

The Player's Black Book

By The Player



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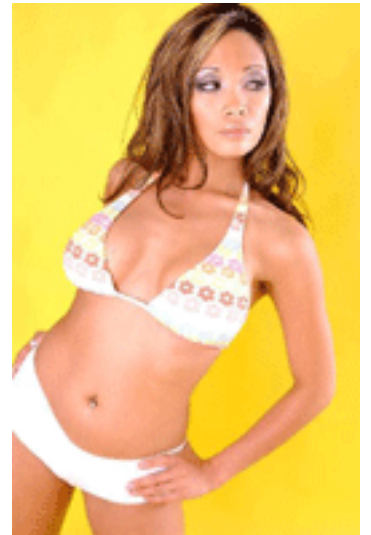
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Introduction

Thank you for making the decision to purchase "The Player's Black Book". This is your complete guide to getting the women that most men only dream about, the women that you've always wanted... the women that you deserve!

By now I'm sure that you know who I am, but what you may not know is that I haven't always been "The Player". The collected knowledge that has been compiled in this manual is everything that I've learned on the way to becoming what I am today, and it is that SAME knowledge that you will use to literally transform yourself into a master seducer of women.



There are many roads that you can take to go from "breaking the ice" to breaking the bed, and my mission is to include every possible solution and strategy in the guide.

Nothing is being held back! I've kept certain techniques secret in the past, and would refuse to post them on Becomeaplayer.com, but as you will soon discover everything I've learned throughout my years of practice and research will be revealed in this one-of-a-kind dating manual. If used correctly, this information can change your life forever.

You've already taken a chance and have invested your time and money in this book, but there still may be some doubt in your mind. If so... I'd like to re-assure you that every stitch of information contained in this guide has been proven effective on countless occasions. My flawless material has changed the lives of more men than you could fit into Madison Square Gardens, and if you have faith in it... it can do the same for you. Remember, this will only work if you believe in it... and also

believe that you've got what it takes inside yourself, as I know you do.

Every man has the ability to get ANY woman, regardless of his looks, bank account, brains or reputation. None of these qualities matter once you know how to tap into the natural seducer within yourself. Believe me... it's there, built into the network of traits that make up your unique character. This book will train you to identify these qualities that you possess and master them one at a time, then teach you other abilities that you may not already have and give you the power to manipulate your newfound talents. This process will change you into the player that you want to be, but that's only half of the battle!

Here's a cheesy, yet effective analogy :

You can hand someone a basketball, but he'll never have a good jump shot if he just stands there holding the ball! He needs to practice. He may miss his first shot... probably the second also, but eventually he'll make one, and after time his skills will improve to the point that he will barely miss at all.

This guide will "put the ball in your court", and even show you the exact techniques to use when you need to make that game-winning shot... but it's up to you to put that jersey on and get out there. Meaning : you won't get tons of beautiful girls chasing after you simply because you bought and read this book! You need to get out there and put what you've learned into action in order to see results.

One of the main reasons that most men fail with women is the fact that they do not understand how a woman's mind works. You will run into a brick wall if you try to pick up women without at least a basic knowledge of how they think, so before we move on to any more advanced subjects... let's first talk

about understanding women.

But before we get into that I'd like you to answer a few quick questions regarding your goals and what you'd like to get out of reading this guide. If you haven't already, I recommend printing this entire book. There will be exercises at the end of each chapter and in most cases you will need a printed version of the book. Your learning experience will be greatly enhanced if you can fill in your answers so you can refer back to them later on... once your officially a ladies man :)

Introduction Exercise - Basic Q & A

1 : What was your motivation, or main problem that made you decide to purchase "The Player's Black Book"?

2 : If you could change one thing about yourself that has to do with the way that you interact with women, what would it be?

3 : Deep down do you truly believe that drop-dead gorgeous women only go for guys that have great looks, loads of money and/or fame? If so, why?

... 6 ...

4 : If you've ever purchased another seduction guide in the past, what are you hoping to get out of this one that you didn't learn from the others?

5 : On a scale of 0-10, what would you rate your current status as a player? Circle your choice.

0 1 2 3 4 5 6 7 8 9 10

6 : If you were out for a night on the town with your two closest friends, and the three of you decided to see who could get the most phone numbers... would you most likely come in first, second, or third place? Why?

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Chapter 1

Understanding Women

What Women Want, Need And Desire

Most men have a very hard time understanding women, their behavior simply baffles the majority of us... and when it comes to dating them it only gets worse.

It's ironic when you pause to think about it, because we are utterly fascinated by these creatures, yet have absolutely no clue what is going on inside their pretty little heads. This can become a major problem for some men, and if you are one of them... or are not sure, pay attention.

To successfully seduce women you first need to understand how they operate... you can't fly a plane if you don't understand how the control work!

That's why you have this book, you can consider it as your flight manual... because with it you can make your dating life "take off" :)

Let's begin by talking about what women want, need and desire.

If you were to ask any average joe what he wants in his life in terms of a woman, chances are the FIRST thing that comes out of his mouth will be along the lines of "as gorgeous as possible".

Your own answer would be similar, wouldn't it?

Guess what? Women know that! They've known that men are

mostly attracted to looks for thousands of years, and they have consistently played that card to their advantage to this day.

Why do you think women spend so much time and money on their appearance?

It's because they know that all they need to attract a man is their hot body and pretty face, and that same strategy works for them *every time*. This is why women have an unfair advantage over men in the dating game, they already know exactly what they need to do... and for them figuring that out is much easier than it is for us.



Knowing this, how do you think that you could benefit from understanding the process that women use to attract men?

You can do the same thing that they do! Identify exactly what most women desire in a man and focus all of your energy on becoming that man. Sounds easy enough, right?

Well it is, and once you get the hang of things you can easily get any woman that you desire to become interested in you. By the end of this chapter you will have learned everything that you need to know about understanding why women choose certain men over others.

Now let's discuss what most women desire, and why they think the way that they do.

The Fairy Tale

Regardless of their genes, upbringing, environment, personal

goals, and all other factors that affects a young woman's life, all females are "programmed" to desire one thing above all... the fairy tale.

The fairy tale man, the fairy tale wedding, the fairy tale home, the fairy tale job... the fairy tale LIFE.

However, we only need to focus on one of those for now... the fairy tale man, after all this IS a seduction guide :)

Now just how do you go about becoming that fairy tale man, you might ask?

Easy.

The average hot woman in this day-and-age has been severely influenced by soap operas, talk shows, romance novels, and those girly magazines that seem to be written in greek whenever a man attempts to read one. These outside sources "tell" women what they should expect from the perfect mate, so in turn they also "tell" us what the women want... and even show us how to give it to them!

If you were to study these references (as I have), you'd learn that what women really want is an instant connection based on something that a man does that sets him apart from the rest of the pack.

Be unique. Be creative.

Do you think that women believe that their "knight in shining armor" will just be a good looking guy with a few good lines and a sense of humor?

Hell no!

You've Got To Be Special!

Women's minds are filled with all of the romantic stories that they've read or watched during their lives, and they honestly believe that if they wait... one day their prince charming will come to sweep them off of their feet.



The beauty of this is...

They have NO IDEA what it is that they are waiting for. It could be a certain spark or connection, or perhaps some form of "sign". However, they do know one thing for certain :

They will KNOW when it happens... and it IS going to be special.

The key word is SPECIAL.

That's why you need to be unique and creative, because if you present yourself to her the same way that every other shmoe in her past has... how will you be able to make her feel like you have that SPECIAL something that she's been looking for?

You won't. So be different and show her something that she's never seen before, and I guaranteed that your success rate will improve dramatically.

I'm sure that you've heard people say "just be yourself" countless times when they were giving tips on attracting women... this is nothing short of old fashioned BAD advice. Take it from me, because I'm a professional and do this for a living... the only way that "being yourself" will work with women is if

you are ALREADY the type of man that women are attracted to. If you were... you wouldn't need to be reading this book, so instead of "just being yourself" you need to work on becoming the type of man that women are drawn to.

Notice how I say BECOME that type of man rather than ACT like that type of man. Putting up a front will only get you so far... no matter how good of an actor you are. Just relax and read this guide, it is designed to teach you how to mold yourself into the type of man that women go crazy over... follow my lead and you'll be up to your chin in hot women within a matter of weeks.

That's just about all you need to know about understanding how the female mind works. You now know what you need to do to give women what they want, need, and desire... the rest of this book will show you HOW to do it.

On a final note, I'd like you to keep in mind that most of the things that you do to be successful with women may not make much sense to you... because after all, you are a man not a woman :) It doesn't matter if it makes sense, just that it works!

Understanding Women - Exercise

While reading this chapter you may remember me stating that women's magazines, TV shows, and movies can give a man great insight into what most women are trained to look for in a man.

It's true, and all of the above are priceless research tools that are at your disposal, as they are readily available to everyone. You can find them just about anywhere you go... and even if you feel strange about buying them, you can easily pick up and read a women's magazine while you are in the waiting

room at your doctor's office.

I'd like you to study three of these references, looking for anything that you believe can give you a better understanding of how the female mind works. After doing so, write down your findings in the specified area below so that you can refer to them whenever you need to.

Reference 1 : _____

Findings :

Reference 2 : _____

Findings :

Reference 3 : _____

Findings :

Chapter 2

Personality Development

Why We Choose Who We Choose

Before we begin, allow me to ask you a quick question...

What type of woman would you rather be involved with : a boring, dull, or even depressed girl that never seems enthusiastic about anything... or an upbeat, happy, adventurous girl that gets excited about participating in even the smallest of activities?

