes more insight into the plight of our listeners and guests. So, the next time we write one of these things, we may say something a bit different. Because, like you, we’re always trying to improve and be the best people we can be.

## Who Is Marni?

My name is Marni and I am a professional Wing Girl. For the past decade, 10s of thousands of men from around the world have come to me and my website to get the real female perspective on how to attract, date, get, and keep the girl they want.

I’m also the bestselling author of the book: Get Inside Her (available on [Amazon](http://www.winggirlmethod.com/amazon)) and the host of the top-rated Ask Women Podcast.

Ten years ago I set out with a mission to bridge the gap in communication between the sexes. I want every man to be super-successful with women and get everything he’s ever wanted with women.

You have probably heard me on the Ask Women Podcast but you may have also seen me in or on The Los Angeles Times, CNN, Huffington Post, Fox News, Chicago Tribune, Askmen.com, MTV, Sex.com, Marie Claire, Elle, Men’s Health, Women’s Health, Black Book, Penthouse, Glamor, Askmen.com and others. I’ve also been a spokeswoman for Gillette’s ever so popular “Kiss & Tell” campaign.

Website: [**http://www.winggirlmethod.com**](http://www.winggirlmethod.com)

Twitter: @winggirlmethod.com

YouTube Channel: [**https://www.youtube.com/user/marnikinrys?sub\_confirmation=1**](https://www.youtube.com/user/marnikinrys?sub_confirmation=1)

## Who Is Kristen?

Kristen is a comic. Comics are horrible at bios. So, check her out at [KristenCarney.com](http://www.kristencarney.com). Or, follow her on Twitter [@KristenCarney](file:///C:\Users\rbjmc_000\Desktop\Clients\Marni\My%20edits\twitter.com\kristencarney)

*Now, for a note from Kristen!*

Finally, I get to say hello to all of you in a way other than “Welcome to the Ask Women Podcast, I’m your blah, blah, blah…Marni, blah,” so I better make it good.

Awkward silence.

Never mind, I’m buckling under the pressure so I’ll just get to it.

Before I started doing the Ask Women Podcast, I never really gave much thought to dating and relationships. I think relationships were never my thing because high school, a time when most people get relationship experience, was a wash for me. I was more often a third wheel than the girl who actually got asked out. I was better at hanging out with my mom than I was at getting a boy to look past the gap between my front teeth (it’s since been fixed).

Don’t get me wrong, I definitely had crushes – don’t even get me started on my college crush, Vince (“so hot, want to touch the hinny” – name that quote!). But, like many of you, I was too shy to put it out there – afraid of rejection or fearing that if they got to know me, they might find out I wasn’t as good as they thought (if they even thought I was good in the first place). But toward the end of college, I started to gain some self-esteem – thanks to a therapist and the magic of eye makeup.

I know (most of) our guy listeners can’t rely on mascara to feel better about themselves. So, turning to things like experts and books for guidance is the next best thing. (If you ever want to try mascara though, I swear, Lash blast by Covergirl is AMAZING – buy it through our [amazon link](http://www.winggirlmethod.com/amazon)!!!). Anyway, you have more courage than a lot of people – people who sit back and hope the world will change while they don’t.

I’m glad to be part of this journey with you. And, now that I am in this space of love and advice, I have learned a lot about the world around me. I was naive before, not realizing how many people are out there looking for love. I know that sounds silly. You’re thinking, “Obviously, people are looking for love, that’s been the way of the world for thousands of years.” But, truthfully, I didn’t realize just how badly people want it and how many people struggle during the process. And, most of all, I didn’t realize that we all basically want the same thing – acceptance.

Doing this podcast has made the world feel smaller – a very good thing. Before hearing your questions and getting your feedback, most people around me just seemed more like clothed stick figures rather than real people with hopes and dreams. Now that I see how important companionship and a connection is to men (and of course, women too), I think you’re all more awesome.

It’s also helped me understand what I like in men – vulnerability, passion, the desire to constantly be improving themselves, etc. And, I definitely didn’t know it beforehand, but I really like when guys state their intentions. It makes for less time for games and more time for make-outs.

But, I think what I’ve taken away, overall, from our year and a half of doing this show is to be your true self to the highest degree; don’t dwell on the past or your rejections, and that a lot of the time, things come full circle.

Remember the guy Vince I mentioned a few paragraphs back (if not, you should get checked for Alzheimer’s ‘cause I literally just mentioned it, this blurb is pretty short). Well, I did try to ask him out – he played on the baseball team, was traditionally handsome, like a human golden retriever, and he was Canadian\* – totally not my type.

And, he rejected me – turned me down cold. I felt horrible about it. I especially felt horrible about myself because that was the first time I had ever really put myself out there with a guy. But, eventually, I got over it and moved on and I realized that he wasn’t AT ALL my type and I wasn’t AT ALL his. Now, cut-to almost ten years later and I run into him on the street in California - 3,000 miles from where we met. And, he was a mess. Like, a “dude, what happened to you?” kind of mess.

Why does this matter? Because you may think you want something/someone in the moment, but you’ll often come to find out that what you currently seem to want isn’t at all what you really want or what is best for you.

Keep learning and growing, and eventually, with the right help and a good amount of practice, what you think you want will eventually become what you know you want, and that’s when everything will come together. But, when it all comes together, don’t forget about us! Keep downloading.: )

XO

Kristen

\*I love Canadians – really -- it’s the English\*\* I have doubts about.

\*\*JK, I love the Brits, I just really hate my neighbor.

# STEVE AUSTIN: How to Attract Women



**Guest: “**Stone Cold" Steve Austin, is an American actor, producer, and retired professional wrestler who has been hailed as the biggest star in World Wrestling Federation/WWE history.

**What’s Covered:**

* How he met his current wife.
* What he’s learned through four marriages.
* Dating as a celebrity.
* Where to take a woman.

**Air Date:** 8/29/13

**Kristen:** Hey everyone, welcome to the Ask Women Podcast where you get real advice straight from the source. I am Kristen Carney, an amazing, beautiful, no no I’m kidding… Hey it's Kristen, I'm a comic and wannabe actor and with me is Marni, that awesome Wing Girl, best-selling author and owner of the top-rated dating advice site for men: The Wing Girl Method (<http://www.winggirlmethod.com>)

**Haely:** It's got to feel good, every time she says that.

**Marni:** It does feel freaking good. Especially when so many publishing companies did not want to publish me at first. So I'm like "Screw that; I'm doing it on my own." Then boom! Bestseller. Screw you.

**Haely:** Screw them, publishers. Eat it.

**Kristen**: We also have Haely who is an actress, host and writer and of course Mo.

**Mo:** Oh hi.

**Marni:** The man producer.

**Kristen:** Guys I was just talking about how Mo has so many Twitter followers it's disgusting me now. He just doesn't have tons, I mean like thousands.

**Haely:** You've left us behind, Mo!

**Marni:** He has a lot of Twitter followers.

**Kristen:** So, I have a little competition I'm starting: We want to beat Mo in Twitter followers so follow us at @AskWomenPodcast.

**Marni:** You just gave a lot of people the incentive to now follow Mo.

**Haely:** I know.

**Mo:** @MoDarwiche, yes.

**Kristen:** No, it's not @MoDarwiche. It's @DoucheDarwiche, okay? That's where he is. But on our Twitter we've gotten a lot of guys tweeting about how they've bought things on Amazon for us using our Ask Women Amazon link: <http://www.winggirlmethod.com/amazon>

**Marni:** But the contest is over.

**Kristen:** I know the contest is over but it's still okay. They're showing us that they're doing this for us, which is amazing because it helps us stay on the air.

**Marni:** Absolutely.

**Kristen:** Let's face it. This business is all about the money.

**Haely:** Well let's face it. Nothing is for free anymore, okay? So when you get on there and you order, it helps us be free for you.

**Kristen:** Yes, these three booties. We got to keep it free for, I don't know.

**Marni:** We got to keep them tight and lifted so we can sit on these chairs.

**Kristen:** Yeah and of course you can also support us on [**Amazon**](file:///C:\Users\rbjmc_000\Desktop\Clients\Marni\My%20edits\http) by using our special link: [**http://www.winggirlmethod.com/amazon**](http://www.winggirlmethod.com/amazon)

**Marni:** And what is the link for that page?

**Haely:** Bingo.

**Marni:** There's so many different combinations...

**Kristen:** I never know if it's forward...no I think it is forward.

**Marni:** No it's backslash.

**Kristen:** I never know. That's why I always...

**Marni:** Oh, I don't know the difference between backslash or forward slash.

**Kristen:** I always hesitate there because I never know if it's backslash or forward slash and then I stutter because I'm trying to figure it out and I should know this by this age.

**Haely:** You got it, you got it.

**Marni:** It's some sort of a horrible listing. They should know. We don’t ever have to ever repeat that sentence again.

**Kristen:** Just freakin’ google “Ask Women”…

**Haely:** And then bookmark that shit so that you can just go in and order straight from that.

**Kristen:** Since you probably don’t read real books and don’t have real bookmarks, at least have one bookmark and have it on your computer for our page.

**Marni:** Yes, there you go. I like it. Wait, so what are they showing you on Twitter? What they bought?

**Kristen:** I can’t remember exactly but there was a Tweet. Someone had a Tweet like they took a screenshot and it was the Ask Women thing…

**Marni:** Why am I not seeing these?

**Haely:** I saw that. That’s awesome.

**Kristen:** Yes, you could see a little cursor clicking on the Ask Women [Amazon](http://www.winggirlmethod.com/amazon) banner and then someone sent a picture of the items that they bought.

**Marni:** What? I am on all the time. How did I not see this stuff?

**Haely:** We love you guys! Well, you’re not looking hard enough.

**Mo:** Well how about this? We do a contest now and will do it for the month of September. The person that spends the most through this [Amazon link](http://www.winggirlmethod.com/amazon) could come on the show and all four of us will give them advice.

**Kristen:** I love that!

**Haely:** I like that. You could even have an alias if you want.

**Mo:** Yes.

**Marni:** But this is not a take away from the initial contest of “We have to beat Mo” on Twitter.

**Kristen:** No!

**Marni:** Don`t get too confused with all the contests being thrown at you!

**Mo:** Yes. For my men out there who want to support me at @MoDarwiche, come on boys.

**Kristen:** At @DoucheDarwiche.

**Mo:** @DouchebagMe.

**Marni:** It`s so going to be an account set up called @DucheDarwiche.

**Kristen:** Who do you really love guys? Why are you really here?

**Marni:** Is it to listen to Mo? Come on.

**Marni:** So I was on Loveline on Sunday and Mike Catherwood.

**Kristen:** You know what’s amazing about Mike Catherwood is that when he came on our show, he was such a gentleman and so sweet.

**Marni:** He is, but he is Mr. Deep.

**Kristen:** Anyway, I want to tell you guys a story of this young man that I was approached by at Starbucks -- I felt like I was doing field work. It was so amazing I’ve never really had this happen because I’ve said before that I don’t really get approached often.

**Marni:** You say that whenever we give a new story about being approached!

**Kristen:** Well I don’t get approached that often!

**Marni:** Maybe you’re just being aware of it now.

**Kristen:** I think I’m appearing slightly friendlier.

**Marni:** Maybe you’re more confident?

**Haely:** It’s been happening.

**Mo:** You got to do something about that.

**Haely:** I don’t even know you anymore by the way. You’re always smiling lately. I’m like, what?

**Kristen:** Yeah, it’s horrible. It’s weird. Especially when you have big gums like I do. I’m better looking when I don’t smile. That’s a joke my friend Molly tells. She’s hilarious.

So, this guy: I was walking to Starbucks and this kid was tying his bike to a phone pole or whatever, and he looked at me and we made eye contact, but it was so quick. It’s the swiftest thing ever. We made really brief eye contact and in an instant he was like, “I think you’re beautiful I want your number.” I was like, “Whoa. First of all, I haven’t had my coffee yet. Can we just hold this for just two minutes? I need to get my espresso.”

When he did that, I literally said,” Hold on a second,” because I was walking to the garbage can to throw something out. I just said, “Can you hold on a second, you’re in my face right now, so just give me one second,” So I walked over to the garbage can, but then I had to go back his way because I was going into the Starbucks. We kind of came back together at the door and…

**Marni:** So you couldn’t really run away.

**Kristen:** Right! We were going into the same place or as far as I knew, he was maybe not even planning on going to Starbucks.

**Marni:** Right.

**Kristen:** But they knew him there once we went in. And that didn’t work. We always say that, “Oh if they knew you there, it’s attractive.” They knew him there but it’s not attractive, it’s weird.

**Mo:** For him, he obviously had the confidence. Let me ask you. Did he read that first look right? Were you initially attracted to him on first glance?

**Kristen:** No. He was so much younger and he was also not my type. No offense. But no, I wasn’t instantly enamored. He was such an attractive kid but I just wasn’t like, “Oh, me and you!”

**Haely:** So what did you say to him?

**Kristen:** You ride a bike and you have a book in your hand? You have no life at all?

**Mo:** He is probably a student.

**Marni:** To be honest, when you just looked at him you probably got nervous, right, and then you looked away.

**Kristen:** I didn’t really get nervous -- I got dread because I basically rolled out of bed and I was in my pajama pants with make-up on from the night before that was crusted all over my skin.

**Marni:** So you were in your own self-conscious world?

**Haely:** Yeah. I was more like, “Oh god, I feel really gross. I know have a big cowlick on the back of my hair right now.” It’s just gross. So anyway, the point of the story is that he persisted and followed me in line to wait.

**Marni:** But what did you say to him after he said you were beautiful. You just said, “Okay, bye?”

**Kristen:** I said, “Hold on a second, let me throw this out.” Then I came back to go in and I said, “I’m Kristen. Nice to meet you, thank you. I have a boyfriend but I do host a podcast called AskWomen -- do you listen to it?” And I said, “Do you listen to it because you’re very forward and like, you know, wow…”

**Haely:** Obviously you’re taking our advice. Good job.

**Kristen:** Right, right. But you took a little too far. So he instantly was completely uncomfortable with… he was never expecting things to go down like that.

**Marni:** Of course!

**Kristen:** But he did maintained staying in line with me and I said, “Listen to the podcast. It’ll be out on Thursday. We’ll talk about you.”

**Haely:** You’re plugging it.

**Kristen:** Yes.

**Haely:** Follow us on Twitter.

**Marni:** Way to pimp us, I love it!

**Kristen:** Yeah, you can Google us and so anyway, his first reaction was, “Should you take advice on dating from women if you’re dating women?”

**Marni:** That was his…?

**Kristen:** He was thinking more you should take advice from other men.

**Mo:** Did you tell him about Mo?

**Kristen:** Of course not.

**Haely:** It was like don’t go to doucheytwitter.com\mo whatever it is.

**Kristen:** And so anyway he stayed there, and then once I was waiting for my coffee he still stood there and it turned into more of a conversation because now he was kind of in it and I was lecturing him, so it was very strange for him but it was so boom! And I asked, what made you be so aggressive and what happened in your life to make you this way, and he said a really bad break-up. I was thinking he would say… I said, “How long ago was it?” I was thinking he’d say a month ago, two weeks ago, three months ago and he was like, “Oh three years ago.” I was like, “Oh okay, so you’re crazy.”

**Haely:** Wow.

**Kristen:** So you’re crazy and…but anyway, he was way too forward but he was very nice and I definitely appreciated his effort, but it was too much.

**Marni:** So, when was it too much?

**Kristen:** The first moment.

**Marni:** Why?

**Haely:** But I thought you complimented him, and that it was good he asked for your number…

**Kristen:** I mean because he had the balls to do it.

**Haely:** Because he didn’t know you at all before he asked for your number? ‘Cause that’d be weird for me. It’s like, “How do you even know me? And how do you know you want to call me?”

**Kristen:** Right, based off of my looks he liked me but it was like literally we had nothing else…

**Marni:** The beautiful Kristen.

**Kristen:** Of course, but we made eye contact for like a split second and then he was there, asking for my number. It wasn’t like I had a moment to take anything in…

**Haely:** Yeah.

**Kristen:**I kind of instantly went, “Ugh, I don’t have my coffee yet and like I feel really gross and now I’m put in this position…”

**Marni:** But he didn’t… from your interpretation he said, “You’re beautiful and I want your number.”

**Kristen:** Yeah!

**Marni:** That’s how you actually heard it and saw it happening towards you.

**Kristen:** Yes, he goes, “Excuse me, this is going to sound really weird but you’re beautiful and I want your number.” It was the moment we made eye contact. There wasn’t even a smile…

**Marni:** Like a swagger over a smile.

**Kristen:** Yeah there wasn’t a moment where we smiled at each other.

**Marni:** Was too intense for you.

**Kristen:** It was intense, but I did appreciate the fact that he was willing to go out on a limb like that and just ask. Especially when he’s not getting out of a Jaguar (said in the English pronunciation) but tying up his bike. It was confident.

**Marni:** Exactly. Well as he should’ve. You should have equal confidence to the guy you wanna date… Did you say Jag-u-ar?

**Kristen:** Oh I said Jag-u-ar...

**Marni:** Jaguar.

**Kristen:** I’m sorry I said it like that I’m such a douche. Now my Twitter’s douche.com. Well I said it like that because I worked for Jaguar a few years ago and it was like Nazi Germany: they were like, “You cannot say Jaguar. If anyone says Jaguar, you’re fired.”

**Haely:** What?

**Kristen:** Yeah, and so we had to like say it over and over like when we got there in the morning, it was the craziest promotional marketing job like I ever did. When we got there in the morning it was a weeklong thing and they were like, “Everyone say ‘Jag-u-ar’,” 10 times and we’re like…

**Haely:** Ja-g-uar. Jag-u-ar.

**Kristen:** I’m like, screw yourself.

**Marni:** That was really good. I like that voice.

**Haely:** Or, “God, this job’s the worst,” you wanna kill yourself.

**Kristen:** The worst, the worst. So it’s just ingrained in my brain to say ‘Jag-u-ar’ so I sound like such an asshole.

**Marni:** I thought it was Jaguar. I didn’t even know it was Jag--- whatever you said.

**Haely:** I thought you were really exotic.

**Kristen:** Yeah.

**Marni:** But, let’s go back to the approaching, okay? So I want you to walk me through the steps of the approach because I think this is a perfect chapter…

**Kristen, Haely, Marni**:…for the Men’s Playbook.

**Haely:** That was good.

(Al Pacino, Any Given Sunday {1999})

*On this team we fight for that inch. On this team we tear ourselves and everyone else around us to pieces for that inch! We claw with our fingernails for that inch because we know when we add up all those inches, that’s going to make the fucking difference between winning and losing!*

**Haely:** You know what I just realized about that? That he sounds like he’s talking about an “itch” and then he says we use our fingernails, and it’s like, yes, you get an itch with your fingernails!

**Kristen:** Every time I think about it I think, “Eew, wait, what? You’re itching? It’s weird.

**Mo:** I love Pacino.

**Marni:** It doesn’t puff me up the same way as it does Mo.

**Mo:** Oh I do, Jack.

**Haely:** I just love watching your face.

**Marni:** Seriously there’s a glow to him every time he hears it, I love it.

**Kristen:** It’s childish, it’s childish.

**Mo:** I just want to put on a helmet and hit somebody.

**Marni:** I hear you, I get it. Okay, so this chapter in the Men’s Playbook is about how to approach, and based on Kristen’s story that she was just telling, this guy did not do a good job at approaching -- mainly because he was too much too soon.

**Kristen:** Right.

**Marni:** That’s the main message here. But you did admire him for his directness, so what could he have done instead? He was very direct which threw you off and put an initial barrier even though you were, you know, pimping out our podcast afterwards so there obviously wasn’t much of a barrier left there.

**Haely:** Shameless.

**Marni:** But what could he have done after that initial approach if he realized it was too intense, how could he have pulled it back a little bit?

**Kristen:** The moment he looked at me I knew he was interested. I could see it in his eyes in that split second. So, if he’d kind of taken that moment in, given it a second, let me walk in to the Starbucks and get my coffee and as I’m at the sugar or milk bar maybe start to say, “Hey I just saw you outside,”… you know, I think that would be a better opening because I would be like, “Oh yeah I saw you too.”

**Haely:** Warming you up a little bit.

**Kristen:** Right, a little bit.

**Marni:** Let’s say you walked in and then you snuck out the back and he missed that opportunity. He has no idea how long you’re going to be around and he doesn’t want to miss that opportunity.

**Kristen:** Well, see…

**Marni:** You literally could have gone to the garbage and kept walking the other way. He didn’t know you were going in to Starbucks.

**Kristen:** Well, I was like right at the door pretty much so I mean there was really no alternative routes.

**Haely:** Oh okay.

**Kristen:** And there’s nothing else around – where else could I have been going but Starbucks?

**Haely:** I think the difference is him asking for your number right away in the first moment.

**Kristen:** Yeah, “Hi, I want your number.”

**Haely:** And he can still say Hi. I think he can still approach you, but just asking for your number right away, it’s like, “You don’t know me.”

**Kristen:** Yeah.

**Marni:** Well it’s like one of the questions that we had a couple of weeks ago where the first thing he said to her was to ask for her number and the girl said, “I don’t even know you…”

**Haely:** I remember that, yeah.

**Marni:** And then he’s like, “Oh, okay sorry,” and he scurried away afterwards. But that’s a really good point. I get that his nerves are worked up. You just want to spit it out of your mouth fast. Use this as your practice time if you are not at that point yet, do what this guy did and just get it out and don’t worry about if the girl says yes or no but as you start to build confidence, slow your pace down, ‘cause we talk about it all the time when guys approach at a bar and say, “I want to fuck you,” and then walk away, that’s super sexy. So, like what Kristen was saying, if he were to smile, look over and then get back to his world, locking up his bike or whatever and then start to slowly come in and then start chitchatting and build a little bit of rapport first, it wouldn’t feel so abrupt. It can be sexy and flirty rapport, but don’t ask for the phone number right off the bat.

**Kristen:** It’s too much.

**Haely:** Doing something like the OSA: the Observe, Share and Ask.

**Marni:** And ask questions.

**Kristen:** But, to address that story again: I don’t know if I like you. I don’t know you at all so why would I want to give you my number?

**Haely:** Exactly.

**Kristen:** I need to know that there would be some sort of connection. Not just the physical… women need a lot more than that.

**Marni:** Right, for women it takes a lot more.

**Haely:** More than just physical.

**Marni:** Who was on the show when were we talking about this before? Men know in the first 15 seconds if they’re interested; for women it takes about 5 minutes to decide whether they want the man.

**Haely:** Oh yeah.

**Mo:** I think Adam.

**Marni:** Yes, okay. It takes longer for women because we’re evaluating these people who are presenting themselves in front of you, so you need to know: A, are they a rapist? B, are they crazy? C, do they have social value? D… there’s a whole bunch of things that you want to know first about this man before you start hanging out…

**Haely:** And the guy is just like, “Do I want to have sex with her?” Is that true, is it that quick?

**Mo:** Oh yeah, definitely.

**Haely:** 15 seconds?

**Mo:** Not even 15 seconds.

**Marni:** Although there is this video that’s on YouTube as well (winggirlmethod.com) where it is these guys and they go up to a girl and they say, “Give me your number.” Give me your number. And women just put their numbers in there; they’ll just do it.

**Mo:** Yeah.

**Haely:** I wouldn’t do that.

**Marni:** And so for that…

**Kristen:** But about that video: I watched that video and I wondered how many edits there were of women that didn’t say yes.

**Mo:** Yeah.

**Marni:** But is it so bad if you get 50% of the women asked?

**Haely:** No but I’m sure there are… I don’t think every man would get a yes from woman asked…

**Marni:** Depends on what age they were, but a lot of the women that they were showing were younger. I would do it.

**Mo:** Yeah, but women would say yes now, whether you actually could get them to see you again, that’s a whole another ball game, buddy.

**Marni:** Absolutely.

**Mo:** That’s a lot more work you got to put in.

**Marni:** Yeah that was what my blog was about. It’s great you have the phone number.

**Mo:** That’s round one.

**Haely:** In the video they didn’t know the women’s names, they were like, “Uh…” what do you do then?

**Marni:** But then you start a conversation afterwards. The whole point of this video was to show that women admire leadership, where it’s not like, “Oh hi, my name’s Bill. Can I have your phone number?” this weak man going up to them, but a man who is assertive saying, “Put your number on my phone.”

**Haely:** Yeah.

**Marni:** And her saying, “Okay,” and then…

**Haely:** The whole scenario would be changed though if he had a flip phone. I’d be like, “Okay sug—oh no.”

**Kristen:** How do you use this thing? Is this hot pink?

**Mo:** I still think this guy had a great approach. His initial approach was, “Wow you’re beautiful,” because it was from an honest place and he came directly to you with it. By the middle he’s lost it. It’s like, wow great introduction. Now what do we say as men during that awkward middle to fill that middle ground because then if he would’ve filled that middle ground with, say, 3-5 minutes of banter you could actually gotten to know this guy and see his personality. You might have said yes at the end when he asked you for your number.

**Marni:** But the thing is that what he showed you about his personality was that he was intense, a little bit nervous, and aggressive, and those aren’t good things that women are attracted to. In that video on YouTube, these guys are showing that they don’t really care, that they can lead, that they can be direct and just ask for what they want and they weren’t staring the girl down and being really intense about getting her phone number. They weren’t even looking at her and they’re like, “Put your number on my phone.”

**Haely:** Yeah. The wench.

**Marni:** Exactly.

**Haely:** I almost think that they’re not being picky enough, though. I want a guy to choose me based on my personality and when he does that I’m almost like, well maybe I’m ruining your whole point here…

**Kristen:** No, the whole point is to be honest.

**Haely:** I just think I’d be like, what makes me different than somebody else? Why would you even bother asking me? I want to know that I’m different and that you value that.

**Kristen:** But in your early 20s?

**Haely:** I just want to bang. No, I don’t know. I mean, I think so still then, yeah.

**Marni:** Really? That’s totally fine. You’re maybe the other 50% who said no. But I watched that video and I thought I would probably do it. Would I answer the phone the next day? Probably not.

**Mo:** Probably not, yeah.

**Marni:** Because I have no clue who he is.

**Haely:** See?

**Marni:** But if he gets 100 women and he gets 50 phone numbers and he gets 10 girls who answer and interact with him and he knows how to do things after the getting the phone number, he know how to flirt, he knows how to use racy texting techniques, then he can do something with those.

**Haely:** But they don’t even know the girls they’re reaching out to. I think it’s just like a wildcard. It’s definitely a numbers game.

**Marni:** Yeah.

**Haely:** But it’s like you’re just throwing out seeds and seeing which ones grow. They’re not being selective at all.

**Marni:** That’s what men are supposed to do, they’re supposed to throw out seeds.

**Mo:** Yeah and then eventually get to an egg and that’s how shit happens.

**Haely:** That’s how we all happened.

**Mo:** Yup.

**Marni:** Exactly. Anyway I went a little off topic but the whole thing is the approach for the Men’s Playbook: what he could have done, he could have used OSA for sure, but the intensity and the asking for the number right away and getting up in your grill right away, was too much for you especially pre-coffee.

**Kristen:** Right.

**Marni:** So I think that the sexier thing to do in that scenario is sort of just like sit back, relax, smile at the girl and then as you’re going into Starbucks he can make some sort of joke or something to lighten up the space, go into OSA, and ask for the phone number. I’m sure he wanted your phone number after you said, “I’m the host of the AskWomen podcast.”

**Haely:** He’s probably listening.

**Kristen:** He is. I told him to listen.

**Marni:** Well that concludes this week’s chapter in the Men’s Playbook and I feel bad that we didn’t pump this up more at the beginning of the episode.

**Kristen:** I know. I forgot to talk about Steve.

**Marni:** We totally should’ve but we have the best man in the world coming on to our show today. The…

**Haely:** …one and only.

**Marni:** One and only yeah, you do it better.

**Haely:** He is the wrestling champ actor of the world. He’s just also a total badass and seriously one of the nicest guys. He is Steve Austin. He’s on our show next.

**Kristen:** I was so embarrassed when we first met him. I asked him, “Does anyone ever call you Coldstone Steve Austin?” I always accidentally do it if I ever have to say his name…

**Haely:** Oh yeah.

**Kristen:** …Stonecold Steve Austin. I always go to Coldstone Steve Austin ‘cause I’m way more into ice cream than I am into wrestling.

**Haely:** Ditto.

**Marni:** Which makes complete sense.

**Kristen:** Right. So it’s always in my brain but I want him to have an ice cream flavor.

**Marni:** He totally should. Why does he not?

**Haely:** He needs an ice cream flavor.

**Marni:** His podcast is the number one on our network so he should have his own ice cream flavor.

**Mo:** Yeah, he’s doing great.

**Marni:** That man should have his own ice cream.

**Kristen:** Yeah.

**Marni:** It makes sense. We met him probably 3 months ago ‘cause he records for Podcast One as well, which is the network that we’re on, and we have been stalking him ever since to be on our show. And Mo is on his show as well, which is why he’s getting all of his followers on Twitter.

**Mo:** They call me Gimme Mo on his show.

**Marni:** I love it.

**Mo:** Yeah, that’s my nickname. Gimme Mo.

**Kristen:** Oh it should be Gimme Less.

**Mo:** Oh you little minx…

**Marni:** Well, coming up next, we have the amazing Steve Austin in studio with us. He is fantastic, he is wonderful. He’s answering your questions for Analyze This and he’s telling us all about what he has learned about women from his four marriages. That is coming up next, see you in a bit.

**[BREAK]**

**Haely:** Welcome back to the AskWomen podcast. We are so excited today to have a wrestling legend with us, the Stonecold Steve Austin.

**Kristen:** Welcome, Steve.

**Steve:** Hey, what’s happening.

**Haely:** Wow.

**Marni:** We are excited to have you here. We’ve been pumped up about this for so long.

**Steve:** We’ve been talking about it.

**Haely:** You know what’s so funny about you is that you’re not intimidating. I mean you’re intimidating, but you’re…

**Kristen:** Don’t say that!

**Haely:** No, because you’re so nice. You have the badass image, then I meet you and you’re so nice!

**Marni:** We just blew his cover. Now he hates us.

**Steve:** No, I don’t hate you, but I get that reaction all the time. People always think I’m going to be mad or drunk or mean or whatever, so thank you for having me on this show and thank you for recognizing that.

**Kristen:** I mean the camo does intimidate me a little bit…

**Haely:** It is intimidating.

**Steve:** Ask Mo, I wear this stuff almost every single day and I have about 5 of these but I’m…

**Haely:** You rotate through them?

**Kristen:** What are you hiding from?

**Steve:** I’m not hiding from ex-wives or anything like that. No, I’m not hiding from anything. Camo for a guy, you know… I eat a lot of stuff for my diet and if I spill anything on my camo shirt you can’t see it, so it works for me.

**Haely:** That’s a really good point. I could use that. I’m known for spilling everything.

**Steve:** I’m big into hygiene, so don’t get me wrong. I’m taking my showers, doing all of that, I’m wearing clean stuff, but if I drop some food on it, it’s easily concealed.

**Kristen:** I’m a coffee drinker so that would definitely blend in.

**Steve:** Right, don’t wear white.

**Kristen:** Right, right.

**Marni:** A nice man and a smart man too. The full fantastic package.

**Steve:** I don’t know how smart, but we can get to that later.

**Kristen:** You mentioned before when we met that first time, that your favorite guns are the Remington arms guns and that’s where I’m from, that’s my town. So what do you like about Remington guns?

**Steve:** Well that’s interesting that you would bring that question up.

**Marni:** That is interesting.

**Steve:** But I can tell you.

**Haely:** Let’s talk about guns!

**Kristen:** He’s all like, I happen to have a gun in my pocket *right* *now*.

**Steve:** I don’t know why I haven’t done the AskWomen show sooner, I’m glad to be here. Growing up hunting with my dad down in South Texas, he only shot Remingtons. You know the Remington 870 shotgun was what we all started off on and as far as our deer rifles, we used the Model 700. Love the trigger and once you get used to something, you know, that’s what you’re used to and it’s high quality right out of the box, the most accurate guns that there are. Great quality stuff for the working man at an affordable price.

**Kristen:** That’s amazing.

**Marni:** We should seriously get them as our sponsor for this episode.

**Steve:** Come on Remington!

**Kristen:** It’s funny because of my lineage; my grandpa, my grandpa’s grandpa, they all worked at Remington Arms. That’s what my town is made from. We wouldn’t exist unless that was there but I know nothing about guns at all.

**Marni:** How come? They should teach it in your schools.

**Kristen:** And it’s weird -- our school is next door to a gun store and no one ever shot up the school, isn’t that amazing?

**Steve:** That was back in the day when people had common sense. Nobody has any common sense anymore.

**Kristen:** Yeah.

**Marni:** That is very true.

**Steve:** It ain’t about the guns. It’s having about a little common sense.

**Mo:** Let me ask you something, Steve. When you’re single, would you take a girl on a date to a shooting range? Would you recommend that to other guys? I’ve done it and I think women find shooting guns very exciting.

**Haely:** It turns me on. It’s the power thing, you know. You feel you’re in control and you’ve got a man kind of guiding you and showing you how to do it. I’m into it.

**Marni:** I’ve never been.

**Steve:** You know the kick, the horsepower, it is kind of an adrenaline rush and you know I never thought about it. I certainly won’t take any of the ex-wives to the shooting range. Never thought about it for a first date. I want to get to know that person a little bit, get a little psych evaluation before I give them a gun!

**Marni:** Yeah exactly, before you’re taking them with a gun somewhere. Well actually I do want to talk about you and dating and your past with women if you’re comfortable talking about that.

**Steve:** Absolutely, I’m down with it.

**Marni:** Okay, let’s go into some questions about what your first date spots were when you were single, some of your favorite places to take women.

**Steve:** Man, back then before I had my car I used to go to the old track field in Edna, Texas. Just hanging around the track, walking a few laps. There’s a little stadium with some bleachers. There weren’t too many people out there but it wasn’t a really public place. We were just kind of homebodies.

**Marni:** Really? So you just walked around and talked?

**Haely:** A stroll around the track, that’s all they needed?

**Steve:** Yes, a stroll around the track. Haely, I grew up in a town of 5,000 people so, when we’re sitting here in Los Angeles, there’s people galore. It’s a little bit different setting but that’s where it started.

**Marni:** Interesting. Well, you have been married three times, right?

**Steve:** Currently married for the fourth and last time.

**Marni:** Oh, okay so four times total. The first time that we met you, you were telling us a little but about what you had learned from those previous marriages, things that are really helping you in your current marriage and we would like to hear about that.

**Steve:** Well I mean it wasn’t probably the experiences. Those first three marriages, I wasn’t really ready to be married, quite honestly.

**Haely:** Is anyone ever ready, though? I’m not. What changed for you?

**Steve:** I guess I just finally got old enough to realize how special this one person was. I’ve been with my current wife now for almost ten years. We’ve been married going on three years. She’s a special education teacher with two degrees. She’s highly intelligent, with a high level of integrity and a very high work ethic.

**Kristen:** What’s she doing with you?

**Steve:** I know, she brings out the best in me, and that’s why I’m still with her. Her background helps her understand and communicate with a guy like me. The communication was the key for me with this woman. Her name is Kristen.

**Kristen:** Oh hi.

**Steve:** And with her there’s just no way to sweep anything under the rug and address it as a half issue. We discuss everything in full and get it out of the way. There are no ifs, ands or buts. There is an understanding and we are on the same page and she helps me do that the best. She helps me communicate and that’s what I needed.

**Marni:** So before you met her, were you not communicating?

**Steve:** Well, communicating, but I was on the road a lot. Frankly, in the entertainment business and world of wrestling, you deal with a lot of unique stressors. And, I’m a guy and like I said, guys are stupid. I wanted to have my cake and eat it too--and I did back then. You cannot do that if you’re in a committed monogamous relationship –in the past I always did what I wanted to do.

**Marni:** Right.

**Steve:** And I finally got that out of my system. I met the right person and that part of my life is over. I’m happy about that, believe it or not.

**Marni:** That’s wonderful!

**Kristen:** So what’s a perfect date night for you and your wife now? What are you guys into?

**Steve:**  Interesting question! We’re homebodies. I live in Marina del Rio, west side. We’re a bunch of west side people gathered at this table in Los Angeles.

**Haely:** Except Mo’s in Armenia or something.

**Steve:** We used to be on the west side.

**Mo:** I’m an ex-west sider. I’ll be back eventually. My girl’s a Hollywood girl right now, which makes me a Hollywood boy.

**Marni:** You are.

**Steve:** There’s this sushi spot we go to; Los Angeles is a big ass city and some of the greatest restaurants in the world are right here. You can have a culinary experience that will blow your mind. We just went out and ate with Norm Patters the other day, Podcast One.

**Kristen:** Oh yeah, Ting.

**Steve:** Hey I met him in Hollywood, at Mr. Chaz; it was a pain in the ass to get there!

**Marni:** Yeah three hours later.

**Steve:** We had a great time, but we left early to get there to make sure we were on time. I’m an on time fanatic, I can’t be late. We had a wonderful dinner with Norm and Mary and met some bigwigs in the industry. But it was a pain in the ass. So, everything that we normally do is in that Marina Venice area so that we don’t have to drive too far.

**Kristen:** That makes sense.

**Steve:** My wife loves to cook. I mean, that’s her passion. So, we’re kind of a match made in Heaven.

**Mo:** Did you wear your camouflage tuxedo to dinner?

**Steve:** No! That really was hard. You know I always wear shorts everywhere I go, but I dress up for Norm and Mary and when we go to hifalutin places. So I gussied up and wore a long sleeved-shirt, untucked of course.

**Marni:** Well, I like it. I want to ask more about the communicating because I work with a lot of men all over the world and I always talk about communication in work. It’s really simple to say those words but a lot of people don’t actually know what it means. What does it mean to communicate? And so I wanted to talk to you, maybe if you can provide an example. It doesn’t have to be intimate, just about communication and what that would look like for somebody.

**Steve:** I guess the best way I could put it, if there’s an issue we just discuss it from top to bottom and make sure that there’s no misunderstanding. It’s a very clear understanding. We’re on the same page and everything’s cool. And you know, that was back when I met her in my wilder days, that came as Jesus made it.

**Kristen:** Did you have issues getting women interested in things that you were also interested in or did you come together because of those shared interests?

**Steve:** You know, it’s interesting. When I met my wife now, we were both training at the World Gym on the corner of the lake in Washington, back in the day.

**Marni:** I went there.

**Steve:** Yeah. It was a great gym.

**Marni:** Amazing gym. It was so mad.

**Steve:** Everybody goes. So there was this kind of a loser atmosphere and it was cool.

**Marni:** Yes.

**Steve:** So, anyway, my buddy Dan ran the front desk there. Anyway, Kristen’s teaching special education at the middle school at that time and one of her kids had brought a WWE calendar and put it on the wall. And my month came up. Kristen’s not a wrestling fan. She doesn’t watch wrestling. And after seeing my picture in that calendar, she saw me in the gym and she knew Dan, my buddy. And she said, “Hey Dan, is that the wrestler, Stone Cold? Do you think he would come to my class and read to my kids?” Dan says, “I don’t know, I’ll ask him.” So anyway, she asked me and I started talking to her. We had a lot in common. Before I went to read to the kids, we started talking music. She’s a big metalhead. She loved Stevie Ray Vaughn and so do I. She’s a dog person, she drove a truck – I love dogs and I drive a truck. We had a lot in common before we even got started.

**Marni:** She’s not from L.A. originally?

**Steve:** She was born and raised in L.A.

**Marni:** No way!

**Steve:** Yes.

**Marni:** L.A. people are awesome. Well, let’s talk more about that. So the first time that you were interacting with Kristen, were you attracted to her right away?

**Steve:** Yes, yes, I was. I was attracted to her just initially, just looking at her. And then after talking to her because we had so much in common.

**Marni:** Did that make you nervous when you were talking with her?

**Steve:** No! Because I was digging her.

**Marni:** Because a lot of guys, they do. “Oh when I talk to a girl that I find attractive or I’m interested in, I have no idea what to say.” So you obviously had no problems talking to women that you were attracted to?

**Steve:** No, because I had my sights set on things in the future.

**Marni:** Right!

**Steve:** I’m a guy and I love getting laid! Did I get nervous or back down? No. you know, I was very interested in this young lady and I wasn’t about to lose my chance.

**Marni:** Can you walk us through that process a little bit? A lot of guys get totally psyched out. Have you always been like that when talking with women you’re attracted to? You just think about the goal of the future or what you want in the future rather than thinking about how you could possibly be rejected?

**Kristen:** Did the confidence come from your career?

**Steve:** You know maybe the confidence did come from the career because I was a very shy kid. I was very quiet growing up and you know, I turned to athletics as a way to express myself and become worthy. So you know I was a shy kid: my first girlfriend that I had, our relationship lasted for ten years, high school sweethearts that went through college together. She was two or three years older than me. I ended up getting in the wrestling business and that marriage quickly dissolved right after it happened, pretty much an annulment.

**Kristen:** Did you use wrestling moves in the bedroom?

**Steve:** No, no wrestling, just a bear hug.

**Kristen:** Damn!

**Steve:** I do not recommend that.

**Marni:** I would love to hear more about what you’re saying. So you were shy when you were younger, you gained confidence from sports and then after you had separated from your first wife, did that confidence continue with women?

**Steve:** I don’t know how to explain it. I was a guy where women were attracted to me. I didn’t have to go out of my way to meet women. They just kind of happened. And so there was that comfort level. I’m not sitting here, trying to say I’m Rico Suave, but I didn’t really have to pursue.

**Mo:** Women pursued you, right? With some of our high profile guys who’ve had some success, there were women who would actively pursue you guys and your job was to weed out the wackos from the good ones.

**Kristen:** Yes, makes sense.

**Steve:** Yes.

**Kristen:** They all have to be semi-wacko though.

**Steve:** Yes. Semi-wacko from wacko, there’s a thin line there. But as far as relationships went, it seems like it kind of went from marriage to marriage to marriage.

**Mo:** Did you find that you were always attracted to strong women in your life or do you not really have a type or was it just all over the place?

**Steve:** I think it was all over the place -- that was the problem. I think I was all over the place.

**Kristen:** Once one marriage ended, what made you want to go through another one? Wasn’t it a horrible experience that you were running away from?

**Steve:** One or two of them, you know I think the fault was more on their end than on my end. But you know, I’m a guy. Guys are stupid and sometimes we do stupid things.

**Marni:** But you still wanted a marriage. Does that work?

**Steve:** Yes, it was always kind of that -- a couple I jumped into freely headfirst like an idiot. And then I got lucky on the last one, you know with my wife Kristen. We’ve been going out 10 years and got married about 3 years ago. She had never been married before and she’s just a year younger than me.

**Haely:** And you’re a pro at marriage.

**Steve:** Yes I’m a pro, semi-pro because it didn’t really work and I paid for it. I lost my money being married. But with my wife it was kind of like she reached a point; we’ve been together almost ten years and at that time, the seven year mark, the clock was ticking. She knew that the older she gets the less chances there were for her dreams to come true. So, I did not particularly want to get married but it was kind of like, “I’ve got to this time, this is the right person because I will never find a better human being.” And my wife truly is my soulmate and I can easily and honestly say that.

**Marni:** I love that.

**Mo:** I feel like you did it right. A lot of these younger kids in their 20s think they need to get married in the first serious relationship they have. They’re married after a year or two. You’ve been with your wife, you were with your wife six or seven years before you got married?

**Steve:** Yes, but my first marriage we were together ten years.. I was 24 when we got married, and that was still too soon.

**Haely:** Right, you started so young.

**Steve:** Yes, I wouldn’t recommend it to anybody, getting married that damn early. Well, let me ask you guys: are you all married?

**Kristen:** I just got engaged.

**Steve:** Can I ask you how old you are?

**Kristen:** Yes, I’m 30.

**Marni:** I’m married and I’m 32.

**Haely:** In a relationship, 30.

**Steve:** When did you get married, Marni?

**Marni:** I got married three years ago, I’ve been with my husband for ten years, same as you

**Steve:** So, then, you are all experts would you recommend that any young guy or girl should get married at 24 or younger?

**Kristen:** I think it changed, you know. Who I was when I was 24 was a lot more like a wildcard that I am now. I’ve just changed a lot.

**Marni:** It’s also archaic, like something that’s not necessary anymore. Lifestyles have changed. Women can provide for themselves. A lot of people got married young back in the 50s and so on.

**Haely:** Gender roles are changing.

**Marni:** For survival I think things are just changing. Overall I know I would never, never recommend it.

**Mo:** I think if women allowed men to have 1 hall pass a year…

**Marni:** And vice versa, can I tell you something interesting? When I met my husband I was 23 years old and all throughout my 20s we would talk about possible threesomes and other sexual escapades that we would possibly do and I would always say that I wouldn’t want to do those things because I couldn’t confidently handle them. In my mind I want to do them but I wouldn’t able to handle the repercussions afterwards which would be horrible for my husband. And so as I’m getting into my 30s, I’m noticing that I am more sexual and I can separate emotion from sex (at least in my mind I can) and I feel much more confident about being able to do those things. So back to the hall pass, if the hall pass is available to men, I think it should be available to women.

**Kristen:** Amen.

**Steve:** Mo, with your gal, are you going to give her that hall pass?

**Mo:** No.

**Marni:** Because you couldn’t handle it?

**Mo:** Funny, I had a dream this morning about my wife telling me she was –

**Marni:** Wife? Oh, secret’s out!

**Mo:** Well my girl she might as well be my wife but I –

**Steve:** I was talking about that.

**Marni:** We should tell her about being your wife because actually--

**Kristen:** She might want to know.

**Steve:** Go on, tell us what happened.

**Mo:** Well, I had a dream where she was telling me, “I was with this man and the sex was amazing”, but it was before us. And just her telling me that she was with another guy and the sex was amazing, my fucking blood was boiling.

**Marni:** Really?

**Mo:** I wake up and she was cuddling me like nothing was going on, I’m thinking, “Fuck you, fucking bitch.”

**Marni:** “You cheated on me, you whore!”

**Kristen:** There were probably so many head veins showing at that moment.

**Mo:** I was so pissed off and I realized right away that I am not cool with any of that shit.

**Marni:** It is crazy how you can be jealous of possible scenarios. I’ve had a similar dream too that made me angry. I’m like, “I hate you, you left me in our dream”, hubby’s like, “I’m right here, what are you talking about?”

**Steve:** Easy, easy!

**Marni:** Yes.

**Kristen:** I think I’m a different style of chick because I’m totally cool with the hall pass, the concept not the movie. The movie was horrible.

**Mo:** Oh you mean the girls shitting in the bathtub in the movie?

**Kristen:** I didn’t actually see it, I’m just assuming. But no, I am very cool with the hall pass because I know, personally, I’m not a very sexual person at all. I think I’m uncomfortable with it and I would rather just play with my cat. Honestly, I’m not and I know my boyfriend is. So you know if that’s what it is, that’s what it is. And I know we had John Sailey here before who is very open to that kind of stuff and for me to even say it. A year ago, I would have felt so uncomfortable but from doing this podcast, I’ve gotten a little validation that that’s normal. And I’ve told my boyfriend, “Go for it”, but he would never do it.

**Marni:** That is the best way to get them to do it. Just say, “Go for it, do it”.

**Steve:** Don’t you think he would feel guilty even though you’re saying “Hey it’s cool, go ahead and do it?”

**Kristen:** Oh of course he would feel guilty. He wouldn’t be able to get a hard on or something, he would be too nervous. So, it would never happen.

**Marni:** It was hard for you to say hard on.

**Steve:** But would you really be cool with it?

**Kristen:** Yes, I think I would because I know what I’d do to him in terms of nothing.

**Haely:** It would take the pressure off of you for providing that sex, right?

**Kristen:** Yes because we get to a point. I feel guilty. So this would be something that I feel like I would give him, just not like all the time. It would be creepy.

**Marni:** I just think I have to every week.

**Haely:** If you’re going to have a hall pass, at least invite me!

**Steve:** You would be the voyeur?

**Marni:** That’s my worst nightmare.

**Haely:** I mean for me, I would really be creeped out thinking of him going off and then coming back. I’m like, “What happened? What did I miss?” I would want to be there.

**Steve:** You would be comfortable watching?

**Haely:** Yes.

**Marni:** I would really just sitting in the corner and watching?

**Haely:** Not in the corner. Don’t put me in the corner!

**Steve:** Yes, not in the corner.

**Marni:** Can you imagine Hailey just sitting there?

**Steve:** Get an easy chair.

**Haely:** I would cheer him on. I’d go, “Yeah, get in there!”

**Kristen:** So, this is going to be a really punny question. But what’s more challenging – the wrestling ring or the wedding ring?

**Haely:** Oh damn. I didn’t plan that.

**Marni:** That was good. I like it.

**Steve:** The wrestling ring. Well, from what standpoint?

**Kristen:** What’s more difficult in general? Which has caused more distress in your life? What’s harder to learn? Is it harder to learn to be a professional wrestler or is it harder to learn how to deal with a woman every day of your life?

**Steve:** Obviously it’s harder to learn how to deal with a woman if you got three divorces. It’s certainly tough being on the road and the ring has its trials and tribulations, levels of stress and highs and lows and everything goes with it. But, totally two different ball games. I would like to think that I’m doing pretty damn good as far as what I’ve learned about the wedding game and staying married and being happily married.

**Kristen:** Do you have a lot of those Southern manners?

**Steve:** Yes ma’am. That kind of stuff, opening doors for a lady, the whole nine yards. Not to the extreme but certainly courtesy, etiquette, respect.

**Marni:** I love that. I have one last question and then we’re going into ‘Analyze This’. ‘Analyze This’ is where we answer questions from people who listen to the podcast. And we would love for you to stick around and answer questions.

**Steve:** Can I say one thing along those lines though? Some women here in Los Angeles, I’ve been in retail stores and I say, “Well yes ma’am”, and if I talk to some of these ladies long enough, they’ll say, “Would you not say ‘ma’am’, it makes me feel old”. And I just know what my mom and my dad us told us to say and people out here feel old by it.

**Marni:** I do.

**Steve:** But I mean it as a respect.

**Haely:** Yes. Just say “Yes bitch”, because it actually makes them feel much younger. That’s a very youthful thing to say.

**Steve:** Okay I’m going to say I learned it here on ‘Ask Women’.

**Marni:** I have it. I was there in the U.S. Open and there’s so many young kids down there and there’s this one guy like rollerblading or something which I haven’t done in 20 years, but he rollerbladed by me and almost bumped into me and goes “Sorry ma’am”, and I almost started crying. My husband came up, and I’m bawling like “Why do I look so old?” I went home to do my make-up, I felt so horrible. But here’s the question I was going to ask.

**Steve:** Okay.

**Marni:** So, did you find it difficult to be connected to any of your wives that you were with during that time you spent on the road because you had so much geography between you?

**Steve:** Hey man, it’s not truly a long distance relationship. To me a long distance relationship is something where the guy lives in Los Angeles, the girl lives in New York, and they’re trying to make things work. Travelling is a whole different ball game. With the travelling and the temptations in the form of other women on the road, alcohol, and all kinds of other stuff leads to disastrous situations. Being on the road is hard. We were just talking to Jay Mohr a couple of days ago, he’s really happily married right now. He’s in a monogamous relationship with a wonderful young lady. He’s married to Nikki Cox.

**Marni:** You hear him on his podcast all the time, he loves his wife so much and he adores her.

**Mo:** That’s what he said. He said, “People act like marriage isn’t a choice, but my wife was my choice”, and now on the road he will literally do a show and then he go to the hotel and sleep.

**Mo:** For our male listeners out there who are thinking about cheating on their girl or something like that … jerk off first and after you’re done jerking off, if you still want to cheat on your girl then go ahead and cheat on her.

**Marni:** Oh that’s a good tip.

**Kristen:** We don’t condone cheating here.

**Mo:** Well we don’t condone it, but look, if you could blow your load and still want to cheat on your woman, then…

**Marni:** It’s the wrong woman.

**Steve:** Mo, that’s probably the worst advice I’ve heard any human being utter in the last couple of months.

**Marni:** I love that you are calling him out.

**Steve:** That’s ridiculous!

**Kristen:** Mo’s like, masturbate and then wait two minutes but did you wait four minutes?

**Marni:** See if you still want it. If you do, get out of the hotel room.

**Haely:** Worse advice ever, guys, don’t listen to that.

**Marni:** Alright, so we’re going to go into our questions. So, for the guys who are listening, we have ‘Analyze This’: if you want to send in questions, write to [ask@askwomenpodcost.com](mailto:ask@askwomenpodcost.com).

Here is our first question:

Hello, ladies and man producer,

“My wife and I have been married for seven years and we have two kids. We love each other and are still attracted to each other but we don’t have sex. I feel like we have become a total cliché: get married, have kids, and no more sex. I want to do something about this because it’s not healthy for the relationship. Since having our second child, my wife has zero libido and when we talk about it she says she is struggling with her role as a mom and as a wife who has sex with her husband. Right now she is completely focused on being a mom.

I get that, but I can’t help feeling neglected. We do go on dates and I try to do romantic gestures but they don’t really change things in the long run. When I try to initiate sex and make it all about her, she is not interested which makes me feel rejected. The compounding issue is that my wife is in the habit of staying up very late, sometimes even 4am so we never go to bed together which makes it pretty hard to have sex. So, we are rarely in the bed at the same time together for very long.

She says she stays up late to get cleaning done and have time to herself since she takes care of the kids during the day. I get the idea of wanting your own free time but not seven days a week. I think it’s become a selfish habit at this point and of course she’s tired for the next week because of the lack of sleep. I think it’s time for some marriage counseling. What do you think is going on and how can we break these cycles and stop being a cliché?” This is from Matt.

**Haely:** Oh Matt.

**Marni:** Steve I would love to hear what you have to say about this.

**Steve:** Man, right off the bat, it just doesn’t sound like the young lady’s understanding her husband anymore on the surface; my knee jerk reaction is not she’s digging him.

**Haely:** Yes. He say’s we’re attracted with each other but he’s speaking from his point of view, you know.

**Marni:** Well of course he is because he’s eager to have sex with her. It’s like his own attraction.

**Haely:** But it sounds like she’s really distracted. I know some of my friends who are moms now and it’s like their priorities totally shift. I think he should find a way to go on vacation and rekindle that flame without the kids. It sounds like she’s super stressed out.

**Steve:** I don’t think that’s going to happen. I think she’s going to be thinking about the kids.

**Haely:** I think she needs to let go if that’s going to work out. I mean you know.

**Kristen:** Just give the kids up for adoption.

**Marni:** Yes there’s always that. Problem solved. But I think what he was asking about going to counseling was really good. I think that it’s helpful to have the two of you in a room with a third person present. I am a big fan of therapy. My husband and I go to therapy. We actually went to therapy before we got married as well. And it’s been the thing that has helped our relationship thrive and survive.

**Steve:** And sometimes you’ve got to have that therapist there or that third person to help you fully flesh out the issues at hand and get to the bottom of things because sometimes you can sit there and talk about it but things are going to be left unsaid or shoved under the rug. Not all of the bases are going to be covered. So, you know, talk about it as much as you want but I agree with your point. Therapy is a must.

**Marni:** Yes. I’m not a mother, so I have no persona experience, but I can see from what my friends go through there is a whole shift in who you are when you become a mother and these folks have two kids. So you get into this role of being the wife or being the mother and you’re not just the sexy female anymore, so that whole dynamic gets thrown off. As much as this man can work really hard on planning a date night, it is really difficult for him to help her re-find her femininity again. It’s not up to him to give that to her.

So I would actually suggest having his wife go to therapy as well and while she’s doing therapy he babysits the kids, has them out of the house, and allows her an hour free for herself after the therapy session.

**Steve:** Yes, I’m totally down with that and it’s not always about the date night. It’s not about the presentation. It’s got to be about the connection. It’s not going through a ritual or process. You know you either have that chemistry or you don’t, so you need to re-find that chemistry.

**Marni:** Exactly.

**Kristen:** Right and he mentions trying not to be a big cliché and this situation is a pretty big cliché -- just having that date night.

**Marni:** Absolutely! Well, try waking up in the morning and pinching her ass and sending her a flirty text and getting her riled up during the day and feeling sexy and feminine -- that can help. But start with the therapy to show that you are actively trying to help out with the marriage and with helping her mental state.

**Haely:** And she definitely has walls up. And when the walls are up, you don’t feel free. You don’t feel uninhibited enough to like go for it. But if you go to therapy those walls start coming down. You start to loosen up a little bit and next thing you know you start feeling things again.

**Marni:** Yes that’s totally true. When I don’t see my therapist I get really trapped in my head even if my husband is super wonderful and we do communicate. Sometimes he gets trapped in his head. So it just distances us because we’re not present when we’re with each other and it’s hard to re-find that spark. Going to a therapist is like emotionally dumping on them and just having that release there really helps me a lot and makes me more present and happy with my husband.

**Kristen:** Also she’s staying up till 4am to clean the house. Yo Matt, come on!

**Marni:** Get a cleaning lady.

**Kristen:** Porn for womenis like a clean house. When I come home and it’s clean, I’m ready to go.

**Marni:** Cleaning lady time. Hire a cleaning lady.

**Mo:** And listen my man, you’ve got to step in and do something now because right now you’re in a rut and 5-6 years could pass by without you getting out of it, and you’re going to be miserable and you’ll lose 5-6 years of your life.

You need to give your wife an ultimatum here and tell her, “Okay look we need to go to therapy, this is happening, I’m booking it”. If she fights it then you’ve got to tell her the bottom line is “I’m not living my life like this for the next 10 years, I don’t want you to be miserable either, so we need to do something.”

**Marni:** And that alone is super sexy.

**Haely:** I love therapy because I love talking about myself and this is a great time for her to talk about herself – something she might now have time to do with the kids.

**Marni:** That’s a really good point.

**Steve:** I love that you guys are really on point. I love the thing about the walls because the walls happen and if you don’t address them they just keep getting higher and thicker. And Mo, to your point, a lot of people want to stay married for the kids. The kids are going to be fine. There’s no sense in going through life miserable, you know. You want to make it work for the kids but you also want to make it work for you. You’ve got to be happy with you before you could be happy with anybody else so you got to make that dynamic work.

**Marni:** That’s a really good point.

**Steve:** Ultimatum’s a tough word but if that’s what it is, that’s what it is.

**Mo:** Hey, the bottom line.

**Steve:** Bottom line.

**Marni:** Matt, hopefully that answered your question. Bottom line, what we’re saying is go get some therapy for either just your wife or for you guys as a couple. It will be really helpful for you guys. Okay, next question:

Hey ladies and gentlemen, love the show and truly appreciate all the advice and help. Your podcast always manages to put a smile on my face. I’m a 20-year old university student from Montreal, Canada, and I have recently given up drinking alcohol due to personal reasons and I have never been interested in doing any drugs or smoking.

That being said, I have no problem being around other people who choose to drink and I can have a great time just drinking my Coca-Cola. I also just recently broke up with a long distance girlfriend and don’t feel ready to invest in a full blown relationship. Do you think that my choice not to drink will hurt my chances of meeting people or hooking up with girls or do you think it would make me seem more threatening? Keep on rocking, Alex.

Well, first of all Coca-Cola is pretty close to a drug, so we’re not going to preach about that, but what do you guys think?

**Haely:** I don’t think he needs to make a big deal about it like, especially when he’s initially meeting someone.

**Kristen:** If he’s super uptight without a drink, and not fun and miserable then it would make a difference. I don’t really drink because I have a really low tolerance for alcohol. But, I’m easy to talk to even without a drink to help me open up. I think it depends on his willingness to be social without alcohol.

**Mo:** Listen buddy, you’re 20 years old. So you’re probably going to start and quit drinking a bunch of times because you likely just don’t know how to drink responsibly yet. But if you’re in a college atmosphere, you’re going to be surrounded by kids who are drinking and college kids are often too immature to accept you for who you are. They always want to point the odd man out. So if you’re the odd man not drinking in those situations, yes you’re probably going to have your buddies give you shit. Offer to be the designated driver.

**Marni:** I wonder what Steve has to say.

**Steve:** Hey man, I think more power for this kid for not drinking.

**Marni:** I think it’s great.

**Steve:** I’ve never gotten shit-faced and made great decisions, it always led to bad decisions. So, this kid is going to keep a level head, maintain his health, and go down a better road. More power to him. I think he’s going to run into like-minded people. Birds of the same feather flock together. He will be fine.

**Kristen:** Oh I agree.

**Steve:** You do not need alcohol as a crutch; I know, because I’ve used alcohol that way.

**Marni:** You need to own your personality and not let that inhibit you.

**Kristen:** And as a woman, a guy who is shit-faced isn’t the most attractive man in the world.

**Marni:** I was just going to say I’ve never looked at a guy thinking, “Oh you’re so drunk right now, I can’t wait to go home with you.”

**Haely:** It’s a turn-off, actually.

**Marni:** You know if he had a drink in his hand, I didn’t feel weird having a drink in my hand. That’s the only think that’s uncomfortable.

**Kristen:** That’s why I’m saying have your non-alcoholic drink in your hand.

**Mo:** You’ve got to be very specific here: it’s the confidence that alcohol sometimes gives men that women find attractive. It’s the confidence.

**Marni:** I know guys who don’t need the alcohol to be confident, and that works just as well. Start working on that for yourself and you’re fine

**Mo:** The guys who are confident without the alcohol are just as sexy. That’s the bottom line.

**Haely:** Sexier.

**Kristen:** Right, the guy who doesn’t worry about who’s judging him is sexy.

**Marni:** So Alex, I hope that answers your question. Next one:

“Hello ladies and Mo and Steve. I love your podcast. I was out dancing at a restaurant open with a couple of lady friends and my cousin. During the middle of one of the sets I just reached out my hand and snagged this waitress I had been eying most of the night as she was cleaning a table and we danced a little bit. It was a lot of fun and she was totally into it,”

Okay this is a very long one so I’m going to condense his story after this. So they were out dancing, he snagged, they had a really good time, so they end up leaving and he doesn’t get her number and then he decides to go back the next day but he can’t find this girl. She’s nowhere to be seen, and he keeps going back every once in a while to check in, and she is not there…

**Haely:** She was a figment of his imagination?

**Marni:** Yeah, this one’s called ‘Ghost Woman’ for the subject line. But he knows that she still works there because he talked to one of the other waitresses. So, how does he proceed so that he doesn’t become King Creepoid and freak her out? How does he get in touch with her without freaking her out and constantly walking into this restaurant every night?

**Mo:** If there is one person who has tabs on a hot waitress in a joint, it’s the bartender. And part of the bartender’s job is to talk to you. Have a drink at the bar, pull the male bartender aside then go, “Man, I liked this girl that was here, we had a great moment and when does she work next? I want to come in and see her?” and the bartender will normally give you that information if you’re not a creep.

**Haely:** Right, I agree.

**Kristen:** But the problem is he’s already gone in there multiple times. If you go in once that’s when you ask because it’s the return visits that turn you into the stalker creepoid.

**Marni:** Yeah especially when the other women who work there see that somebody is returning every single day.

**Kristen:** Right the other waitresses are going to talk. Yeah the waitresses will talk and they’ll be like, “This guy’s been in here like five times,” and then she’ll peg you for a stalker and not want to go to work when she sees your car in the parking lot.

**Haely:** Right because you get freaked out by it.

**Marni:** Try to do it on a first approach, if you’ve already been there, go back to the same waitress that you talked to the first time.

**Mo:** Make the restaurant your local spot, make the bar your local spot. So go in there to drink and eat. Go in there with some friends to drink and eat. Just go in there to do your fun thing instead of going to a different restaurant and then eventually you’ll run into her and then you won’t be the creep. Everyone around there will get to know you and then they’ll be like, “Oh I know Mike, Mike’s cool,” or, “I know Jeff.”

**Haely:** Yeah but that’s so much work.

**Steve:** Well it sounds a little desperate to me. I mean he saw the girl and then he grabbed her, they started dancing, it was a wonderful time seemingly, maybe not so much on her part after thinking about it you know.

**Haely:** So she’s dodging work every time?

**Steve:** And maybe she got mono, she’s been sick and she’ll be back when she gets well -- who knows. But yeah, he doesn’t need to be going there every single day asking everybody where the hell is this chick at?

**Haely:** Mo I heard you scored your lady -- is that how you scored her?

**Marni:** Well he stalked her for a year.

**Haely:** I know you did.

**Mo:** I worked at it. It took me a year to get my girl. She said no for a year.

**Marni:** Steve don’t do desperate.

**Mo:** I could get any girl I wanted back in the day.

**Marni:** Apparently not.

**Mo:** You know the one girl that told me no was the girl I wanted.

**Steve:** The one girl.

**Mo:** The only girl that said no was the one I wanted.

**Haely:** Did you want more, though, after that? After she kept denying you and denying you and that fire was lit?

**Mo:** That’s why she’s my girl, too many gave it up on the first night.

**Kristen:** Okay Zach I hope that answered your question. Zach, I noticed, is a cartoonist and illustrator, according to his signature. I would love to have a cartoon of us drawn.

**Haely:** Oh my God, Zach! Give me big boobs!

**Kristen:** Give all of us big boobs. Okay the next question…

**Steve:** Give Mo a big set of man boobs.

**Kristen:** Exactly.

Hi ladies and Mo, I know one of those topics you hit over and over again is “Loving yourself first and having self-confidence is really sexy.” However I had a question about body hair: I’m pretty hairy guy and it’s…

**Haely:** We have two bald men here waiting to answer this question.

**Mo:** I have more body hair than Steve, but keep going.

**Haely:** I believe that.

**Kristen:** Exactly you have more just on this arm, I’m sure, than he does over his whole body.

**Steve:** I got a hell of a bush, though. Sorry for lowering the bar of your show.

**Kristen:** Don’t worry, it’s not lowering the bar. It’s low all the time. Back to the question.

So I’m a pretty hairy guy and it’s dark black hair. I have thought about using Nair (horrible) or going to get at least my back waxed (even worse) but I’m curious to get the female perspective on this one, what should I do?

**Haely:** Oh I think he should take care of that back hair.

**Kristen:** But with Nair or waxing? Not Nair.

**Haely:** I don’t know how this works. I’m not an expert.

**Kristen:** Okay.

**Steve:** You just don’t dig the furry thing?

**Haely:** I was in Italy and I have a picture of it and it looked like…

**Marni:** It’s the wrong place to go to avoid body hair.

**Kristen:** I’ve seen it look like a stuffed animal coming out of his shirt and creeping up his neck and it terrified me. I think you need to take care of that.

**Marni:** That’s my father. I know like when we were on vacation when we were younger, me and my sisters were so embarrassed when we would be on the beach and he would take off his shirt and we were like, “Take your shirt off!” … and he had already taken it off. He just had this mat of hair, it was so gross.

**Kristen:** What’s he supposed to do? I mean, Nair it? I know that a lot of guys struggle with this and I do feel for them. They want to go to the beach but they’re shy to take their shirt off.

**Haely:** Sweaty.

**Marni:** Yeah it just stands in the way of having fun and loosening up. Laser hair removal, guys. Check for Groupon and other coupons.

**Haely:** Check Yelp at first before you go in.

**Marni:** Yes, for sure.

**Mo:** I am a man that has a ton of body hair.

**Kristen:** Mo can wear it well though, because he is a curler.

**Mo:** The only reason I wear it well is because I keep it under control. I trim it out. I don’t trim my arms out but I do trim the chest; I make sure the back looks good.

**Kristen:** What do you do for the back? I’m curious.

**Marni:** Who trims your back?

**Mo:** I just keep it short.

**Marni:** How?

**Kristen:** Reach around with scissors?

**Marni:** No, like garden shears!

**Mo:** A clipper.

**Marni:** Wait, I want to feel your back!

**Haely:** I am really curious now, Mo.

**Marni:** Take your shirt off, Mo.

**Mo:** If you came to the beach like I invite you every Saturday, then you could see me with my shirt off.

**Marni:** I haven’t been invited … am I left out of these emails? Oh so rude!

**Steve:** He’s invited me to the beach. You asking these women to the beach? I don’t want to see your hairy back.

**Marni:** So what’s our bottom line here? Take care of this?

**Kristen:** Our bottom line is don’t Nair because that comes back stubbly, don’t wax because you get horrible ingrown hairs.

**Haely:** And it’s incredibly painful.

**Kristen:** It is incredibly painful but it can make you very silky smooth. If you do wax you have to take care of it properly: don’t go into the sun immediately after.

**Haely:** It can turn into pimples.

**Kristen:** Turns into pimples and you have to exfoliate everything constantly afterward so that the ingrown hairs don’t start popping up. But if you go into the sun or into a pool shortly after you wax you can get a horrible, horrible rash.

**Steve:** And that’s too much maintenance.

**Kristen:** Yeah and it’s way too much, I would say laser hair removal on Groupon. There’s the ones for $60 you go in for six sessions and it’s not permanent hair removal; it’s permanent hair reduction. So you get rid of most of it and then the rest of it you trim like Mo said.

**Mo:** Manscape. I think Gillette’s got a whole series.

**Kristen:** They do.

**Mo:** Yeah, they have all the hot models go, “I like a man with hair on his chest but not on his back, I like a man with hair…”

**Kristen:** Oh those commercials, they’re bad commercials. We can do so much better for those Gillette people because honestly we can tell these men what to do with their hair.

**Mo:** Now listen dude; if you rock the bush like Burt Reynolds rocked the bush for a long time … he got a lot of chicks. If you rock it, they will come.

**Kristen:** That was the 80s.

**Haely:** Let’s just consider the era, yeah.

**Kristen:** Yes, but if you have darker or tanned skin it doesn’t work as well because you need to have contrast between the hair to the skin so that the laser can recognize the hair. So if you are going to do laser hair removal, don’t go in the sun or get a tan, don’t eat carrots; try to keep your skin as light as you possibly can.

**Haely:** Really?

**Mo:** Did you get your bush lasered?

**Kristen:** Nope, but I am thinking about it.

**Haely:** So am I.

**Marni:** I have gotten everything lasered: my armpits, my bikini line, everything, I love it.

**Mo:** Wow.

**Marni:** Laser’s amazing; it doesn’t hurt, there’s a bunch of different kinds of lasers you can get too. Laser has been my savior. I told you about my father’s hair – that’s genetic so I had to remove all of that. And that is all the questions that I have. Thank you for asking these questions, hopefully we gave you really good answers to work with. Steve did a phenomenal job.

**Haely:** Yeah bravo by the way.

**Marni:** Seriously you should come back more often on this show.

**Steve:** I will come back more often, especially if Mo is going to get his bush lasered.

**Haely:** Yeah let’s follow Mo’s journey as he lasers his bush--

**Marni:** On our Instagram account…

**Steve:** We’re going to do a two for one, you and me.

**Kristen:** Done.

**Haely:** It’s the ten year journey.

**Kristen:** And so, guys, if you want to write in to have us analyze your situation, write into [ask@askwomenpodcast.com](mailto:ask@askwomenpodcast.com). We get a lot of emails, so I’m sorry if we didn’t get to yours this week. We have hundreds of emails in our inbox right now, but again, [ask@askwomenpodcast.com](mailto:ask@askwomenpodcast.com).

**Mo:** And Steve where can people find you now?

**Steve:** They can find me at Twitter @SteveAustinBSR and then check out the Steve Austin Show on podcastone.com and iTunes.