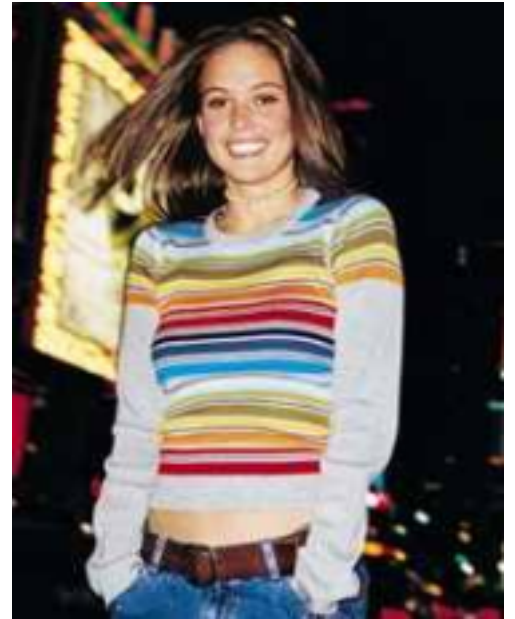
You picked the second choice, didn't you?

Sure you did, but do you know why? I do.

It's because people are naturally inclined to select mates that they believe will make their own lives better and more exciting. In this modern world that we live in, our views on the "perfect" life have been skewed by movies and television... giving us the idea that our current lives are not good enough. Because of this, we are always looking for a way to add that extra "spice" to our lives that we feel it lacks, and a mate that seems to already have that built into them appears to be the perfect "quick fix" to our problems.

That is why we are very attracted to these types of people, and in this area of life defining choices that everyone faces, men and women are exactly alike. If I were to ask any woman the same question that I asked you moments ago (replacing woman with man), chances are she'd give me the same answer that you did. This only tells us one thing...

That to completely attract women you will need to "mold" your personality to match the type that they are drawn to... in essence, become the kind of man that ANY woman would want to be with. This may sound like a hard thing to do, but it's much easier than you think... and that is exactly what you are going to learn how to do in this lesson.



Learn To Let Loose

The dating game is called a game for a reason. The main point of any game is to have FUN, and that is what you need to learn how to do. The first thing that you need to condition your mind to do is to stop taking yourself so seriously while you are seducing women. There are many areas of life that you should approach in a serious manner, but women is not one of them!

Stop focusing all of your goals around getting laid, this will only make you uptight and unable to relax and be yourself... which will ultimately make getting laid ten times harder. It's ironic, but true.

Instead, focus your thoughts on simply having a good time. Tell yourself "I'm going to have fun tonight, regardless of if I get laid or not". Think about it, you constantly hear women complaining about men that don't care about anything but sex... so why would you want to give them the impression that YOU are one of those men?

Once you've trained your mind to embrace this mentality you will be able to let loose and show women your playful side... the side that will attract them to you. Once you do this and stop caring about getting in their pants you will always have a much

better time when you go out, plus you'll get laid much easier... and more often.

Your personality is the most powerful tool at your disposal in terms of things that women notice instantly, even more powerful than your looks or conversation and flirting skills... and fortunately, it is also the easiest to manipulate and change.

Instead of *chasing* after women with techniques and cheesy pick up lines... use your personality to *attract* them to YOU!

The Most Attractive Personality Traits

If you've ever watched a chick flick, you know that women love guys with a playful and care-free attitude. In these movies the woman always ends up with the guy that makes her feel good about herself instead of the rich bastard that tries to buy her love. In the understanding women chapter of this book we talked about how much influence romance stories have on women, and because of that fact... most women will follow the pattern described above when making their choice of who they want to be with.

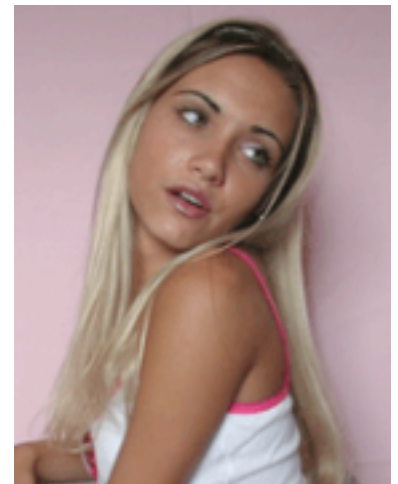
Be positive and excited about everything that you do. This type of attitude is contagious to women and they love guys who can make them feel that way. If you can be like that, women will always feel good and be comfortable around you.

Be unpredictable. Try to do things that you would normally NEVER do, then drop those before they become repetitive and move on to a totally different set of actions. Predictable behavior is not appealing to women at all, women are magnetically drawn to men that can keep them guessing and on their feet. If you can do that you'll never need to worry about them becoming bored with you. Try to always go out of your way

to be different and unusual in an attractive fashion.

Be funny, or at least attempt to be as comical as you possibly can. If you can lighten the mood and keep a smile on her face she will be much more likely to open up to you. Use your ability to be funny very sparingly, because there is a thin line between funny and corny... and trying too hard will most likely make you seem corny. Try to drop a few well placed jokes here and there, just enough to keep her feeling good about you.

These can be anything from witty little comments that shoot out of your mouth at the speed of light (like Chris Rock or David Spade), to goofy facial expression or body language (Jim Carey, Eddie Murphy). Use your imagination and don't be afraid to let your humorous side show a little, it's inside all of us... I know you've seen yours before.



Be adventurous... ready to do anything at the drop of a hat. Act as if you're not afraid to try anything new, and you are down for ANY challenge. Women respond well to this spontaneous type of attitude, so make sure that you master it.

Be charming and romantic, but don't overdue it! You can think of these personality traits as the salt and pepper of your character... just a pinch will spice it up nicely, but too much can ruin the entire meal!

Combine all of these personality traits that I've described and incorporate them into your own as much as possible and you will become a sought after commodity to the women in your area.

Don't skip the following exercise, it can really help you to easily change your personality into the type that women love.

Personality Development - Exercise

Unlike most of the exercises that I'll be asking you to do throughout this guide, this personality development exercise must be done over a fair amount of time. However, for the moment all that you need to do is jot down a few thoughts so that you can refer back to them later on.

Start by writing down the three elements of your personality that you believe to be your strongest, along with the three that you think are your weakest. Do that now :

Strongest

- 1 : _____
- 2 : _____
- 3 : _____

Weakest

- 1 : _____
- 2 : _____
- 3 : _____

Next write down the three personality traits that you'd like to improve first, along with a description of how you can go about improving them (these do not have to be the same as your weakest traits.) Do that now :

To Be Improved

- 1 : _____
- 2 : _____
- 3 : _____

The final step of this exercise will take some time to complete because changing your personality is not something that can be done overnight :

Using this chapter as a guide, begin molding your personality as you see fit by practicing the type of lifestyle that will force yourself gain the characteristics that you desire. After you begin to notice changes in the way that you act and how others perceive you... write them down in the space provided below.

Continue to do this until you believe that you've acquired the results that you desire.

Personality Changes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Chapter 3

Confidence

What Is Confidence?

Just about anything that you read about attracting, dating or seducing women is sure to mention confidence, because it is... without a doubt, one of the most important factors that comes into play when you are picking up ANY girl.

Just like every man wants to get a woman that is beautiful... every woman wants to find a man that has confidence. Having confidence shows a woman that you know what you want and that you are most likely going to get it... it also let's them know that you are going somewhere in life, or you've already got there.

You NEED confidence to get a gorgeous woman, period.

So what IS confidence? Is it something that you will never have if you don't already? Is it something you can fake? Is it something you can only get by being the star football player in school or achieving something amazing in life?

The answer to all of the above questions is NO.

You can become confident if you learn to change that way that you view yourself, because that is exactly what it is... a display of how highly you regard yourself. This display is meant to be mimicked by others, so if you think that you are the man, and show everyone this... they will treat you as if you are the man, and on the other hand if you think that your a loser... others will treat you like a loser. It's just that simple.

You can not "fake" confidence, it just does not work. No

matter how hard you try or how good you are at doing it... you will not be viewed as a confident person by others if your confidence is not genuine. However, confidence is not a very hard thing to get if you know what it is and where it comes from.

Confidence is a feeling... it is the way that you feel about yourself, and like all other feelings, it can be "felt" by those around you if it is strong enough. That is why confidence attracts women, just like the way that women cry when watching a sad movie because the actors are displaying strong feelings, she will be attracted to you if you display that you are very confident.

Building Your Confidence

Now that you know what confidence is, you can begin building yours by telling yourself that you actually are someone special, because you are. The main reason why most men are not confident is because they've spent their entire lives convincing themselves that they can't get hot girls because they are just not good enough.

You will never be able to get a hot woman if you don't first believe that you deserve one!

If you are one of the men that I've described above it is not because you are not good enough, it is because you are spending too much time focusing on your flaws instead of on your good qualities.

Confident men barely even notice their flaws because they spend all of their energy on their best traits... making their egos explode with the thinking that they are the greatest thing since apple pie, and everyone around them notices and respects this.



You are doing the exact opposite... which will ultimately make you not even notice what is good about you, and others notice that also.

I believe that every person is unique, and that everyone has an equal balance of good and bad qualities. One person may be a world-renowned author but have severe mental issues... while their best friend is completely stable yet does not know how to read. One person may be a 250 pound body builder that is dumb as a rock... while another is a skinny, 130 pound brainiac with an IQ that looks like a telephone number.

Each of these people may be confident or insecure based on the way that they choose to view their situation... this is kind of like the old "is the glass half empty or half full" analogy. For example, the body builder would be insecure if he was always hung-up on the fact that he is stupid... but on the other hand he would be confident if he would just focus on how big he is.

Start viewing yourself differently and you will notice a big change in your confidence. It's not all about the hand that you're dealt... it's the way that you choose to play it.

How To Look Confident

You can be the most confident person in the world, but people will only know it once they talk to you unless you know how to LOOK like you are confident. This is very important to you because looking confident plays just as big of a roll in attracting women as actually being confident does.

Think about it... when a woman first notices you, it is still your job to make her want you even though you haven't said a word to her yet. This can have a very powerful effect on women, because being able to make them attracted to you instantly is

hands-down the best way to pick them up.