**Kristen:** Yeah listen to Steve’s show; you’re an amazing interviewer.

**Steve:** I’m working on it.

**Marni:** Yeah that’s all that Kristen could talk about, she said you were phenomenal.

**Steve:** You guys should come on my show and solve some of my listeners’ problems.

**Kristen:** Oh we would love that.

**Steve:** We’ll reciprocate and have you all on the show and me and Mo will set it up. I enjoyed myself; thank y’all for having me we’ve been talking doing this ever since we met and we finally did it.

**Marni:** And it was wonderful; thanks again for being on the show.

**Kristen:** So guys follow us on Twitter at [**http://www.twitter.com/askwomenpodcast**](http://www.twitter.com/askwomenpodcast)

**Marni:** Guys we will see you next week, download our new episodes every Thursday.

**Kristen:** Every Thursday. Bye.

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ADAM GILAD: How to be Bold with Women

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**In This Show…   
  
Guest:** Boldness Expert For Men, Adam Gilad

To find out more about Adam go to: [**http://www.winggirlmethod.com/adamg**](http://www.winggirlmethod.com/adamg)

**What’s Covered:**

* How to be bold with women
* What to say to be bold before you: Ask for a date, go in for the kiss etc…
* Online Dating Tips

**Air Date:** 7/10/14

**Kristen:** Hey everyone welcome to the Ask Women Podcast where you get real advice straight from the source and an occasional man. I’m Kristen Carney here with of course Marni Kinrys owner of the Wing Girl Method and we have Adam Gilad back in the studio with us, who was here right at the beginning, the inception of this podcast and we’re so happy to have you back because you are a wealth of good advice and ways to get with the young ladies, I remember that about you.

**Adam:** I love be there for the conception.

**Kristen:** Yes, right, you’re there and then you leave, and then you’re gone.

**Marni:** That’s the best kind of man ever.

**Adam:** Yeah, yeah but I come back to coach baseball so it’s okay.

**Kristen:** There you go exactly, it’s all we need.

**Marni:** Exactly that’s perfect, it perfection.

**Kristen:** Before we get started I just want to say thank you again to our listeners, please visit our sponsor’s pages and be sure to shop on our amazon link which is winggirlmethod.com/amazon and follow us on Twitter. We really appreciate all you’ve done for us. Oh, and of course we have [Farty] Arty in the booth.

**Art:** Yeah I want to say something about this Amazon link.

**Kristen:** Please.

**Art:** I don’t know if everyone understands the Amazon link stuff.

**Kristen:** You want to know why, because it’s so simple yet seems like it would be complicated.

**Art:** Yes it seems like it’s complicated but it’s not. I think that’s the issue.

**Kristen:** Exactly, so like when you want to shop on amazon instead of going [www.amazon.com](http://www.amazon.com) you go to [www.winggirlmethod.com/amazon](http://www.winggirlmethod.com/amazon) and you’re going to see products that we’ve selected for you. All you do is click through on that page and it brings you to amazon but what happens with amazon is that they recognize where you are clicking through from and so they know to give credit to that page. It’s really simple, you literally just go to [winggirlmethod.com/amazon](http://www.winggirlmethod.com/amazon), click on those links and you’re there.

**Art:** It’s a great way to support this show without having to actually part with your money. All you have to do is buy things on Amazon. You buy socks, you buy toilet paper, you buy TVs, computers. Whatever you’re going to buy on Amazon, anything you buy, if you just bookmark that damn link, every single time no matter what you buy, whether it’s a $40,000 car or a $5 pen, I don’t know who’s paying five dollars for a pen-but either way if you’re buying something…

**Kristen:** Or $40,000 for a car.

**Art:** This show gets a percentage of that purchase, whatever you buy.

**Marni:** Yes.

**Kristen:** And the products aren’t more expensive, it’s not like you’re paying a higher price to donate.

**Art:** No difference, it is no skin off you back.

**Marni:** Okay so now that they understand how to do this, it is time to get to the Wing Girl Minute. Want to know the number one mistake I see men making with women; they’re not acting like the masculine men they really are and want to be. Women want to be led, they want to be challenged and they want you to be dominant. But most importantly they want to be with a man who knows how to be a man. I’ll teach you how to be that man who gets everything he wants with women and that is my Wing Girl Minute.

**Kristen:** So you’re saying, “know your role,” right?

**Marni:** Yes for sure, which actually leads me to today’s guest best because he’s going to talk to us about being bold. We have Adam who’s been with us before, and he is the king of being bold. So tell us like what the hell does that mean; what does it mean being “bold”?

**Adam:** It’s a great question. First of all, hi.

**Marni** **&** **Kristen:** Hi.

**Adam:** Good to be here. So it’s been a long journey, I was married once upon a time. And, I remember my son once said to me, I think he was in my house and I think he saw three girls go through that day…

**Marni:** He said “Dad, why are you such a slut?”

**Adam:** No, no he goes, “You know dad.”

**Adam:** “When you were married, you were really a pussy.” That was what he said and it got me into thinking…

**Marni:** How old was he when he said that?

**Adam:** He was like 12 or 13.

**Marni:** Wow okay.

**Adam:** Yeah, he’s a smart kid. But you know he saw the difference in my life and what he was saying was, what he saw – I got married very young, 23. And because of who I was growing up, I had a sister that died when I was young and my whole sort of position toward women was, “I’m going to save the world for you, I’m going to make the world great for you,” which is not the worst thing in the world but it make you a little bit of a pussy. So you know I was very much a savior so when I met my wife way back when, you know it was really a savior-saved relationship. Here there was this beautiful, talented you know, brilliant woman and drill sergeant in the Israeli army in uniform so.

**Marni:** Wow.

**Adam:** And blonde, yeah she was hot. And she had a real screwed up family life and I saw an opportunity to save her. So I really spent years and years trying to save somebody. When I got single and I always say I got single, I never say I got divorced, right refrain, yeah it’s a refrain.

**Marni:** Right

**Kristen:** I like that. It is great. It’s like the way that Gwyneth Paltrow did it with Chris Martin, they “consciously uncoupled.”

**Adam:** I never say I “got divorced” because I know I don’t define myself as someone who’s divorced, I define myself as someone who is gloriously single and so…

**Kristen:** Right.

**Marni:** You are gloriously single.

**Adam:** Yes, it’s been wonderful. And, so I really had to sort of reframe my life and you know, I went through all the stages that guys do when they come out of a long term relationship, including the aforementioned, I call it “Ego-bonking” phase where I just kind of rebuilt my sense of self again.

**Kristen:** Yeah, you have to pick up the pieces, literally.

**Adam:** Yeah. I wanted to redefine who I was, like I actually didn’t know who I was. I was married so long and we kind of grew up together from age 23 so it’s really a rebuilding.

**Marni:** Yeah and how old were you when you became single?

**Adam:** 39. So, I set to write a piece about it, it’s one of my first pieces I ever wrote. It was about literally coming out onto the street at five o’clock on Wilshire (which is close to here) and it was after a meeting. I was writing scripts for Hollywood. And I came out, it was five o’clock, it was the first time my sons were going to be at my house and they were seven and 10 at the time. And, I remember coming out on the street and having the key in my hand looking at my car and going, “Where am I supposed to go? I have nowhere to go.” I always went home, that was my thing you know. And, now I could go anywhere in the world, I don’t know where I’ll go, am I going to go a bookstore, am I going to go to Vegas?

**Kristen:** Well that’s good you looked at it positively because some people could say I’m displaced, what do I do, where do I go?

**Adam:** True, I stood there for 20 minutes going, “Where do I go?” I went through all these emotions of “Do I go to the bookstore? I always used to want to go to the bookstore back when we had bookstores before amazon (please buy your books from amazon through [Winggirlmethod.com/amazon](http://www.winggirlmethod.com/amazon)).

**Marni:** Yeah.

**Adam:** And so I didn’t know where to go and I thought, I’ll go to a bar, I’ve never been to a bar you know because we were all about the family. Or, I’ll go to Vegas, I’ll go to the beach. I ended up driving toward home…

**Kristen:** You just ended up drunk in a bar?

**Adam:** Almost. But, I thought, “Well heck, I’d have to eat.” So, I actually stopped at a supermarket going home and I spent two hours, going up and down the aisles, going, “Do I like you, or do I eat you because WE ate you?”

**Kristen & Marni:** Right.

**Adam:** And, so I really had to literally build my life up from the start. I had zero idea how to date, I’d never dated before but you know the whole story without going through it too much, but I’m a wizard with words. You know I taught poetry at Stanford, I wrote screenplays.

**Marni:** Bold and charismatic yeah, yeah...

**Adam:** Yeah, but I was great with words, so you know words have always been life as a screenwriter and professor. So, I was able to online, sort of meet anyone I wanted because of the power of words.

**Marni:** Sorry, let me interrupt you for a second, so while you’re going through the supermarket, you’re not trying to interact with women, right?

**Adam:** Oh God no, that first day?

**Marni:** Okay.

**Adam:** I was looking at food, I was holding food in my hand going I didn’t even know what food I liked.

**Kristen:**  Right, because you guys ate it as a family.

**Marni:** But so you’re saying, in person, like live in person, you weren’t able to be as charismatic as you are through words?

**Adam:** Oh my God, exactly.

**Marni:** Right, okay.

**Adam:** I had no idea. I was just so embarrassed to date because I had been married all my adult life. So, the first thing I could do was just go to a networking event and I didn’t even have a business, but I went…

**Marni:** You’d just show up?

**Adam:** I figured I could meet someone with breasts, you know, and maybe start a conversation.

**Marni:** And a job.

**Adam:** Yeah, and so I sort of started doing that. I was very timid at first because I kind of felt married for a long time you know, and I felt I was cheating on my wife even though I wasn’t with her anymore. And, I just kind of learned as I went along. I like to tell the story of my first date… I met a woman at a party. I spent $8000 on the first date. It’s a long story, I had to buy a car because all I had was a minivan and I orchestrated this beautiful day. We saw Handel’s water music, I got Handel’s wine, went to the water grill. I created this beautiful thematic thing. She was blown away.

And we get to her gate and we’re standing at a little picket fence, believe it or not in LA and she says to me, “So what’s the protocol?” at the gate. Keep in mind again, this is my first date in 17 years. So, I’m like, “I don’t know, I guess I’ll call you again.” You know and that was it and I walked away, that was my first date. Fast forward, after I’ve learned all the stuff, tested all the stuff, I was with this girl, she was I think 23, tats, country western singer, came to LA recently, I’m in my forties. We go out, we go to Sunset Boulevard, we have an amazing time, we break into parties, we go onto the rooftop, we eat from tables, we make out behind things. And, we get back to her house, same thing picket fence and she looks at me and she goes, “Well now what?” and it’s like 11**:**30, here’s boldness. And I go, “Here’s what we’re going to do, I’m going to kiss you, if you like it, you’re going to kiss me back.”

**Kristen:** Oh, wow.

**Adam:** “If I like it, I’m going to throw you over my shoulder, carry you upstairs and ravish you all night long. If we both like it, in two months we’ll go to Hawaii.

**Marni:** Wow, that is bold.

**Adam:** Yeah, let’s break it down so it’s really fun. So, there’s a science to communication. As a man, you want to be directive, so when I talk about boldness it’s kind of that middle line between a douchey all the way in the left and shy all the way in the right. So it’s neither like douche blustery false, you know there’s no masks and on the other side it’s that shy and hesitant…

**Marni:** And timid.

**Adam:** And timid or self shamed. You- can I curse?

**Marni:** Yes.

**Adam:** You fucking state your will; you make your will felt in the world, straight on, straight on. So I said to her, “Here’s what’s going to happen right, I’m going to kiss you.” That’s a bold statement, this is just what’s going to happen, boldness is action. It’s that action that comes from a confident man. By the way guys, if you’re listening and you don’t feel that confident, the good news is boldness is also the action from a not-confident man. But, it’s action that women can feel.

I said, “So, here’s what I’m going to do, I’m going to kiss you,” then I said, and this is what the douchey guys miss (you know they are the worse of pick up people). I said, “If you like it, you’ll kiss me back,” so I gave her agency right there. I gave her the right of being a subjective human being. Then I said, “If I like it,” now I’m qualifying. We all know one of beautiful things about dating is you get to qualify your partner whether you’re a man or a woman, to see if they pass the test. “If I like it,” then it gets fun, “Then I’m going to pick you up.” This is something physical and masculine I did. But, we didn’t ever make to Hawaii.

**Marni:** But still.

**Adam:** But, it’s beautiful thing to be able to state your will cleanly and clearly and still give agency to a woman, still give her the respect of her decisions. So I learned this, years ago and this was all in the process of learning. So, I love comparing the two picket fence moments. They’re kind of brackets on my life.

**Kristen:** Like of these two women, the first woman you went out with didn’t install the picket fence and the other woman, with the tatts, built the picket fence and hammered it together.

**Adam:** Kind, of yeah. I mean you know so it was definitely a learning process and I loved experimenting, I was an academic for years- 10 years. I love experimenting so when I started dating online, I just started playing with words and seeing what I could create with women through words and then I would see through actions. So, the boldness thing has been a real interesting sort of journey.

**Marni:** So, what gave you the confidence to be bold? And, I know that you just said there was one scenario, there was another scenario that was later on down the road. How do you get from A to B to be bold?

**Adam:** I wish I could sit here and go like, “Because I’m so awesome.”

**Kristen:** That’s the easy thing to say.

**Adam:** It was experimentation, that’s what I’m saying. I remember I was in Canada at something and there was this cute girl and I had said something in this room which I noticed she thought was funny. I pulled her over during the break to this court room and I just looked at her and I knew we had a minute before we went in. And I said to her- this was years ago- I said, “I’m going to kiss you.” Right. The simplest thing in the world, “I’m going to kiss you.” And she kind of tilted her head a little; I’m like, alright, awesome. So there we were. When a man says to a woman, when he is bold, when he just states his will, and I’ll keep coming. Boldness is letting our will be felt in the world. When you state that, she has three choices. She can go, “Okay.” Like you just said, so cutely, like, “Okay.” Or she could say…

**Kristen:** “tongue out.”

**Adam:** Yeah. Or she could say, “No, you’re not.” In which case, guys, you know you back off. It’s okay. Or, she could be in between. And, then there is a way to do this, now okay, let’s just take this a bit further. So, now I’m letting people into my boldness codes. This is like a whole training I do, on boldness, physically, mentally, verbally and sexually. So, this is one of the things I like to do, this is one of the things about being bold is that you want to keep you both surprised, right? So when a girl says, when you say I am going to kiss you and she does not say, “No you are not!” Then you lean in and you just brush her lips then you come around to the side of her neck and you get her there, which is so much better.

**Marni:** Wow

**Kristen:** So much better.

**Adam:** Yeah, keep a little surprise in it.

**Marni:** For sure. But, even the act of experimenting is pretty bold. The fact that you have enough chutzpah...

**Adam:** Chutzpah, let’s say Chutzpah.

**Marni:** To put it out there and experiment, because yeah, exactly it takes balls to be able to do that.

**Adam:** It is and what you know you have two things, brass balls and tender heart.

**Kristen:** And, Chutzpah.

**Adam:** Yeah, that’s three things. Chutzpah, brass balls and infinite games.

**Adam:** So check this out, one of my principles on really being effective with women and being a great guy (and, by the way, being the kind of guy women really want); I call it brass balls, tender heart. On my boldness card, women want a guy with brass balls, meaning you get your shit done in the world.

**Kristen:** Right.

**Adam:** Right, you really make your will felt but also duh, tender heart because women want to protected, they want to be loved, they want to be cared for, they want to be cherished. So, these are two aspects a man has to really develop to be successful with women. The other thing that you mentioned, which is really great and I’m really glad you said this because most people miss this; you said you have to be courageous to want to experiment. So one of my key concepts is finite and infinite games. You may know the game, there’s a book by James Perce, and it’s about how to really pursue anything; business, life, women whatever it is, definitely your life with women and definitely your life in general.

**Kristen:** Right.

**Adam:** A finite game, there is a winner and a loser and this is how people get to feel frustrated or “Oh, she rejected me.” Really, you were rejected? No you weren’t, if they think it’s the end of the game and so they take it really hard. A finite game is when you’re playing toward an end and there’s a winner and a loser. Infinite game is what we’re actually living anyway, it’s just an infinite game of experimentation and improvement. So, if I was standing at that white picket fence and gave up, you know, I could have gone gay, I could have become an eunuch, you know I could have done a lot of things but I didn’t. So look and you just keep moving up all the time, it’s just self improvement and the fun of it is it’s an infinite game. So, to all the listeners I want to just say to you, forgive yourself, go easy on yourself.

**Kristen:** That’s what this world cup feels like to me just an infinite game, it’s like come on, end already!

**Adam:** It is an infinite game.

**Kristen:** I mean, enough right?

**Adam:** I know. Maybe if it had more ear biting it would be more fun.

**Marni:** Yeah, totally, I’d be into it.

**Adam:** A little more fun, yeah it’s an infinite series. But, really looking at your life as an infinite game just gives you much more energy, like know you’re getting better.

**Kristen:** I like looking at it like that, too. It’s like your dating career is not ending with that person, it’s ending when you want it to end or until you find the right person.

**Adam:** I’m working on a program- well that’s a good one- I’m working on a program called Conflict into Cuddling, like how do you turn conflict into deeper love? And I’ve been writing about when I was married back then, like everything was strategic. If I give in now on this, I’m going to be suffering like this the rest of my life and it was like this, I have to win, I have to win. That’s like gone out of my consciousness now it’s this wonderful infinite game of how can we each be happier.

**Kristen:** If you approached, I don’t know much about your marriage and all that but what you know now…

**Adam:** Oh my God.

**Kristen:** Do you think you would have stayed married with all these different techniques and like knowledge things that you have?

**Adam:** No.

**Marni:** Okay.

**Kristen:** So, it just wasn’t the right person?

**Adam:** No, you know it’s never that, it’s the choice. Do you want to choose to be with this person, could we have made it with the right people? Yeah I mean the hilarious thing is that in the fourth year, we’ve been having lunch now recently yeah, it’s really fun.

**Kristen:** Oh, wow.

**Adam:** We’ve been having lunch and it’s funny because my kids always say, someone asked my son (who is the truth teller in my life)…

**Kristen:** Because he called you a pussy…

**Adam:** Somebody asked him, “Do your parents have the same values?” and he thought and he said, “Well,” he said, “They have the same values but my mother has a scarcity mindset and so she’s really cheap and my father has an abundant mindset so he’s really wasteful.” And, I thought that was hilarious, that’s a really good description. So we had the same values,

**Kristen:** So one’s Jewish and one’s not?

**Adam:** But you know we have the same values and then what I’m saying in the 14 years we’ve gone on very similar journeys. I’ve become a teacher of Tantra, I started something onetantra.com with all the top Tantra teachers. She has also gone deep into the Tantra community, we’ve never actually met.

**Kristen:** And, she hasn’t been seen since?

**Marni:** Tantra sex?

**Adam:** Deep spiritual connected sex.

**Kristen:** Oh, I think I’ll just say “Tantra.”

**Adam:** So, we’ve both done that. I worked with David Deida, you probably know who he is. We had this experiment for two years, I was his partner. She has gone to Deida stuff.

**Kristen:** I thought you were straight?

**Marni:** Really?

**Adam:** Yeah, I’ve done deep Shamanic work in Peru in the jungles and all the other kind of things and she’s done that. We’re actually very similar but the personalities, it’s a choice of “do I want to do this work again?”

**Marni:** With you?

**Adam:** With someone; do I yeah, do I want to do this work with you, is this the work I want to do in this life? And it came at a good point to say, this isn’t my work in this life. So, that’s what I’m saying, it’s just not the right person, just that you always have a choice to make that person the right person, you always have a choice.

**Marni:** Right, I want to touch on one thing before we take a break before going to our next segment. But when you were talking about how to handle a possible rejection and I’m putting air quotes around it, because it’s not really rejection, it’s motivation to try again.

**Adam:** Yeah, it’s feedback.

**Marni:** How, the first time that you did get “rejected”, how did you handle that so that you could continue to move forward?

**Adam:** Well, when I get rejected I’ll let you know; no I’m just kidding. Let me think, well I was rejected….

**Kristen:** I could tell you about it.

**Adam:** I felt so rejected in my marriage like nothing, I used to say I felt like superman you know and like nothing could hurt me because I’d felt so hurt for such a long time and I just felt fine. I remember kind of being amused a little bit, I remember meeting this one girl online and when we were at lunch she goes, “You know, I’m really enjoying this lunch,” I go, “Thank you,” she goes, “ But, I really go after more classically handsome men.” I’m like, “Okay, what am I, broke, romantic?”

**Kristen:** You have a Mel Gibsony thing without the racism.

**Adam:** I know, I know without the self-hating Jewish thing.

**Kristen:** Yeah.

**Adam:** Yeah, I know. He’s a little stockier than me, I see him at the gym all the time, yeah.

**Kristen:** Is he?

**Adam:** Yeah, but I know it’s weird I’ve been getting that. So the question was rejection.

**Marni:** How did you handle it and what did you say to yourself to keep going?

**Adam:** I can’t really think, well I’ll tell you the honest truth, here’s the honest truth. So, it’s been 14 years since I’ve been single. Because of my ability to conjure women up online through my word skills and I’ve written about that. And maybe you can send people a link to my book “Deep Online Attraction.” Because I was so amazing at that honestly it was so easy for me, I always had like four or five women on the line.

**Kristen:** You gave us great information the first time you came around about that.

**Marni:** Yeah but online people had a lot of questions about that.

**Adam:** Yeah so online dating, so if you want to send people Deep Online Attraction, it’s a great book and I always had so many women to choose from so I never took any one that seriously enough to be “rejected.” I mean I was literally dating seven, eight women a week back in the day and on cycles you know.

**Kristen:** On their cycles, on their period cycles.

**Adam:** Yeah and then I had a little chart.

**Kristen:** That sounds like hell.

**Adam:** I had a little chart on cycles. Like I always had my first, the first date was at five, you know the second date was at seven, and then the closer was at nine that kind of thing, so and you know…

**Marni:** They were dinner ladies.

**Kristen:** Yes, they were, and then you had a desert lady.

**Adam:** You remember this stuff yeah okay you guys are penurious

**Marni:** Good memories.

**Adam:**  So thanks for the memory. Yeah, so I think abundance remember going back to my sons about abundance mentality; I created abundance so no one person’s opinion was ever going to hurt me. I think it was Tony Robins who said there’s no rejection, only feedback. So if guys, if you play the infinite game, if you approach life boldly with courage, everything is information, everything is feedback and you take it, you go on. I mean, another one of my first dates, it’s a funny one, so I did a lot of film and theatre and all that stuff.

So I remember we were on a date like one of my first dates and we were at a restaurant and the waitress was from the deep south and she’s all, “Well, what do y’all want for?” you know and I just kind of responded back in accent because I’m saying…

**Kristen:** And she was like, “Oh Mel Gibson, hey let’s chat, we have so much in common, I’m from the South, I hate a lot of people, you’re Mel Gibson...”

**Adam:** Yeah. I went back to her so I just kind of answered her back in her accent just because I’ve done that all my life. I lived in England and all around the world. And so I did back to her and she was so offended, my date was like, “ I can’t believe you made fun of her,” and I’m like, “I didn’t make fun of her, I was playing,” she goes, “Oh it was horrible,” I’m like, “Okay,” and the date was done and we were done.

**Kristen:** I would have been out.

**Adam:** I was having fun, I was playing with her.

**Marni:** I would have liked it.

**Adam:** Yeah, I mean I was just totally playing with her. Some women love it when you play with them.

**Kristen:** If you were like howdy-do lady?

**Adam:** I mean I didn’t make fun, we’re at the table and like you know here’s the thing guys, some women like playfulness, some don’t. So, the woman I’m seeing now and it’s getting quite serious by the way.

**Kristen:** Ditch her, go, get out now.

**Adam:** Oh no, no. It’s been amazing. Three years so it’s really awesome.

**Marni:** Wow.

**Adam:** So, on our first date she put me through the test, because literally I had never seen anyone this beautiful online and she just was bombarded. It was her first time ever online. I got through, it took me a couple of emails but I got through and then she wouldn’t talk to me. I always told guys, second email then to the phone, but she wouldn’t do it. She goes, “I’ll email with you for a couple of weeks” and then she says, “I’ll text with you,” because she really was putting people through the test and I really loved it by the way. Like, another principle guys, boldness is when you don’t collapse at a challenge. A woman who knows her self-esteem and a woman who knows her quality is going to challenge you.

**Kristen:** And working for something makes it that much better.

**Marni:** Yes.

**Adam:** Sometimes.

**Kristen:** Yeah, because it makes you tired.

**Adam:** Yeah but she knew her self worth right and so she was putting me through the test and it was really fun, like I kind of played it, it’s an infinite game. I didn’t feel rejected that she wouldn’t go by my rules. So we’re on our first date and she’s very formal with me, and it was kind of funny and I’d just written my book on confidence called “Instant Confidence with Women” like how to always really take the lead in the beginning especially for men who aren’t used to taking the lead. So, you make the decision, you set the spot, again, I call it “State the Date,” like here is the place where we’re going. So, she changed it so I changed it again, I changed the time, she changed again. It’s almost like she read my book and she did by the way before we met.

**Kristen** **&** **Marni:** Oh wow.

**Adam:** And so we’re sitting at dinner and so she says to me.

**Kristen:** I can’t believe you guys decided on a time.

**Adam:** It was awesome, that was awesome like three changes.

**Marni:** Like eight months later.

**Adam:** She’s smart, she’s smart and so eight months later right, so she goes, “Pass the pepper,” and I pick up the pepper like this and I go, “Pass the pepper…?,” and she goes, “Now mother fucker.”

**Marni:** Oh that’s funny.

**Kristen:** That’s good.

**Adam:** And I’m like, I said, “You just got a bunch more interesting.”

**Marni:** Will you marry me?

**Adam:** Yeah it was a really great moment because it was funny, but then I had to pick up the phone because it was my son. And, so I picked up the phone and I said, “I have to take this, this is my son, it’s the only person I’ll take a call from.” And I said, “Yeah the inflatable penguin’s under the house,” and I hang up and she goes, “You have an inflatable penguin?” and I go, “Yeah whenever we have parties, I live up in the hills, whenever we have a party we’d put this giant inflated penguin out in front of the house so people can find our house and she loved that. I had a great giant inflatable illuminated penguin. Now some women.

**Kristen:** Bill Madison reference here.

**Adam:** Yeah there you go, but you know some women don’t like that, they think it’s immature, or you know they’re not into playful so guys it doesn’t matter, you’ve got to find your match.

**Marni:** Exactly.

**Kristen:** Great and guys forget that they can also choose, it’s like when you’re on a job interview, you’re also interviewing them…

**Marni:** Right, to see if you want to work with them.

**Kristen:** So, you know if someone doesn’t like the penguin thing, they’re not for you.

**Adam:** Oh yeah absolutely.

**Marni:** And that’s good because I’m going to hit a lot of other things down the road.

**Adam:** Oh yes.

**Marni:** I want guys to check out your Boldness Code, which is happening on the 15th right?

**Adam:** Oh my God, okay the “bold” night, let me talk about…

**Marni:** Well let’s get to that because Art’s telling us we have to take a break. I just want to give a link for it but it’s winggirlmethod.com/Adam bold and we’ll talk more about that when we come back.

**Kristen:** And we’ll do a lot of listener questions.

**Marni:** Yes exactly.

**Adam:** Sound like fun.

**Kristen:** Yes it does, Adam bold.

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**Kristen:** Hey guys, welcome back, we’re here continuing with Adam Gilad with all this information that we are really interested in hearing and continuing. So, you were saying something about the bold-night something...

**Adam:** Oh yeah, so look I went on this journey right, starting off being very timid around women, not really knowing what to say, afraid of seeming sexual with them because I felt married because I’d been married for so long, then I discovered this amazing world of women, and life. And so you know I started really codifying everything I was doing and I did a lot of research, I studied everything. I mean I have this academic background but I really studied what is the mindset of champions. You know, Champion MMA requires champion accolades.

**Kristen:** Just study me and my family…

**Adam:** Are you champions or are you nuts?

**Kristen:** We’re couch champions.

**Adam:** Okay right, but and then I started experimenting with everything so over the years I developed something called the “Boldness Code” which is living life as a bold man and the key thing about this is that it’s not just about women, it’s who you actually are, because women need to admire men. So, what I’ve done is I’m doing a webinar…

**Kristen:** And praise them. J/k.

**Adam:** No, no it’s true some men need praise, all men need admiration for the man they are, women need praise you know. So, we can get into that if you want.

**Kristen:** And a raise.

**Adam:** And a raise, yeah absolutely. So the Boldness Code, what I’m doing is I’m doing this webinar on July 16th and it’s called How to Master the Five Make or Break Moments with Women right because there are basically five moments that women are on the sort of sniff for with guys to see it they’ve got courage. One of my favorite books is called “59 Seconds,” I love this book and it’s a series of university studies about how to change your state or someone else’s state in under a minute. And the number one way to sexualize a woman is to show boldness, is to show courage. So there are five moments on the webinars how to show boldness and courage in those five make or break moments. If you don’t do it you’re toast.

**Kristen:** I believe it because even right now you talking about it, I’m imagining being in that room, not necessarily with you, we’ll keep it less weird.

**Adam:** Yeah, cool it’s okay, Mel Gibson.

**Kristen:** With Mel Gibson and him saying, “I’m going to kiss you,” and me being so impressed or like just taken aback, you know it makes my heart kind of go jittery on me.

**Marni:** Oh yeah. It’s exciting.

**Kristen:** It’s very exciting.

**Marni:** It’s very exciting.

**Adam:** And you say it really from your heart. I mean I couldn’t do this when I first got single but I can look right in your eyes and go, “I’m going to kiss you, if you like it, you’re going to kiss me back.”

**Kristen:** I’m going to look away.

**Adam:** That’s one of those moments I’ll be calling.

**Marni:** No eye contact exactly.

**Adam:** Right, there’s what I call penetrative conversation, there’s touching, there’s sexual escalation, there’s sexuality; these five moments where women look to see if you’re really going to take what I call an Enlightened Lead. This is not a bullshit lead. It’s what I call the “benevolent-masculine.” It’s a division I’ve been making recently about the malevolent and the benevolent masculine. We could definitely talk about that but it’s the benevolent masculine, it’s like you’re taking a lead, you’re claiming her for her good, not just for your own good. So the webinar is about those five make or break moments and anyone if you just go to the link on…

**Marni:** Yeah <http://www.winggirlmethod.com/adambold> .

**Adam:** /adambold I’ll also send for free, it’s a 70 page guide True Bold Living Code; The 21 Laws of Boldness, and I love this. People want me to publish it as a book but I’m giving away for free and it’s really about mindset. It’s about how you come at life from this standpoint of “I’m going make my will felt, I’m not going to make it in a malevolent way, but I’m going to stand for who I am.” You know one of the things I teach, for a long time I have been teaching this is what I call “Real Alpha versus Fake Alpha.” You know people talk about, “Oh you should be alpha”, not everybody is socially alpha, I’m 5ft 8” you know I’m not going to walk into a bar and beat out a tall guy.

You know I’m not going to be like a 6ft 3” surfer guy and I can’t be socially alpha in that way and frankly I don’t really enjoy that. But I’m 100% alpha in my world, I own my life, I call it for lack of a better word I don’t have it yet, Spiritually Alpha, I own my world. 3ft circle around me I know what I stand for, I stand for it and I make it felt right that’s what I call boldness. That’s what I call being spiritually alpha, any man can do this, any man can do that and they can learn if they come to the webinar.

**Marni:** I love it. Well, I encourage everybody that’s listening to sign up for Adam’s Boldness Code, [**http://www.winggirlmethod.com/adamg**](http://www.winggirlmethod.com/adamg) and you will get your….

**Adam:** 21 laws.

**Marni:** And 21 laws for free that’s what I’m saying exactly.

**Adam:** You get 21 law and these are the laws of how to live a bold life in a way.

**Marni:** I love it.

**Adam:** And what I’ll do by the way, I’ll show you how to take those principles and then how to apply them to those five make or break moments.

**Marni:** Oh, I love it.

**Adam:** So it’s a beautiful logic day, it all makes sense and it’s fun.

**Marni:** Wonderful well I want you to answer some questions from our listeners so we have a segment called Overanalyze This. Here is the first question, but first, to people who’re listening and want to send in questions, write to [ask@askwomen.com](mailto:ask@askwomen.com) because we overanalyze, we go very slowly.

**Kristen:** askwomenpodcast.com

**Marni:** What did I say?

**Kristen:** askwomen.com.

**Marni:** Oh askwomenpodcast.com.

**Adam:** I thought this was called asswomen.com, damn it.

**Kristen:** It’s getting there…

**Marni:** Well that’s what other people refer to us as. Anyway okay, hello, I listen to your show every week and I’m a huge fan. I had a question about a past relationship of mine that recently ended about four months ago. I am 26 years old and was dating a guy that was 38, we would date for three months and then he would break up with me claiming he wanted a break to decide if we were right for one another long term. I waited patiently for three months and we got back together. Three months later he would bring up the issue again, randomly, when everything was going well that we need to be sure if we should be together long term. This came up after he had gone to a friend’s bachelor party, his friend had proposed to his girlfriend after a year of dating.

He said that being 38 he should’ve have a sense of urgency and since we have been dating for nine months and he still has doubts and he doesn’t feel that way towards me yet, that it’ll be best that we part ways now than to linger it out for another 18 months and then I would look back and resent him because we would have wasted so much time which I wouldn’t because it would be my choice. Meanwhile this topic came out of nowhere because I’ve never once mentioned being married engaged et cetera but he knew that it was something I would want in the future. While explaining this all to me, he is crying his eyes out which confused me even more because it was almost like I was supposed to pity him but how can I when he is breaking up with me for no reason?

We literally have the most perfect relationship/friendship and everything was going well, he even said he knows that I am a good person, that I’m fun, pretty, smart, et cetera and he should be proposing to me but isn’t. We’re no longer together but it still kind of makes me scratch my head over what happened. Are these the signs of someone who is a commitment phobic, was I just not the one for him? I also have to add that he has been travelling around the world with a man for years and even on a cruise around Valentines Day with this guy friend when we were together and I didn’t get an invite, which makes me wonder, maybe he’s gay. This is how a woman’s brain works, this is really good evidence for you guys.

**Adam:** I love this.

**Marni:** There are so many things running through my mind, I would like nothing more than to hear your thoughts on this, thanks so much, Danielle.

**Adam:** Okay there is a book for you and it is called He’s Just not that Into You. Stop fucking analyzing this, he’s not that into you, cut off conversation, cut off communication, you’re 26, she said she was 26.

**Kristen:** Yeah 26 and 38.

**Adam:** You’ve got limited baby making time and the best thing he could do, the most respectful thing he could do is to cut base and run.

**Marni:** And what he did.

**Adam:** Yeah so that’s good.

**Marni:** But I get that it’s confusing for her because he’s saying, “You’re so wonderful, you’re so great, I’m crying.”

**Adam:** But she is.

**Marni:** That’s the whole thing but you’re just not the one.

**Adam:** Yeah totally he’s not that into you move on done.

**Marni:** What do you think Kristen?

**Kristen:** I agree.

**Marni:** I agree as well, wow long question short answer, alright cool. Okay lovely ladies of Ask Women, my guy friend or bro was giving me a hard time about not going along with pursuing these girls that are DTF. They just weren’t my style. My question is if this happens again, what’s the best way to handle it, not going along based on my personal standards while still being a good wingman? Signed, Wes Woody.

**Adam:** Wes Woody, what’ the question exactly?

**Marni:** The question is how do I handle my friend if I’m not into just like pursuing girls that are DTF?

**Kristen:** You kind of double team you know two girls, try to get one.

**Adam:** So this is guy who doesn’t want to sleep with women as much as his friend does?

**Kristen:** Yeah, he is not into the same girls as his friend.

**Marni:** But his friend’s mad because you’re not being a good wing-man. He is not being a good wingman, like just taking one for the team.

**Art:** Hang out with other people.

**Marni:** Exactly.

**Adam:** Yeah I mean these questions are so easy I feel like I’m taking a third grade test in 12th grade.

**Marni:** We have to overanalyze them though; we’re not really living up to the name people.

**Kristen:** Well I mean I just…

**Marni:** But these are simple answers.

**Kristen:** I would move on, like Farty Arty said, find other friends.

**Adam:** Yeah Farty Arty, he’s right over there. He farted out some truth.

**Kristen:** Yeah exactly.

**Adam:** Look, being bold means making your will felt in the world. Both of these questions are from people who are saying, how can I bend myself to other people’s will? There is no joy in life doing that.

**Marni:** No absolutely not.

**Kristen:** You can still be a good friend and chat up these girls it doesn’t mean you have to have sex with them.

**Marni:** Right, exactly. You can distract the other ugly one while he is like making out and having sex with the girl that’s down to fuck that he’s into. But you don’t have to bend your morals.

**Adam:** Wow, easy make your will felt in the world, your will.

**Art:** Can I just say something very quick? As guy here, sitting here listening to you speak for the past hour, I’m completely captivated by you.

**Adam:** Thank you, you’re kind of cute yourself. Thank you very much.

**Art:** I’m dude, I’m 29 years old, I’m a fucking guy living in LA. Everything that this man is saying is so god damn dead on and right like I live my life exactly by what you’re saying and you’re saying it in ways that I’ve never heard presented before and I just wanted to say that everything that he’s saying, you guys should listen to.

**Adam:** Thank you bro.

**Arty:** He knows what he’s talking about.

**Adam:** That is true, you should see my girlfriend.

**Marni:** And, that’s valid coming from Farty Arty seriously. Next question - Hey ladies, my girlfriend wants me to be more dominant when it comes to sex, not kinky or anything, but just like scooping her up when I want and just to be assertive about the whole thing. This really goes against my personality because I’m very passive which means wimpy. I never want her to feel uncomfortable and force he to do anything she is not necessarily feeling. So, is there some way I can ease into being more dominant, just go for it or continue to be myself and just let things happen? Thanks, Skyler. It sounds like she does want this so you’re not really forcing her against her will, she’s asking for it.

**Adam:** It’s funny. This is common. This is a guy who’s obviously very, very respectful of women maybe and I just remembered when my sons were small they used to say, “Dad why are people so weird about sex?” And, I said because it’s that part of life that doesn’t fit into the rest of life, it’s not organized the same way. This is the place where you want to play, this is a realm of play. What people forget is that sex is adult play and I also call it “Communication by Other Means” so this is a time to play. And this has come up for me a lot too because as you know I sort of went through this whole “protect women” thing when I was young and when women want to play dark and dirty it took some effort for me to try. Look at it from a place of play, you’re not hurting her obviously so just say, “Alright we’re going to play these roles,” and you play those roles.

**Marni:** Yeah.

**Adam:** Another, I shouldn’t be letting this out, another great moment with my girlfriend that made me love her crazily earlier on, we were in bed and I said, “Alright let’s do some role playing,” she goes, “Great I’ll be Winston Churchill, you be Oprah Winfrey,” I just started cracking up and that’s what I love about her anyway.

**Marni:** I love that.

**Kristen:** Scariest porn ever.

**Marni:** No I love that.

**Adam:** But, don’t look at this as like defining your relationship, this is adult play. Sex is a place to play. I mean it’s funny for people who are into group sex they call it “Play Parties.” I mean it’s a place to go and play and that kind of thing.

**Marni:** Yeah and explore in a safe environment.

**Adam:** And explore in a safe environment and one of my other experiences I dated this girls who was really into S&M and so I went with her to some of these parties here in LA.

**Kristen:** Santa and Monica (S&M).

**Adam:** Okay, I don’t know what that this but…

**Kristen:** Santa Monica.

**Adam:** Oh, Santa Monica. So we walked into this party like what 12 years ago everyone is dressed in black leather and there were people in cages having sex and I walked in and it did nothing for me. I was just like I feel like I’m at a Star Trek convention. That’s what I said, I feel like they’re trekies and she goes, “Yeah basically they come to play, they’re just playing.” So it’s hard for Americans, it hard for Americans to understand this is just play and there’s a great phrase from Dan Savage who I love. He calls it “Good to Go,” it’s one of the three G’s you know it’s just so you’re good to go, you’re good to play, try it, play.

**Marni:** Exactly, experiment, have fun. Okay next question - Hi wing girl, I’m Jared, I just purchased How To Become A Man Women Want, which is a program of mind that everybody should be getting and I wanted to say thanks. I’m already pretty outgoing and I don’t find it hard to start up conversations with people women but I do have a unique problem that cannot be fixed by anyone. 13 years ago, I was paralyzed from the waist down and use a power wheelchair to get around. Being a psych major and your student, I know non-verbal communication is huge in connecting with other people but unfortunately my body talk is fairly muted. Do you have any advice on how I might overcome this when talking with women so they might better understand that I’m interested and not looking for just another friend? Thanks, Jared.

**Adam:** Awesome so that’s a great question, I have the perfect answer for him.

**Marni:** Okay.

**Adam:** If you know Sean Stevenson from the [body] show?

**Marni:** Yeah of course and that’s usually my answer too, I’m like go check him out because then you will not ask questions.

**Adam:** Sean’s an amazing person. He’s been in a wheelchair all his life and I remember I was with him years ago. We were teaching at some seminars in San Francisco and I was talking and I’d just met him and we were sitting there together. And some woman came over and said, “Excuse me,” she goes, “Can I ask you a personal question?” and he goes, “Yeah,” and she goes, “Are you a virgin,” and he just looks her dead in the eye and he goes, “With you I am.” And I was like, “I love this guy,” that’s bold right. And it was awesome and he did it without joking around, just looked her right in the eye and he goes, “With you I am.”

**Marni:** I love him, you know that’s why I love Sean too, I think the first time that I interacted with him and I made a statement like that, but he just like kept throwing bold comment after bold comment my way. He didn’t give a shit. He’s like, “I’m in a wheelchair screw that, that’s not all I’m about, about being me, being playful, being friendly and bold.

**Adam:** So there’s your answer, if you can’t do it with your legs, do it with your wit, just step it up.

**Marni:** Exactly, good answer, we’re almost like flying through these.

**Adam:** Because these are easy.

**Kristen:** Under analyze this.

**Marni:** Alright okay, Hi all, love the show and thanks for all you do. I’ve gone on a couple of dates and we haven’t been physical yet. I’m totally cool with it because when I see serious potential I like to move slow. I always try to be open and honest and upfront so I’m wondering when it’s a good time to bring up my STD. I’m just cautious because…

**Kristen:** That’s why you like to move slow.

**Marni:** If we don’t get physical there is no need to tell her thanks, Eddie. When do you bring that up?

**Adam:** When do I bring it up?

**Marni:** Yes when do you bring up all about all your STDs?

**Adam:** Well, I would say miraculously I’ve made it this far. That’s a great question, it depends with the STDs I would think. Women have brought it up with me early on very early on. Some like to get it out on the table right away and then that’s the way

**Kristen:** Literally spread the germs all over.

**Adam:** Hey here’s me and here’s my herpes.

**Art:** That’s the single most thing you’ve ever said.

**Kristen:** Okay Farty Arty quiet down in there.

**Adam:** I like to do so much better than that. To give you another insight into why I like this woman so much, when I went to Burning Man last year, she didn’t come with me and everyone at Burning Man gets what’s called a ply name so you have like a nickname that you use like Wild style or whatever right and she…

**Marni:** Was that your name?

**Adam:** Yeah, I know. She gave me a name. She goes “Here’s the name you’re going to tell everybody you are. Ready? ‘Infected Penis,’ that it your name.”

**Marni:** And you took it.

**Adam:** It was really funny.

**Marni:** Oh my God.

**Adam:** So it’s that, I like that about her anyway so that is my new thing.

**Kristen:** Infectious penis.

**Adam:** Infected penis, infectious I like that better actually so I just call myself syphilis.

**Kristen:** Because “infectious” can be positive.

**Marni:** There you go.

**Kristen:** But infectious, it’s like a laugh; it spreads, it’s fun and everyone wants it.

**Adam:** So it’s a great question. Look, it depends what the STD is, now a lot of guys are carrying HPV so we probably…

**Marni:** Most people are carrying HPV.

**Adam:** Most people are and a lot of guys are getting throat cancer, this is like a real thing by the way, I totally expect to be getting throat cancer in10 to 20 years, absolutely you know but that’s…

**Kristen:** You get it from HPV?

**Adam:** Guys get it from oral sex.

**Kristen:** You should have gotten that 10 years ago.

**Marni:** That was the quiet bragging right statement.

**Adam:** It takes a while. No it’s not.

**Marni:** “I expect to get HPV.” That’s what you’re saying.

**Kristen:** Yes it is.

**Adam:** Yeah I know as you know a lot about me, it’s one of the great pleasures of life absolutely.

**Kristen:** If you lick mine you’ll get HP minus the V which is Hewlett Packard because I’m really outdated.

**Adam:** You’re probably going to get a printer, you’re outdated you get inky, you get ink like an octopus. She does that it’s awesome.

**Kristen:** All different colors.

**Adam:**  But no I’m actually not kidding about there was an article the other day by Jimmy Dimon who is the CEO of Citibank I think and he just came down with it. Michael Douglas famously came down with it, and he kind of came out…

**Kristen:** Oh, I always thought those were jokes saying he got it from like cunnilingus.

**Adam:** No they’re not. No, it’s actually real.

**Kristen:** For real?

**Adam:** Yeah and it’s tragic and I’m just going to fucking pay the price. I don’t care but yeah it’s like that real. So, a lot of people a carrying HPV, not all HPV strains carry the cancer part in.

**Marni:** Right, there’s like hundreds of HPV strains, anyway that’s a whole other podcast to talk about HPV.

**Adam:** It is and I’m really depressed now but anyway so if it’s something really serious like syphilis or gonorrhea you know you should bring it up right away. Herpes, it’s a question; a lot of people carry it like 30 to 40%....

**Marni:** But what is right away what does right away mean so right away like you’re sitting down you’re having your appetizers, you say, “I have gonorrhea,” move on to the main course?

**Kristen:** That is the main course.

**Adam:** Here’s my philosophy - see if there’s a connection first. If there’s a connection then there comes the right time hey, you know we’re getting serious, and I mean a connection. This has to come up somewhat in the beginning. If a woman told me she had herpes, gone, like I would I was not going to get involved because I didn’t want to, I just didn’t want to get close to that. So I would say literally maybe on a second or third date, yeah I think it’s fair.

**Marni:** Yeah I think so too.

**Kristen:** I say you do it right when you’re about to go in for the kill, just here’s my tongue well …

**Marni:** Yeah exactly

**Kristen:** You’re in it.

**Adam:** Yeah it’s a tough one and there is by the way, if you got herpes there’s herpesdating.com. I believe that’s what it’s called. There is actually a herpes dating site.

**Kristen:** Oh really?

**Marni:** Oh that’s kind of cool.

**Adam:** Yeah for people because it’s an issue it’s definitely an issue for people.

**Marni:** Yeah I would think they would…

**Kristen:** People go to herpesdating.com because they just really like herpes – like they can’t get enough.

**Marni:** So, it’s herpeswhat.com?

**Adam:** I think it’s called herpesdating.com.

**Marni:** Herpesdating.com Fine. So anybody who has herpes go to that website and…

**Kristen:** For anyone who wants herpes go to…

**Marni:** And, for anybody who wants to learn how to be bold check out the Boldness Code on July 16th and you can sign up for this webinar by going to winggirlmethod.com/adambold and that is the end of Overanalyze This. And if anybody wants to ask questions write into [ask@askwomenpodcast.com](mailto:ask@askwomenpodcast.com), check out the new episodes of our show every Thursday, please download them but also please subscribe so you don’t actually have to download and what else, what else do we have for that?

**Kristen:** Follow us on Twitter, follow me @kristencarney and follow Marni @winggirlmethod. I don’t know why I always do it for you too but …

**Marni:** I know well it’s very nice of you. Adam, you’re spreading the HPV. Okay, thank you so much for being on the show Adam, you’re fantastic, you’re bold.

**Kristen:** So much great information.

**Adam:** So much fun.

**Kristen:** And super sexy and full of STDs.

**Adam:** Just one of them.

**Marni:** Okay we’ll see you next time guys, thanks for listening.

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# MEHOW: Boobs! And Mehow

**Guest:** Dating and attraction coach for men and women, Mehow (Pick-Up Artist). To find out more on Mehow go to [**http://www.winggirlmethod.com/mehow**](http://www.winggirlmethod.com/mehow)

**What’s Covered:**

* How to be a gentleman

**Air Date: 10/31/13**

**Haely:** Hey guys, welcome to the Ask Women Podcast where you get advice straight from the source. I’m your host, Haely and I am here with my lovely co-host, bestselling author and relationship expert, Marni Kinrys.

**Marni:** Hello.

**Haely:** And our oh-so-sexy comedienne Kristen Carney.

**Kristen:** Boobs.

**Haely:** Boobs! And the man himself in the studio, it’s Mo!

**Kristen:** Yay!

**Mo:** Penis.

**Healy:** Penis time!

**Haely:** So speaking of penises…

**Mo:** Feels good.

**Marni:** It feels good, yes. Speaking of penises…

**Haely:** We’re just starting there. We’re just gonna, well actually first we want to thank our sponsors and of course [**Amazon.com**](http://www.winggirlmethod.com/amazon).

**Marni:** Or go to

[**http://www.winggirlmethod.com/amazon**](http://www.winggirlmethod.com/amazon)and that takes you to our store so that you don’t have to go to the Ask Women page and then click on the banner. Anyway, I’ll give you tons of ideas of what we think that you need to turn women on.

**Haely:** Awesome. So before we came in today we were talking about blowjobs a little bit…

**Marni:** As we do.

**Haely:** As we do and my tired joke is that it’s called a job for a reason, but Mo had different ideas.

**Mo:** Yeah, yeah, I don’t like this whole blowjob name ‘cause it sounds like work. I think it should be called…

**Haely:** It is.

**Marni:** You don’t have to do it.

**Kristen:** Do you know how hard it is to do that?

**Mo:** It should be called a blow privilege.

**Marni:** Interesting.

**Haely:** We earn it?

**Mo:** ‘Cause it is a privilege for you ladies.

**Kristen:** It should be considered a privilege for you, so it’s a blow privilege on your end, not our end. It’s a privilege that we’re even getting close to it…

**Haely:** Yeah, that we’re even touching it.

**Marni:** Well actually, maybe that’s how men could phrase it, “Can I have a blow privilege?” and then it’s an acknowledgment that this is hard and it’s not fun for us to do. Although it is fun sometimes.

**Kristen:** I agree. I think if you had a couple of drinks and you’re feeling…

**Marni:** Yeah, frisky and a little adventurous…

**Kristen:** My hard thing is that it’s difficult for me to go through the whole time. I get so excited and then I just want to have sex.

**Marni:** Exactly. When my mouth starts to ache, it feels like a job.

**Mo:** Yeah well, I think women that don’t like to give blowjobs are just lazy.

**Marni:** Really?

**Mo:** Plain and simple.

**Kristen:** Alright.

**Marni:** You want to put your mouth on something that is stuck in your underwear the entire day, full of bacteria, full of your urine that you leak all over your underwear after you pee…

**Haely:** And we don’t even know if your balls are shaved, okay?

**Marni:** Exactly.

**Mo:** Well it’s not open flesh, okay. At least mine is closed off and I can wash it, unlike women’s anatomy.

**Haely:** Your mouth that you touch it is open flesh. It’s been like raw and wounded.

**Mo:** How about this? I cut a 3-inch hole on my leg and I have you lick it out.

**Marni:** There you go.

**Haely:** Oh I just puked.

**Mo:** How does that feel?

**Haely:** I hate everything about you.

**Marni:** I think if people would wash themselves before then it can be a great experience, but sometimes when you go down there and there’s a rancid smell and…

**Haely:** It smells like onions.

**Marni:** Yeah, it just smells…

**Kristen:** Onions is like a compliment. It smells like sweaty socks and onions with garlic.

**Marni:** Like sweaty balls! Smells like sweaty balls, that’s what it smells like. It smells gross.

**Haely:** Peach sweaty balls.

**Haely:** But if you are a man and you take care of it, I’ll be that one that says I actually enjoy it if you’re a manscaper … and we’ve talked about ball shaving before, guys.

**Marni:** Yeah.

**Haely:** So I think you remember.

**Marni:** You got to clean yourself up.

**Mo:** And look, the women…

**Marni:** So not a blow privilege.

**Mo:** Well look, okay, I think blow privilege is one extreme but blowjob I would say is on the other extreme. There’s got to be a middle ground.

**Haely:** Have you ever tried?

**Kristen:** It’s not like blow career.

**Haely:** Well for some people it is, Kristen.

**Marni:** Right, that is very true.

**Mo:** Well have you ever tried giving a blowjob…

**Haely:** It’s blow menial job, okay. That’s what it is. It’s menial.

**Marni:** I wonder if there should be a different name for it that’s not a blowjob ‘cause yeah it paints a bad picture.

**Kristen:** It’s like a blow peeper. I do agree.

**Haely:** Yeah I paint a bad picture about blowjobs. I mean, it’s like a little ugh, whatever.

**Mo:** Well but some women I’ve met are really selfish and they’re like, “Oh I don’t even give… I don’t give blowjobs unless you’re special…”

**Kristen:** Is that real? Is that a thing?

**Mo:** “…but you can eat me out all day.”

**Haely:** Some women get lock jaw, okay.

**Mo:** But that’s it. They go, “Oh my God, I get… you don’t know how it hurts.” You don’t have to use the mouth the whole time. You can use your hand. You could be creative. You could use your tongue. You could do so many things.

**Haely:** Oh Mo, it’s so bad to have you back. Where’s Nathan?

**Marni:** I would say that everybody, no seriously, Nathaniel, there’s no penis talk when he is here. It’s all about roses and hooters.

**Mo:** Just wait, when I’m done with Nathan he’s gonna be…

**Haely:** Well when you look like a penis what else are you going to talk about, you know what I’m saying.

**Marni:** Exactly.

**Kristen:** Oh you could be a penis for Halloween.

**Mo:** I could be.

**Haely:** Tonight, tonight, this very night that’s what you should be.

**Mo:** We could just draw veins on my face.

**Haely:** Yeah, purple.

**Marni:** We totally should.

**Kristen:** You could be slinging yoghurt.

**Marni:** An uncircumcised penis, he’d have schmagma all over his head.

**Kristen:** No more schmagma.

**Marni:** I know. It’s gross. Okay so now we’ve talked about penises and now I want to jump to breasts.

**Haely:** Much more pleasant of the two.

**Marni:** Is it, yeah, I know, breasts.

**Kristen:** We’re just getting in there today.

**Marni:** Well I have this article from Men’s Health because that’s what I read when I’m at the gym. It has interesting things in there, and last week I flipped a page and saw a whole bunch of boobs and decided, “This is what we’re gonna talk about this week on our podcast,” and this week for the chapter in the Man’s Playbook.

**[Movie sound over from Any Given Sunday]**

**Marni:** This article, it said, “You’ve been fascinated by women’s breasts since middle school … now turn that interest into expertise in the bedroom, at the lingerie shop, or while analyzing that Robin Thicke video again.” I want to tell a personal story. The other day I was saying to my husband that my boobs felt different, harder and he said, “Oh let me see,” and he literally reached out, grabbed and squeezed…

**Haely**: Awww. No.

**Marni:** Oh yeah, the worst -- it’s like kicking a man in the balls. It is the worst feeling … I’m like, do not … what makes you think that you can grab them that way?

**Haely:** Men think they’re like balloons and it’s not the same thing … you have to be very careful the way you go about touching boobs, which is probably what you were going to say.

**Marni:** Yes, well actually, so this article is about how to pleasure her pair but I wanted to talk to you guys first.

**Kristen:** Her twin sons. Well that sounds weird.

**Marni:** …before I read these things from the article, I want to hear: how do you guys like your boobies to be handled?

**Haely:** Oh Marni, I love it when you ask these questions.

**Marni:** I know.

**Kristen:** Who cares?

**Marni:** Kristen’s leaving the room now.

**Kristen:** Well my boobs are tender a lot.

**Haely:** Me too.

**Kristen:** So it’s the same no matter what, it just hurts.

**Haely:** See. I think, I’ll tell what really turns me on. A really light sexy kind of kissy-kissy on the boobs. Not too much, like maybe grab gently once… Never grab hard, okay?

**Marni:** It’s hard ‘cause we’re all squeezing our boobs right now trying to show what we mean, but this is radio…

**Mo:** Yes, keep squeezing.

**Marni:** I know.

**Kristen:** Well, first you have to get through this massively padded bra … that I’m forced to wear because God didn’t give me good DNA.

**Haely:** Yeah, if you take my bra off, my boobs move up – yup!

**Kristen:** Right, right.

**Haely:** They float away. No gravitational pull on them.

**Marni:** But go on. I want to hear about the kissy-kissy on your boobies.

**Haely:** That. I think it can start there. I kind of like it when a guy kisses down your neck and then goes to your boobs.

**Marni:** Yeah, but how do you touch them?

**Haely:** Boobs. That’s a good word.

**Kristen:** And then to the third one.

**Haely:** And then don’t forget the third nipple.

**Kristen:** Never.

**Marni:** Never forget the third nipple. Okay, I’m gonna read these ‘cause you guys are not giving any good guidance.

**Mo:** Please, please.

**Kristen:** What? Marni, I tried to be serious.

**Mo:** I’m half hard right now, keep talking.

**Marni:** I know, seriously. He’s like don’t say anything, just keep squeezing those boobs. He’s having a blow privilege or something… I don’t even know. Here’s a no-no, quickly rubbing her nipples with a flat palm.

**Haely:** Oh God, no.

**Marni:** “So you’re not starting a fire here, boy scout. This is so irritating.” says Barbara…

**Haely and** **Kristen:** Wax on, wax off.

**Marni:** Exactly.

**Mo:** It’s like the Karate Kid.

**Marni:** Says Barbara Kesling, “It’s like running a marathon braless as your t-shirt rubs your nipples.” That’s the worst thing in the entire world. I was in a gym class this morning doing jumping jacks. My boobs just hurt, it was horrible. Okay, but do this instead: Be a tease. Cup her breasts slowly. Approach her nipple with your fingertip and then back off. Keep doing that…

**Kristen:** I’m acting this out, by the way.

**Marni:** I know.

**Kristen:** Not on anyone in the room.

**Marni:** I would totally make out with you. You seem like a really good cupper.

**Kristen:** Just to the air.

**Mo:** You should actually.

**Marni:** “Keep doing that, getting closer and closer,” says Kesling. “Once you touch down, stimulate her clitoris and nipple at the same time.” Oh we’re getting into vaginas.

**Kristen:** Wait can you reach that far?

**Marni:** Yeah, for sure.

**Mo:** No mouth and hand, mouth and hand.

**Marni:** There you go. Okay. “At the same time, gradually increasing your speed. Nipple play can enhance the sensation in her genitals. That is very true. But again it’s not like you’re… I don’t even know what I would rub this like… I don’t even know.

**Haely:** That’s why I’m saying kissing. I like it when he kisses my boobs.

**Kristen:** The nipple or the boob?

**Marni:** But we’re talking about hands right now so like let’s say, okay, I’m trying to think of what you can compare it to of like... well like a chicken breast…

**Kristen:** It’s like…

**Marni:** I don’t even know how to handle it.

**Mo:** Yeah, feel that chicken breast, kid.

**Marni:** I have no idea but think of what a man would rub so we can compare sensitivity.

**Kristen:** Just okay, so the tip of your nose, if you just lightly like go boop, boop, boop to the tip of your nose, that’s what you should do to the tip of the nipple.

**Marni:** Ooh that’s nice, good one, Kristen.

**Kristen:** Thanks guys.

**Marni:** Okay good.

**Mo:** A guy could touch his own nipple.

**Marni:** Oh yeah you can touch your own nipple as well.

**Mo:** Well, you can touch your own nipple. When you pinch your fucking nipple, it hurts. So don’t be pinching nipples. You know, rub your nipple, get it nice and hot. Get it all excited.

**Marni:** Side is nice, like tickling the side of the breast, like right underneath just lifting it up a little bit. That’s always nice.

**Mo:** Well the nipples are a real sensitive area.

**Haely:** But not for everybody. I have found with men and women that some people are more sensitive on their nipples than others.

**Marni:** Yeah, that’s true.

**Mo:** What about women that have boob jobs, are they not sensitive?

**Marni:** I always ask that. It depends on how their boob jobs are done. Because some women can’t breastfeed after they have boob jobs. It depends what nerves had been cut.

**Kristen:** My friends, two of them, who’ve had boob jobs had told me they’ve lost sensitivity.

**Haely:** You need to change friends.

**Kristen:** I know right.

**Mo:** If she’s got a boob job, can I just grab them then really hard with like meat hooks and like Rrrrrr ‘cause she’s not going to feel a thing…

**Marni:** Yes, yes, you can.

**Haely:** Probably even like bite it.

**Kristen:** He said be a man, not a monkey. Please.

**Haely:** Right, exactly.

**Mo:** Aren’t we all monkeys?

**Haely:** And never bite the nipple.

**Mo:** Like tease it, a little tease.

**Haely:** Nibble.

**Marni:** Yes, tease it. Exactly. But it depends on who you’re with. Some people may like that. Look, I know when I’m really into it, I do like when it’s a little bit more forceful but it has to be working its way up to that level…

**Haely:** With a little gnaw on the nipple?

**Marni:** …but I never like when somebody like, you know, if you crush a beer can I would never want that for my breast but I want like the same forcefulness mixed with sensitivity. If that’s what would explain it. Okay so the no-no, tugging on her breast. Like what my husband did, asshole. You want to juggle her melons, not pick them.

**Kristen:** My little lemons.

**Marni:** Yeah, never pull her breast. Oh God, my fucking huge gozangas. Never pull her breast downward. That’s really bad for the ligaments. Do this instead. Support the bottom or sides of her breasts during doggy. It’s all in the steps. Women with large breasts can be uncomfortable in that position. That is very true.

**Kristen:** Oh yeah, they’re hanging.

**Marni:** Yeah, they’re just hanging.

**Kristen:** They need support.

**Haely:** It’s like cow udders.

**Marni:** ‘Cause usually I’ll hold my own.

**Kristen:** My friend and I we say our boobs make the noise ping ‘cause they’re really small.

**Marni:** No flapping, that’s funny.

**Haely:** That’s so cute.

**Kristen:** There’s no flapping.

**Marni:** “Some won’t do it unless they’re wearing a bra. Cupping gives support. Another perfect position for holding her twins, woman on top. Interesting. Okay, so the no-no. Nursing her nipples. Sucking is sexy. Nursing is creepy. Do this. Use your awesome oral technique up top. Gently run your tongue around her areola and nipple and then softly lick and suck both,” Kesling suggests. “If her breasts aren’t super sensitive, draw her entire nipple and areola into your mouth and push them against the roof of your mouth with your tongue.”

**Kristen:** It’s getting violent.

**Haely:** I hate the word areola.

**Mo:** Alright, you know there are some women I’ve been with that can only get it on top, you know, they only orgasm when they’re on top of me …I’ve noticed that while that action’s going on if I do a little play or a little suck going on, the nice way like the way you described it, it just goes next level. But I don’t really start with that.

**Haely:** See, does he think that I don’t have sensitive nipples? Sorry, now you guys know.

**Kristen:** I know.

**Marni:** Well at least now we won’t be disappointed when we make out with you and you’re not excited by it.

**Haely:** Oh you’re so genuine about that.

**Marni:** I know. No, that’s nice to know.

**Mo:** So you’re saying a guy could just sit there and grab them and smack them around and you’re cool.

**Haely:** No, not grab them but I’m not as turned by it. I’m like, “Okay it’s cool, cool. Let’s move on,” you know.

**Mo:** What about during sex?

**Haely:** Maybe a little cupping but it doesn’t really help. It doesn’t add to things.

**Mo:** You just have to pump it out.

**Marni:** At different times of the month, are you more sensitive there?

**Haely:** Yeah I like to pump it. No, no.

**Marni:** At different times of the month are you more sensitive?

**Haely:** Yeah, I think so.

**Marni:** Yeah, me too. Like there’s certain times when I’m like, “Get the hell away from my breasts,” and other times I’m like, “Oh my God, I could have an orgasm right now just from playing with my boobs.”

**Haely:** See I never had that.

**Marni:** Really?

**Haely:** Yeah.

**Marni:** Oh, well.

**Haely:** We’ve all bonded now, thank you.

**Marni:** Exactly, there you go. Okay I want to read one more section ‘cause there aren’t really very many more no-no’s or do’s but this is about Kate Upton’s breasts, which I’m sure many men are interested in. So it’s why…

**Haely:** They’re going to be saggy without a bra.

**Mo:** Yup.

**Marni:** …why Kate Upton’s breasts are so jiggly. Kate’ breasts are a rare breed. Plump, perky and awe-inspiringly jiggly. Just watch her Cat Daddy video on YouTube. So why can’t every set of D’s dance like hers? Density of breast tissue varies. Breast with more fatty tissue are the jiggly ones. In fact…

**Kristen:** Yes, she’s chubby. Look at her body, it’s going to match her boobies.

**Haely:** It’s true.

**Marni:** Oh God, don’t start that conversation. I think she’s super sexy.

**Kristen:** She is but she’s got … her body’s softer so her boobs match her body.

**Marni:** It is softer. Yeah, exactly. That’s true. In fact, in a British study of braless female joggers breast mass, volume and density … look at this study.

**Haely:** Ugh braless.

**Mo:** I would love to be on that panel.

**Haely:** That means they had to have more than ten people jogging without bras on.

**Mo:** We are British. We’re going to sit here and watch ladies run around topless.

**Marni:** …and record it.

**Kristen:** Jiggle.

**Marni:** But this is being funded. There would have to have been a proposal for this. There is a team of experts who are studying this.

**Haely:** It’s a bunch of men that want to see chicks run around without their bras on.

**Marni:** Okay, so breast mass, volume and density varies with the ratio of fat, mammary glands, and connective tissue was found to be a more important predictor of movement than size was. That was kind of boring. Anyways, her boobs are jiggly and awesome because they’re less dense.

**Kristen:** Tissue!

**Marni:** That’s pretty much it, there’s tissue.

**Mo:** Look, her boobs are not awesome because you could tell once gravity gets a hold of those things they’re going to be…

**Marni:** Yeah, at her knees.

**Mo:** She’s probably at her peak right now…

**Kristen:** Oh yeah, she’s peaking.

**Mo:** And when you remove the bra, but who does have amazing breasts? The blurred lines video.

**Marni:** But they’re little.

**Mo:** No the naked woman, if you watch the naked version, she’s got great boobs.

**Kristen:** No they are little. They are proportionate, which I like to say, you know, we don’t always chose the package that we’re born with but it’s like as long as your boobs are proportionate to your body, that’s sexy.

**Marni:** I agree with you. I totally agree with you. But that can be a really uncomfortable area for girls because like some women are really self-conscious of their boobs.

**Mo:** Yeah.

**Kristen:** Just like men are of their penis. So guess what.

**Mo:** I think, look, if a woman has small boobs, work it. That’s great. I hate fake boobs. And I think men hate fake. They look great but they do not feel great.

**Kristen:** I’m a big fan of the Gwyneth Paltrow look…

**Haely:** Me too.

**Kristen:** …which is kind of like ribcage but honestly like I really think it looks really fashion forward. It’s kind of trendy looking.

**Marni:** Things always look good on you.

**Haely:** It is. You know it is true. You can rock a deep V.

**Kristen:** A total deep V.

**Marni:** Now we’re supporting anorexia, great.

**Haely:** No, I think it’s sexy.

**Kristen:** I really like her look and I’ve always… I’ve never been uncomfortable with small boobs just because if I had big boobs I wouldn’t feel…

**Marni:** You’d fall over.

**Haely:** Kristen, you would look weird with big boobs.

**Kristen:** Yeah, they’re meant to be proportionate for your body.

**Marni:** Yeah.

**Haely:** I love not wearing a bra, it’s so nice. It’s like…

**Marni:** Number 1, I have bigger boobs. Look, I wish I could wear no bra. When I had bigger boobs, like there was a point where…

**Mo:** You had bigger boobs?

**Marni:** Now I’m a D but like I had like…

**Kristen:** What?!

**Haely:** I had no idea.

**Marni:** Yeah, these are big puppies. I cover them up well.

**Mo:** You got me, I’ve been checking out those puppies and like, “Hey!”

**Haely:** No idea.

**Marni:** Yeah, but I used to have bigger boobs when I had gained a lot of weight after backpacking and eating everything in Australia, and they were really uncomfortable. ‘Cause I was also young so they were up to my chin too.

**Kristen:** Like you have back problems from having a backpack and big boobs.

**Marni:** Yeah, exactly. It’s like I didn’t know which to go. I’ve had on this thing and it was horrible.

**Mo:** Can’t forget getting wild in Australia.

**Marni:** I didn’t like having big boobs.

**Haely:** We know what happened in Australia.

**Marni:** You get self-conscious about that, so I’ve always wanted like littler boobs, to be honest.

**Kristen:** See it’s like mine are… it might not look like a lot in a bra. You’re like, “Okay, a lot of sternum going on there, not a lot of cleavage,” but at least they’re not saggy and I appreciate that.

**Marni:** I’m glad that you do appreciate that. And that wraps up this chapter in the Men’s Playbook about boobs.

**Kristen:** Touch your boobs.

**Haely:** Boobs.

**Marni:** Perfect. Alright, well after the break, we have… who we actually didn’t announce at the beginning of the show! That’s what we always forget!

**Haely:** Dang it!

**Marni:** Is it pickup artist, Mehow?

**Haely:** Not Asian.

**Marni:** Not Asian.

**Haely:** By the way.

**Marni:** Big shocker.

**Kristen:** The name I’m really upset with, I have to discuss it with him, I had a total image, you know, of him in my head…

**Haely:** Me too!

**Mo:** Mehow.

**Kristen:** …all of a sudden, I see this YouTube video and they have this cartoon character of a blond guy, I’m thinking, “That can’t be Mehow!”