There are three things that you need to learn how to control if you want to look confident : Your posture, your walk, and your eyes. If you can handle all three of these, you will always appear to be extremely confident to women. Below you will find a detailed description of what to do to master these displays :

Your posture : Confident men don't slouch, cross their legs, or place their body weight mostly on one leg while standing. Keep your shoulders back and chest out, legs straight while sitting with your feet flat on the floor, and your body weight equally on both legs while standing without leaning to one side.

Your walk : Be cocky when you walk, and always walk like you know exactly where you are going. Walk like you are so tough that nobody would dare mess with you, almost strut... but don't overdue it or you'll look fake. Your walk is very important... a perfect example of someone with a flawlessly confident walk is Will Smith, watch how he walks in his movies and mimic what he does.

Your eyes : Maintaining eye contact is a sign of confidence, so always look people in their eyes when you are talking to them. NEVER look down at the ground, the only time you should be looking at the floor is when you need to pick something up or tie your shoe... this is a sign of insecurity so don't do it!

Follow these rules and you are sure to look confident all of the time. You will notice more women looking at you because of the confidence that you will display, and this will make it much easier for you to approach them and get their number or set up a date with them.

Now let me introduce you to something that I like to call...

Confidence Overdrive

Even the best of us could use a good boost in confidence every once in a while, because confidence is the quality in men that women find attractive far above any other. The more confidence that you display, the more women you will get... it's as simple as that.

I believe that I have developed the most effective and easiest confidence building technique that you will ever learn. Are you ready to go into confidence overdrive?

We have all heard of psychologist and support groups telling people that they must express their feelings by letting them out, because keeping your feelings to yourself, in other words "bottled up", will cause them to build up and grow. This works under those same principles. However, your goal will be to let your feelings build up on purpose by forcing yourself to keep your experiences "bottled up"... so it is actually a sort of reverse-treatment when compared to the methods above.

Let me explain...

Whenever you tell someone about your conquests with women by saying something along the lines of "Remember that girl who gave me her number at the bar last week? I slept with her last night" you are subconsciously lowering the importance of the particular event in your mind. The act of having to "prove yourself" to other people by making your prowess known is actually a display of insecurity, and in the back of our minds we all know that to be true. When you talk to others about these types of things that you do... you are actually LOWERING your confidence without even knowing it!

Zip that lip!

If you NEVER tell anyone about your personal life, you will notice that your self confidence will shoot through the roof! This works as a continuous cycle of confidence building because of the "building up" factor, which will continue to raise your confidence level rapidly as long as you always keep everything to yourself. So if you go on a trip to the Bahamas and end up getting with a super model or movie star, keep your mouth shut. The rewards are far better than being able to tell a good story to your friends that will only make you look "cool" for the moment. Any man who truly has a lot of confidence does not need to talk about who he sleeps with because he already knows that he is the man.



You should start by developing a state of mind in which you could care less about other people knowing your business. You know where you've been and what you've done, and that is all that matters. Once you have achieved this you will no longer need to "prove yourself" to anyone, because they will think highly of you simply because of the confidence you display.

This also works with women. NEVER talk about your ex-girlfriends or "flings" that you've had when you are with a new girl. Most guys think that by doing this they are making themselves look better and are impressing the girl... when actually it will have the opposite effect. Women are much more impressed by men that they THINK a lot of women are generally attracted to... not men that try to act cool by telling them the story about the time that he had a threesome with two strippers in Cancun during a wild spring break party.

Just keep your mouth SHUT... it's better that way, trust me.

Still don't believe that this confidence boosting technique will really work? Ok... then give it a try for one month, and after that take a few minutes to think about how confident you feel compared to how you felt before you started using this method... you'll notice a huge change. After that, you can continue to use this technique for as long as you like, it will consistently build up your confidence as long as you don't slip up and open your mouth!

Confidence - Exercise

Now that you know just how important confidence is to women, it should be quickly becoming much more important to you also. You need to develop at least some level of confidence if you are going to successfully pick up women consistently, and this exercise will help you do that.

First you need to remember everything that you've learned in the "looking confident" part of this chapter. If it has not all soaked in yet then I strongly recommend that you go back and read it one more time, it won't take long... so do it.

Now look at yourself in a mirror and try to make yourself look as confident as you can. Put a serious "I know what I want, and I'm gonna get it" look on your face, stand straight with your chest out... then ask yourself this question :

"Does this guy really look confident, or does he appear to be faking it?"

The reason why this is important is because your main goal should be to get that genuine confident look about yourself, and

that kind of confidence is hard to fake because it is something that people "sense" rather than see.

The best way to describe it is as a certain "vibe" that you give off and others pick up on. When someone that has REAL confidence is around... people know it.

After taking a nice long look at yourself and deciding if your confidence needs more work or not you are ready to move on. If you think that you need a boost in your ability to look confident, keep reviewing this chapter and practicing everything that you have learned, then going back to the mirror and check out the results. Once you can look into the mirror and honestly say "Damn that guy looks confident!" then you are finished with your confidence building.

If you want to take notes on your progress during this whole process (recommended), then I have provided a few lines below for this purpose :

Chapter 4

Fear Of Rejection

Overcoming Your Fear

This is the number one reason why some men get a ton of women and other men get none. Fear of rejection is something that almost every man has to deal with at some point in his life, as it is the most common problem that men face when dealing with women. It's holding a lot of us back... that's why I felt it was necessary to dedicate a chapter to this subject.

If you are one of the many men that find it hard to approach hot women because you are afraid that they may turn you down then you are in luck, because a few years ago I was the same way. The information contained in this chapter describes how I overcame my own fear and realized that there really isn't much to be afraid of, and if you take it all to heart... I guarantee it will do the same for you.

I won't lie to you... this will not be easy. In order to completely overcome your fear once and for all you will need to literally face it head on, and that will require you to do things that you've been reluctant to do in the past because it demands that you step outside of your "comfort zone" and open yourself up to your fear of being shot down.

This will most likely be a hard, stressful experience at first... but like most difficult tasks it will all pay off in the end, and I'll be here guiding you each step of the way.

Before we proceed, allow me to ask you a quick question so we can properly determine if this chapter will help you or not. Please answer this as honestly as possible :

Can you remember a time in your past when you were out somewhere and a beautiful woman caught your eye. You made eye contact with her, then instantly you were under the impression that if you would just go



over and talk to her that you could have her... but you never did it? Maybe you even watched as another guy approached her confidently and they hit it off like in the picture above, and you knew that it could have been you.

Sound familiar?

If you can honestly answer no, then you can skip the rest of this chapter because it is obvious that fear of rejection is not a problem that you face.

If you answered yes... then let allow me ask you one more question : Why didn't you go over and talk to that woman?

I already know your answer. You chose not to approach her because your fear of rejection was holding you back, and inside your head you weighed the risk versus the gain and ultimately talked yourself out of it.

Close enough? I thought so.

Moving on. Now that we have addressed the cause of your problem we can begin to fix it, which is actually much easier than you think, because...

It's All In Your Head

That's right, it's nothing more than a mind game, and I'm going to supply you with some "cheat codes" so you can turn the

tables in your favor and start winning.

First off, you've got to understand that really hot women are not all cold blooded snobs that would like nothing more than to laugh at your failed attempt at picking them up. That is not the case at all, and in actuality it is quite the opposite.

Nine out of ten women that you approach will be warm and responsive to you... even if they are not interested, and in most cases the one of the ten that is rude to you is only acting that way because she is just having a bad day.

If they are going to turn you down they always try to do it as lightly as possible, usually with the ever-so-popular lines : "I already have a boyfriend" or "It's just not a good time for me right now".

That doesn't sound all that bad, does it?

Not at all, so keep that in mind the next time you begin talking yourself out of approaching a beautiful woman because you are afraid that she will reject you, because in reality... there is nothing to be afraid of at all!

Lastly, you need to remember that failure is a fundamental part of success, and when it comes to getting girls... you will not begin to succeed without failing a few times beforehand. You need to get comfortable with women saying no once in a while... or get accustomed to them saying nothing at all.

Now you know enough about your fear that you can start getting over it, the following exercise will help you to achieve your goal in no time at all. Follow the instruction carefully and commit yourself to it... because it can work wonders.

Fear Of Rejection - Exercise

Getting over your fear of rejection is a major step that you may need to take... and can also be a very hard one, but I believe that the following exercise will help you to remove your fear as quick as possible.

The first thing that you need to do is to completely make up your mind that you are going to finish what you start, because once you begin this exercise "half-assed" just won't cut it.

Now that you've got yourself in the right frame of mind, what you need to do is this : talk to ten random women each day for the next seven days in a ROW (important). These women can be anyone as long as you've never met/spoken with them before... it can be the clerk at your local gas station, your waitress at a restaurant, or just any woman that you pass while walking down the street... it does not matter.

The way that these women look also does not make any difference, they are simply "test dummies" and the point of talking to them is NOT to pick them up... it is to help your get over your fear of rejection. However, if you happen to encounter one that catches your interest and everything seems to be going well, it's ok to get her number or set up a date with her... just don't let this new distraction interfere with you finishing this entire exercise!

Once you've completed your first day in the field I want you to take a few moment to collect your thoughts and then write down how you now feel about approaching women after you've just finished talking to ten strangers in one day.

Repeat this process each day, and continue to do it for seven days straight, NO SKIPPING! Make sure to take notes on how

much easier it becomes to talk to new girls as you get closer to completing this exercise. When you are finished with your seven day run you will be completely cured of your fear... forever!

I guarantee it!

Day 1 :

Day 2 :

Day 3 :

Day 4 :

Day 5 :

Day 6 :

Day 7 :

Chapter 5

Improving Your Appearance

You've Got To Look Fresh!

To be brutally honest, when I look back on the way I looked a few years ago it makes me sick to my stomach.

I had no sense of style, a stupid haircut, a wardrobe from hell, always had dirt under my nails (I'd bite them too), and would even wear the same pair of sneakers for over six months!