**Marni:** That can’t be him.

**Haely:** What happened with his ads?

**Mo:** I pictured him as the Asian guy on The Hangover.

**Kristen:** Yes, me too.

**Marni:** Yes, but he’s not.

**Mo:** Like Mr. Chao.

**Marni:** He is see-through white blond.

**Kristen:** Inverted penis.

**Haely:** He’s one of mine.

**Marni:** I don’t think that’s his real name, I will tell you that.

**Mo:** Is he circumcised?

**Kristen:** No, I know. I’m going to get his real name, I will.

**Haely:** It’s like Rob. Joe.

**Marni:** Yes, we will see if he’s circumcised when we come back and go through Analyze This with him.

**Break**

**Marni:** Welcome back. Is it going? I can’t even tell. I never do the welcome back.

**Kristen:** I wasn’t sure who was doing it.

**Marni:** I know. I thought you were saying I was. Welcome back to the Ask Women podcast. Before we get to our guest, I actually want to share one little bit of information only because I have it here to share and if I don’t share it then I’m never going to share it. But it is about whiskey dicks, to continue on our theme of breasts and penises from the beginning of the show…

**Kristen:** We’ve got a real mature show and staff.

**Marni:** I mean seriously this is like the most mature show.

**Kristen:** I picture whiskey dick smelling like a drunk penis smell or something.

**Marni:** Like it’s just wavering, and stumbling all over the place.

**Kristen:** It’s like drooling over you appropriately.

**Marni:** Pretty much.

**Haely:** That’s not drool.

**Marni:** That’s what whiskey dick is. So anyway, whiskey dick is when you’re super drunk and you can’t keep it up or even get it up. So I found out something really interesting about whiskey dick and how to cure it and just saying … I’m not a doctor. We don’t have Dr. Drew on here this week so it’s not 100% and it could kill you what I’m suggesting, so do your own research, but when you take cayenne capsules before you go out drinking, it’s meant to completely cure your whiskey dick should you engage in a little fun after, you know, you go out for the night. The reason that cayenne works…

**Kristen:** How about for women?

**Marni:** Oh I dunno.

**Kristen:** I think women get vodka pussy.

**Marni:** Oh for sure.

**Haely:** Only you.

**Marni:** I think they do.

**Kristen:** Probably.

**Haely:** Vodka pussy.

**Marni:** Okay the reason that cayenne works is because it dilates blood vessels to improve blood flow. One of the issues with whiskey dick is that there is not enough blood being delivered to your penis so this helps a lot. It’s not foolproof though. Again, I’m not a doctor…

**Haely:** Where do you even get cayenne capsules? That’s a lot of work.

**Kristen:** Or you go out to get a slice of pizza, just put a little pepper on there.

**Marni:** Yeah, cayenne.

**Haely:** There you go.

**Marni:** Or spray it on your penis, it’s all perfect. Okay, anyway, now we have our guest who is Mehow.

**Kristen:** Who will now address the name issue because at the beginning of the show I said I was so surprised that you weren’t Asian or Native American.

**Haely:** I thought you were Thai. But you look like me and I’m Norweigian.

**Kristen:** Very white.

**Haely:** Very white, yeah.

**Mehow:** Yeah we’re definitely Eastern European.

**Marni:** You guys are a little see-through.

**Haely:** Hey, translucent.

**Marni:** Translucent, I’m sorry, yeah. Very white.

**Haely:** Mehow! I love it though.

**Mehow:** Well I mean if, you know, if you have vodka pussy then you generally pronounce this like, “Oh you’re Meow…”

**Haely:** Yeah and I have a shirt that says Meow on it so it could be meow Mehow.

**Mehow:** Yeah, I thought it said Mehow forever, I was like, “Mehow forever, nice shirt.”

**Haely:** That’s right. View it as a sign.

**Marni:** Well so you are a pickup artist, correct?

**Mehow:** Yeah.

**Marni:** Okay, so tell…

**Kristen:** He’s reluctant.

**Marni:** Okay so I know what this means but tell people who are listening what this means.

**Haely:** Tell me ‘cause I don’t know what it means.

**Mehow:** Well, generally speaking, I coach men and women how to be more attractive to the opposite sex.

**Kristen:** Be more attractive.

**Haely:** We were watching your Yahoo videos and the techniques work, and it’s very interesting and entertaining at the same time.

**Mehow:** That show’s done incredibly well like. Honestly the way it started off was two years ago, our agent was like, “Well we need to get pickup artistry to the masses. We need to get people to accept the knowledge,” ‘cause Ed is a really great agent. He’s like, “Well your stuff’s really awesome but everybody hates pickup because they associate it with big furry hats and dudes like running around with Affliction shirts like picking up girls in clubs, pretty tacky…

**Marni:** And being assholes…

**Kristen:** Lots of dragon tattoos…

**Haely:** What’s the name of the show so people will know it?

**Mehow:** Oh, The Girl’s Game on Yahoo. It’s on Yahoo Screen.

**Kristen:** That’s for women.

**Mehow:** Yeah, it’s for women. So, we started… he was like, “Hey have you ever…” We were working on the show for like years and it was a long process**.** He was like, “Have you coached,” and I was like, “Well a few times, but I never thought there was really a market for it.” It’s gonna be a lot of work, but we started doing it and overnight we’re like, “Oh my God, women are really responding to our stuff.”

**Marni:** Yeah.

**Mehow:** Women are better at pickup naturally than men are, so we can coach them faster and they get results faster.

**Haely:** Our brains are more evolved.

**Kristen:** Smarter.

**Marni:** Right.

**Mehow:** No, actually your brains are socially more evolved. That’s the correct biological reason. Like you have a way bigger part of the brain.

**Kristen:** Therefore male brains are smaller.

**Haely:** Yeah.

**Mehow:** Yeah. There’s also vodka brain. That’ll mess it up.

**Kristen:** But I love that you do this because there hasn’t really been anything out there directed at coaching women.

**Haely:** And I grew up thinking that men are supposed to pick up women. I just never had the balls or the audacity to really ever go for it so…

**Mehow:** Well you’re right. You’re right. I teach a bunch of stuff but the central technique that you sort of see on the show, if you’re really paying attention… ‘cause the show’s like 5 minute, 12 5-minute episodes, but if you watch them all you’ll be like, “Oh there’s like a method,”

**Marni:** Yeah.

**Mehow:** But the method is, for women’s pickup, we call it ghost leading. So like the guys still really has to pick you up but you can lead him through the process quietly in a way that makes him think he’s not being led.

**Kristen:** Right, right, right.

**Mehow:** Right, so and then the guy starts to act all interesting around you and if he hasn’t done it, this has never happened to him before, he’s like, “Oh my God you’re super special because I’m only having a great time with you somehow,” right. So then all of a sudden they’re like they start to turn on with you.

**Marni:** Hmmm the tricks. But we talked about this in our last episode. We had a woman named Kim Seltzer on and we were talking about this boot camp that I did where we had men and women in the same room and we were doing mock pickups and both the men and the women were assisting the opposite sex in helping the pickup or the approach move along.

**Mehow:** Yeah, yeah.

**Marni:** Which is kind of like what you’re teaching as well ‘cause a lot of women will sit back and just say, “Okay, let’s see what you got,” as opposed to actually partaking or participating in the actual approach.

**Mehow:** Yeah, ‘cause most guys will stall, right. Like most guys will just… the biggest problem women have from doing this for the last years is you’ll take like a super beautiful girl and you think like, “Oh she doesn’t have a dating problem.”

**Marni:** Right.

**Mehow:** But when you talk to her, you know, “How many really cool guys have you been out with in the last 6 months? The guys that you wanted to pursue more?” and she’ll be like, “Two,” and when I first heard this I was like, “Two? Two, that’s like a normal week for me, you know.”

**Kristen:** Right.

**Marni:** So you date dudes?

**Mehow:** No, no, no. Two cool girls a week, like if you’re really out there like putting yourself out there as a man…

**Haely:** Right, for a chick it should be…

**Mehow:** It should be the same thing, right?

**Haely:** Right.

**Mehow:** And it’s not so when I found that out I was like, “Wait there is like a whole thing that’s in here.”

**Haely:** It’s not quantity, not quality. Yeah.

**Mehow:** Because women are looking for quality, right?

**Haely:** Exactly.

**Mehow:** And as a guy, there’s still a few guys that, you know, are really good with women that … It’s easy for me to find quality because most women are quality, but most guys aren’t quality, from a female perspective.

**Haely:** True that.

**Marni:** Right.

**Mehow:** Like when you meet most guys, like 95% of you are like, “No, no, no, no, no, oh hell no. Oh he better be a sugar daddy,” right?

**Kristen:** Right, yeah.

**Marni:** No, but when women say quality what does that mean?

**Mehow:** Generally, for you guys it’s about emotional engagement. It’s like a guy that captures your imagination in some way, where like it’s about them having personality because, you know, you can have like all the mechanical sex you want but that’s really not fulfillment. For a guy, it’s fulfillment, right. So it’s easy for a guy to sort of have a happy sex life because as long as he’s sliding into something he’s happy.

**Marni:** Right.

**Mehow:** But as a woman you have to open yourself up to somebody that you actually like at some level beyond just the physical. Otherwise, it just really doesn’t work.

**Marni:** For sure.

**Mehow:** So it’s a weird scarcity right?

**Haely:** Absolutely.

**Mehow:** Like if you think… Guys, most guys think that there’s no scarcity in women’s lives if they’re beautiful but it’s completely not true. It’s actually really the opposite.

**Marni:** Yeah.

**Haely:** I agree, yeah.

**Marni:** Completely.

**Mehow:** So, on the show like I teach women how to deploy a lot of personality so they get to keep the guy after the fling, you know. ‘Cause I also don’t judge. I was not really surprised when we found out most of the women we coach were like, “I don’t want a boyfriend,” I was like, “Cool, let me get you not-a-boyfriend.”

**Kristen:** See, I like that ‘cause that’s a misconception. Men think that we automatically want to be in a relationship and I think that it’s really not the case all the time so…

**Mehow:** Yeah so, it’s cool doing that so it was like, “Okay, let me get you want you want. You want an engaging fling and then you want the option of having a relationship, you know, so you want to keep the guy.” So a lot of that has to do with ghost leading and personality and you know…

**Haely:** So with us watching the videos, we kind of have a little bit of an understanding of how to do it but for people who haven’t seen the videos, what’s like the main technique you implement throughout?

**Mehow:** Well one, let me give you a real simple example. So, the way men follow is you just use a really basic, basic technique, right? So a guy, if he sees you act a certain way and he sees you enjoy yourself acting that way, he’ll start to think like, “Oh, maybe I should actually start talking to her.”

**Haely:** Right.

**Mehow:** So the essence of ghost leading is that you’ll drop a hint?

**Kristen:** Is it ghost leading?

**Mehow:** Yeah, ghost leading.

**Marni:** I want to interrupt you for a second. Can this be done for men and women, or is this just for women, ghost leading?

**Mehow:** Ghost leading is… well, the man should just lead, right?

**Marni:** Right.

**Mehow:** A man can take charge at any point and just start doing what he wants to do and you’ll probably find that attractive unless he’s really mis-calibrated. So a man can just lead. He doesn’t have to be stealthy about it.

**Kristen:** Right.

**Mehow:** He can just be like, “Hey, we’re doing this,” or “We’re talking about this,” and you’ll be like, “Cool!”

**Marni:** That’s what I want to talk about.

**Mehow:** Right. Yeah, you say, “That’s an awesome topic,” or you’ll basically bounce off of that and sort of give him feedback as to which way to go, right.

**Marni:** Right.

**Mehow:** So men don’t have to be as complicated. Women, fortunately you guys are smarter, so you can use more sophisticated techniques.

**Marni:** I like you. You can come on our show anytime.

**Mehow:** Well it’s a room full of women. I’m very comfortable.

**Kristen:** I disagree, though, I’m a self-loathing woman.

**Mehow:** Are you the emo of the group?

**Haely:** Yeah, she is.

**Kristen:** Especially today.

**Marni:** I want to talk about sexual innuendo. So for us, again, the majority of our audience is men and I love the advice that we’re giving for women, but I have a lot of guys who will write in to me or write in to the show and just say, “Sometimes I creep girls out when I do start using sexual innuendo, how soon can I use it and what do I do?”

**Haely:** Yeah.

**Marni:** What are the tips for men about how to use sexual innuendo?

**Mehow:** Well…

**Kristen:** I feel like the only sexual innuendo I know is, “That’s what she said.”

**Mehow:** So that’s why you’re in the corner. I understand.

**Kristen:** Right. Totally.

**Mehow:** I’ll take you to the goth show, you know, hang out and wear some dark eyeliner and you’ll be cool. So alright, so the question is how to use sexual innuendo: the whole point of sexual innuendo is to start planting sexy thoughts in the person-that-you’re-talking-to’s brain essentially without being player-y or without being sleazy.

**Haely:** Too overt.

**Kristen:** Yeah, I don’t want to creep them out.

**Mehow:** Too overt. So the technique is actually very similar for men and women.

**Marni:** Could you do a mock actually with Haely?

**Haely:** Oh, yes. I’m ready.

**Mehow:** Are you ready?

**Haely:** Totally ready.

**Marni:** To just show and then maybe explain…

**Mehow:** Well here’s the deal. The first rule of sexual innuendo is we already have to like each other ‘cause if you like walk in and you start saying sexual stuff right away, then it’s weird.

**Haely:** I like you.

**Kristen:** Yeah sexual harassment weird.

**Marni:** Yeah.

**Mehow:** Then it’s weird and that’s why in the women’s video I say don’t, the woman shouldn’t do any sexual innuendo to the guy until the guy showed a genuine interest in her.

**Marni:** Right.

**Mehow:** And as a guy you shouldn’t be trying any sexual stuff with a woman unless you’re getting what we call indicators of interest or IOIs.

**Kristen:** Totally.

**Haely:** IOIs, baby.

**Mehow:** So IOIs are like, we’re having a conversation and you’re already into it, right. So one really, you know, easy example is you give me one compliment, just give me a compliment.

**Haely:** Oh I really like your glasses.

**Mehow:** Thanks, should I take my shirt off now or later?

**Haely:** Oh, ah, definitely later.

**Mehow:** So you get different responses. Some girls would be like, “No, no, no,” but others (especially if you’ve been drinking in the bar), they’ll say, “Yeah, that sounds awesome,” and then I’ll tone it down.

**Haely:** I was trying to be a little bit quieter.

**Mehow:** Well, that’s probably your personality.

**Haely:** Nah, not really.

**Mehow:** No, oh you’re the top one?

**Haely:** Yeah.

**Kristen:** She was being me.

**Haely:** I was playing Kristen in that scene.We’re also warming here. We’re still getting to know each other.

**Mehow:** So that’s like a little one where you’re like, “Okay now he’s thinking slightly sexually about me,” and now you have a choice -- you can escalate that…

**Haely:** Right.

**Mehow:** Or you can sort of shut it down and the thing that guys have got to understand is that it already worked if you’re just cool with it. If you’ve accepted it and you didn’t freak out, we’re good.

**Haely:** Yeah, he’s in.

**Mehow:** Right, because now you’re like, “Okay he said something a little edgy and it was a little sexual and I’m not freaking out so part of me is accepting this,” right?

**Haely:** Exactly

**Mehow:** So that’s a really simple, you know, phrase you can pretty much use anytime she gives you a compliment.

**Haely:** I like that.

**Marni:** Interesting.

**Haely:** Nice.

**Marni:** Okay. And so when do guys become creepy? ‘Cause I know when guys become creepy, but I can’t really pinpoint what it is. I know that if I’m talking to a guy and right away it goes to overt sexuality, I’m just like, “Wait where is this coming from? I feel uncomfortable.”

**Mehow:** Well usually it happens when you’re unconsciously IOD-ing him, so you’re like kind of looking away…

**Haely:** Sorry, IOD?

**Mehow:** Oh sorry, indicator of disinterest.

**Marni:** Not an IUD, an IOD.

**Haely:** I know that.

**Mehow:** We also call it a take away, like if you…

**Kristen:** I’m going to get pulled over for this.

**Haely:** I don’t know these acronyms.

**Mehow:** I’m sorry I was trying to IOD but I DUI’d instead. Sorry officer.

**Kristen:** And then I end up in jail behind bars.

**Mehow:** Crying again.

**Marni:** So you IOD.

**Kristen:** IOD.

**Mehow:** IOD. So if a woman’s IOD-ing a guy, generally you’ll be talking and then the guy, if he’s not in pickup mode, if he hasn’t been trained, he’s not picking up on how you’re not interested, right? ‘Cause your body language will be a little off, you won’t quite be like… you’ll be politely talking to him but there’ll be no flirtation really going on.

**Marni:** Looking around the room.

**Kristen:** She’s not really into you, yeah.

**Mehow:** Yeah right, and so maybe you won’t maintain eye contact. I always maintain a lot of solid eye contact and I know if the woman’s…

**Kristen:** Yeah, I’m feeling that right now.

**Mehow:** Right, thanks. I call it Blue Steel.

**Haely:** Damn.

**Kristen:** Did I throw you off me yet?

**Marni:** You did.

**Mehow:** Holy shit, you got…

**Haely:** Oh my God!

**Marni:** You picked him up.

**Mehow:** You got girls with personality right here.

**Marni:** Seriously. Too much sexual innuendo.

**Mehow:** If a woman makes a guy laugh, that’s really good because then the guy is like, “Oh it’s not gonna be like a one-way show.”

**Haely:** Yeah.

**Mehow:** ‘Cause my biggest problem is that women think that they can just kind of sit there … because a lot of women, most especially let’s talk about Los Angeles women…

**Haely:** Yeah, they suck.

**Mehow:** In LA, they’re just like, “Oh well, I’m just so hot…”

**Haely:** Now if you had childhood like Kristen and I, I don’t know about Marni, but I was pretty awkward.

**Kristen:** Yeah.

**Mehow:** Yeah, so you develop a personality when you’re awkward, right. And when you develop a personality it makes you into more compelling of a person.

**Marni:** For sure.

**Kristen:** Yeah, that’s why…

**Mehow:** So then there’s the… the whole point is like people are always, “Isn’t pickup a bunch of work?” I’m like, “Not if you’re being picked up by a woman that’s got just as much brainpower as you do,” because then my whole system, if you get into my system, you know, maybe we could talk about it later but it’s all about the ability to improv off each other…

**Kristen:** Yes.

**Mehow:** …for days at a time. Yeah.

**Marni:** That’s real unprof. Not the Mehow style.

**Haely:** For years in marriages at a time.

**Marni:** But actually…

**Kristen:** But it is.

**Marni:** So you had gotten your start from working with men and then transferring over to helping women.

**Mehow:** Yeah it was an accidental discovery based on PR needs. It’s like how do we get men, how do we get people to stop hating pickup. We start coaching women, you know, and that really did happen. The second I started doing the Girl’s Game everybody was like, “You’re a pickup artist, that’s awesome,” and the second I’m like, “Oh I coach men,” “Oh that’s terrible, terrible!”

**Kristen:** You disgusting fool.

**Mehow:** Yeah, exactly.

**Marni:** Exactly, well I understand. I was the first woman to ever be allowed into that world ten years ago.

**Kristen:** You’re like the Barbara Walters of pickup.

**Haely:** She totally is.

**Marni:** Yeah, I guess so.

**Haely:** Badass.

**Kristen:** You could say you’re ours though.

**Marni:** I don’t know if that was good association.

**Kristen:** You could say ours.

**Haely:** You’re totally there.

**Marni:** I’m the Dr. Drew, let’s put it that way. Exactly. No, but I’m saying people have always been against pickup artists because they think that it’s all about—and some of it is—it’s all about manipulation and feeding off of a woman’s insecurities.

**Mehow:** Well I have to disagree with you.

**Marni:** But with the stuff that you do, it’s not true.

**Mehow:** Well I mean people think that, but it’s never true because…

**Marni:** It depends who’s doing it.

**Mehow:** No, even… I mean, I’ve met some guys that are… Even if you meet, you know, like a straight pickup artist like Mystery. He’s really charming. Have you guys ever met Mystery?

**Marni:** Oh yeah.

**Kristen:** I TiVoed his show.

**Marni:** He got me cornered on a coach for two hours.

**Kristen:** I’m sorry but you lose. You lose all mystery when you call yourself Mystery.

**Haely:** And when you wear a hat like that.

**Kristen:** I don’t know who he is.

**Marni:** No, he’s very charming and engaging.

**Mehow:** But he’s extremely charming. He’s extremely engaging and what’s interesting about him is like he is the epitome of pickup but when you meet him, when you really analyze like how he’s doing it, it’s not manipulation: you genuinely like the guy.

**Marni:** Absolutely.

**Mehow:** Everybody who meets him generally likes him. The second he’s not in the room and they watch him on TV it’s like, “Oh yeah, I hate that guy,” ‘cause you know, because it feels like it’s manipulation… his name’s Mystery and it seems like he’s cheesy initially.

**Marni:** Well, there are some things within it that are manipulation and feeding off a woman’s insecurities like negs that actually… I’ve heard people say, “Oh yeah, you know what, you’re really hot but you’d look better if you chopped your hair and dyed it blonde,” like that…

**Mehow:** Yeah but that never… I’ve never seen that work, that’s the thing. It’s some of the stuff that’s taught in the community just doesn’t work. Like if you ever, have you ever had a neg work? ‘Cause I haven’t.

**Marni:** No, the teasing and the bantering…

**Mehow:** It doesn’t work on my dog, it doesn’t work on my mom, it doesn’t work on my cat…

**Kristen:** Dog?

**Mehow:** I’m puppy shaming. Stop being so obvious about wanting that treat.

**Marni:** No but my whole point was… my whole point that I’m trying to say is that that’s not what you’re teaching. You are teaching men how to be better men. Same with me. That’s what I’m teaching.

**Mehow:** Yeah, absolutely.

**Marni:** And actually, just to point it in here, if you do want to check out Mehow’s stuff, go to [winggirlmethod.com/mehow](http://www.winggirlmethod.com/mehow).

**Mehow:** Oh thanks.

**Marni:** But continue.

**Mehow:** Thanks. Thanks, Marni. I appreciate that. I felt that plug deep inside, yeah.

**Marni:** Did you? See there you go, sexual innuendo.

**Haely:** Deep inside.

**Marni:** And I’m taking it. I’m giving it back…

**Kristen:** Plug something up.

**Mehow:** Deep inside my heart, what? Where is your mind at?

**Marni:** Sicko.

**Haely:** Oh no, that’s what I meant. Inside your heart, of course.

**Marni:** See, it’s happening. This is the love.

**Mehow:** So that was an excellent example of how to calibrate sexual innuendo. Like if you feel you’ve overreached you’re just like, “We were just talking about my grandma, what?”

**Haely:** What?

**Marni:** Yeah, well that’s what you said on the show too, with the girl. You can say, “Oh I’m just joking,” or whatever, you can take it back a little bit so that it’s not too overtly sexual.

**Haely:** But I love that. That works well for me, at least.

**Marni:** Yeah.

**Haely:** It’s like, “Oh yeah, okay.”

**Mehow:** The Eastern Europeans are picking each other up over here.

**Marni:** Look at this, look at this.

**Mehow:** Hope you don’t mind.

**Marni:** Well I want you to stick around for our section that is called Analyze This.

**Mehow:** Okay.

**Marni:** And I know that you said yes but I want to ask you again just in case you hate us and want to run out of here really quickly.

**Mehow:** No, I’m cool with this.

**Haely:** Well who’s saying we don’t hate him and want to run out of here?

**Marni:** That’s true. Get the hell out of our studio. Okay, so we have a segment called Analyze This where men write us in questions and we answer them.

**Haely:** Or… yes, we answer them.

**Marni:** Or what? What do we do?

**Haely:** Nothing, nothing. We answer them.

**Marni:** Or we make fun of them.

**Kristen:** No, we never do.

**Marni:** No, we don’t. We don’t make fun of them.

**Kristen:** We appreciate you guys so much and it means a lot and we love getting your questions.

**Marni:** Yes especially the really, really freaking long ones that don’t make any sense. But we try to condense them. I’m getting better at doing it now. So yes, now we are getting into Analyze This.

**Mehow:** Awesome.

**Marni:** Hi ladies, I took your advice and started doing improv. This one isn’t actually on the sheets that I gave you so I tricked you a little bit.

**Haely:** So you’re improv-ing.

**Marni:** Yes, I’m improv-ing right now. It has helped quite a bit and it’s a really good stress relief after a long day of both work and classes. There is…

**Kristen:** For me it just adds stress.

**Haely:** It was the worst.

**Marni:** There is a girl that comes to the club as well that I think is really cute. However, I am concerned about showing direct interest and possibly making it awkward for every time we meet since there are not many of us in the club; maybe like ten people. Am I being too cautious or should I hold off and try to meet someone else? Steve.

**Kristen:** Oh that’s easy.

**Marni:** Alright, so give an answer.

**Kristen:** Okay, well.

**Mehow:** I’m going to wait for you guys to go first.

**Marni:** Well what do women have to say?

**Kristen:** I don’t think he has much to lose. You have a common interest there, which is a great way to have… well first of all you’re seeing her every week doing this so I think you already have something that’s getting you together with her. I think it’s a great place for you to…

**Haely:** If she’s still speaking to you after she’s seen you do improv, ask her out.

**Kristen:** Right. I think it’s a great place for you to meet someone.

**Marni:** Absolutely.

**Haely:** Yeah.

**Marni:** Okay, you’re interested in this girl. No, don’t hold off to meet somebody else ‘cause it’s awkward for the other ten people.

**Kristen:** You know what this is, you know what this is?

**Haely:** Oh please it’s not awkward.

**Kristen:** Shopping and you try on a pair of pants, you’re like, “I love those pants but I’m just go to three more stores and see if I see any other ones that I like,” and then you go back and you get those freaking pants and you wasted all that time looking for other pants.

**Mehow:** I had the exact same problem.

**Marni:** There you go.

**Kristen:** You knew those were the pants.

**Marni:** I want to hear your responses. I want to hear you tell him what to do in this improv class.

**Mehow:** So when you have a small social circle like that, what you’re always looking for is like subtle what we call approach invitations or indicators of interest from the girl, right. So if like you look in her eyes and you smile and she smiles back for a second, you should start talking to her and ask her out.

**Marni:** Yeah play ball.

**Mehow:** Get her number, right. If you give her a smile and she just looks away, then don’t bother.

**Haely:** Right.

**Mehow:** It’s literally that simple. The same thing for gyms. In a gym if you want to know is she down or is she not down, you do a little eye contact, smile at her for a second, if she holds the eye contact, then you should talk to her. If she doesn’t hold the eye contact, then don’t bother.

**Marni:** What if the girl’s really shy?

**Mehow:** Well then it’s tough, right, ‘cause then it’s not going to happen. Then you can still go up to her. One easy way to do that is just start a casual conversation over like something that’s improv-related in this case, right. Like, “What’d you think of that?” Then she’ll know, “Oh, he’s trying to open me up in a stealthy way,” but then very quickly you want to turn it into fun and playful. You don’t have a logical conversation about it.

**Marni:** Yeah, exactly. It’s just a boring conversation.

**Kristen:** Right, yeah, that was why I really enjoyed watching your boring conversation killer thing because the minute someone takes something too seriously then they just meet you, it’s like you want to run away because that’s creepy to me. If someone’s really interested in something that I’ve never spoken to them about before really intensely and randomly…

**Mehow:** Then it starts… ‘cause you know he’s super interested in you and the conversation’s just an excuse and you’re like…

**Kristen:** Yeah there’s no excitement in that.

**Mehow:** Why is he so needy, right? Like you want to know why has he got all this interest in me when we haven’t even talked, he doesn’t know who I am, obviously he just wants one thing.

**Kristen:** Exactly.

**Mehow:** Right, so then you’re like, “Creepy!”

**Marni:** But most women don’t know that that’s actually going on. They just feel the creepy vibe.

**Mehow:** Yeah.

**Marni:** That’s the way they can describe it. You are just making me feel uncomfortable. They’re not conscious of the fact that this guy is trying to get something else.

**Mehow:** Right. So the way you flip that, when a guy asks you where you’re from, you’re like, well in the video I had there was the woman that was in the park. What we taught her is like when they ask you where you’re from, which they always will, the guys, you just say, “I’m the canyon princess and my castle’s up on that hill,” and now the guy’s going to have a chance to be playful back and then the weird vibe instantly goes away or he’s going to keep asking logical questions. You’re like, “Okay….”

**Marni:** It’s time to go.

**Kristen:** Oh he really thinks I’m the princess.

**Mehow:** Or if he takes you seriously and you’re like, “Okay, let’s go back to…”

**Kristen:** He’s like, “Well I am the prince.”

**Haely:** Then you found each other.

**Marni:** There you go.

**Kristen:** That would be a great funny answer.

**Mehow:** Well that would be great answer. That’s like, you know, “Well actually I’m the king. I did not know a princess have moved in down the street. Okay let’s discuss our territories.”

**Kristen:** I beheaded the last princess that wronged me.

**Marni:** Exactly.

**Mehow:** That would be too much, that would be a little creepy… You never want us to throw in violent stuff like…

**Kristen:** It’s just perfect for me.

**Haely:** It’d be perfect for me too. I’m like, “I’m in.”

**Mehow:** Yeah, go ahead.

**Marni:** Hi girls and guest. Look at this. He’s acknowledging there’s a guest answering during this portion.

**Kristen:** Yay!

**Marni:** Very nice of you. Okay. So I have been single for coming up on a year now. As mentioned in subject line—oh the subject line was small town—I live in a small town population 11,000 plus. Like plus 2. I think I am a decent-looking guy. I have a great attached photo. He was a decent-looking guy. More than decent, he was actually very cute. Nice blue eyes. I have a great job, not only steady but also good pay and kind of sexy and mysterious. He’s in law enforcement.

**Haely:** Ooooh.

**Marni:** Of the town of 11,000.

**Haely:** He’s a little mysterious.

**Kristen:** He’s using his power.

**Marni:** I know, seriously.

**Mehow:** He’s the town sheriff.

**Marni:** So sexy. I’m your typical nice guy. I respect women and really will not change that just to find a relationship. I think the issue might be my filters or morals are following the bro code. Small town dating means a few things. Almost all women you meet are an ex, a friend of your ex, or an ex of a friend. I also find that a lot of the women who are attracted to me are younger than me—not a huge issue. In fact I would say it’s a great issue—and flattering but I have a rule that the age gap has to be less than that between them and my 16-year-old son. That makes sense. So when you add these filters in and then the limited number of options and then the ones I am actually attracted to, it can be very limiting. There are other towns in the area but I’m too busy to be travelling every weekend.

**Haely:** I’m a cop.

**Marni:** So my question. Do I break the bro code?

**Kristen:** Yes.

**Marni:** Is it ever okay?

**Kristen:** Yes. Bro code is like living within an electrical fence that’ doesn’t need to be there.

**Haely:** Oh really, you think that?

**Mehow:** Yeah, but the question he’s asking is a very good question that we get a lot. He’s in a small town and he hasn’t practiced like it’s okay to break the bro code when you know it’s okay to break the bro code. Sure sometimes you may cross the line but usually when you break the code and you sort of do a ballsy approach or if you do something in a small town that’s going to create sort of social pressure on you…

**Marni:** Yeah.

**Mehow:** …You want to know it’s going to work before you do it.

**Haely:** Exactly.

**Kristen:** It’s true.

**Marni:** I thought the bro code that he was discussing was is it okay to date an ex of a friend?

**Mehow:** Yeah, if she’s down and you’re going to be discreet and if you know that she’s already interested but then the problem is this guy doesn’t have a whole lot of experience actually dating, right. It’s like his real problem isn’t this. His real problem is that he’s living in a small town, he’s not running any sets. He’s not figuring out how women really work.

**Kristen:** You said running any sets?

**Mehow:** Sets, yes that’s the pickup term for it.

**Haely:** I was shaking my head like I knew what that meant.

**Kristen:** Set means volleyball to me.

**Marni:** It means he’s not practiced. He’s not skilled.

**Mehow:** Exactly. So what we do with guys like this is we take them out of town for a week and we’re like, “Okay now you’re going to approach like 200 women. You’re really going to figure stuff out for like a week,” and then when they go back to their town they’re like, “Oh now I get it. Now I see the matrix. Now I see how things really work. I see that that girl’s down and this is how I’m going to approach her.” You want to break the bro code when it’s appropriate. Like when she’s down to see you and it’s been 2 years since she went out with your friend, yeah you guys should work that out but you should probably work it out in private before there’s social circle consequences.

**Haely:** Well what about like dating outside of his town, what do you think about that?

**Kristen:** He said he’s too busy.

**Haely:** Yeah, he can’t travel.

**Mehow:** He’s not going to have… Right. So I mean we want to get him success in his town but he certainly can take a vacation, right, and get a bunch of practice.

**Haely:** And I mean, how many… if you’re in a small town and there’s 11,000 people I mean the next town over probably isn’t that far away and it’s not that much travel. I think that’s being lazy or reserved.

**Marni:** Well what if a better question was should I move to a bigger city?

**Mehow:** Well that will absolutely fix it, right?

**Haely:** Yeah.

**Mehow:** But not just that. His problem is still that he needs to get practice. A lot of guys move to bigger city and they’re like, “Yeah I’m gonna like work your rocky,” and they’re like, “I’m gonna open, I’m gonna talk to a bunch of girls,” and they get there and all of a sudden it’s, “Uh this is scary,” and then they don’t open at all. It’s hilarious ‘cause people are like, when I coach, they’re always, “Oh people are gonna recognize me as a pickup artist.” No they won’t because most of the people that study pickup never actually use it because they don’t have the balls to open the second the coach is out of the room and not pushing it.

**Haely:** Right.

**Mehow:** A few guys that do keep opening become incredibly successful at it and they attain enlightenment and their lives are epic. Literally that’s what happens ‘cause after they get through this matrix they start figuring out, “What other matrices are there in my life? Maybe I can make more money. Maybe I can be happier this way. Maybe I can be happier that way.”

**Marni:** But most of the things you’re teaching can be applied to every other area of life. You’re teaching people to open up. You’re teaching them to look for psychological cues. You’re teaching them to get outside their own head and look towards other people.

**Mehow:** Yeah.

**Marni:** You’re teaching skill sets that can create power in many other realms of their lives.

**Mehow:** Yeah for me it was like I became a pilot. I became pretty good at the business side. I got a show going and it changed everything…

**Kristen:** Wait, an actual pilot? Like a flying pilot?

**Mehow:** I’m an actual pilot.

**Marni:** Look at this.

**Haely:** You’re the best TV show, so…

**Kristen:** Just pick up women by zooming down on your plane and just picking them up like you’re like an eagle…

**Haely:** That’s the hottest thing…

**Mehow:** But I used to be very afraid of flying just like I used to be very afraid of talking to women. Once I got the women thing, I was like well…

**Haely:** I might as well fly now.

**Mehow:** Yes.

**Kristen:** You started by being pretty afraid to talk to women.

**Mehow:** Oh everybody starts being really afraid to talk to women.

**Kristen:** I don’t know.

**Mehow:** I don’t know any guy that doesn’t have any approach issues.

**Haely:** Always a natural.

**Kristen:** If a guy is, yeah, he’s always a natural it comes across very cheesy.

**Haely:** Too self-assured is always…

**Mehow:** But even those guys are still, they’re still freaking out. They’ve just done it so much.

**Marni:** Right.

**Mehow:** ‘Cause we have this social program in men’s heads like, “Oh it’s a tribe, that’s maybe somebody else’s woman. I might get clubbed over the head or whatever.” I don’t really know what the real story is why it exists, but basically people have 1 of 3 responses to that initial thing of fear. They’ll either like sort of run their mouth a lot or they run away or they’ll be present and open.

**Haely:** There you go, master of the North.

**Marni:** Having things happen for you. One other question he had was the age thing. Why is it younger women? It’s kind of disturbing, I am 39. I don’t know how young these women are but it was actually a topic I did want to address. What do you think of men dating younger women? What is the appropriate dating range?

**Mehow:** I mean as long as it’s legal…

**Marni:** That’s what I say. Play ball, right?

**Kristen:** I just think you’re going to strike out more with younger women because you guys don’t have a mutual frame of reference … this is one thing I’ve always been big on. Remember we talked about this a long time ago, but when you don’t have the same background and the same, you know, memories or nostalgia it’s hard to connect. When you’re 39, you’re trying to connect with a 21-year-old who grew up with Justin Bieber.

**Marni:** But you’re talking about getting into a relationship and further on down the road. That’s different.

**Mehow:** I’ve done that a lot like right now my girlfriend is she’s a pilot and she’s 36, I’m 41, so that’s…

**Marni:** You’re 41?

**Mehow:** Yeah.

**Haely:** Great skin.

**Marni:** You don’t look 41. I thought you were my age.

**Mehow:** I moisturize.

**Marni:** Yeah.

**Mehow:** I’m in her vampire coven.

**Marni:** Interesting.

**Mehow:** When she was reading this letter, she was like, “Hope it’s a small town in Maine.”

**Kristen:** Is that where she lives. She’s flying in later.

**Mehow:** You know, so the bottom line, but I’ve also gone out with 25 year olds and some 19 year olds, and it’s just really it’s how you vibe on a personal level ‘cause we like to test that I always give people, it’s like, “Okay if you guys can stay in an empty room for half an hour, an hour, and totally entertain each other without really having to talk about each other’s lives, like you just have a vibe, that’s really what matters.” So I mean for a guy that’s like in the late 30s or a commensurate 25-ish, you know, because there is all this sort of psychological evolution that happens from 18 to 25 for people, right. So by 25 they’re kind of stabilizing to what type of person they’re going to be so you’re not going to get any surprises. But I’ve also had a blast with really young women that are just like super fun but then I’m like well I don’t know where she’s going in a couple years, right?

**Kristen:** Exactly.

**Marni:** Well she doesn’t either.

**Mehow:** Right. She doesn’t know and you can’t expect her to.

**Kristen:** It’s more of a mindset though, isn’t it? Where you’re at? We had Adam Gilad on the show, and we talked a lot about how he dates younger women because it’s the adventurous mindset that he’s in.

**Marni:** Yeah, free spirit or nothing -- so they have things in common.

**Mehow:** You know for me it’s always like how much game does she have and how engaging is she for me.

**Haely:** For me it’s just like, “Do you remember Atari?”

**Kristen:** For you, it’s like do you like Larry David?

**Haely:** Yeah, you need those kind of basic foundations for me to even have a good time…

**Marni:** Yeah, for sure.

**Haely:** You know, just my personality type.

**Marni:** When I was 23 I remember meeting men who were in their 40s and close to their 50s and I was like, “I’m totally vibing with you, I’m totally connected with you,” and I didn’t see what their age was. I just saw that there was this energy between us and it wasn’t, again, like we were talking about talking about what we do for a living or what our ages are or like, you know, what video games we played when we were younger…

**Mehow:** Yeah, it’s all about the vibe.

**Marni:** …it’s all about how that person made me feel in that moment and vice versa. So I was totally open to dating men who were much older than I was and now I will be totally open to dating men who are much younger than I am, if I’m that space for adventure, fun, and freedom but more importantly I like to connect with other people who are really open. The other stuff like where they were when I was 18 or whatever it is that happens later on down the road, you figure out if you have connections with people. My only rule for dating people who, women who are younger, is that you can never belittle them or get mad at them for being younger. You have to be okay with the fact that they are younger and let them be their age instead of hurrying them to catch up to you.

**Mehow:** Be like, play the damn Atari.

**Marni:** Yeah, exactly.

**Kristen:** It’s not that hard.

**Marni:** Exactly. Okay. Hello ladies. My name is Mike and I’m a big fan of your podcast.

**Kristen:** Play Tetris.

**Haely:** Oh I love Tetris.

**Marni:** You guys are very funny and I’m very entertained by your podcast, you guys have awesome advice, and it has helped me big time.

**Kristen:** Shut the hell up.

**Marni:** One thing I haven’t heard on your show yet is a sports topic. I grew up a huge sport fanatic. I love watching and playing different kinds of sport especially now that football season has started. I am glued to the TV when the games are on. My girlfriend of three years is the complete opposite when it comes to sports although she has been making an effort of trying to understand why I love sports so much and I have taken her to a couple of sporting events to see if she would like it more. I would love to get your thoughts on your experiences when it comes to sports. Do you guys like sports at all? If so, did you always like sports growing up? If not, how did you get into sports?

**Kristen:** I need to start answering this.

**Marni:** Okay.

**Kristen:** Thank you. I’m a big Buffalo Bills fan. I’m from upstate New York. It all stemmed from my childhood. It was one thing that we all related on and it built memories, so I think for women who didn’t grow up watching sports and didn’t have that family value around sports, they can’t really get it or understand why men are so obsessed. I think what he can do is start to build memories for them together watching sports and I think she’ll start to build a connection in an understanding and an appreciation for it.

**Marni:** Well I always say that to my husband because he just wants me to naturally love watching sports as much as he does, but I’ll ask him a question, “What is this?” and he’ll be, “Sssh!” and he won’t involve me in the game and I’ll say to him, “If you want me to like it, you’re gonna either have to tell me about these guys’ love lives…”

**Haely:** Exactly.

**Marni:** “…or you’re gonna have to answer my freaking questions without getting annoyed at me.”

**Haely:** Exactly. That’s exactly, you have to make a story out of this. I actually did grow up going to sports with my family. I was there at the Avalanche Games for the Dippin’ Dots only. That was the highlight and the fights and I love going to games, but you know what, I never really cared about watching them on TV and my biggest answer to this guy ‘cause I am that girl is to make an event out of it. Have friends over for a barbecue. When I’m drinking and I’m eating, I am loving it.

**Marni:** She’s in front of the TV screaming at the players.

**Haely:** My whole rule is like, “Look, I will watch any sport with you but I’ve got to have my wings and a couple beers.”

**Kristen:** Yeah I saw you at Barney’s Beanery watching a game and you looked into it.

**Haely:** I was into my beer. I’m into cheering.

**Kristen:** Right.

**Haely:** And so the thing is it’s like what Marni was saying, tell a story. If you know these characters…

**Marni:** Hahaha that’s how I think of them too!

**Kristen:** She’s really into sports.

**Haely:** But he was telling me about this guy who had grown up in this terrible family and now he was really hurt and now he’s back, I forget his name, but I was really into his story…

**Kristen:** OJ Simpson?



**Haely:** …or the brothers, the Mannings. See you can see how ignorant I am.

**Marni:** No, Peyton Manning.

**Haely:** Yeah, when she gets into their story she’s going to be all a part of it, all in it. Anyway, I totally feel for her and I think if you can make it into an event she’s going to be into it with you.

**Mehow:** Oh that’s solid advice right there. I have nothing to add ‘cause I’m not really into sports except weird stuff like sailing and flying and stuff.

**Kristen:** Now that’s the stuff that chicks are into.

**Haely:** See I’m used to flying because usually the bills like crash and burn so it’s like I kind of get that… was that really cheesy.

**Marni:** But one point I want to make is that you’re not always going to be able to … your mate is not always going to love what you love and if you can really look at that as kind of a wonderful thing instead of a negative thing and figure out, “Okay, well she doesn’t like sports but I love going and watching sports with my buddies.” Have that be your thing with your friends then you come back, you let her go out with her girlfriends, and then you have a nice time together instead of putting the pressure on her to like sports. She just may not like it.

**Haely:** Just create memories around it.

**Kristen:** Or wipe it with spritzers.

**Marni:** I agree. Okay so last we’re going to do one more question. So, oh God this was from so long ago. Last week you ladies jumped all over Jedi master Mo in responding to the push-pull technique when he admonished guys? I dunno. To also slip into the role of dick. The irony is that approach works. I have spent the last 6 months experimenting with the gentleman role versus a-hole tendencies and sadly the latter seems to work infinitely better.

**Haely:** Like being an asshole over being a guy, got it. It works, yeah.

**Marni:** Being an asshole over being a gentleman. Respond then don’t text or call, flake out on dates but then follow up with a sweet action. Show up with another date at an event she’s at. Be a more…

**Kristen:** Oh he’s really committing to the asshole thing.

**Marni:** Between Li’l Wayne, Drake, Little Bruno, Bieber and the rockers, women seem drawn to the challenge, then the oxytocin locks them in post-sex to a long fruitless relationship with a challenge, great beautiful… anyway, the whole point is, is it better to be an asshole or is it better to be a gentleman? From King Parker. This is King Parker’s question.

**Haely:** Hi, King.

**Mehow:** So, you guys are all looking at the pickup artist for this.

**Kristen:** Yeah, we need you for this.

**Mehow:** You guys are like, “Voom, okay.”

**Marni:** What do you have the say?

**Mehow:** The gardener couldn’t get in the house. He was texting, sorry. I’m here with you. Okay, so you want a little bit of edge, right? So what you’re saying, you don’t actually want to be an asshole. You want to play at being one every once in a while, right? So, I’ll say stuff like I’ll give you a compliment and you’ll be like annoyed, don’t give girls compliments. And you’re like, “Really, why?” it’s like, “Because I’m in jerk recovery. I’m on step 7 and if I’m extra nice to you they’ll let me to step 8 so I’m going to try really hard right now.” Right, so I have a little edge to me…

**Kristen:** You seemed more at step 1.

**Mehow:** Thanks.

**Kristen:** See that would be my response to something like that.

**Haely:** She’s just playing with you.

**Mehow:** Clearly your last boyfriend did not spank you.

**Kristen:** Yeah, I dunno.

**Marni:** Oh, you stumped her. Very good.

**Haely:** You stumped the Carney, wow!

**Marni:** I know, there you go and she’s blushing now.

**Kristen:** Well I didn’t want to disappoint him into becoming my only boyfriend.

**Marni:** Awww…

**Mehow:** Things you never want to say, you know that changes it. Yeah, my van’s parked outside for you guys.

**Marni:** No, but continue what you were saying. I think that’s really good information.

**Mehow:** So you want to… like for example, in like all my books I do teach, I have an element I call edge for men that I say you have to throw in a little edge, you have to throw in a little dark side, but it doesn’t mean actually being an asshole. Like, I’ll open all the car doors but I’ll be verbally a little bit of a jerk here and there.

**Marni:** But what do you mean by that? What do you mean you’ll be a little bit of a jerk here and there ‘cause it’s not… you’re not really being a jerk.

**Kristen:** It’s sassy.

**Mehow:** It’s like being sassy and it’s always humorous.

**Marni:** That’s very different.

**Mehow:** That’s very different, right. So a lot of guys get into the community and he sounds like one of them -- he doesn’t get what it is that we’re really trying to do.

**Haely:** Right.

**Mehow:** Pickup is about giving value and being very charming, funny … 80% of it is humor. Like, if you got the humor down, you’re good.

**Kristen:** Yeah and that’s the problem, I think, when guys say women like assholes, they’re not thinking of the humor involved in that.

**Mehow:** Well, like Tucker Max, for example?

**Kristen:** He’s a great example.

**Mehow:** Because he’s hilarious.

**Kristen:** Right.

**Mehow:** He’s a flaming dick but he’s hilarious and his stories are ridiculous and you’re always laughing so you’re cool with it. But if you were just Tucker without the humor, you really wouldn’t get all the girls that he’s getting.

**Kristen:** No.

**Marni:** He actually is an asshole. I went for dinner with him one time and I had a hard time…

**Mehow:** Well I’ve never met him but like…

**Marni:** Oh okay.

**Kristen:** His book is called Assholes Finish First, for people who don’t know.

**Haely:** Eewww, I hate that title.

**Marni:** He was entertaining but he was an asshole. I’m like, “Ugh I don’t want to talk to you anymore.” Anyway, I get what you’re saying. But it is interesting because most men misconstrue what’s actually going on. It’s not that men can be assholes and they get attention.

**Mehow:** I have one more thing to add.

**Marni:** Oh yeah, please.

**Mehow:** Do we have time?

**Marni:** Yeah, yeah.

**Mehow:** Okay, cool. So the reason that for a lot of guys, the gentleman thing doesn’t work. It’s not working because usually when you’re being a gentleman you don’t know how to calibrate it and you’re coming off too needy. The second you’re really nice, the girl’s like, “Oh he’s into me,” because every guy that’s really into her is always really nice.

**Haely:** Yeah, like your care-o meter should never be at 100%.

**Mehow:** Care-o meter. Oh gosh, okay. Wow.

**Marni:** I had no idea what you said either.

**Kristen:** I was there.

**Haely:** Thank you, I was visually picturing it but yeah it should not ever be at 100%. It should probably at like 60%.

**Mehow:** We call it hopeful attraction or suspending her between hope and doubt and it works both ways. The woman wants to do that to the guy too.

**Marni:** That’s fun.

**Mehow:** In the pickup. Then once you’re in the relationship you want to know you guys got each other, right?

**Haely:** Yeah.

**Mehow:** But in the pickup, you don’t want either party to know exactly where they stand because then the mystery goes away.

**Haely:** It’s boring.

**Kristen:** I’ve been doing that for five years with my boyfriend. It’s like hope, pull back, doubt, 100%, hope, etc.

**Haely:** Yeah, it just keeps it hot, right?

**Kristen:** He is.

**Marni:** That’s how you mess around. Alright, well that is all the time that we have today. Thank you, Mehow, for being on the show.

**Haely:** Thank you, Mehow.

**Mehow:** Thanks guys.

**Marni:** …and for answering our questions and again you can check out [**http://www.Winggirlmethod.com/mehow**](http://www.Winggirlmethod.com/mehow) and where do they find your show?

**Mehow:** Yahoo Screen.

**Kristen:** Can you rename your show, “Mehow, you can?”

**Mehow:** They wouldn’t let me.

**Marni:** I like it. What is it called?

**Mehow:** The Girl’s Game.

**Marni:** The Girl’s Game. It’s really funny, entertaining, and very educational, so definitely check it out. If you have questions, send them to [ask@askwomenpodcast.com](mailto:ask@askwomenpodcast.com) You can check out our new website askwomenpodcast.com and go to our Amazon store, wonggirlmethod.com/amazon and out Twitter [**@askwomenpodcast**](file:///C:\Users\rbjmc_000\Desktop\Clients\Marni\My%20edits\twitter.com\askwomenpodcast)**.**

**Kristen:** Stalk us at our houses.

**Marni:** Seriously we have so many freaking things. But download all-new episodes of the Ask Women Podcast every Thursday and we will see you guys next week.

**Mehow:** Sounds awesome.

**Go Listen or Download the Podcast Here: #25**[**http://www.winggirlmethod.com/podcast**](http://www.winggirlmethod.com/podcast)

# DR. EMILY MORSE/CHLOE KLEIN: Clits and Tinder

**Guests:** Dr. Emily Morse, host of Sex With Emily; Chloe Klein, Tinder correspondent

**What’s Covered:**

* The clitoris, how to find it, and how to pleasure it with your hands.
* Tinder and how to use it.
* What to write to women to get a response.
* Bad first dates and what NOT to do.

**Air Date:** 3/6/14

**Kristen:** Hey you guys. Welcome to Ask Women Podcast: we get you real advice straight from the source.

I am one of your hosts, Kristen Carney, Comedian extraordinaire. Check out my comedy at [**http://www.youtube.com/seeyounexttoscomedy**](http://www.youtube.com/seeyounexttoscomedy) . We also have Marni Kinrys, owner of [**The Wing Girl Method**](http://www.winggirlmethod.com) and the bestselling author of [**“Get Inside Her”**](http://www.winggirlmethod.com/amazon)which is available on Amazon right now; and we also have the host of Sex with Emily here with us today. Emily Morse, a very knowledgeable and sexy lady.

**Emily:** Hello.

**Marni:** Yeah, but she’s also a doctor.

**Kristen:** Doctor. That’s why I said knowledgeable.

**Emily:** Yes.

**Marni:** Knowledgeable doctor. Doctor of sex.

**Kristen:** Yes, doctor of sex, that’s the best kind.

**Marni:** I know, right?

**Kristen:** And I don’t want to forget Art: everyone, Art is here. Later in the show we have Chloe Klein coming on; she is our Tinder correspondent.

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**Marni:** Rep.

**Kristen:** Correspondent.

**Marni:** Yeah, Correspondent is a better word. So she said she has tons of stories, but so does Emily.

**Kristen:** Aficionado, I like that.

**Marni:** Yes, yes, I just started using Tinder.

**Kristen:** I know, I can’t wait for all of us to talk about it and do it together.

**Marni:** I love it. We should do it together.

**Kristen:** I know.

**Marni:** Because I was out of town, I have to catch up with my Tinder messages.

**Kristen:** Yes. I want to see.

**Marni:** I just landed and I came straight to Ask Women because I didn’t want to miss it. I love it.

**Kristen:** I do need to see a demonstration.

**Marni:** I’ll show you a demo. You guys can help me pick guys, because some of my friends are like, “Oh really, you’re going to yes him?” Just say yes to everybody and see. Just kidding.

**Emily:** You could.

**Kristen:** I mean, you could, but that wouldn’t be realistic. I don’t want to cut off the Tinder talk, but I do want to talk about Amazon.

**Marni:** Yes.

**Kristen:** Because it is so important to help us stay on the air. We don’t get paid for this, unfortunately, SO we need help to keep it on the air. That’s where you come in. Please bookmark [winggirlmethod.com/amazon](http://www.winggirlmethod.com/amazon) and do all of your shopping through that page, and let us know when you do because we will give you a personal shout out on the show.

**Marni:** Yes, we’ll thank you for it.

**Kristen:** Yeah. And follow us on Twitter.

**Marni:** Okay! So, we are going to talk to Emily about sex obviously. The thing I want to talk about today is the clitoris.

**Kristen:** I love it.

**Marni:** I know, and the reason I want to bring it up is because I want to make Kristen really uncomfortable and squirmy the entire time.

**Emily:** Okay good.

**Marni:** So this will be twenty minutes of her being uncomfortable and not being able to handle the conversation.

**Emily:** Okay. Got it.

**Marni:** But so… The main thing that I want to tell guys today for the latest chapter in the Man’s Playbook.

[movie sound over from Any Given Sunday]

**Marni:** I think that is hilarious!

**Kristen:** The worst, yet best thing I have ever heard in my life.

**Marni:** Absolutely. I like it. Keep it, keep it. It’s good for now. So I want to talk about *where* the clitoris is…

**Emily:** Okay.

**Marni:** And what…to do with it.

**Emily:** Okay, that is a great question. That is such an important question because, as women, we are so gifted that we have this clitoris, right?

**Marni:** We are. Yes.

**Emily:** The clitoris’ only purpose on the planet is for pleasure.

**Marni:** Really?

**Emily:** It has eight thousand nerve endings.

**Marni:** For real?

**Emily:** For rizzle.

**Kristen:** I used to call it my ‘pink thing’ when I was little.

**Emily:** You’re lucky because I didn’t discover mine until I was about twenty.

**Marni:** Me too.

**Kristen:** Well no, because it would rub on my jeans and I would be like, “It’s drying out, it’s really uncomfortable, this pink thing.”

**Emily:** Right. A lot of women do discover it early on. I hate them. No, just kidding. They’re like, I was riding a bike and I had an orgasm at five. I’m like, really, how nice for *you*.

**Kristen:** No. I had no clue until I was in my early twenties that I was actually supposed to feel something.

**Emily:** Totally. But to compare the clitoris with the penis … the penis gets a thousand nerve endings compared to the clitoris’ eight thousand. All women have clitorises.

**Kristen**: Yep.

**Emily:** We’re here to talk about the clitoris and why it’s there: for pleasure. It’s like a little nub at the top of your labia and for women it’s hidden behind the clitoral hood, behind the hair if you’ve got a big bush.

This is another reason why if you shave your pubic area, it’s easier to find your clitoris. It becomes engorged when you get aroused and this also makes it easier to find. It is the key to most women’s sexual pleasure and having an orgasm.

So, there’s different kinds of orgasms. There’s the clitoral orgasm and there’s the G-spot Orgasm, an internal orgasm, and really they’re all kind of connected. But most women need clitoral stimulation to even have any other kind of orgasm. Like, there’s a lot of women who can have a G-spot orgasm or the internal one, but they need the clitoris stimulated first.

So the thing about the clitoris is (and the problem with the clitoris is), well most men can’t find it. We are told as women, that when we have sex with a man, or a woman, whoever you have sex with, we’re going to have an orgasm. When you have sex with a man, he knows he’s going to orgasm just by going in and out and in and out and that works for him. But we as women get to the end of that and go, “What the hell, I didn’t have an orgasm!”

And that’s because the penis is nowhere near the clitoris when you’re just going in and out. The clitoris does not get enough stimulation during sex, it really doesn’t on its own, so that’s why you need to use your fingers as well. There are certain positions that are better for stimulation as well.

**Kristen:** That makes me wonder, just in terms of our Creator, why wasn’t it put in an easily accessible, obvious spot where you couldn’t miss it? For guys, there is no other thing to use but the thing that gives them pleasure. And then for us, of course, it’s hidden in a separate location -- why wouldn’t it be just like up in there?

**Emily:** I don’t know, it’s just the unfair truth.

**Marni:** Maybe we are not supposed to be with men?

**Emily:** So the thing that women need, and I tell women this all the time, is that they need extra clitoral stimulation; don’t be intimidated during sex to ask your partner or to touch yourself there. Use lots of lube and touch yourself, he can use fingers or use sex toys for people.

**Kristen:** As opposed for the ones for cats…

**Emily:** There are so many sex toys out there that you can use; some are very discreet. You can use a vibe on your clitoris and you can have an orgasm that way. And so most women, they start masturbating and they figure this out. I usually hear these stories about women who say, “I was horseback riding when I was six and I had an orgasm,” or, “I was riding a bike.”

**Marni:** Those bitches. They figured it out early.

**Emily:** And another thing about the clitoris is, this is how we can have multiple orgasms too. I mean you can just keep arousing, and every woman is different. Here’s the other thing: the upper left quadrant of the clitoris is more sensitive, some women it’s the upper right...yeah it’s broken up into quadrants. Like, I am just lucky if a guy can find it and now there’s quadrants! And, it is sensitive in different areas and it definitely engorges when you get turned on and then it will be easier to have an orgasm.

**Kristen:** Which mean it swells?

**Emily:** Exactly. It swells, and there’s blood that rushes to it.

**Kristen:** So, like a penis.

**Emily:** And it opens up. Like a penis expands. It swells, and then your labia open and your clitoris swells and you have an orgasm. So that’s really its only purpose, to have pleasure, and I think that a lot of men are sort of confused by it because, A. They’re not sure where to find it, or B. They don’t know how to operate it. They think, well the last person I was with really liked it when I went straight for it and I used my fingers and I rubbed it really hard so I should do that with this woman too. Well, some women just want it rubbed around the outside. They want it light.

Every woman is different and you could have a hundred women in the room masturbating and they’re all going to be touching themselves differently. I’m sorry guys, there is not a one-size-fits-all trick I can tell you except to pay attention.

**Kristen:** Okay, so what does that mean, though? Pay attention?

**Emily:** So, when you’re touching her is she moaning? Does it look like it feels good or is she wincing in pain? How is she reacting, does her breath quicken? So you have to pay attention, because a lot of women are not as comfortable telling their partner direct instructions. I talk about this all the time in my podcast, Sex with Emily, is that historically women are not raised, and hopefully it’s changing now, to communicate sexually with their partner and tell him/her what they need.

We think, “Someday my prince will come and so will I, right? He is going to show up and I’m going to have crazy orgasms!” Well guess what? Guys don’t know so you need to tell them, “A little to the left, a little to the right,” or whatever it is that you need.

But there is no man, no women who’s going to know your body better than yourself, so the most important work you can do sexually as a woman is to know your own body. Spend time masturbating, spend time figuring out what makes you feel good. Then when the prince does come you can say, “Here buddy, this is exactly what to do.”

**Kristen**: Here’s the spot.

**Emily**: And so I always tell guys to slow down. Start slow, most women don’t want you to go right for it because we are not warmed up yet, which is why foreplay is so important. You know, you’ve got to get us warmed up, kissing, slowly undressing.

And I’m not talking about every single time so you can’t throw her down on the bed and rip her clothes off, I have no problem with that. But for most women you need to get her warmed up. Start touching her over her pants, over her underwear. Don’t immediately take her underwear off and just get right into it.

**Kristen**: Yeah. I like it when people start touching me on my third layer of pants that I’m wearing.

**Emily**: Right, me too. Over your chastity belt, the whole thing as a preview. And then eventually you get in there. And I always tell guys, go five times slower than you think. Touch it slower and use lots of lube.

**Kristen**: And how do they find it? Is there a quick way to tell them how to find it?

**Emily**: It’s like a little nub that’s on top of the vaginal opening, so you know where you’re sticking your penis in? If you looked right above that, there is a little nub there and sometimes it’s like a little pea, it’s like a pea-sized button. And it is fairly easy to find on most women, but sometimes it’s a little hidden, though. And for some women, it’s sticking out.

Literally, every woman is different, but it’s always at the top there, and also those eight thousand nerve endings are not just in that pea, those nerves extend like all around that area. So it might be really good to rub like her labia and then inside even, for the G-spot orgasm, or if you rub above her pubic bone for a lot of women that feels good.

**Kristen**: See now that’s amazing for me.

**Emily**: Yeah me too. That’s because those are the nerves from the clitoris that you’re rubbing and touching that can feel so it’s not just about the clitoris.

**Kristen**: It’s so nervy, that clitoris!

**Emily**: So nervy. The nerve of that clitoris. So it’s pretty exciting, you know, no pun intended, that it has such this great reach and that there is so much that you can do to it. It’s important to have lubricant. I love lubricant; like I always say, you can never be too rich, too thin, or have too much lube. Lube used to have such a stigma to it, it’s almost like, “Oh, She’s dry, she’s uncomfortable, whip out the lube.” And now it’s like, no, put lube on your nightstand.

Even if she’s already wet, it feels really good. She should always be lubricated, so you know, lick your fingers or use lubricant and just lightly rub around it. Rub her thighs, and then you can make your way into touching the clitoris lightly, or however she wants it to be touched. And then oral sex with the clitoris is a whole ‘nother topic, I mean I can go on and on!

**Marni**: That’s a whole ‘nother episode. Maybe we’ll wait until next time you are on.

**Emily**: I mean I could go on for eighteen hours, but is that a good intro?

**Kristen**: No, that was a very good intro.

**Emily**: And I actually have a book which you can buy through their [Amazon link](http://www.winggirlmethod.com/amazon), which you should do it right now. It’s called “Hot Sex: Over 200 things you can try tonight.” And it’s a really cool book because, you’ve seen the book, right? We took real pictures of people having sex and turned them into illustrations so it’s not too aggressive, scary pictures, but they’re really beautiful and with great pictures of the anatomy in there where you can actually see the clitoris and the entire female body, and the male body. There’s lots of positions that are pretty easy to do and two hundred things, like you can use whips and stuff like that. And I have male lube too, but we’ll talk about that in a minute.

**Kristen**: Yeah. Okay, so one thing I want to ask you: would you suggest that guys communicate with the girls that they’re with, even if it’s somebody that they are with for one night? Should they ask questions like, “Does this feel good?”

**Emily**: It depends on how far they go. So let’s say he starts to go down her pants, right? I don’t know, some guys just go right in to go down on them. But I wouldn’t start right away asking hey do you like this, do you like that? Just go slow, like that’s my first advice; go slow and also, start with her breasts. It bums me out when I’m with a guy and he goes right for my pants and misses my boobs.

What about the breasts, whatever happened to my erogenous zones that I know that you know about? I feel like for many men, the reason why they move so fast is because they’re so used to getting shut down a lot in life so they’re like, “Holy Shit! I’m in there, I’m in and I better go really quick so she doesn’t change her mind!”

**Kristen**: It’s like robbing a bank you get in, you get out, you get your shit!

**Emily**: Exactly, exactly, that’s what they’re thinking, so I think they should slow down and tease. Teasing is the number one thing that women always think they want that men don’t quite know how to do. And all I mean is, slow down, rub over her pants, her thighs. Kiss her, kiss her neck, that’s another erogenous zone. So start to get her excited before you even get to her pants, and then, when you get in her pants, if you start rubbing lightly and you start using your fingers or your mouth, then you can just start to lightly use your tongue. Start licking around there, and then you could ask does that feel good, or how does that feel?

I wouldn’t ask a million questions because it will feel like an interrogation. But if it looks like she is uncomfortable or wincing or something, ask questions, ask how does that feel. And a lot of women might be too shy to tell you the truth and lie and say, “Good, do it again.” But just pay attention.

So many men are in their heads instead of paying attention to her cues: when you’re doing something right that feels good to her, you’ll notice. Her eyes might start rolling back in her head, her breath will quicken, I mean, her toes will curl! I mean, she’ll grab your hair and keep you there!

**Kristen**: Well, that’s my way of letting a guy know that he’s doing something right. Sometimes I’ll exaggerate moves that say, you’re on the right path, continue doing that. Or I’ll move my body a certain way so they know to move their hand in that direction towards my clitoris.

**Emily**: Exactly, yeah, that’s a great thing for women to do too. I always say it, like, “Oh yeah, a little to the left, slow down.” I feel like guys are grateful for the feedback. But if she’s not giving you any and you’re not sure what to do and she’s just lying there, just say, “Babe what do you like? What feels good? How’s this, or this?”, but do it in a slow, soft, subtle way.

**Kristen**: Yeah, and if a guy goes too fast, it’s almost like he’s still an excited little boy

**Emily**: Right, or anything fast. I think they feel like they can start a fire on your clitoris sometimes, rubbing so fast, and they think you should rub, rub, rub, but that’s going to hurt. Especially if you’re really turned on. Oh my God, lube is so important, and so that’s why you have to make sure that you are slowing it down. A lot of women like this; they can orgasm just from a little, stimulation, like you’re barely touching. And then you also need to mix it up.

So, mix it up whether it’s your fingers or your tongue or your mouth. You might do circular tongue movements for a little while, you might suck on it a bit, or you might move around it and then go back in, you know? It’s just different for every woman and you just have to try different things, kind of like oral sex on a guy right?

Mix it up. Try different things out, see how it works, and then eventually you can tell. The first time you’re with someone is not always so easy. And don’t be bummed if she doesn’t have an orgasm the first time because I think women are a little trickier. So, you know, just try to do your best.

**Kristen**: What are some cool moves that they can try with their hands? Have you ever heard of the butterfly move?

**Emily**: What’s that, like tapping?

**Kristen**: No. This is going to be hard to explain over radio but where you open the lips and then you make butterfly movements, I don’t know, like sparkle hands or Jazz hands or whatever, and then you go in the inside over the clitoris. I’m showing you but I know people can’t see what it is.

Actually it’s on my website if you want to go to winggirlmethod.com and there’s an article on my blog about three myths you’ll learn from porn if you want to search for that. It’ll show you a visual of the butterfly move, because I am doing a horrible job at explaining it right now.

**Emily**: Right, but you pull the lips apart or are you just saying that you rub around the clitoris?

**Kristen**: Both. You move the lips apart, and then you rub around the clitoris -- it’s like little butterflies!

**Emily**: Right, like little butterflies with your finger but lightly touching.

**Kristen**: Yeah, like Jazz hands.

**Emily**: Exactly, and that’s a tease because the longer you wait…. So, my advice would be, lightly rub her over, once you get her pants off but keep her underwear on as long as you can. I’d say panties, but that word kind of bugs me. Leave those on a little longer and here’s why: when you start lightly rubbing over her underwear, it’s not just that you’re teasing her, which you are, but the fabric can feel really good against the clitoris.

So that’s doing something else to her that feels really good. And not just the clitoris, you can move your hands all over, you can grab her behind, you can move your fingers, you can even try to put your fingers inside a little bit but over the underwear, and just like, wait as long as you can before removing her panties, and you want her to be like begging you, you want her to be like dying for you to take off her panties.

**Kristen**: Did you ever see that movie, “Forty Days and Forty Nights?”

**Emily**: I don’t think so.

**Kristen**: It was with Josh Hartnett and he was having a vow of celibacy for forty days and he met this girl during that time period and they couldn’t touch each other, but he could do things to her and he made her orgasm just with a feather. Just because of the teasing of them not being able to have sex and then brushing her body with a feather, she had a complete orgasm and he never got anywhere near her vagina.

**Emily**: Right, absolutely. A lot of women can have orgasms without being touched because their minds are being stimulated instead. The brain, especially with women, is our largest sex organ. So much goes on in your mind and you’re thinking things and you’re prolonging it, so I would just say tease, tease, tease.

**Kristen**: I feel like for certain girls it’s not like their biggest sex organ.

Marni: Yeah, you’re right because all they’re thinking is, I don’t want this, that feels weird, and I have other things to do.

**Kristen**: Well, what is one way to help a woman to get out of her head? I know that it’s not a man’s responsibility to do that, but if you do want a great sexual experience, what are ways that he can help her get out of her head and into the moment?

**Emily**: Honestly, I don’t think that he can help her, it’s like a solo meditation.

It’s taking your mind out of those busy everyday thoughts and anxieties. For women, a lot of time they can’t orgasm because they are thinking, “Am I going to orgasm? Is it going to happen?” so I would say take yourself out of the thinking and into the feeling. The second you find you’re thinking about whether he thinks you’re fat or whatever insecurity you do have, switch your thoughts to what you are feeling at this moment – is he touching you? Where? Get into the sensations in your body, recognize your negative thoughts and then let them go. Notice your thoughts and then let them pass you.

So every time you notice yourself in your head, going over your to-do list or something, or the phone’s ringing, just go back to what you’re feeling in this moment and how his lips feel, how his fingers feel, how your body’s feeling, and get into your body sensations because that’s what it’s all about.

**Kristen**: Absolutely.

**Emily**: And it takes practice. Eventually you will just train your mind to be in the moment, but this is a lifelong process.

**Marni**: Yeah. Well that can be hard to do.

**Kristen**: Start by playing meditation music during sex.

**Emily**: Music does help people get their mind off of things, so get whatever you need to set the atmosphere, like candles.

**Kristen**: I just realized, my husband and I don’t do that stuff anymore; we used to have mix tapes and stuff and we would light candles. I’m going to restart that.

**Emily**: I gave you one of my candles too. Did you use it?

**Kristen**: Oh that we use in the bathtub.

**Emily**: Do you love it?

**Kristen**: Oh yeah!

**Emily**: Emilyandtony.com I made these massage candles that burn down into massage oil.

**Kristen**: I loved it.

**Emily**: They’re beautiful in your home, but they also they turn into this luxurious massage oil. They’re all natural, with coconut oil. You can pour it over each other as a little foreplay thing if you guys like massage, which is a great gateway into intimacy. You could have it lit on your table and no one would know that it has another use. It doesn’t scream massage candle because it’s beautiful and elegant, and then it pools into a warm oil, not hot, so you can’t burn each other like with a wax candle. You pour this warm oil on your partner’s body, and it feels amazing.

**Kristen**: So where is it again? Where can they get it?

**Emily**: Emilyandtony.com, use coupon code Emily and you’ll get twenty percent off.

**Kristen**: And they are very classy looking.

**Emily**: Yeah. They’re beautiful and they’re made in France. We have three scents: Fugere, which is sort of woodsy pine; Coco, which is coconut--

**Kristen**: I like the coconut one.

**Emily**: The Fugere, is actually my current favorite, though for a long time the Crème de Vanille was my favorite. There is just something about woodsy pine…

**Kristen**: I’ve never really been into those smells, I like vanilla and coconut and those candles are fantastic.

**Emily**: They’re selling like crazy.

**Kristen**: Because they’re sexy.

**Emily**: Because they’re sexy and I use them even for a moisturizer on my skin when it’s dry.

**Kristen**: Is it okay to put that massage oil inside your vagina?

**Emily**: You shouldn’t put it inside of you, but I have a lubricant you could use instead, available on emilyandtony.com. I wanted to make a lube that’s safe for everybody. The thing about our products is that they don’t look trashy or cheap; it’s a high-end intimate care line so it doesn’t look like lube or like a bottle of K-Y Jelly on your nightstand…it looks like face lotion or a nice hand lotion beside your bed. We also have the Down Under Cover.

**Kristen**: Well, good thing you are going to be here for two episodes, because there is so much to cover. But, we have Chloe Klein coming up in the second half of our show and she is going to update us about her Tinder adventures, and Emily, you are also going to tell us about your Tinder adventures because this is a new thing for you.

**Emily**: Brand new. I love that we’re going to be talking about Tinder. I’m obsessed.

**Kristen**: Okay so you’re fresh with it.

**Emily**: Fresh.

**Kristen**: So two Tinderellas in the house!

**Emily**: Yes, exactly!

**Marni**: So after the break we have Chloe Klein talking to us about Tinder, how to use it, what to do, her adventures. It will be interesting, so stay tuned!