Every time I come across a picture of myself from that point in my life I want to rip it to shreds. I was thin but out of shape, not eating right... a complete mess.



Today I am no longer any of the above, and can credit much of my success with women to these changes that I've made to myself since then.

Now it's YOUR turn!

Women pay an unbelievable amount of attention to the small details in a man's appearance, whether it be flaws or perks.

If you don't keep your hair in check... they'll notice.

If you brush, floss, and use mouthwash... they'll notice.

If you wear the same outfit two days in a row... they'll notice.

If you keep your body hair trimmed and neat... they'll notice.

Get my point?

Women make judgements about you based on these petty details. If you keep every aspect of your appearance in check it can score you a ton of "bonus points", but if you don't... she probably won't even put you on the scoreboard.

It's About Looking YOUR Best

Chances are you don't naturally look like a male model, if you do... congratulations. But if you are an average looking guy such as myself... you CAN become stunningly attractive looking to women if you keep your appearance at 100% all of the time.

It's not about being the best looking guy in the world... it's about looking YOUR best!

Trying to keep your entire appearance top notch and perfectly groomed can overwhelm you if you try to do everything at once. My best tip to handle this is to maintain a constant cycle of self improvement.

Clip your finger nails when they start to get too long. Get your hair cut BEFORE it gets out of hand. Trim your excess body hair as soon as it becomes too visible... and whenever you think of something new that you can add to your routine that will benefit the way that you look, throw it into the mix.

You might not want to believe it, but the truth is that if you are poorly groomed or out of shape then you are literally cutting your chances with women in half... and these are things that

merit no excuse, get them under control.

Lift weights, play sports or run on a regular basis. You don't need to get cock diesel like a WWF wrestler... just keep yourself in decent shape. It'll make you feel much better as well as improve the way that you look. I've never met a hot girl in my life that preferred an unfit guy to a fit one, so if you don't want the competition to have an advantage on you... get in shape!

The more muscle the better, but don't push yourself too hard... and never, ever take steroids.



Keep improving yourself every day, try to discipline yourself to attend to at least one small detail each day. After a month of this you will notice a huge change in your appearance, and also the way that women treat you.

Check List Of Things To Improve

Here is a quick check-list of things that you can improve immediately and maintain over time :

- Brush your teeth at least twice daily, use mouthwash and floss.
- Shower every day. Always shower just before you go out with a woman.
- Get a hair style that is considered new and cool, use magazines and TV for inspiration if needed. Maintain your hair

by getting it cut at least once every two weeks.

- Keep all body hair trimmed and neat, this applies to ALL areas! Get rid of nose hairs... and bushy eye-brows!

- Make sure to keep your shoes clean and new looking, whether they are dress shoes or sneakers. Always wear fresh socks to keep foot odor under control.

- Check ears for wax on a regular basis. If wax is visible get rid of it.

- Never bite your nails. Keep all finger and toe nails trimmed, neat, and most of all... clean!

- Get a tan! You'll be amazed by how much difference a good tan can make. If the sun does not shine much where you live then get a membership at your local tanning salon, it's worth it.

- Always wear a good smelling deodorant every day. None of that traditional white stuff that leaves chunks under your arms... invest in the gel or clear kind.

- Buy a top shelf cologne and wear it whenever you are out with a woman. For a good selection of the best smelling colognes out on the market check out my cologne page at Becomeaplayer.com.

- Wear nice clothes based on your own personal style, keep them clean and iron out all wrinkles before you hit the town.

This is just a basic list to get you started, you can add new things to it whenever they come to mind. For now, try to get everything on this list handled and you will notice that a whole new you will come to the surface.

Improving Your Appearance - Exercise

Now you know just how important your physical appearance actually is to women, and that no matter who you are... there is always room for improvement. This simple exercise will help you stay on the right track and begin a cycle of self improvement that will keep you looking as good as possible.

Take a moment to think about everything that we've gone over in this chapter, then go in front of your mirror and take a good, long look at yourself... analyzing every aspect of your appearance. While you are still at the mirror, review the check list of things to improve that was at the end of the chapter and choose five things that you believe would benefit you the most if they were worked on first. After choosing your five things from the list, write them down on the lines provided below.

Now get started! When you finish handling the first thing on your list, cross it off and move on to the next. Repeat this until you've got all five cross off, then proceed to work on all of the other things that we've discussed.

Things To Improve

1 : _____

2 : _____

3 : _____

4 : _____

5 : _____

Chapter 6

Picking Up Women

The Basics

Many people seem to get attracting women and picking up women confused as the same thing, which is a false idea promoted by a lack of correct information.

Attracting women is the art of making them want you... while picking up women is the art of making them want you to take them home with you.

When I refer to attracting women, I'm talking about everything that takes place before the initial conversation begins... once you introduce yourself and say "Hi" you have begun to pick her up, and that is what we will be going over in this chapter.

When you are picking up women try to remain calm and cool, yet happy and upbeat at the same time. The last thing that you want to portray to her is that you are overly excited, but you also don't want her thinking that you are trying too hard to be "smooth"... finding an equal balance between the two works perfectly.

Onward.

Flirting plays a major role in the pick up. Actually, if you were to place body language under the flirting category, then flirting is roughly 50% of the pick up process... with conversation dominating the majority of the other half.

So what does that mean?

It means that to become good at picking up women you will need to be a good flirt. For detailed instructions on improving your flirting game you can refer to the flirting chapter of this manual, but for now read on...

I'm placing so much importance on flirting because it is the first thing that you need to focus on once you've approached a woman, you must begin to flirt with her IMMEDIATELY!

This is VERY important... but why?

When you flirt with a woman within the first few moments of meeting her, you are sending her the message that you are talking to her because you have a romantic interest in her. If you fail to express a romantic interest in her right away you could quickly find yourself exactly where you don't want to be... on her "just friends" list.

You don't want to be her friend, you want to have sex with her... so do yourself a favor and let her know that before she gets the wrong impression, or worse... thinks your just another nice guy who is scared to flirt with her.

The Interview And Points Techniques

Now once you've introduced yourself and the conversation ensues, try using this tip :

Pretend that you are "interviewing" her to be your girlfriend instead of simply engaging in normal conversation, better yet... LITTERALLY interview her, don't pretend. Once you've got yourself in this state of mind you will always appear to be dominating the conversation, and deep down every woman loves to feel dominated by a man, regardless of how independent their personality may appear to be.

This also projects the image that you are a very confident man, because instead of trying to prove yourself to her like every other guy that has failed to pick her up in the past... she will feel like you are different because you are testing HER to see if she qualifies to be with YOU. Nice.



Once you get the hang of using this strategy you can even amplify it's effects by creating the feeling that you've put her on a "points system". Let me explain...

When you are responding to certain things that she says, try dropping a points-related statement into your reply. Here are some examples :

You - "You must be some type of music fan, what do you like to listen to?"

Her - "I like all types of music... but my favorite is hip hop."

You - "Mine too! That earns you a few points."

See how powerful this can be? Now take a look at this example of how you can take points away :

Her - "I've been sort of a tom-boy for most of my life."

You - "Oh really? So you must like sports, huh?"

Her - "Yeah, I love watching football. I'm a big Cowboys fan!"

You - "That's too bad... I'm an Eagles fan. That's going to cost you some points."

This makes women go absolutely nuts!

You can have ANY woman wondering if they are good enough for you if you use this technique. She will constantly be competing to win you over... because in her eyes you will appear to be a prize that needs to be won. Hot women don't like to think that they've lost at anything, so I'm sure you see that just by following this simple plan you can literally go a long way with any girl.

Ok, by now you get the general idea of how the points system works, so enough of that.

Moving on...

Practice Makes Perfect

If you want to become a master at picking up women you will first need to become comfortable with the process, and that can mean only one thing...

Practice, practice, PRACTICE!

I'm sure you've heard the old saying "practice makes perfect", right? Well I'd like you to repeat that in your head anytime you become discouraged when trying to pick up women. However, instead of using the traditional form of the saying... trying using my edited version : "practice gets you laid."

It's true, so do it.

The best way to practice picking up women is to commit

yourself to approaching at least 2 girls every day. Do this for a month or so and you'll become a master in no time at all. Picking up women will quickly become easier and your success rate will also improve, getting you laid more often and shooting your confidence levels sky high!

Now that the tables have turned and it will be YOU choosing which women that you want to get involved with, it would be a good idea to jot down a few things that you find extremely attractive in women... that way you'll know exactly what to look for while you are out scouting for potential mates.



Take a few moments and really think about what you find most appealing in the women that you are attracted to, and write these character traits on the lines that I've provided for you below. They can be physical, mental, or behavior related things... it doesn't matter, just write down whatever floats your boat when it comes to women :

Try to remember what you write down, and if you forget you can always refer back to this page to refresh your memory.

Now you can put all this into action...

The next time that you are in public and a hot babe catches

your eye, take a few minutes to observe her looks and behavior. After doing so, ask yourself the following questions : "Does she seem to be my type of girl?", and "If so, how many of my turn-ons does she appear to have?".

This will give you a general idea of how your interaction with her will go down before you even say one word to her! That way you can decide if it's worth the time and effort to go over and start a conversation with her. Planning ahead can be a beautiful thing.

The pick up is a very important part of seducing women, so study and practice everything that we've gone over in this chapter until you are completely comfortable using these techniques in real life situations.

There are a few other skills described in other chapters of this book that you will also need to learn in order to become perfect at picking up women, so I encourage you to read the entire book before you jump in with both feet.

Picking Up Women - Exercise

For this exercise, what I'd like you to do is simple... get out there and pick up some women! The amount of time that it will take to complete this will depend upon your skill level, because you will need to successfully get a date (or phone number) with three different girls.

Get out there TODAY and start hitting on various women that you find attractive. You may fail at your first few attempts, but failure is a huge part of success... and the failure almost always comes first, so just get used to it.

Try different strategies, when you find one that works and get

a girl's number, write down what you did right that made her like you. Do this until you've succeeded at getting dates with three different girls and wrote down how you got each one, that way you can always refer back to these notes when you need to repeat your techniques with new women.

Girl 1

Name : _____

Notes :

Girl 2

Name : _____

Notes :

Girl 3

Name : _____

Notes :

Chapter 7

Flirting

Now we are getting into the good stuff.

Flirting is a very essential skill used in the art of seduction, so in turn this is one of the most important chapter that you'll be reading in this book... so pay attention!

You can't pull any women without at least a basic skill in flirting, and you can't get HOT women without being considered "good" at flirting. You may get lucky occasionally... everyone does, but when it all boils down, you need to know how to flirt.



It's true, so it would be wise to pay very keen attention to everything that you are about to read (I know that I told you to pay attention twice... but this stuff is important!) Take notes, highlight or underline certain parts that stand out to you... whatever you need to do to ensue that you will soak up as much of this as you possibly can. This is the stuff that you will credit much of your success to when your getting girls left and right.

With that out of the way... let's get started.

The Two Forms Of Flirting

In my personal opinion, flirting can be broken down into two different parts : the physical and the vocal. Physical flirting includes touching, play fighting, body language, and all other forms of flirting covered in this chapter that are done using your body. Vocal flirting is (you guessed it) using your voice to flirt

with a given woman, and includes everything from what you say to how you say it... and also the tone of voice you deliver it in.

Learning to use both forms of flirting properly and also maintaining a perfect balance between the two is your goal... and if you put your mind to it you can reach it in no time.

Read, understand, learn, practice. Do that and you will become a master of flirting.

Flirting and humor go hand-in-hand, so don't be afraid to tease and poke fun at girls occasionally. Remember back in 2nd grade when girls had "cooties" and you'd constantly be chasing them around and torture them as much as possible?

That is exactly what flirting is like, and it is the main reason why so many men seem to be naturally good at flirting... it's because those are the men who never really grew out of that teasing phase like the majority of us have. However, the adult form of these childish games tends to be much more complicated.

But don't worry!

This is arguably the most complete and effective guide to flirting ever written, so read on... your in good hands. By the time you finish reading this chapter you'll know 90% more about flirting than the competition, which gives you a HUGE advantage... and of course I'll be guiding you each step of the way.

Let's move on to discussing vocal flirting, because that is the most common of the two forms and will most likely be the first way that you will flirt with any given woman.

Vocal Flirting

First and foremost, you must learn to develop a tone of voice that women respond to. You may be one of the lucky few who are blessed with a naturally attractive voice, and if you are you can skip to the next section in this chapter... if not, read on. The basic characteristics of the type of voice that women are drawn to are : deep, slow, hypnotic, confident and soothing.

Talk to yourself and try to make your voice sound the way that I described above. Let your voice flow from your gut, making sure that you can feel it in your chest when you speak. Practice this until you feel comfortable enough to do it while engaging in conversation with another individual. Keep doing so until you become just as good at it as you are at using your normal voice. Eventually it will become second nature to you and in no time you'll have women hanging on every word that you say.

For hundreds of years hypnotists have been training their voices this way in order to achieve the vocal tone that is required for their techniques to work properly while they are hypnotizing their patients. Anyone that puts their mind to it can do the same... no matter what you sound like naturally.

Just as your tone of voice is very important when flirting with women, the same is for the things that you say to them.

Remember earlier when I said that it is crucial to tease women that you are flirting with? This is where that will first come into play.

When you are flirting with a girl it is imperative that you make it COMPLETELY obvious that you are flirting, if you don't you are running the risk of her not flirting back... or even losing

total interest in you. The best way to make it obvious that you are flirting is by teasing, for two simple reasons : it's fast and easy. Girls LOVE to flirt so much that most of them will flirt back even if they have no initial interest in you, giving you the chance to talk them into liking you. Remember, teasing works best!

That is why...

Normal conversation just won't get the job done.

If you start asking a girl stupid questions in a weak attempt to show interest in her you are setting yourself up for failure. What you should be doing is poking fun at her (lightly) by making witty comments about what she is doing, wearing, saying or looks like... anything that she may feel a little insecure about.

Focus on saying things that she would take offense to under normal circumstances... but say it in a way that makes it obvious to her that just are just playing. Once you show her that you are just joking you will be free to say just about ANYTHING!

This will make most women completely fascinated by you, because they will want to get mad at you but not be able to because they believe that you are kidding around with them... so instead of becoming offended by you, they will become attracted to you!

Play with her mind and she will love you for it, trust me.

For more on flirting through vocal methods you can refer to the conversation chapter of this guide... which will explain in detail methods on how you can make any woman interested in you by simply being able to say all of the right things. Now let's move on to how you can flirt using your body.

Physical Flirting

You can be the smoothest talking ball of charisma walking on planet Earth, but you will still have major problems with picking up women if you do not know how to use the power of your body to flirt with them.

The first and most important aspect of this skill that you need to master is eye contact.

When you are speaking to a woman... or anyone for that matter, always maintain constant eye contact. Do not let your eyes dart around the room, and never under any circumstances look down at the ground. These are both tell-tale signs of insecurity... a character trait that no woman in the world is attracted to.

Keep your eyes focused on hers whenever you are speaking, and when she is talking back to you avoid looking at her lips by all means! That is a very common mistake that many men make without even knowing that they are doing it. Think about it... if you were opening up to someone and expressing yourself the way that women often do, would you feel an instant connection with them if they did not seem totally focused on you?

Nope.

Keep your eyes locked on hers and the rest will follow.

Your eyes can also be a word-less way to express to someone how you are feeling at the moment... and there are multiple ways in which you can use that to your advantage.



If you gaze at a woman intensely it will give her the impression that you are intrigued by her.

If you stare into a woman's eyes passionately she will think that you may be falling in love with her.

If you look at a woman seductively she will most likely believe that you want to have sex with her.

Get the idea?

Ok. Now with that new knowledge and a fair amount of practice... you can learn how to "fake" or "hide" the way that you are feeling simply by manipulating the way that you use your eyes! Give it a try, you'll be surprised at how effective this can be, plus it's really fun once you get the hang of it!

Just as important as eye contact is to flirting, so is the fine art of touching... otherwise known as Kino.

Kino is the ability to touch a person of the opposite sex and stimulate feelings of attraction, it is arguably the most effective method of doing so known to man. Never underestimate the power of touching... and use it often.

Touching is an automatic way to say "I want you" to a girl... because why would you be touching her if you were not attracted to her, right? It also displays to her that you are a warm and fun person to be around. Plus, because of the fact that most women believe that a man will be a good lover if he knows how to touch her right... she will also think that you will be good in bed. All of the above will increase your chances of sleeping with her.

Touching a woman is a delicate process, if you take it too far too fast you could potentially ruin everything... which would

make all of your hard work up to this point worthless. That is why you've got to...

Take it SLOW.

Always start off with a simple touch on her wrist or forearm. The ideal time to do this would be while you are trying to make a point in the conversation. If you are walking beside her you can place your hand on her lower back to "guide" her through a crowd or to her chair. Don't place your hand too high, or too low... directly above her ass in the small of her back is the magic spot. Another sure-fire way to get the touching process going is to place your hand gently (yet firmly) on her shoulder while you whisper into her ear, this method works wonders in a club/bar atmosphere.

Never touch her in any way that may possibly make her feel uncomfortable around you until you are absolutely positive that she will be cool with it. These no-touch zones include : her face, chest, legs, ass and crotch. Out of these five body parts the one that she will most likely allow you to touch first is her legs... so if you want to "test the waters" in order to see how far you can go, start there. Do it slowly and confidently, because if you move too fast you may turn her off... and even give her the idea that you are a horny pervert. Not good.

Follow her lead and touch accordingly and in no time you can make any woman very sexually aroused and stimulated, but remember the rules... and don't blow it!

Flirting - Exercise

For this exercise I've put together a random check list of things that you can practice to greatly improve your chances of picking up women and ultimately become a pro at flirting.

What I'd like you to do is pick out one of these techniques every week and practice it until you've mastered it. When you feel like you've got it down move on to the next one, then continue this until you have completed the entire list. Do that and you will become the best flirt that any girl has ever met.

Flirting Techniques

Flatter her - Women love to be complimented. If you make them feel good about themselves they will always feel good about you, and constantly want to be in your presence. Don't overdue this or you may come across as fake... a few genuine, well-placed compliments every-so-often is ideal.

Check her out - Let her catch you looking at her body every once in a while... it'll make her feel sexy and turn her on. Start by making eye contact with her then slowly scroll your eyes down her body all the way to her feet... making sure to look at her breasts, stomach and legs on the way down. As soon as you reach her feet begin to make your way back up her body, and when your eyes meet back up with hers give her a small, seductive smile. This let's her know that she meets your approval and that you think her body is hot... it'll make her day, trust me.

Play hard to get - Act as if she is not good enough for you and must "prove" herself worthy of your affection, doing so in a teasing fashion is golden. Women want what they believe they can not have... so if you make them think that they can't have you, that's what they'll want. Easy.

Whisper in her ear - Whispering has an age-old seductive appeal to it, and is one of the oldest player tricks in the book. Whispering is amazingly simple when compared to how potent it is when used on women. Do it as often as possible.

Smile - I shouldn't need to tell you to do this, but unfortunately many men still have not caught on to how important smiling is when it come to flirting with women. Without smiling you can't expect to get very far with almost any girl... so put on your happy face and get down to business.

Winking - You might think that this is old school or corny, but that is the state of mind that is going to hold you back from getting the most out of your dating life. You've got to open up and be prepared to try new things that you've been afraid to do in the past... and this is a perfect place to start. Believe me when I tell you this... women LOVE when a guy winks at them. Don't ask my why, I have no idea why it is so appealing to them, all I know is that it WORKS. If I had to guess, I would say that it is because you've got to have balls and a certain amount of charisma to pull off a seductive wink... and those two character traits are big turn-ons for most women. The more winking that you do the better you will get at it, keep practicing until it feels natural.