**[Break]**

**Kristen**: Hey guys, welcome back to the Ask Women Podcast. We are here with two very informative Tinderella women who I like. That’s going to be my new phrase, “Tinderella.”

**Chloe**: Seriously, I like that.

**Kristen**: She’s Chloe Klein. So, you go out on dates on Tinder.

**Marni**: Well, we had Chloe on our show a long time ago, remember? She was calling in as our rep for Chicago, but now she is in Los Angeles.

**Chloe**: Yes I am.

**Marni**: And yeah, we are meeting her in person and she is going to tell us about her recent adventures, but first Emily was telling us that she just registered for Tinder.

**Emily**: I just did it in New York. My friend grabbed my phone on Valentine’s Day. I don’t know if she was worried about me or something.

**Kristen**: I wonder if it crashed on Valentine’s Day.

**Chloe**: I know, seriously.

**Emily**: We were in New York and she did it and then … I guess we should explain what Tinder is.

**Kristen**: Yes.

**Emily**: It’s fantastic.

**Kristen**: I love Tinder because the name sounds just like its approach to dating: combining raw ingredients and hoping for a spark! Tinder used to be just an app on your phone.

**Marni**: Back in the old days.

**Chloe**: Okay, so Tinder takes it back to the old days, but with a new sort of medium. You essentially look at pictures and you decide if this person in your vicinity is attractive or not. So you answer yes or no.

**Marni**: But now it’s widening your viewpoint. So it’s not just people in the same bar or restaurant as you; you can set it to whatever distance you like.

**Chloe**: Right and I recommend not doing anything over a one-mile radius.

**Emily**: What do you do? When I was in New York I think I had it set for five miles, which is too much in New York or even LA.

**Chloe**: It’s way too far. At that point it’s a long distance relationship!

**Emily**: So let’s back up because the interesting thing about Tinder is that there’s only three things that you have to answer, all you do is log in through Facebook, specify the gender you’re interested in, and the age range that you’re looking for.

Then you pick how far you want to look for them. Do you want candidates to be within a mile of you, ten miles, what’s your distance? And with that information, profile pictures of these guys or girls start popping up for you and you can click yes or no for each one to say whether or not you find them attractive.

**Kristen**: I pick the farthest away because it’d be the best excuse to not go out too often but yet have a companion if you guys connect with each other -- it takes the pressure off.

**Marni**: Right and then you get a long distance relationship. It is the safest way for Kristen to use Tinder.

**Kristen**: You do need to make sure that you specify whether you are interested in men or women (or both.) A lot of my friends forget this and then all of a sudden they’re getting pictures of women…and they’re only interested in men.

**Emily**: There is another thing that I was confused about with Tinder: it accesses your Facebook and I thought that all my friends would see everything I was doing, but all Tinder does is pick people who are in your gender/distance/age range.

**Kristen**: So does it show just your profile picture, or does it show all your pictures?

**Chloe**: All your pictures, it grabs your whole profile.

**Emily**: You can pick whether it does this or not; you can choose a couple pictures or all of them.

**Chloe**: Right. You can also go through any picture you have on Facebook and choose five. And the nice thing about the Facebook thing to is that it shows that you have mutual friends in common. I’ll screenshot it and send it to the mutual friend and be like, what do you think of this guy? And I’ve gotten feedback like, “Do not even go near that dude.” And then I’ve gotten other things like, “Oh you know I kind of knew him in high school, so whatever just go for it.”

**Emily**: Then there’s also, I fucked him last week, so go for it.

**Chloe**: I’ve had that too.

**Emily**: Really?

**Chloe**: Oh yeah, one of my friends told me, “I went out with that guy three months ago.”

**Kristen**: So my question is … you haven’t found anyone yet despite going on so many dates?

**Chloe**: No.

**Kristen**: Is it that the quality of people isn’t where it should be?

**Chloe**: Well no, I have two girlfriends that have met their boyfriends on Tinder and my brother met his girlfriend on Tinder.

**Marni**: Really? So it is creating real relationships?

**Chloe**: It is.

**Marni**: It’s funny because I asked my younger sister about it because she’s 25; I asked, are you on Tinder and she said no because it was a hookup site.

**Chloe**: It all depends on what you’re looking for. It can be a pick-up site, but you’ll know right away. If a guy is saying, “What are you doing right now? Want to come over?” it’s probably to hookup.

**Kristen**: Does it actually show your Facebook information after you guys connect?

**Chloe**: No. It just shows anything that you’re liked on Facebook, such as music pages or things like that.

**Emily**: See, I wish I had more control over that too.

**Chloe**: Well yeah, it shows like if you like mutual things so you know if you have a common interest.

**Emily**: Just commonalities?

**Chloe**: Yeah, yeah, if you need a conversation starter or something to talk about. But I’m telling you, I have been in LA now for 48 hours, and Tinder is so awesome out here. So much better than Chicago. I already have a date for after this podcast.

**Emily**: She’s got to go right now, right?

**Kristen**: So you like dating. You find dating enjoyable?

**Chloe**: I love dating. I love meeting new people. I just think it’s so much fun.

**Kristen**: What’s the percentage that you’re hooking up with these people afterward?

**Chloe**: Well, unfortunately a lot of the dates are pretty bad, so the percentage right now is really low. But, I have met one of my best friends now from Tinder.

**Emily**: Really?

**Chloe**: Yeah he and I went out, I think it was the last time I was on this podcast. He and I were going out and it was kind of going pretty well, but we just didn’t really have like a huge romantic connection. And we were both kind of, “Yeah you know I’m just not feeling it, but I really enjoy your company, this is great,” and now he and I are really good friends.

**Marni**: See that’s the thing, you can also meet friends through it. If you move to a new city, it can help you meet new people.

**Emily**: It’s a great way to meet people really quickly.

**Chloe**: Yeah. You can also have super disaster dates that make great story material for your next cocktail party.

**Kristen**: Like what?

**Chloe**: Oh my God, the last.

**Marni**: Go on.

**Chloe**: I’m very safe about Tinder dating, you have to tell people where you’re going, you know.

**Emily**: Yeah, that sounds like online dating. Same thing.

**Chloe**: Yeah. And Twitter usually knows where I’m going for every date. You know the Twitter world knows where I’m at. But anyhow, this last date I went on about a week ago I was super impressed because the guy made reservations at a restaurant...

**Kristen**: You know you have low expectations when you’re impressed he made reservations.

**Chloe**: Yeah, he was like, “I got us an eight-thirty reservation,” and I was like, “Holy shit like this guy is for real?” So, it was one of the dates where it’s kind of like a slow explosion of words where you don’t really realize it’s going bad until halfway through and I was like, “I know the last words you said to your dying grandmother and you don’t know what I do for a living.” Oh my God, it was like a therapy session.

**Kristen**: That’s why he called to make reservations; he just wanted to talk to the person on the phone.

**Chloe**: Totally. Totally, so I started counting the questions that he asked me, and I am pretty sure it was four and a half, and two of them were in one sentence, “Have you had any surgeries and are you really religious?”

**Kristen**: I like this guy, he gets to the point! Do you have any surgeries I’m going to need to know about, perhaps open wounds, or organ transplants that might need a DNA match?

**Emily**: Exactly, exactly. I think this brings up an important note for the guys who are listening to the Ask Women Podcast. Women want to be asked questions about themselves, not just listen to you talk! This is women all the time, “He didn’t ask one thing about me. He doesn’t even know where I’m from.”

**Kristen**: Well did you watch The Bachelor last night?

**Emily**: No.

**Kristen**: Okay, so on the Bachelor last night where the girls tell all, every women that was on the show said, “He didn’t know one thing about me, he didn’t ask me any questions. He kept saying he was looking for a wife but he didn’t ask me any questions. I know everything about him but he doesn’t know who I am and they were getting so furious.

**Chloe**: I advise that when guys do that, just openly roll your eyes. Honestly, don’t try to be polite. I’m telling you because they need to learn a lesson in that, because the thing is, they get away with it. It’s like oh the date didn’t go well and they don’t know why and then they do it on the next one and the next one and they can’t figure out what’s going wrong.

**Marni**: Okay, well I’m going to tell you a quick story. My sister-in-law once called me from the bathroom and said, “Marni, I am having a horrible time on a date, I’m with this guy, I’ve met him before and I knew he was really great before I went out with him, but this time he’s talking and talking and talking and talking and won’t ask me anything about myself. And he was so wonderful the first time that I met him; what am I going to do?” And I was like, “Well, most likely he’s nervous. He’s trying to fill the void, fill the space, and avoid awkward silences. Go back to the table, put your hand on top of his hand letting him know that you’re in this together, smile, and then I’m telling you, he’ll start to calm down and ask you questions.”

And she wrote me afterwards and said, “Your voodoo magic worked.” So that is that thing. A lot of guys are super nervous and they don’t want to have those awkward silences so they just keep talking, sometimes. Or they’re arrogant assholes and they love to talk about themselves.

**Kristen**: My theory is that they don’t hang around women very often and so they’re not sitting around with their dude friends being like, these are my feelings and this is what happened in the fourth grade, and all of a sudden they’re around a women who is more receptive…

**Chloe**: And they go Blah!

**Kristen**: Yeah and all of a sudden it’s like throwing up on you with uncontrollable word vomit and it really does turn into a therapy session, more times than not. It’s like they need a mom.

**Marni**: And there’s no space for connection either because you’re not actually having a conversation. I have an article on my blog right now about communication threading, that people should go check out. It’s all about what we’ve been talking about; when guys talk to each other they’re talking to find out information. When women talk to each other, they are trying to find out emotion and share more and get more out of the conversation.

So when a man and a woman talk there’s a lot of confusion. This article actually tells you how to talk to a woman without becoming a woman, and that’s about listening and asking questions and adding on to what she said. So that’s a really good point that was brought up.

Okay, so for you, because you haven’t been successful on Tinder, do you think it’s the way that you’re using Tinder and selecting people on there that may be the reason why you are finding people that you don’t actually connect with?

**Chloe**: I think my problem is that I have like zero expectations and so I am just kind of like, “Oh sure I’ll go out with you.”

**Marni**: That’s what I told Emily to do, just ask everybody.

**Chloe**: Yeah, I mean I pretty much do unless they’re wielding a knife in their picture.

**Marni**: So Emily, how do you use it then, because I know that you’re new to it.

**Emily**: Yeah I’m new to it so I just start looking at photos – hopefully they have more than one. Sometimes they only have one photo and they’re wearing a hat and sunglasses and it makes me wonder, what are you really telling me and what do you actually look like? Right now you’re incognito and that’s easy to say no to.

So when I look for guys, I look at their pictures and decide first of all, are they cute and am I attracted to or intrigued by them? If yes, then I look at a couple more of their photos – sometimes I’m not sure but I’ll say yes, but most of the time I’ll just say no if I don’t feel any attraction.

**Kristen**: You were saying before that you wait for them to write to you.

**Emily**: I do but I have always been like that in my dating life. I know it’s 2014 and women can ask men out but I have always been this way. So, it’ll say you have a match – that’s when both of you have clicked yes for attraction and then Tinder tells us that we’re a match. I still wait for them to message me first after I get a match.

**Kristen**: Do you do that too, Chloe?

**Chloe**: Absolutely, and the reason is really about time. I’m just like, “Oh I don’t have time to go through my matches” and what’s been awesome about LA is that I have gotten so many messages from my matches whereas in Chicago, I’ll match with like seventeen people and I’ll never hear from anyone. And then out here, like yesterday, I got messages from almost every match and I was like this is amazing, I just need to fucking move here.

**Marni**: Can you tell us about good Tinder messages and bad Tinder messages?

**Chloe**: Yes.

**Marni**: Well let’s read through them because I’m sure there’s really douchey comments too.

**Chloe**: So for example, there’s some that are like, “Hi, glad we matched.” Bored, I’m already bored, I’m sleeping, this our first date I’m already sleeping. Then another thing I see, some guys write, “Hey we matched!”

**Marni**: Exclamation mark?

**Chloe**: Yeah, what do I say to that?

**Marni**: There’s no opening for that. That’s a statement.

**Chloe**: Another guy said something cute to me, like, “It seems like its going to take a lot of words to get to know you” and he bantered with me and showed personality.

**Marni**: Well that’s the thing, it’s taking a bar scenario and putting it on your handheld device. So you still have to apply that flirting and banter, and excitement more than ever because it’s even harder to come across as charming on text or over messaging. What are some of the best and worst messages you’ve ever received from guys?

**Chloe**: The worst is, “Hi Beautiful,” it’s like a cheesy bar line.

**Marni**: Where do you go from that?

**Chloe**: Right, right because it’s generic and he’s probably sending that to everyone. Even something simple is better, like asking how was your weekend? How is your week going? Or commenting on pictures, like I have a picture from a street fair in Chicago where I’m standing next to a cardboard cutout of Judge Mathis. So I’ve gotten comments on that, like, “Oh so what’s Judge Mathis like?” Something funny to start the banter.

**Emily**: Other guys, are like, “Glad we matched, get in touch. Email me back.” And I’m like no, why would I ever want to write you back? You didn’t take the time to actually say anything to me.

**Marni**: So, how do you date from this? How soon do you say, yes I want to go on a date with you?

**Chloe**: Again, I just wait for them to ask me out, and if they don’t do it, pretty soon then I just sort of forget about it.

**Marni**: So pretty soon is how soon? One day or five messages?

**Chloe**: Yeah I would say between five messages or one day otherwise, you’re just getting bored.

**Marni**: Your pen pals.

**Chloe**: Your pen pals on a Tinder platform, which kind of gets degrading at a certain point.

**Marni**: From the beginning.

**Chloe**: Right, you’re already at rock bottom so you might as well move over to text messaging or something.

**Kristen**: How were you dating before you came across Tinder?

**Chloe**: I was just openly going up to guys and hitting on them.

**Kristen**: Wow. I love how into dating you are because I’ve never met someone who actually did that – I’ve always seen goofy or awful dates as a TV shtick.

**Chloe**: Yeah, it’s like a hobby. It’s truly just a fun way to meet people and you’re always getting to meet someone new and that’s really why I like it.

**Kristen**: For me it’s like I’m always getting ready to hate someone new.

**Marni**: Tell us about your dating … why do you think you haven’t found that special guy yet?

**Chloe**: Well this is where I wonder if I’m totally an irresponsible dater because I am totally not looking for that one guy; sometimes I wonder, should I even be dating right now?

**Marni**: Yes you should because dating is for fun too, not just for partnership.

**Chloe**: And then I feel bad because I’ll go out with some guy who’s totally looking for a wife, he’s looking to settle down, and I’m just like, “That is not in the cards for me right now.” And I think if I were ever to meet someone special, between launching two careers right now I don’t even know where I’d fit him into my life. That possibility stresses me out, which is why I really loves first dates: you hit it and quit it.

**Marni**: So, you’re just enjoying yourself. You’re just like, I want to meet people and have fun. And if you find a good guy who sticks around, you can go out a few times and have fun with each other without a major commitment.

**Kristen**: Do you guys communicate to each other that this is what you are looking for? Do you know that before you get into it?

**Chloe**: No, but if it comes up, I’m very honest about that. There’s been times where I’ve been on a first date and wanted a second date but there has literally been no time and that gets really frustrating.

**Kristen**: That’s how Emily is.

**Emily**: I was gone for ten days and I met three guys and I wanted to go out but there’s no time! They’re all so cute.

**Kristen**: What do you say to these guys?

**Emily**: What do you mean?

**Chloe**: About not having time to go out; sometimes people use that as an excuse when they actually do have time. How do you say it so that they genuinely understand you don’t have the time – and you’re not just blowing them off?

**Emily**: You know what, I might say I have a really busy night every night this week, but how does next week look for you? “Let’s get together sometime; this week is a crazy week but next week I’m available Wednesday or Thursday?”

**Chloe**: I do not like sober dates at all. I think I’ve done it once and it was horrendous.

**Kristen**: I don’t like sober podcasts.

**Chloe**: That’s why we’re doing shots right now. But, with these guys I try to show them that I’m genuinely trying to fit them into my schedule somehow.

**Emily**: Because there are different philosophies to dating. People think, oh never just get coffee, that’s kind of a cop-out, you should commit to drinks or dinner, lunch, etc.

**Chloe**: Oh I’d say the opposite. Yeah I say get in and get it out, especially on Tinder; you don’t know if you’re going to like this person so don’t commit to a whole meal.

**Emily**: A meal is too long, sometimes the appetizers are coming and you’re already like, oh my God how the hell am I going to get out of here?

**Marni**: If you want to get coffee together, then you can extend to a dinner, a lunch, drinks, whatever if it’s going well.

**Kristen**: The guys you have gone out with on dinner dates, have they been paying?

**Chloe**: Lately yes because I have just done the absolute refusal to acknowledge the bill.

**Emily**: You don’t even do the token reach?

**Chloe**: Not anymore because I get too resentful when they let me accept it, and I’m like “Well that’s not really fair.” It gets too confusing for guys out there -- there is so much expected of them. You know, they have to plan the date, they have to make the date, they have to pay for it, you know, and all we have to do is show up and look nice and have a good time.

**Kristen**: Which takes a lot of time.

**Chloe**: It takes a lot of time for us to plan.

**Marni**: Which takes as much money or more.

**Chloe**: But it’s really fun and they have a stressful part and I’m like, you know what, I don’t want to make it confusing. And some guys are like, “I don’t know what to do anymore because I don’t want to offend someone, I don’t want you to think that I think you can’t pay for yourself, so I don’t even do the reach.” If you ask me out, you’re going to pay for it, and I just say thank you.

**Kristen**: What if you asked them out?

**Chloe**: Then I pay.

**Kristen**: Really?

**Chloe**: Yeah. Then I offer to pay.

**Kristen**: You know what that’s like? When you call someone and they pick up and you just go “Hey,” and then you leave it in their ballpark to start the conversation and they’re thinking, but you called me?

**Emily**: But that’s the same thing with approaching too. A lot of guys approach women and they spit out their first line, and then they’re like, “Okay I’m done. It’s your turn to carry the conversation.” So that’s interesting. I like that rule – the one who invites is the one who pays.

**Chloe**: See, I always think of splitting the bill. I sent a tweet the other night, “Three words women never want to hear … let’s split it.”

**Kristen**: Unless they’re talking about your jeans. Splitting the bill is not going to get a woman’s legs to split.

**Emily**: It’s not hot.

Marni: But I hate saying that because people always ask me and I’m like, “Yes guys should pay for the first few dates,” it just feels so unfair for the guys!

**Emily**: They just should, that’s how we all feel; I’m an independent woman and I make my own money, but it’s not hot to sit and talk about money on the first date. Eventually I’ll take you to dinner, you’ll take me, and we’ll have a balance. It’s not like I’m a gold digger. Also, take her somewhere you can afford so that when the bill comes, you’re not freaked out about it.

**Chloe**: And make sure you leave a good tip. Honestly, I think that leaving a bad tip (or no tip) is a huge turnoff. I always peek to see what kind of tip he leaves.

**Emily**: So what’s a good tip?

**Chloe**: At least 20%

**Marni**: Even for Chicago? Really?

**Emily**: Listen, I’m Canadian and Jewish. I always do 20% and I hate it. I used to be a server, and I would bust my ass to earn my 15% at that point. People out in Los Angeles are the worst servers and they still get 20% -- that’s what always bothers me because I’m like, you could tap dance a little bit. Be nicer, sing a song.

**Chloe**: I think when you’re with a guy for a while, then you can start judging the waitress, like, “Eh she kind of sucked, maybe like 18% or something.” But on the first date, just don’t be a dick.

**Emily**: Another thing that my mom says is you can always tell on the first date how he treats the waitress is how he’s going to treat you, and also, how he treats his mother is how he will treat you. So if he hates his mother and hasn’t talked to her in five years, and also if he’s snarky to the server, returning his food and complaining or being rude in some other way… that’s how it’s going to be with you.

**Kristen**: Or putting her down and demeaning her.

**Emily**: Demeaning. It’s such a bad sign.

**Marni**: I’m realizing why we have a man in the room. This is like an estrogen fest right now.. But, for the people who are listening in, you’re getting really good information. For women and for men but especially for men because you are getting the insider’s perspective on what we actually think, how we feel, and how we respond to you doing certain things.

So I think that this conversation was fantastic. Chloe, thank you so much for being here and sharing your Tinder stories with us, and Emily, for giving us instructions on finding the clitoris and what to do with it.

**Kristen**: Sorry you weren’t here for that part.

**Chloe**: I’m really sorry!

**Marni**: But you know where it is, right?

**Chloe**: I’m very familiar, yeah.

**Emily**: Well you’re welcome, but I have a podcast, “Sex with Emily” you can also find on Podcast One or iTunes, I’ve got thousands up there about the clitoris and many other things.

**Kristen**: Also on Love Line.

**Emily**: Yes, Love Line on Thursday nights and some other night, Love Line podcast and radio shows.

**Marni**: Your list is too long!

**Emily**: Sexwithemily.com

Kristen: If a guys doesn’t believe you’re busy, say, “Look at my Twitter page,” okay?

**Marni**: Or don’t, because he won’t want to date you then … and Chloe, how do people get in touch with you and find out more about you?

**Chloe**: Well I’ve got one little thing compared to Emily’s lengthy list. [Chloeklein.com](file:///C:\Users\rbjmc_000\Desktop\Clients\Marni\My%20edits\chloeklein.com), that’s my blog where you can find all my funny dating stories, and my blog is getting a makeover this week.

**Kristen**: That’s why you’re in LA, that’s what happens.

**Chloe**: I know, my blog’s getting Botox.

**Marni**: Alright, I like it. Well thank you ladies for being here. Emily is going to join us for another episode, so you’ll get to hear more about vaginas and breasts and all the sex stuff you need to know to pleasure a woman every time you’re with her. I’ll be the one in the corner, crying all alone.

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# JUSTINE MAZIN: Special Episode of Analyze This

**Guest:** Justine Mazin – Writer (and more importantly, Marni’s college roommate!)

**What’s Covered:**

* Friend Zone
* Noises in bed
* Grooming

**Air Date:** 2/6/14

**Kristen**: Hey everyone, welcome to the Ask Women podcast where you get real advice straight from the source, I’m Kristen Carney, one of your lovely co-hosts and with me is Marni Kinrys, bestselling author, relationship expert. We also have my worst enemy, Mo. Today we’re really excited because we’re doing a full Analyze This episode: your questions will be answered one by one, so strap yourselves in.

**Marni**: Let’s just dive into it.

**Kristen**: Let’s do it.

**Marni**: No chit chat, nobody wants to know how our week went.

**Mo**: Nope.

**Marni**: Okay, first question:

I’ve been in love with my best friend for a very long time and after rejecting me repeatedly, she finally decided that she’s completely fine with hooking up with me.

**Kristen**: Way to wear her down.

**Marni**: The first time we hooked up, she loved it, and she was super into it, but as soon as we finished, she told me she still only likes me as a friend. I consider myself to be a moderately attractive guy, but in the moment she called me really hot and a great kisser. Should I accept my role as friend with benefits or is there anything I can do that can advance our relationship? Thanks, William from NYC.

**Mo**: Hey yo' Will in NYC. You know what I would do Will? You have it in the bag; you keep on hooking up with her and then you ignore her, you got to get her emotionally and physically attached to you.

**Kristen**: That’s the Shy Love advice…

**Mo**: But that’s the truth, women usually become emotionally attached through sex.

**Marni**: But the words ‘ignore her’? They’re best friends, you don’t ignore her afterwards.

**Mo**: Yeah, the worst thing that’s going to happen right now is that you’re going to sleep with her…

**Marni**: He’s been in love with his best friend for two years and they’re sleeping with each other.

**Mo**: And she knows that he’s in love with her.

**Kristen**: The thing is, I think he broke her down enough and she was almost kind of going, “Here let’s just hook up so that you can move on and leave me alone.”

**Marni**: Right, but she seems to be liking it.

**Mo**: Sounds like they’re going to hook up again.

**Marni**: She seemed to be liking it, “You’re really hot, you’re a great kisser.”

**Kristen**: Right, but she went back to wanting to be friends though, didn’t she?

**Marni**: Yeah when you’re out of the euphoric phase of making out with each other, she gets real and then gets a little afraid and nervous about what she wants. So I don’t agree with ignoring her; I don’t know what else was said but I wouldn’t say to ignore.

**Kristen**: I know what Mo is saying.

**Marni**: Will, if you need to decide whether you want to keep her as your best friend or whether you want to be with this woman, because if you want to be with this woman you’re not going to be satisfied with just talking about it or beings friends; it might work for a short period of time, but eventually you’re going to get really frustrated. You’re not going to be able to say what you want with her and be best friends because you won’t be able to be your real self and you’re walking on eggshells. So this is not a real friendship or relationship right now, you’re in this wishy-washy limbo space.

**Mo**: And Will, watch movies like Friends with Benefits or those other stupid movies like that because they really do lay it out right. These people become friends, they start hooking up and then all of sudden the guy or the girl can’t take it anymore so they distance themselves. And then the other person who had a problem with it in the first place, comes running after them because their life is incomplete without that person.

**Kristen**: Yeah but that’s a little fantastical, it’s a little bit cliché romantic comedy, not real life.

**Mo**: But look, Will, trust that the more you sleep with her, the more attached she’s going to become, the more you make yourself less available, the more available she’s going to want you to be.

**Marni**: Okay so these are just simple words, like ignore and not available. So you have to expound on those a little bit because this is his best friend and a really important relationship. My advice that I would give is that you have to change your behavior. I can hear from what you were saying before is that you were there for her if she wanted you, and then you wore her down and she’s decided, “Okay fine I’ll make out with you for a little bit because there’s nothing else going on.” But right now all I hear is that you’re sort of just taking what you can get. The behavior that I would like you to change is taking more control so that you’re leading in this situation rather than just following what’s being given to you.

And I think an alteration in your behavior mixed in with being a freaking great kisser and super-hot that she’s saying to you wow, doing those things with you, that combination can get her to look at you in a different way. If not, then you have to decide whether or not you want this situation and you’re okay with it, whether or not you want a friendship or a romantic relationship with her. That’s what you have to decide, because it’s not worth it if you accept anything less than what you want.

**Mo**: and also she knows that you’re in love with her, so…

**Kristen**: She has the upper hand, basically I think what Mo is trying to say is by ignoring or using those kind of simple words, what you’re really doing is getting the upper hand and that’s really what relationships negotiate.

**Mo**: So that’s how relationships are, especially when it starts off and especially when you’re trying to tie down a girl that does not want to get tied down.

**Marni**: Okay here’s the next question: hello beautiful ladies and Mo. First I want to start by saying how awesome all of you are. I’ve been listening for a month now and can’t seem to get enough- I know we’re so addicting.

**Mo**: Right.

**Marni**: You’re all very funny. Mo just want to say thanks for representing the men, you rock. So I met this girl on Tinder, thanks for the app suggestion because Tinder is freaking amazing and we’ve been going out for just over a week now; we’re logged four dates total in a week.

**Kristen**: That’s a lot.

**Marni**: God, he knows how to do it! They have all been great fun dates, we’ve kissed but haven’t slept together yet. I like her and want to take my time getting to know her, then slow down and stop going on four dates a week. I’m a fan of riding the large roller coasters; they may take longer to get to the top but once you do the ride … it’s oh so much more fun.

**Marni**: So last night she picked an ex that she dated this last summer up at the airport, before she did we went for lunch. About 30 minutes after lunch ended and we parted ways, she had to return to work, I get a text thanking me for a wonderful time. That text was immediately followed by this text, ‘So I have to be really honest with you, I’m not dating other people or talking to other guys anymore, after a week she’s quit other men. But I do plan on spending time with a guy I dated this summer while he’s in town for Christmas. Seems like a totally unfair position for me to put you in but please tell me if you’re okay with continuing to see me knowing I’ll be seeing him for a few weeks as well.’ I replied-and it’s honest, that is really freaking honest. I replied with, ‘enjoyed seeing you this afternoon too, while we’re being open and honest with each other, there is something I need to tell you, it’s perfectly okay.

You two dated over the summer I figure you’d be spending some time with him while he visits, feelings may come back and the second he steps out off the plane, I can’t control that. What I do know I have control over is that I like you and I’ve really been enjoying getting to know you this past week. You’re probably well aware of it already but you’re pretty awesome.’ Oh, I like that. She replied back with, ‘you really say all the right things’. My question is was that a good response and what should I do the next week or two while this ex of hers is around?

**Kristen**: I think these two people should have children right now because they would be the most logical, sensible human beings ever.

**Marni**: I know it’s only been a week, but I really like this girl and I want to pursue her; Jordan from Portland.

**Kristen**: Oh, of course you’re from Portland, they’re very smart.

**Mo**: You should pursue her because this guy is not going to be around…

**Marni**: But while this guy is in town?

**Mo**: Yeah.

**Marni**: Well what does that mean?

**Mo**: Well this is what is going to happen: this guy is in town, they’re going to start hooking up again and then brew up some romance and it’s going to be so easy for her to get attached to this guy and forget about our boy. Instead of him still pursuing her, she is now having these new feelings for this ex, that are probably going to be more exciting. The old feelings of why I didn’t like the guy in the first place are going to start coming up from the other guy and then there is not…

**Marni**: Or what could happen is that she really likes Jordan and she goes, “This guy sucks, and now I don’t really want to be hanging out with him for two weeks.” That could be another possibility.

**Kristen**: It takes an incredible amount of self-confidence to give a response like that, and if I were her I would find that attractive.

**Marni**: I actually thought that response was great. I don’t know if he needed to say like oh you might have a magical moment when he steps out of the plane, like you need to coach her in that direction, but then he followed it up really well. But he’s like, “Here is what I do know; I do know that you’re freaking amazing and I had a really good time”, I thought it was a perfect response and I congratulate her for being so open and honest as well. So what does he do to stay in her mind without being eager and needy and seemingly jealous that this guy is there? So how does he balance those two things during those next couple of weeks while the other guy is in town?

**Mo**: Well look, you don’t talk about this guy, from this moment on, you do not talk about this other guy at all. You go about your own business of trying to woo a girl that you really like and that you just met. If you really like this woman, go take it because if you don’t go take it someone else is going to go take it.

**Marni**: I agree. So how often should he be contacting her because I think that he should give her space, but I think that he should check in, you know, they were pretty intense for that week that they were together. And then if they were to check in with each other, how often should they check in with each other because I am thinking in my head you should check in every four days. It would seem very casual, quick and light.

**Mo**: I am under the impression that if whatever works out you know, if something is not broke, don’t fix it. So just stick with what you got because if she is one of these girls… We met a girl like this Arden, where she met a guy and then next thing you know her and the guy are texting every single day and they had to see each other every single day, it was like they were those needy type of people. If she is one of those girls…

**Kristen**: She does not sound like she is.

**Mo**: Anytime you go on four dates in a row…

**Marni**: No, but four dates in one week exactly.

**Kristen**: That’s true.

**Marni**: So you have, I agree with you. you have to continue with what’s been happening right now, but as a general rule of thumb for anybody who is going to be reaching out or texting, if you are texting because you want a response to calm down some emotion that you have that makes you feel better that this girl likes you again, don’t text. If you’re texting for anything other than I want to just reach out to this girl, then do not text, yeah.

**Mo**: And if you want to take the time to get to know this girl, don’t, all right? If the physical relationship is there to be taken, start taking it.

**Marni**: Yeah, well for these two weeks apparently it’s not going to be there for him to take.

**Mo**: No it will be, it’s that other guy who might be taking it.

**Kristen**: So did she basically say, “I won’t see you for these two weeks?”

**Mo**: No, she just said for these two weeks I’m going to be dating two people at one time and are you okay with that.

**Kristen**: Okay so he can still be in her life.

**Marni**: I wonder if this guy is staying with her for these two weeks though, I don’t know but anyway I would say that the advice that we just gave is pretty damn solid. I think it’s good but yeah she sounds awesome, you sound awesome, and honestly, get married.

**Kristen**: Yeah, and have kids.

**Marni**: You’re fantastic:

Dear ladies and Mo, I was recently at a friend’s wedding where I met this really awesome girl. We spent the whole afternoon and night together, I felt like we really both connected. But the real problem is that she lives about 2000km…

**Kristen**: She was the bride.

**Mo**: 2000km?

**Marni**: Canadian or from Britain I don’t know from one another.

**Mo**: Or Australia.

**Marni**: Alright that’s true everywhere else except for here.

We live about 2000km from one another, and I wasn’t really thinking about anything long distance so I didn’t try to pursue anything further the next morning. That being said I couldn’t stop thinking about how great she was and about how much we had in common and have been kicking myself for not trying to pursue anything. So I ended up messaging her yesterday a couple of days after the fact, just to let her know that I had a really good time and I wanted to stay in touch with her.

She said that she had a fun time also and that of course she would want to stay in touch and we chatted a little. This being yesterday I haven’t talked to her since. I have never tried online or long distance relationships but would like to find a way to broach the subject with her- but it seems a little premature for a long distance relationship talk- how can I put the idea out there in a way in which she would be willing to give it a chance? I always listen to you guys and try to apply the advice given to my daily life but I feel like in this situation I need a little extra help. So any advice you can give to me would be really appreciated, Tony.

**Kristen**: Hi Tony.

**Marni**: So one thing I want to comment on is the, ‘I never tried online or long distance relationships’ so you have to think about this as not a long distance relationship; it’s still the same as if she was in the same city as you because you’re getting to know each other, you had one magical night at a wedding, but you still have to initiate that flirting. But the flirting can’t go to meeting up for a date; the flirting could be hooking up for a Skype conversation, or whatever. Like if you can start some sort of texting or email banter and dialog with this girl, because that is really all you have right now, that’s what I would suggest doing, but not thinking of it as a long distance relationship … so I would still continue dating other women as well.

**Kristen**: Yeah that would scare her away.

**Mo**: Yeah and build your relationship with her and then build toward a trip with her, like going to see her or going to visit her.

**Marni**: That’s premature.

**Kristen**: Yeah I think it’s too early, what you do is basically start making a connection you two both share; it’s almost like Jason Capital says, you two are a team and you share a certain view against the world. So I think when you start texting or talking, you just basically put the world at a distance and you guys are the two together and then eventually it will lead to wanting to visit each other. But if you start out saying I want to come visit you that would be very, very creepy for me personally.

**Mo**: Yeah, I think so but they’ve already had sex, right?

**Marni**: I’m not sure if they had sex, actually.

**Mo**: Look, if you hook up at a wedding, you have sex, or at least fingered somebody. Come on…

**Kristen**: Oh God.

**Marni**: We spent the whole afternoon and night together; he didn’t say we had sex. We spent the whole afternoon and night together, I felt we were really connecting, but the problem is…

**Mo**: It was a wedding and they probably hooked up.

**Kristen**: At weddings there’s this escalated feeling of romance and connection and flirting so if you take it into the real world that might not even be all it’s cut out to be.

**Marni**: But you can mimic that similar feeling that you may have had at the wedding by letting it build and build and build. So for example if you start texting, I have a great book for you winggirlmethod.com/race it’s about texting but not just like generic texting like hey how are you doing’ there’s more substance so that you move past those introductory sentences in texting and you get straight to conversation that invokes a response in a woman and gets her engaged with you so that it becomes fun and exciting. Because the purpose of texting is to actually meet up in person, that’s where you actually get to know each other.

But because you don’t have that, I would say if you could go from texting and then escalating to email. So for example if you write her ten texts and ask for her email to send her something funny or interesting. And then you can show her a little bit more about who you are and what you’re about through something interesting and it doesn’t have to be forced -- whatever you’re showing to her, it has to be authentic and real in order for you guys to build. This is a harder thing to answer and respond to because I want to help you go through step by step, but I think each step of the way you figure out whether or not there is mutual interest.