Laughter - Laughter is contagious, and I've never met a woman that did not like to laugh. Try to laugh at just about anything that you find humorous... and also try to make a few good jokes yourself. There is something truly magical about laughter when it comes to flirting and warming up to women... a few good laughs can open up a whole new playing field for you to put your pimping skills to work on.

Chapter 8

Eye Contact

The Power Of The Peepers

They say that the eyes are the windows to the soul, and I'm not completely sure if it's true. However, I do know that a persons eyes can tell you a great deal about them, and your eyes can tell a great deal about you... whether you want them to or not!

Eye contact is one of the most important aspects of seduction, second only to smiling, and can easily make the difference between spending the night with a hot woman or spending the night with your porn collection.



Knowing how to use eye contact correctly can be such a powerful skill that you can actually say complex things without ever opening your mouth, and also make the object of your affection "think" that she knows what you are thinking, and that can be WHATEVER thought that you wish to project into her head.

An added bonus that you get from using this amazing tool is that you can also get her wondering what you are thinking... but without ever being able to figure it out, which is a very effective technique all on it's own, because unless you tell her she'll be thinking about it for days to come... and YOU on HER mind twenty four hours a day is exactly what you want!

If you learn how to control the basic natural behavior of your eyes you can develop the ability to "fake" what your eyes tell

people in order to make them believe that you are thinking or feeling something that you are not, and in turn you can also hide what may be actually running through your mind.

How?

Well, that is what I'm going to teach you in the techniques that I'll be describing in this chapter.

Ok, let's get started...

Back and Forth

Have you ever been engaged in a conversation with a girl and had your face relatively close to her's and noticed that her eyes would seem to move back and forth every once in a while? It is because she was looking at both of your eyes, one at a time.

This is a major sign of attraction, and it is a natural behavior that most people do on instinct when talking in close range to someone that they like... most of the time without ever noticing that they are doing it. The great thing about this is that the other person almost always notices, and subconsciously knows that the person looking at them is interested... which in turn raises interest in them also.

Now with that in mind, you can practice doing this when talking to girls to raise their interest in you, and also let them know that you like them at the same time. You most likely already do this occasionally, but the idea is to learn to control it and use it when you want.

Doing this at the right time could make the difference between failure and success, so use it wisely.

Looking Through

When two people are in love, they look at each other's eyes differently than they do with other people... it is hard to explain but the best way to put it is to say it's a type of "deeper gaze", kind of like looking *through* each other's eyes.

Whenever you stare into a girls eyes this way you WILL make a connection with her, and whether or not she is attracted to you at that time... she will feel it and her attraction to you will be raised substantially.

The trick is to learn how to fake it, which takes a lot of concentration until you've become very accustomed to doing it on a regular basis. The best way to do this is to look directly into her eyes and try to see what is behind her head. Yes, I know it is impossible to see what is behind her by looking through her eyes, but that's the point...

Simply TRYING to see what is behind her will achieve the desired effect on her... and will create that "connection" between the two of you that you want, or at least SHE will think so :) Enough said.

Kiss Her Eyes

No, I don't mean literally give her a kiss on the eye ball, but rather telling her that you want to kiss her by using nothing but your eyes.

Allow me to explain : Have you ever been in a situation where you were alone with a girl and wanted to kiss her and get things started, but



you were waiting for that perfect moment... so you just kept on TALKING.

Sure you have, we all have... and here is the perfect solution.

Eye Contact - Exercise

The next time you are in this situation, you need to wait for one of those infamous moments of silence... but the whole point of this technique is so you DON'T have to wait anymore, right? So how can you get around this?

By CREATING the moment of silence yourself!

What you need to do is listen to what she is talking about, and when she begins talking about something that is not very interesting to you (which won't take very long, lol) become very quiet, but still maintain eye contact (this is a good time to practice some of the other tricks that I just showed you).

Now, when you can tell that she is coming to the end of her story... look away from her, and when she is finished say in a low voice "That's cool" or "Damn, that sucks". Which one you say depends on what she was talking about (good or bad story), but the point is to say it in a low, monotone voice to let her know that she was boring the hell out of you. Now after you say it, count to three in your head, and as soon as you finish counting look at her directly in the eyes and use the "Looking Through" technique described earlier (important!).

If you do all of these steps correctly, the silence will immediately begin when you look back into her eyes. Now, as soon as your eyes lock with hers, begin counting to three inside your head again... but this time just a little slower. Now the most important part : When you've finished counting, look down

at her lips for ONLY one second and while you are looking at her lips lick your own lips LIGHTLY (not like a porn star), and then look back into her eyes. As soon as you look back into her eyes use the "Back and Forth" technique described above... and if she is still maintaining eye contact with you, move in to kiss her slowly... but only move in barely enough for it to be noticed. If you see no sign of resistance or pulling back as you are moving your head in gently... go in for the kiss.

This whole exercise may seem complicated, but it's really not... and although it seems like a lot to remember right now, you'll begin to do it without even thinking after the second or third time you try it.

That's it for eye contact, you can also find some extra information on this subject in the flirting chapter of this book.

Let me tell you one more thing...

Knowledge is power, and now you have the knowledge... but it only turns into power when it is put to good use, so get out there and start practicing these techniques. You'll begin to notice positive results almost immediately, and besides... what have you got to lose. Remember, things only happen if YOU make them happen, the girl of your dreams will NOT just walk up to you and ask you out... so if you want to find her you've got to forget about any fears that you have and just DO IT.

Chapter 9

Conversation

The Worlds Best Conversationalists

The ability to keep an interesting conversation going is a key skill in every player's game. If you not at least an average conversationalist it is highly unlikely that you will get very far with most women.

If you look at each of the two human genders individually, on average women are far more skilled in this field than men are.

Why?

Because they PRACTICE!

Think about it... most women probably spend 90% of their waking hours with their mouths moving. They talk on the phone at home, talk on their cell phone in the car, talk to the clerk at the grocery store, talk to their friends at work, and if no one is around to talk to they'll talk to their pets. At first glance, talking is the only thing that women do.



No wonder they are good at it.

Now don't go and get the wrong idea, in order to improve your conversation skills you won't need to go around talking to thousands of random people like women do... but you will need

to do SOME practicing.

In this case, the actual act of practicing is much less important than WHAT you practice while doing it... because you could talk to a million people without gaining any skill if you proceeded to keep using similar speech patterns that do not work and asking the same old boring questions.

Listen, Don't think

How many times can you recall that you were engaged in a good conversation with a woman, but then all of a sudden you could not think of anything to say... and in turn this ushered in the dreaded awkward silence, and both of you immediately felt uncomfortable?

Do you know why this happens?

The reason is simple... it's because you were THINKING instead of LISTENING. Good conversationalists never think about what to say next, they know that by doing so you can easily ruin a good thing. The dialogue in a conversation is not as important as the FLOW, so you must learn to focus your energy on keeping the conversation going rather than on saying the "perfect" thing.

Having a conversation with a woman in some ways is the exact opposite of dancing with a woman. When dancing the man should always lead, but in conversation that is the woman's job... they are the experts remember?

To succeed at holding a smooth flowing conversation with a woman the only thing that you need to do is REALLY listen to what she is saying. Give her your complete attention, forget about what is going on around you and focus on only one thing... her. If you can learn to do that, she will "guide" you

through the entire conversation.

It's that easy!

One of the fundamental skills of a good conversationalist is the ability to allow the conversation to flow smoothly from one subject to the next without ever "going backwards" by making a statement about the last subject once you've already moved on to the next. Women are very good at this... so good actually, that they are constantly giving men "hints" as to the direction that they want the conversation to go.

Pick up on these "hints" and your job is done!

Check out these examples :

You - "Hey, did you get a chance to read that book that I told you about?"

Her - "Yeah... but on my way back from the library I got a flat tire."

Did you notice how she no longer wants to talk about the book and is attempting to guide the conversation to the subject of her flat tire?

Here's another :

You - "So do you come to this club often? I haven't seen you before and I always remember a pretty face."

Her - "This is actually my first time here, I just moved here from Chicago to go to college."

This time she gave you two options to choose from : Chicago

or school. Did you pick up on both of these right away? If you did, good job... you're getting the hang of this. Follow the woman's lead and you will NEVER be at a loss-for-words again!

Moving on...

The power of "me too"

Women love the feeling of having an instant connection with a man. The thought of finding someone that they have a wealth of things in common with is so appealing that many women will quickly end their current relationship if the man does not live up to this standard.

That is why you must learn to always be looking for things to relate to while you are listening to her, and when you find them... let her know by using a well placed "me too" statement.

Here are some examples :

Her - "I think that watching the sun set can be romantic and all... but personally I'd rather watch it rise."

You - "Wow, me too! I thought I was the only one."

See how simple this is? How about this one...

Her - "While I was growing up we moved around a lot... it really sucked."

You - "I know what you mean, I went through the same thing. It's really hard when you've got to make new friends all of the time, isn't it?"

See what happened that time? You related to what she was

saying with a "me too" statement, then set her up to relate to you even MORE with a "me too" question! Beautiful.

Being able to relate to a woman is a very powerful skill, so I recommend that you use this often... and wisely. However, never lie just to appear like you have more in common with a woman than you actually do, eventually you'll get caught. Instead look for things that you can genuinely relate to, I guarantee that you will find some.

Balancing And Bragging

You must learn how to maintain a balance in the conversation that slightly favors the woman. In other words, let her do MOST of the talking... but not ALL of the talking.

This is very important, so make sure that you take a moment to look at the conversation that you are having from a third person's perspective and ask yourself "Who is doing the most talking... her or me?", and make any necessary changes before it becomes a problem.

Never try to impress a woman by bragging about things that you've done or things that you own. Normal women are simply not impressed by men that try to pick them up by showing off... and you will most likely only succeed at picking up gold diggers when you use this strategy.

It is much more impressive if you allow a woman to find these types of things out on her own, that way she will feel as if you are so confident that you don't need to put all your business out in the open in an attempt to get laid. For example : If you own a Mercedes, let her find out when you pick her up in it... not by jiggling the keys in front of her face. If you've got a high paying job, let her find out from someone else instead of

talking about how you make 10 times more than she does...
doing that will only make you look lame.

Get the idea? Good.

That just about does it for conversation. Remember that you've got to practice these techniques by talking to women if you want to improve your conversation skills, so get out there and get busy!

Conversation - Exercise

Improving your conversation skills will not only help you get more women, but will also prove to be very useful in many other aspects of life as well.

One of the main points of your conversation game that you need to focus on is the ability to talk about various subjects with ease... because you will not begin to improve if you always talk about the same boring things. Some good examples of how these "boring" conversations typically start are :

"The weather sure is nice today."

"What Kind of music do you like?"

"Did you hear about the (insert stupid event)."

You get the idea. All of the above were examples of subjects that you want to train yourself NOT to talk about, because they are considered common/normal topics. If you want to sweep a woman off of her feet, normal just won't cut it.

You need to keep the conversation interesting by being able to talk about unique, entertaining subjects... and the only way to prepare yourself for this is to practice, that way you will always be ready to talk about ANYTHING at the drop of a hat.

What I'd like you to do is think of ten unique conversation topics that really interest you and write them down on the lines provided below... you will want to make sure that they are REALLY good, so take your time.

Try to remember everything on your list by heart so you can practice talking about these various subjects by bringing them up while you are engaged in a conversation. You can do it while talking to ANYONE... a family member, a friend, or a girl that you are picking up. It does not matter who you are talking to as long as you are practicing.

1 : _____

2 : _____

3 : _____

4 : _____

5 : _____

6 : _____

7 : _____

8 : _____

9 : _____

10 : _____

Chapter 10

Charisma

What Is Charisma?

Charisma is a mysterious trait isn't it?

We know when someone in our presence has it... yet most of us just can't put our finger down on WHY we are so drawn to this individual. They seem to have a powerful aura about them that somehow makes other people feel naturally comfortable being around them. It is a personality characteristic that we all desire above many others, because it creates feelings of trust, attraction, and in many cases... love.

The popular belief is that charisma is a natural talent that a select few are born with, and if your not one of these people you will never have it... but that is far from the truth. I believe that there are some "lucky" people that seem to be blessed with a natural charismatic aura, but I do not agree with the idea that they have been endowed with any special gift.

Charisma is a personality trait, and like all other elements that make up any given individual's personality... it is acquired through experiences and environments that influence a person while their personality is developing into the collection of characteristics that is going to define the person that they become during this process.

In the personality development chapter of this book you



learned that your personality can be molded and changed in any way that you see fit, it just requires some planning and work. This means that if one was so inclined, he could easily incorporate charisma into the makeup of his own personality... and eventually become so charismatic that everyone who meets him would believe that he is one of the "lucky" few that has been blessed with this special gift.

With that said... let's get you some charisma!

Charisma Building

You will never BE charismatic until you FEEL charismatic, understanding this is the first step. You need to learn how to train your mind to believe that you can do anything... once you do that you really CAN do anything! (except fly or stop time) :)

Your charisma will begin to show on it's own as you begin to use some of the many techniques throughout this guide, mainly building your confidence, getting over your fear of rejection, and mastering your flirting and conversation game.

This book is designed to be used as a whole, and using certain things that you learn will not only improve that particular skill but also effect the others that you are working on at the same time. However, in order to really allow your charisma to shine you will need to really work on it individually by totally convincing yourself that you are a smooth, persuasive individual. You won't be able to fool anyone else unless you believe in it yourself, so that is where you must start.

The best charisma-building exercise that I've learned will not only help you to become more charismatic, but will also teach you how to mold your entire personality. This technique begins in front of something that everyone owns... a mirror!

The Personality Blender

This next section of the charisma chapter will be used as the exercise for the chapter, so make sure you pay close attention to what we are about to go over... and try the technique as soon as you are finished reading!

Charisma - Exercise

I like to call this technique the "personality blender"... it works like this : you create a pretend alter-ego for yourself that has all of the personality traits that you've always wanted to have (mainly charisma)... and also lacks all of the characteristics that you would like to remove from your current personality. You then learn how to use this personality and train yourself to "become" that person on command.

This is what you do...

Go in front of a mirror... bring this book with you. Look yourself in the eyes for a moment and then ask "If you could change yourself right now, what would you really want to be like?". You can choose to be like a character that you already know from books or movies (a good one is James Bond), or even someone that you know personally that is very successful with women or life in general. You can also choose to create a unique character that you put together yourself based on the particular traits that you desire to have... it's up to you! After you select who you want to be like, close your eyes and try to picture yourself as that person. Watch how you move, talk, walk, and most of all... interact with women. Do this for as long as you need to, making sure that you get a good idea of how this person operates.

Open your eyes.

Look back into the mirror... directly into your own eyes and tell yourself "That is who you are now, whenever you want to be like that... you CAN!" Stay in front of the mirror and begin to practice talking and moving the way that you believe your new alter-ego would... paying as much attention to detail as possible.

The next step is to give your character a name, it can be anything that you prefer... but for now let's pretend that you've chosen the name "Don Juan".

Now that you've chosen a name, here is how you can call forth your new personality at will...

Invent a short, catchy phrase that you can say inside your head whenever you need "Don Juan" to emerge, a good example of this could be "I'm Don Juan, and no women can resist me!". You will also want to create a similar phrase that you can use to turn this alter-ego off, something like "I'm myself again... but I feel much more confident now" will do nicely.

The final step of this technique requires you to discipline yourself, because none of this will work properly unless you can FORCE yourself to become "Don Juan". You must believe that once you become this alter-ego any women can be yours, and nothing can stop you.

Think of yourself as an actor playing the star role that will define your career, and make sure that you give an award winning performance! Don't you think that Pierce Brosnan would get more women if he went through his entire life using his James Bond personality in place of his own? Sure he would!



Plus if he were to do that for a long enough period of time, it would eventually become second nature to him and his own personality would blend with that of his character... literally turning him into James Bond forever!

That is what you are going to do... become who you want to be by guiding your personality in the direction that YOU want it to go, rather than the way it would develop if it were under the influence of outside sources.

Just remember... you are NOT creating multiple personalities for yourself, that is not a healthy thing to do. You are simply playing the role of someone else just like an actor would, but instead of doing it for money and fame... you are doing it in order to teach yourself how to become more like that person.

One more thing... while your playing the role of "Don Juan", don't go around asking people to call you Don Juan, that's just dumb.

Sound good? Then let's get started!

"You are Don Juan, and no woman can resist you!"

Chapter 11

Playing Hard To Get

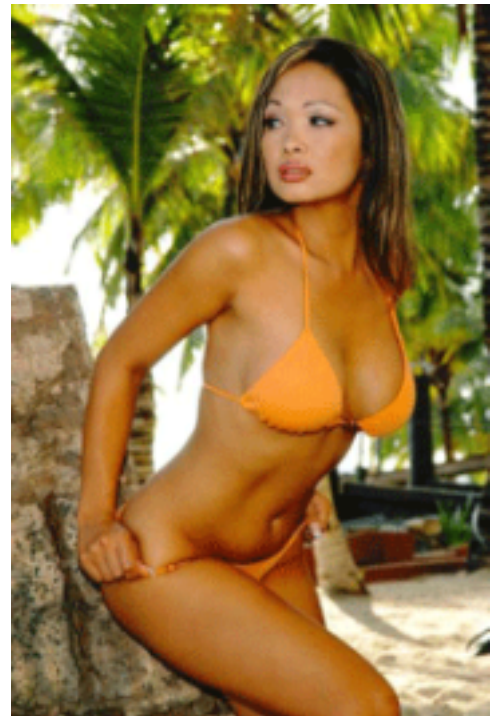
We Desire What We Can't Have

I'm sure that everyone has heard about playing "hard to get". However, not many know why this tactic works so well to attract the opposite sex... or the correct ways to make it work to your advantage.

Get out your pen and paper and take notes if you haven't already printed this book, because I'm going to break it down for you.

Think of it this way:

Remember when you were a kid and you were told that you were not allowed to have something? That made you want it ten times more badly, didn't it? We will go to great lengths to gain possession of what we can not have simply because it is a natural human instinct to strive for what is just out of our reach. If this were not built into our minds the way it is I highly doubt that our society would be even remotely close to being as evolved as it is today. We would simply lack the necessary motivation.



When you apply this principle to the dating game in the proper manner... it will prove to be one of the most powerful weapons in your arsenal.

Playing "hard to get" is much more important than most people think, and in my personal opinion it is almost necessary to use it on at least some sort of level if you plan on getting and keeping any beautiful woman. I say that because just as we want what we can not have, in turn we do not want what we can easily get. If you do not play "hard to get" at all, you are placing yourself in the "easy to get" category... which is exactly where you DON'T want to be.

Playing "hard to get" is a fairly simple concept once you've learned the rules, and that is what I'm about to teach you.

The only tricky part is being able to stick with it, because it will require you to fight certain urges that can become quite strong. Overcoming these urges is next to impossible for the average man who is uneducated on this subject and does not know that giving in to these urges is a mistake, because these urges may "feel" like the right thing to do at the time... that is why I call this the tricky part.

With that in mind, let's move on to the most important stuff, the do's and don't's.