**Kristen**: And I don’t think we’ve ever said this on the podcast and I can’t believe I’m throwing it in there, but it’s almost like the concept of ‘absence makes the heart grow fonder’, in a sense. If you’re talking to someone through a computer you have this great imagination of how wonderful they are and you put them on a pedestal and so that creates the desires…

**Marni**: Oh for sure, and this could be very romantic but she has to have felt the same way that you did after that wedding and that has to stay there for both of you and the first chitter chatter over texting can be to see whether or not there still is that chemistry that was there from the wedding, so I wouldn’t think about it as jumping into a long term relationship or jumping into an online relationship. You’re still just dating but you’re dating in the modern world through texting, through email, through Skype, through other means of interacting with each other.

**Kristen**: How far away do they live, what was it again?

**Marni**: 2000 kilometers.

**Kristen**: It’s about 1250 miles.

**Mo**: Yeah, you jump on a plane for that.

**Marni**: Right. So that’s our advice Tony, take it and practice with it.

**Kristen**: And learn our system.

**Marni**: Exactly, so why does a woman dress provocatively and then yell at a guy when he looks down her blouse?

**Kristen**: You want to be noticed but you don’t want to be demeaned. You know women wear these outfits because it gives them confidence, it makes them feel good but it doesn’t give you, I mean I’m kind of speaking in a cliché but it doesn’t give you the right to be a pig or obnoxious about it.

**Marni**: Listen, I want to feel sexy and I’m wearing a low-cut shirt right now; apparently my breasts are quite large…

**Kristen**: They are huge.

**Mo**: Massive.

**Marni**: They are huge, which reminds me of what my husband said the other the other day because when I wear….

**Kristen**: And your necklace is making them bigger.

**Marni**: I know it’s what I do; even my purse sort of cups the breast. So my husband the other day said, it’s so funny, I love standing behind you when you walk around Whole Foods because I watch men look at your boobs and then quickly look up to your eyes. He said I watch them and all I see them is looking at my eyes, I’m like oh they’re all too busy looking at how pretty I am to even notice the boobs. But if I had some guy who literally just stayed down on my boobs, I’d be like, what the hell is wrong with you? It would feel demeaning because then I’m just my boobs. Look I get that it’s part of our package and it’s what makes me feel sexy and I guess you know what attracts people but I want them to be attracted to multiple things about me the same way that women are attracted to…

**Mo**: Let me tell you something, if you’re going to dress like a whore, you’re going to be treated like a whore. If you’re going to dress like a classy woman you’re going to get treated like a classy woman.

**Marni**: That’s like saying if you’re wearing a short skirt, you’re asking to be raped.

**Mo**: No, no but there are some girls that push the line to where they invite guys or they attract the wrong type of guys, and the wrong type of attention.

**Kristen**: I agree with that, you attract the wrong type.

**Mo**: If you want to attract good attention you know…

**Marni**: You should wear a blazer and a pair of pants.

**Mo**: No, not a blazer but dress you know you could dress sexy without dressing like a whore, but if you dress like a whore, a guy is going to attack.

**Marni**: What if you want to dress slutty? These are two separate things – looking and touching. There is never any excuse to grab a woman.

**Mo**: Well then you have to live in the real world and understand what’s going to happen to you. That’s the truth though or you want me to lie to you?

**Marni**: It’s not the truth, that’s not what the truth is

**Mo**: Look because there’s going to be guys out there that do those kinds of things.

**Marni**: Listen and then a girl can get mad at that guy for doing it and say, “Get the fuck away from me!”

**Mo**: She can, she totally can but if she’s going to continue to dress like that, she’s going to have to; she doesn’t live in a perfect world where guys just respect her, we’re men and we have physical feelings.

**Marni**: Just because those things are going to happen doesn’t mean that those things are correct and they should be happening. So what he’s asking is why do women dress provocatively and then yell at a man for looking?

**Kristen**: Because they like attention.

**Marni**: Not all attention!

**Mo**: That’s it because it’s true, they want attention.

**Kristen**: I have a man’s perspective on this issue because I don’t understand the provocatively thing, I just don’t get it, it’s just not in my DNA to want to do it, so I’m not saying it’s okay to touch and/or rape women. I dress pretty conservatively but I’ve had guys walk up to me in a bar and literally grab my crotch, totally cup my entire vagina and I’m not dressed provocatively. Women, they want to be in control of how they feel. When you dress sexy you feel good about yourself so I understand when women do that

**Marni**: You’re not asking for it ever. Even if I wanted to dress in the most provocatively way ever, I want good attention, I don’t want groping. I don’t think that those things go hand in hand and that if you do, do it you have to take what comes your way, no matter what.

**Mo**: And I don’t think it’s right but the reality is, if my girl walks into a bar (and my girl’s got a great ass right, great butt she wears tight pants) there have been guys that have grabbed her butt in a bar and she specifically won’t tell me because I’ll go and punch a guy for it, because that’s what that guy deserves. But you’ve got to understand that’s the world we live in.

**Marni**: Okay but separate from the word we live in, to answer his question, the reason that women get upset if you look down her blouse is because she doesn’t want you looking down her blouse. That’s not what she dressed up for; she didn’t dress up for you to stare at her cleavage the entire time that you’re talking to her. That’s why she gets pissed off, she wants to you respect her attractiveness but not treat her like a whore.

**Mo**: She dressed that way so then you stare at her cleavage for a second because you find it sexy, and then you look in her eyes and you actually talk to her. But she’s doing that as bait to score attention.

**Kristen**: I agree with Mo, it’s an attention thing; it’s like look at what you can’t have.

**Marni**: Or it may be what she really likes to be wearing, she may feel super sexy and awesome when she puts on those clothes.

**Kristen**: She may feel awesome in it but at the same time if she doesn’t seem to grasp the concept that she’s inviting the wrong type of person, then she’s like missing something.

**Marni**: So if somebody really likes dressing provocatively and they want to get it past people’s thick skulls that you can dress provocatively without inviting people to rape them, that’s what you have to do, you have to put it out there and make it your normal way of being. You don’t have to suddenly filter how you want to be.

**Mo**: When you described this woman all I thought about was shy love and how she dresses and what she attracts.

**Marni**: She was wearing a jump suit.

**Mo**: No her tits were hanging out.

**Kristen**: Yeah she was…

**Marni**: Listen but no matter what at the end of the day, that’s what she feels wonderful in wearing. She’s not dressing up saying how whorish can I dress so that I can get XYZ?

**Mo**: And all I’m saying is you’re going to get your good guys and just get ready for those really sleazy dudes.

**Marni**: Okay, here is another question:

How do you tell whether a girl wants something real or a one night stand? How do you tell what a girl is up for?

**Mo**: Well if she has sex with you, then you find out, right?

**Marni**: Well, some girls who still have one night stands also are in relationships, but I can say typically girls who aren’t in it for a one night stand talk to you differently, they want to get to know you a little bit more. It’s not about sexual innuendo and there’s not as much need for serious talk or getting to know you. That’s kind of…

**Mo**: Well I feel like in one night stand sex is all the topic of conversation a lot and there’s a lot of touchy feely.

**Marni**: Yeah it’s very surface level conversation.

**Mo**: Yeah and it’s very kind of flirty sexual innuendos touching, primal, where there is no sweetness to it at all. Look, you’ll know after the one night stand if you like the girl, you try calling her and if she doesn’t answer, you learn pretty quick.

**Marni**: If that’s what she wants. I think he’s saying, how do I tell if there’s a different approach that I should be using to go after this girl. If I see a girl standing there, how I know if she’s a relationship girl or a one night stand girl?

**Mo**: Oh you’ll never know until you actually just dive into the conversation and really get to know them. Look, you could see a girl dressed like we just talked about, a girl dressed provocatively and wanting attention and you go talk with her and even though she’s flirty -- There was a girl the other night, with tits hanging out and I was kind of getting the feeling like she just wanted to bang, but then I watched her with all the other guys and that’s just how she acts. She’s the girl that acts like she wants to bang you all night long and then never bangs anybody; when you go to bang her she goes, “You got to take me out to dinner first, or you got to do all these things,” you know so there’re those girls too like you’ll never know till you actually get into the conversation.

**Marni**: Alright and that is the end of the first segment of Analyze This and we’ll back with my college friend as we say in Canada, “university,” Justine Mazin, who is on the show and if you have questions for…

**Kristen**: Justine Mazin more like Justine amazing.

**Marni**: Oh look at you. Right, pour your questions into [ask@askwomenpodcast.com](mailto:ask@askwomenpodcast.com) and we’ll be back in a second.

**[break]**

**Marni**: Welcome back to the Ask Women Podcast and to a full episode of Analyze This, we have my good friend and old college roommate Justine Mazin in studio with us.

**Marni**: So Justine is from Toronto and Justine and I have known each other for a very long time, but Justine is out in Los Angeles because she is a very talented writer and has written a- she’ll tell you about it but she’s written a book that is fantasy, I don’t even know, you can probably describe it better … But she’s out here because basically think they could be the next Twilight…

**Justine**: Go cheesy with that…

**Marni**: I’m just saying that that’s what it’s been…

**Justine**: People, my parents think that.

**Marni**: Tell me a little bit about the book.

**Justine**: No I don’t think we’re going to do that today.

**Marni**: Alright so nothing about the book.

**Justine**: Nothing about the book.

**Marni**: So not starting off well, so Justine does not want to share.

**Kristen**: I am curious though because you said you drink.

**Justine**: I do drink.

**Kristen**: And you drink in every city.

**Justine**: I drink everywhere.

**Kristen**: Day, night?

**Justine**: Drink all the time.

**Kristen**: Okay good to know.

**Marni**: But, how did you make this happen?

**Kristen**: Right, how did you get these meetings…

**Justine**: Because I drink and I dress provocatively and those two things together get you meetings.

**Marni**: No, but that is one thing that Justine is really great at doing is going and putting herself out there.

**Justine**: Okay that sounds slutty.

**Marni**: Well you’re not slutty, you’re not offering sex to people, but what you do is fine.

**Kristen**: You seem outgoing, just another way of saying ‘slutty’.

**Marni**: You’re very outgoing and very friendly and the thing is that we talk about this on the show all the time about going out there, being open, getting off the couch and doing something. If you really want something to happen, go out and give a blowjob to somebody and then, no I’m just joking.

**Justine**: Jeez I’m so happy I’m here.

**Marni**: But no but the whole thing is it’s in dating, it’s in networking, it’s in business, every single thing is the exact same, you have the same set of rules. If you want to make things happen then you have to get off your butt and make them happen and that is what you do and you did it in your own way, you may not have sent packages to publishers, but you went to meet with the people who actually make the decisions.

**Justine**: Well they happened to be the right people.

**Marni**: Right.

**Kristen**: It was just the right situation at the right time.

**Justine**: Yeah I think sometimes you just meet the right people at the right time and it hasn’t happened yet but hopefully something will come of all this drinking, yeah.

**Marni**: All of these meetings.

**Mo**: Do you write love scenes?

**Justine**: Yeah there are some love scenes in it, I wouldn’t say love, but yeah there are some scenes.

**Mo**: I’m always fascinated how writers write sexy…

**Kristen**: They’re writers, they’re probably not getting real world experience.

**Mo**: Is it a true story, is it from self-experience, do you close your eyes and kind of visualize what turns you on at that moment and just write that out?

**Justine**: Yeah, well you think about the characters you’re writing about and then what would turn them on and usually that would turn the reader on too. But I don’t know, the sex scenes in my book are more dark and not real.

**Kristen**: Which can turn certain people on.

**Justine**: Yeah they’re dark and there’s more psychological stuff so it’s not two people making out on the porch and texting each other that they had a great time.

**Mo**: Oh yeah that’s real life, that’s boring we want the hot steamy.

**Justine**: Yeah.

**Marni**: Well I want Justine to answer some of our Analyze this questions but I also want to ask you. It’s funny, you just wanted to stay in my house and that was it.

**Justine**: I just wanted to stay with you and just you know walk around, go shopping, have some cocktails, but no…

**Marni**: But I want to talk to you about attraction. So for you what is attractive in men that you meet. What differentiates between a man that you are attracted to and possibly want to see again or continue seeing, versus a man who does not turn you on or does not attract you?

**Justine**: Well I think anyone who I’ve liked for a significant amount of time, I knew right away that I liked them.

**Marni**: Really?

**Justine**: There was something right away and I didn’t know whether I wanted them to be my boyfriend or my best friend or someone I want to sleep with but it was instantaneous and everyone says you have to give it a chance, give somebody a chance and I don’t really agree with that for me. I’m not 60 and looking for companionship, so…

**Marni**: Well what are you looking for?

**Justine**: I’m looking for, I need to feel the attraction immediately and I know it sucks, it’s kind of a bad answer but I can’t articulate what that is to me.

**Kristen**: Like pheromones?

**Marni**: So does attraction have to do with looks?

Justine: Yes but also no. I’ve never, I think that men care more about looks, like men like that pinup women. But women, less women are looking for that kind of beef cakey image that they can get off to. They need more than that, they need a personality, they need a guy to speak I think. Men don’t really need a woman to speak to get off.

**Marni**: There is a quality.

**Justine**: It is a quality, I don’t know if it’s confidence. I think men have to be a lot of things besides good looking whereas women can just be good looking.

**Mo**: And it’s a connection you know I realized men that have a lot of success are great at eye contact and staying connected in conversation with a woman, and men that don’t really, just don’t make that eye contact look at the floor, look at the floor or at other things…

**Marni**: Because eye contact says a lot more things about you, I would also say. But tell me more about this because you were saying it instantly, what does instantly mean, in the first five seconds, in the first 10 minutes, because you were saying they need more than just their looks.

**Justine**: Right I think it’s well of course and you can’t really define what that is but I think confidence because you were saying eye contact, there are people who never make eye contact. Have you ever been around those people who just never make eye contact?

**Marni**: Yeah absolutely like…

**Kristen**: It’s weird.

**Justine**: It’s very uncomfortable obviously because they are uncomfortable.

**Marni**: Right

**Mo**: Oh yeah Kristen.

**Kristen**: I’m staring right at you Mo, I would stare through your soul, not that you have one. A really good technique to use when speaking is to land your eyes on the person. For example, if you’re talking and when you’re finishing up a sentence, on the last couple of words if you just land right in their eyes.

**Justine**: Jeez you just looked at me and I’m like feeling something, doing something.

**Kristen**: It’s a really good technique but in my acting classes, it makes a huge difference if someone lands on the person they’re talking to versus they don’t, it looks like someone is a super shitty C+ actor versus like a B+ or A- actor or A+ if you’re really good.

**Marni**: Well it’s impact as well. I’ve talked to a lot of guys about voice tonality because only 15% of communication is done through your words, you’re communicating with the rest of your body language, your facial gestures and your voice tonality.

**Kristen**: I just hold up my middle finger the whole time and I’m like why isn’t anyone listening to what I’m saying?

**Marni**: But it’s really important to be able to communicate in other ways besides the words that you’re saying. Because what you are saying, Justine, is that you know it does need to be more than just the way that man looks. It’s confidence, it’s intelligence, those are the things that do win you over. Can you tell us about the last time that you did find somebody attractive, just speak in general terms about maybe how he approached you, how he picked you up, and what went on that kept your attraction?

**Justine**: Well alcohol helps a lot but that sounds just wicked, that’s probably enough with that. So …

**Kristen**: It’s getting weird now.

**Justine**: It’s getting, yeah I feel weird. What was the question again?

**Marni**: Yeah, so tell me about the last scenario where you found yourself attracted to a guy where you were like, okay, I want to give him my number, I want him to ask me out.

**Justine**: I guess he was just really direct and present. I guess it’s an independence, and independence I think it’s attractive for everybody. I don’t think there is anything more repulsive than desperation in anybody. He was just, I guess independence is that “You know I really like you and I’m into you, but I’m okay on my own too.”

**Marni**: And so how do men express that to you without saying those words? How do you get a sense?

**Justine**: It’s just a sense of confidence.

**Kristen**: Yeah it’s an air, it’s something that really is hard and I know you want to give tangible advice for people. But it’s like sophistication.

**Justine**: Right and it’s an air of “I am conducting my life to make me happy and proud of myself and have success in my life; I think you’re great but I’m not going to crumble if you don’t give me your number.”

**Mo**: Yeah and I feel when men talk to women just as a person with no ulterior motive like sex in mind, none of that and just friendliness and then afterwards like even walk away, women love that. Because there are so many men and you see the ones who have wolf eyes and they’re just looking at woman like prey and whatever the conversation….

**Justine**: They got desperation yeah.

**Mo**: Yeah whatever the conversation is right, you know what’s really going on is I want to have sex with you right now.

**Kristen**: Right and you can smell that.

**Mo**: Smell it?

**Kristen**: Yeah.

**Marni**: What are other signs that a guy is desperate if he is around you and he’s trying to pick you up?

**Justine**: Eagerness and they don’t take their time with it. It’s like they’re following a mental script so they’re like, “Oh hi you’re beautiful,” right because that’s what you’re supposed to say and then right after that is, “Can I have your number?”

**Kristen**: Yeah I actually had a guy ask me for my number last week and I was having…

**Marni**: Look at you!

**Kristen**: I know and I was having a conversation and I was being very funny and we were probably talking I mean because I’m hilarious. And well actually what he said is it’s so refreshing to talk to a girl who has a sense of humor. And honestly I think you know that just kind of immediately made him attracted to me and he said probably we were about maybe five minutes into talking or maybe a little less than that and he was smiling at me and he was kind of nodding at everything I’m saying and he’s like, “So can I have your number?” and I mean I have a boyfriend so obviously I’m not going to give him my number but he was like looking at me with like puppy dog eyes like please, please, please like you’re the first normal funny person I’ve met like in six years.

**Art**: I wasn’t begging.

**Marni**: If I don’t get you I’m screwed. There are no other funny girls out there.

**Kristen**: Art, you know I already gave you my number.

**Mo**: Well that’s why guys that have girlfriends always say, “Damn if I could have had girls like this when I was single I’d be killing it,” and it’s because we go in…

**Marni**: You don’t have the desperation.

**Mo**: We don’t have desperation, we don’t care where we walk in and we be ourselves, but one thing men need to notice is that there is always that moment of opportunity that comes in a conversation where you need to act and too many of us don’t act in that moment we let it pass or we do it after the fact and we kick ourselves for not doing it. If there is an opportunity there with a woman, it’s going to come, you’ve just got to understand when that is and that’s when your time at that is.

**Marni**: Well Justine, what was the best way that a guy has asked for your phone number?

**Justine**: You mean in the morning?

**Marni**: Right, I guess, what’s your name again?

**Justine**: Sorry where am I? Can I see a piece of mail? What was the best way…

**Kristen**: Preferably a bank statement.

**Justine**: I think some have said to me, “Can you, why don’t you take my number?” and I said, “I don’t; you take my number -- you’re the guy.” And I think I gave him my number and then he immediately texted me and said “Now you have my number.”

**Marni**: Do you think that was cute?

**Justine**: Yeah it was alright, it was okay.

**Marni**: Did he call you, did you call him?

**Justine**: Yeah obviously.

**Marni**: Did you go out?

**Mo**: Did you make the sex?

**Justine**: We made the sex.

**Marni**: Okay fine so that was good.

**Kristen**: So mediocrity will get you…

**Justine**: Yeah 100% of the time, but you shouldn’t lower the bar.

**Marni**: I love that, that’s the way to go. Let’s get on to some more questions from Analyze This. This is a question from MCo Comedy, oh another comedy person on Twitter, and he asks: what’s the best way to nonchalantly ask a girl if she is single. Justine?

**Justine**: To nonchalantly ask a girl if she’s single … Marni?

**Marni**: You’re going to throw it back at me?

**Justine**: Or you throw it back to the expert.

**Marni**: Mo, what do you say?

**Mo**: Look, this is always a tricky area. First of all you’ve just got to see if she is into you. If she’s not into you, she’s not into you, but I always go, “Hey we should go out sometime,” and then if she goes, “Yes, that sounds great,” then you’re good to go. Or they tell you, “No I have a boyfriend,” “Okay, well that’s are you going to marry him?” and then you’ll know in that second if they go, “Well I don’t know,” then you’re like, “Well then we should go out sometime.”

**Marni**: “Want to stick around?” Hmm, I actually think that that’s a good answer.

**Justine**: Everybody is still looking, I think.

**Mo**: No, no if you’re still looking, you’re in the wrong relationship.

**Justine**: I think everybody is looking to upgrade.

**Kristen**: Yeah it’s like you have a new pair of jeans and eventually you decide you need a new pair of jeans.

**Justine**: I think everybody is. I don’t care if you think you can be in love, I still think that everybody is looking for an upgrade.

**Mo**: No I think when you find that right…

**Justine**: Art is shaking his head no.

**Marni**: I know Art.

**Mo**: When you find that right person, there really is no upgrade there’s just different.

**Justine**: Okay, that’s sweet; I hope your girlfriend is listening.

**Mo**: The only thing that’s left is a fulfillment of some fantasy that you haven’t had in a while and that’s really all that’s left once you find that person.

**Marni**: I tend to semi-agree with Justine.

**Justine**: You’re not looking, you’re not looking.

**Marni**: It’s not like your eyes are open and you’re going out to every club and trying to meet guys and going on match.com

**Justine**: I worded that wrong.

**Marni**: But I do believe that there are certain points within your relationship throughout the many years you’re possibly together, where you do look at other people and see what they may have compared to your present significant other and you weigh the options of possibly being with that other person. Typically, if you are in a good relationship and your partner is…

**Justine**: You’re going to turn it down.

**Marni**: Yeah, you’re going to turn it down.

**Mo**: You know I was lucky; I’ve broken up with my girl so many times, and slept with so many other women that I’ve realized that the grass in not greener, my friends.

**Kristen**: Okay well to jump back to the question about how you slyly essentially ask if a girl’s single, I actually had this happen.

**Mo**: Guys are hitting on you?

**Kristen**: Of course.

**Marni**: You don’t even go out of the house! Where do the guys find you?

**Kristen**: No, I don’t, they’re crawling up through the pipes.

**Marni**: Seriously.

**Mo**: That’s weird.

**Kristen**: Some kid in one of my acting classes asked me what movies had I seen lately. And I always feel like he sits next to me and he just kind of hangs around me. And I think that was his way of saying…

**Marni**: Of saying do you have a boyfriend?

**Kristen**: No, trying to kind of get more information out of me and something that I wanted to communicate to him because I was getting that vibe because I have a boyfriend so I was like, “Oh my boyfriend and I went to see blah, blah, blah last weekend” and I don’t think he was specifically asking, do you have a boyfriend. But it was like you’re trying to learn more about this person and kind of get a little bit deeper into who they are. And so by just kind of asking general questions she may kind of get the hint and throw it in there.

**Marni**: Well, possibly if she knows what you’re actually going after but I would say if you want to be sly, I actually don’t think that you should be sly but I like what Mo said.

**Mo**: Look that’s my way of dealing with it in a one off situation. In a continuous situation, say like an acting class or yoga class or gym or something where I see someone continuously…

**Kristen**: Assume the girl in the yoga class doesn’t have a boyfriend.

**Mo**: Yeah well if it’s somewhere I see them regularly, then I’m not trying to get to find out the information on the first day, I’m going to plant the seed, I’m going to invite her to start thinking about me.

**Marni**: Sometimes there’s not enough time to plant the seeds, if you want to know if a girl’s single, say, “Are you single, are you dating anybody, if not I want to take you out for dinner.”

**Mo**: Wow that is hot.

**Marni**: You can do it if you want to do it that way and if you feel that there’s a chemistry there and you say it with eye contact and impact like Kristen was talking about before you land on them

**Mo**: You land on her breasts.

**Marni**: You can ask whatever you want, you don’t have to be sly, but if you want to be sly then you do it the way that Mo said. Okay next question:

Hey Marni how are you- what do women think about men with long hair?

**Kristen**: Cut it and get to the brain underneath.

**Justine**: What’s long mean, how long is long?

**Marni**: I don’t know this is all I have; I have a thanks and a smiley face, no name even from this person. This is a question that I got from my own personal emails I just want to throw this in because I thought it was a cute little question to throw in that we don’t typically talk about. But I think that that main thing is that you own it and you fucking love your long hair, then the other person will be attracted. If she’s not attracted to you and it’s not her thing, then you’re probably not the guy for her. I think that if you like your long hair, be proud of it, same thing we always say all the time, own whoever you are, whatever you have.

**Kristen**: But the trouble with long hair comes in, because I actually am a fan of longish hair on guys…

**Justine**: Some.

**Marni**: Shaggy, not long hair.

**Kristen**: Right shaggy or a little bit unkempt but when you get to the point where you look like a professional wrestler and it’s down to your lower back and it doesn’t look cared for and it’s stringy, that’s no good.

**Marni**: I agree, it’s not my thing but for some women it is.

**Kristen**: Some women it might be but I think there is a grooming aspect involved that’s missing.

**Justine**: It’s also a specific demographic right?

**Marni**: Right, the 80s.

**Kristen**: The 80s and well into the 90s.

**Mo**: Look you hit it on the head; it’s got to look cared for. It’s got to smell good.

**Justine**: I disagree. I’m not going to know what it smells like if I just walk by a guy in the street.

**Kristen**: Yeah but if you get intimate with him and it smells bad… but you’re probably drunk so you wouldn’t really smell it necessarily because your senses…

**Justine**: Yeah it would just smells like tequila everyone just smells like tequila. No, I think I like a guy who just doesn’t grow his hair that long because it’s a lot of work for any man to have to condition and watch his split ends.

**Kristen**: No, okay and I will speak for Mo on that; I like that kind of grungy look but I’m saying there is a point in which you cross the line from grungy into gross town.

**Justine**: I’m not sitting here saying I want a guy who doesn’t shower.

**Kristen**: Yeah, and I don’t want it to look like he brushed it 100 times before bed every night either.

**Mo**: Let me tell you those grunge guys spend hours making their hair look grunge, okay.

**Kristen**: Right.

**Marni**: Yeah, it’s takes a lot of effort to make it look like you didn’t try that hard. That’s the look she goes for.

**Kristen**: Those are the hardest outfits to plan.

**Marni**: They are, I think about eight hours to do.

**Kristen**: It looks like you just threw it on and it took you four and a half hours to put together.

**Marni**: So overall opinion is some women are going to be into it, some women aren’t, but overall if you’re into it and you own it and you can take care of it to a certain extent and you don’t let it go for three weeks without being washed, and it’s completely disgusting and ratty, then it’s no good. But if it’s a look that you are pulling off and it’s grungy and it’s kind of cool looking and shaggy, I think that can be super sexy.

**Kristen**: And I’m a fan of the low ponytail on the man. Unless you are balding, then long hair is a no go. It looks like you’re trying to cling to your youth.

**Justine**: What about Bruce Jenner’s hair?

**Kristen**: God no.

**Justine**: Too much sweat is bad

**Marni**: Yeah, it’s horrible. There was one night where I had to come into Justine’s room because I was with this guy and we were fooling around and he was getting so sweaty. We weren’t even doing anything and I had to go downstairs and get him a glass of water. And she was in her bedroom with somebody else and I came in I’m like I don’t know what to do I don’t want to go back in there.

**Mo**: He slimed you.

**Marni**: I’m wiping him off me, it’s disgusting, he’s dripping sweat all over me, and I asked Justine, how do I end this?

**Justine**: You called him “sweaty mule.”

**Marni**: A sweaty mule, it was horrible.

**Justine**: He wasn’t working that hard I don’t know why he’s sweating so much.

**Marni**: Next question: do girls really need to scream when they’re having sex?

**Kristen**: I don’t think so. I think it’s more theatrics than anything else.

**Mo**: But you know, there is something very liberating to being as loud as you want during sex. And I feel some women do that…

**Kristen**: Well not if she’s acting. They’re actresses.

**Mo**: As a man, yeah, there’s some of that but look, you know when a girl has an orgasm.

**Justine**: No, you don’t.

**Mo**: Yeah, I think so.

**Justine**: No, I don’t know if you do.

**Marni**: No, I don’t think you do.

**Mo**: I could look at my experiences.

**Marni**: This is a Seinfeld episode, isn’t it?

**Kristen**: Yeah.

**Mo**: Women tend to convulse in a way…

**Marni**: You don’t think you can fake convulsing?

**Justine**: No, there are certain things you can’t fake.

**Marni**: The Kegel movements you can absolutely fake those and I have done that many times.

**Justine**: Are you doing it right now?

**Marni**: I am doing it right now, you can absolutely fake those.

**Justine**: I can feel it.

**Kristen**: I can see your eyebrow moving a little bit.

**Marni**: I will say that for me, when I do get more vocal, I actually get more turned on, so the theatrics actually help me.

**Justine**: So do I.

**Mo**: Yeah there is something liberating about it.

**Marni**: Sometimes it depends like sometimes I do have great sex where I do want to be loud, not as loud as porn stars because remember they’ re there for the performance a lot of them. But I will say there are some girls where that is natural for them either because of theatrics, or whatever it is for them, that’s naturally what they do when they have orgasms.

**Justine**: It’s like imitating art: we see people act that way and so we think that it works that way. I think that porn has changed the way people have sex.

**Marni**: Oh absolutely.

**Justine**: 100% of the time where people would have never otherwise thought to act a certain way or do certain things.

**Kristen**: I think it’s also helps in a release kind of way. I mean for me, because I’m such a child, I just picture riding a roller coaster and you don’t really need…

**Marni**: Imagine Kristen having sex…

**Kristen**: Mommy, where is my cat?

**Marni**: I’m pretty sure you have cat in there with you at your feet, it’s very weird.

**Kristen**: No, but I pictured riding a roller coaster and when I ride a roller coaster I don’t necessarily have to scream, but it does just makes it more exciting. So I think whatever a woman is doing, she may not be totally putting it on but it may enhance just whatever fun she’s having. You’re not forced from the inside out to scream like that.

**Marni**: Right, I feel like the people who do scream are the people who screamed when they saw the Beatles or like New Kids On the Block, I never did that or got that hysterical excitement.

**Kristen**: They’re attention whores sometimes, sorry.

**Mo**: You can tell when it’s forced.

**Marni**: I don’t think so; you think you can tell?

**Mo**: You can tell when you listen…

**Kristen**: I think Mo’s angry cause we had a question about long hair.

**Mo**: When a woman moans and she’s really turned on you cannot mistake that.

**Justine**: No, I disagree.

**Marni**: Before when I used to be really self-conscious about sex, I would clench up most of the time. I would be so quiet because I would be insecure about being louder, but once I got more comfortable with being vocal, I started really liking it. It enhances your experience. But when my husband and I used to live at our old place, there was this fireman who lived upstairs who would bring a new girl up every day. And they would have a really fun time. They would be banging against the walls and all the girls would be screaming up there. And I think it was just part of this whole experience that they were having but I would be totally turned on as well. Sometimes Jordan and I would have sex to it, sometimes at 2 am we’d wake up and be like, “What are they doing up there?”

**Justine**: You guys are so creepy.

**Marni**: I know; it was so creepy. But it was a turn-on for us and so I totally get them. So to answer, yes, the female orgasm is true, Clay, who wrote this question in. And the question: do women really make those sounds; I don’t think we’ve really found an answer because none of us seemed to make those sounds, but…I don’t know.

**Kristen**: No, they don’t make the sounds, but they want to because it makes their experience better.

**Justine**: Yeah, but sometimes you do.

**Mo**: Sometimes you do.

**Marni**: Alright I’m going to ask one more question, I’m trying to find a short one for you guys. Okay actually I want to read a comment on bad boys that was written in by somebody.

So I’m listening to an episode, episode nine and I thought I might add something to the bad boy discussion. I’m a 52 year old male; a clean cut squared away former toolmaker of an engineer.

**Kristen**: Sexy.

**Marni**: And I’m in very good shape, not too hard to look at, reasonably intelligent-I’m totally into him-well educated and well read or one of those guys that looks good on paper but I think my strongest asset with women is that I like women, I honestly enjoy spending time with women, I like how women think and relate and a like a woman’s civilizing influence on my environment. I think I first noticed this was different year ago when my garage buddies were talking about their garage or shop spaces being a refuge apart from their women.

My garage and shop are Girls Allowed zones and if whoever I’m seeing has her own friends around, there’s a really good chance that they’ll scatter my crew and abandon the shop or whatever else I’m doing to be closer to those chattering women. I won’t interfere, women need their own time with their friends. Seriously, I like women. Women have called me a bad boy for decades and until a couple of years ago, I never really understood why. I take my career seriously and I do well, I have a nice home and keep it that way, I’m a close cropped buttoned down guy that drive a Beemer for crying out loud, a splendidly pristine 25 year old classic that I maintained in a new car condition- I’m boring you.

**Justine**: Jesus.

**Mo**: That’s his problem.

**Marni**: There was a point about the bad boy.

**Mo**: I know guys like that that are always hanging out at the women’s table with the chatty Cathys, and he’s one of them.

**Marni**: No you know this wasn’t his point; his point was to say that a bad boy isn’t an asshole; a bad boy is a man who makes a woman feel like Simon.

**Justine**: Where did you get that?

**Marni**: Typically when we talk about bad boys, we talk about men who belittle women, who don’t respect them and they’re jerks. And really he said he’s asked a number of women about this, about what the bad boy is and they all agree. So, they say a bad boy is a guy that makes a woman want to get naughty, rather than the way that we talk about it, about a bad boy being an asshole.

**Kristen**: I agree with that, it’s just hard to get one without the other.

**Marni**: Right, but there is a way to still be a nice guy with an edge and still create excitement, passion and fun. So that’s what we’re trying to teach men how to be.

**Kristen**: The good bad boy.

**Mo**: I’m wondering if this guy is gay.

**Marni**: But his point was he’s done his own research where he was asking women about what a bad boy is and their definition was it’s a guy that makes you want to get naughty. Which is true.

**Justine**: I think it’s somebody who you can’t have the way you want and so you keep going, it’s like an addiction, so you keep going back because you can’t get them the way you want.

**Mo**: And let be honest, a bad boy for a 20 year old woman is different than a bad boy for a 25 year old woman,

**Marni**: Is it?

**Mo**: Yes because women change as they get older. I feel like the younger girls…

**Marni**: So how old are these women that he asked?

**Mo**: He’s 50-something, they’re hanging out in a shed, this guy is not bringing hot 20 year old girls into his shed with his other 54 year old carpenters.

**Justine**: And he’s playing bridge with these women and they’re telling him…

**Mo**: Yeah like these are his friends' wives and their friends. So at that level, his excitement, his passion, his all these things is really attractive to an older woman who has a boring life or her friends are all married and have kids so that is excitement. That is the bad boy, but for a 19 year old girl, 20 year old girl … come on now.

**Kristen**: Just getting out of the house is excitement.

**Marni**: Yeah it’s Justin Beiber, wear your pants down low, and sing a few songs.

**Mo**: You get a few…

**Marni**: Okay well that brings us to our conclusion of our Analyze this episode, Justine thank you so much for coming on the show and letting me force you to talk and open up even though it was work for you.

**Justine**: It’s okay, this is how I’m earning a place to stay.

**Marni**: Exactly, it’s how you’re earning your keep. But if you want to ask questions for Analyze this, write them in to [ask@askwomenpodcast.com](mailto:ask@askwomenpodcast.com) you can follow us on Twitter [@askwomenpodcast](file:///C:\Users\rbjmc_000\Desktop\Clients\Marni\My%20edits\twitter.com\askwomenpodcast).

**Kristen**: And remember to shop at the Amazon stores through our winggirlmethod.com/amazon.

**Marni**: And, actually I have a special deal for guys who are listening to this, I have a new product called Friend Zone, Get Out And Stay Out; if you go to [winggirlmethod.com/FriendZ](http://www.winggirlmethod.com/friendz) you can find out all the information on about how to get out of the friend zone and stay out, and we will see you next week.

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**THE END!**

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