What To Do, and What Not To Do

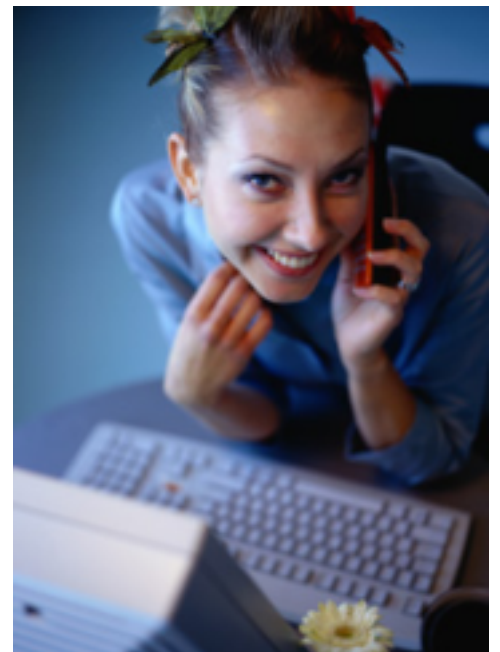
Always appear to be busy, even when you aren't. Lie or fake it if you have to. If you pick up the phone when a woman calls you and answer the question "What are you doing?" with "Nothing" then you've just made a huge (but very common) mistake. When you always seem to be busy you are displaying to others that you are an interesting person with an exciting life, the type of life that a woman would like to be involved in. On the other hand, when you never seem to be doing much you will be viewed as a boring person. If you are trying to be attractive to women, boring will just not make the cut. Enough said.

Always make it obvious that you are attracted to her, but never let her know how much you really like her. Even if you are madly in love with her and can't seem to think about anything else, always make her believe that you like her ten times less than you actually do.

Never initiate anything that has to do with a commitment. If you want her to be your girlfriend wait until she brings the subject up. Remember that you've got to control these urges!

On that same note... never tell her that you love her before she tells you first, and when she tells you for the first time don't let her know that the feeling is mutual right away, wait a few days. This is a very important rule, if you mess this up it will be the beginning of the end, which will come rather quickly.

Unless you are engaged in a long-term relationship, never stay on the phone with a girl for more than five minutes. Many men make this mistake thinking that it is a good thing because they are getting to know the woman, but what they are actually doing is showing the woman that they have nothing better to do than sit around chatting. This is exactly what I was talking about earlier... you must appear to be busy ALL of the time, so when her five minutes are up tell her you that you need to do something and get off of that phone!



Do not always accept her invitations to hang out. I like to call this the 50/50 rule because you should only accept about half of the time. While the other half you should gently refuse with your excuse being that you have something very important to do.

Never act as if her behavior bothers you, even if it does. For example, if she flirts with another guy or if you see her with someone else, act like you could really care less (only if she is not your girlfriend yet, obviously). She is only trying to make you jealous in order to find out how much you really like her... and you are never supposed to let her know that, remember? Plus becoming jealous is a sign of insecurity, which is not a very attractive character trait.

There are many more techniques that you can throw into the mix when you are playing "hard to get", and most can be found throughout this guide. However, they are not necessary and I suggest that you perfect your usage of the techniques described here first, because these are the most important and effective.

And that, as they say, is that.

Playing Hard To Get - Exercise

This exercise is much easier than the rest in this guide. All that I ask you to do is try to incorporate the things that we've discussed into your daily routine by practicing them whenever they come to mind.

Refer back to this chapter every-so-often to refresh your memory, because I'm sure that you won't be able to remember everything after only reading this once. Here are a few blank lines so you can jot a few notes down while this stuff is still fresh in your mind :

Chapter 12

After The Pick Up

You've Already Got Her Number

So you've exchanged numbers with her and possibly already have a date set up... what do you do now?

You follow all of the rules laid down in this chapter to make sure everything else goes down smoothly, that's what you do!

The hardest part is already behind you, and you should be proud of that... the rest of this stuff is a piece of cake. However, as easy as the road is from here on... this is where most men fail, because one simple mistake can throw your entire game off.

The main reason why so many guys fail at this point of courtship is because they are not well educated in this area. The very common and stupid mistakes that you could make can be easily avoided if you simply know that what your doing is wrong. In most cases guys will even be under the impression that they are doing the right thing when they are actually making an easily avoidable error that is ending their potential relationship before it even begins.

Luckily for you this is no longer a problem that you will need to deal with, because this chapter will explain all of the possible pitfalls that you could encounter in detail... and will show you what you can do to avoid them.

First off, remember that it is no longer your job to make the girl like you... it's already obvious that she likes you or you would not have gotten her number, so DO NOT try to impress her. What you need to focus on is "confirming" that she was right

when she made the decision that you were a good guy to date. How do you do that? By not messing up!

Hide Your Feelings

Never become obsessed with a woman no matter how perfect they may seem to be. If by chance you do become obsessed with a girl and almost instantly feel like you've fallen in love with her... HIDE IT! Do not let her know how you feel or you'll scare her away. This means that you need to fight the urges to : Call her up out of the blue, buy her gifts, tell her how you feel, show up and surprise her or anything else that would normally be considered romantic... these are all prohibited!

Contrary to popular belief, women don't want to find a romantic man... they want to find a "bad boy" that they can try to CHANGE into a romantic man. Bad boys don't care much about the women that they date, so they never do any of the things described above... and neither should you.

In some ways, women are like small children... if you only give them a small amount of attention they will constantly beg you for more... but if you spoil them with too much attention they will want nothing to do with you. Remembering to space out the attention that you give her is vital at this point in the game, so never forget what I've just told you.

Do not shower any girl with gifts in a lame attempt to make her think that you are her "prince charming". She will probably love the gifts, but will also get the impression that you are too excited to be the type of guy that gets hot women all of the time, and every girl wants to believe that her man is desired by other females... it's as simple as that!



Only stay on the telephone with a girl for a maximum of five minutes per session, you want to appear as if you are too busy to talk to her... busy = hard to get, hard to get = attractive. Also never call her, always let her call you.

Always remember to display yourself to her in the same way that you did when you met her. She obviously liked the way that you acted then, so avoid any changes in your attitude if possible... because she may not like the "new" you. If you were putting up a front at the time you met then unfortunately you must continue that charade, or take your chances.

Keep your looks in check by following the rules laid down in the appearance chapter of this book. If you were looking good when you met her, the last thing that you want to do now is show up to your first or second date looking like crap... that is definitely a sure-fire way to ruin a good thing.

Use all of the information that you've just learned in this chapter and everything is sure to go down smoothly after the pick up... because your chances of making mistakes will be lowered substantially. Most guys don't know all of these things that I've just showed you, and now you have a great advantage over your competition... so use it to your advantage!

Conclusion

The Definition Of A Player

Normally this would be the part of the book where the author would explain how all of the information that you've just read can change your life if you use it correctly, but I'm not going to do that. By now you should know how powerful this guide can be because you should have already put it to use by now... if not, I urge you to do so while all of this is still fresh in your mind.

Instead of the normal conclusion I've decided to leave you with a bit of knowledge that will come in handy once you step your game up and begin dating many women... because the following article will discuss a problem that every player faces at some time during his encounters with women, and I'm sure that you will be no exception.

Moving on.

What Is A Player?

Many people are confused as to what a player actually is and how a real player should conduct him/her self. I do NOT believe that there are two different groups of people in the dating game as most people do in this day-and-age, the players and the haters. I believe there are three groups :

The players, the watchers... and the confused.

The players are those who are actively participating in the dating game. Some may be seasoned players that have years of experience and practice under their belt, and others many be new to the game... but EVERYONE who is dating people on any sort of level is a player (besides people that are involved in long

term relationships).

The watchers are those who do not participate in the dating game, some may try sometimes while others would never even think about it. These watchers are scared to become players because of a wide range of reasons, the most common being: shyness, fear of rejection, low self esteem and lack of needed confidence. If you fit into the watchers group then your in luck, because this guide was written with YOU in mind... and seeing as you've read this far, you already have one foot in the door.

Now on to the last group, the confused. These are those who would commonly be referred to as the "haters". These confused folks will sit around feeling sorry for themselves and throw the blame on other people while their problem actually lies in their own inability to understand how the dating game works, and what the overall purpose of the game is.

Yes, I will admit that there are a few "bad apples" out there, and that some players have only bad intentions. However, if you look at us players as a whole, we are simply searching for the person that is right for us, and there is NOTHING wrong with that.



That my friend... IS the purpose of the dating game.

The process that we must go through in order to find Mrs/Mr right is called trial and error, and this is where things tend to get a bit ugly. We must "try out" different people to find out who we enjoy the most and who we are compatible with. If you realize that the current person you are dating is not "the one", then you have the right to get rid of them whether they like it or

not, because that is the way that the game of love works.

Look at it this way... if you try a shirt on in a department store and it does not fit you have the right to put it back, and this works the same way because we are, in essence... shopping for our lifetime partner.

That's the truth, even though most women won't accept it.

One of the major issues players are faced with is when women complain about us not wanting anything to do with them after having one sexual encounter. Our acting in this fashion could be for any of a wide range of reasons, but all point to the simple fact... she is not "the one". It could be that she was bad in bed, too easy to get into bed or ANY other reason. It does not matter what it was because now that it has been imprinted on your mind she could never be "the one", and it is not your fault. You don't have the power to erase from your memory this bad experience that you subconsciously relate her to, and she needs to understand that fact and quit acting so selfishly.

Yes I said SELFISH.

Think about it, just because the girl may believe that you are her "one and only" means that you should stay with her when you know for a fact that she is not the one for you? She thinks that it's alright for you to be unhappy as long as she is?

She must be out of her mind!

However, I can see why many men are wrong and women do have the right to be angry in many cases...



It's the lying, and it has to stop

If you tell a woman that you want to be with her or that you love her just to get in her pants then your not a player, your a liar. Real players never lie because we don't have to, there are many ways to get around saying something that you don't mean by changing the subject or giving a well-directed compliment, and that will probably get you exactly what you want anyway. I like to call that the "all natural" approach, because it works... but without any side effects.

Well, that just about does it. Thanks for reading "The Player's Black Book"! I wish you much success in your new dating life.

Remember, your dream girl will not just walk up to you and ask you out.... if you want things to happen you've got to get out there and make them happen.

Good luck,

The Player