

60 Minutes To A Sexier You

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## **About This Book**

We live in a society run by one simple question: Did you fuck him/her? It's a very intimidating question, which leaves more questions than answers. This short book was designed to help to answer some of the questions we all face in the early stages of any interaction with a woman you just met, in a very concise and to the point way. This book was not intended to be complete courses in attraction, but rather a quick read that you can get through in one sitting. Our hope is that you can use this material with success right after you are done reading.

## **How To Use This Book**

This book is divided in to two sections. The first section will help you to “own” any room you walk in to, and become the center of attention. The second section will help you to get past the most common obstacles when approaching women. In order to get the most out of this book you should read through it entirely, then pick just one pointer from each section and focus on improving your skills in that area. For instance, maybe this week you will spend time every night on asking women very specific questions and approaching as soon as you see attractive women. Try not to bite off more than you can chew, or move to quickly. If you have ever learned how to play an instrument, than you will know the value of taking your time to master the basics. It will come back and pay you back kindly.

Table of Contents

|   |    |
|---|----|
| <b>Part 1</b>                             | 6  |
| Overview                                  | 6  |
| How To Work Any Room Like A Pro           | 6  |
| Approach And Compliment Other Guys        | 6  |
| Be Witty                                  | 7  |
| Ask Specific Questions                    | 8  |
| <b>Part 2</b>                             | 10 |
| Overview                                  | 10 |
| Approaching Any Woman You Want            | 10 |
| No Hesitations                            | 10 |
| If You Want It, Go After It!              | 11 |
| Do Not Be Afraid of Rejection!            | 11 |
| Guide The Conversation, Don't Dominate It | 12 |
| Be Ready                                  | 13 |
| Remember, You Can Bail Out If You Need To | 14 |
| Practice Practice Practice                | 14 |
| Everybody Gets Approach Anxiety           | 15 |
| Conclusion                                | 16 |
| What You Learned                          | 16 |
| Thank You                                 | 16 |
| Copyright Info                            | 17 |

Part 1

## **Overview**

### **How To Work Any Room Like A Pro**

Have you ever wanted to be able to walk in to any room, party or any other venue and “own” the place? What about being seen as “The Man”? You know who I mean; the guy who has all the other guys wanting to grab a beer with and has all the women fighting over for some attention. This chapter will help you to understand what makes “The Man” special, and how you can be “The Man” and work the room like a pro.

### **Approach And Compliment Other Guys**

This might seem VERY counterproductive, but I am dead serious. When you walk in to a venue where you will be trying to meet women, it is in your best interest to have as many friends on your side as possible. Not only will the women see you as a much more social person who has a great social circle; but your new friends can actually help you to meet women by way of introduction. It’s always a nice feeling to have a friend pull you over and say “Here’s my friend Joe. You guys would really get along”.

So how do you do this? Next time you walk in to your gaming venue find a guy who seems to be the kind of guy you’d want to hang out with and pay him a simple compliment like “Hey, I really like your jacket. Where did you get it?” This will open up the door for casual conversation which will come back to be very helpful later on.

Imagine walking around a bar and having almost half the guys there shaking you hand, giving you fist bumps, and toasting drinks with you. That is exactly what your goal should be. Why? Because EVERY girl will take notice and wonder who you are. When everybody else is treating you like a celebrity, than guess what? You will be a celebrity. Have you every heard of a celebrity having a difficult time meeting women? Me either.

### **Be Witty**

There are a number of traits that women find very attractive; and arguably the single most important one is humor. A strong sense of humor can convey a lot more traits than just being able to make people laugh; it conveys confidence, leadership, social proof, power, and intelligence. How does knowing when to chime in with a funny joke tell a women you have all these qualities? That answer is beyond the scope of this book (but don’t worry, we’re working on it) but for a quick and dirty answer, just look at any movie featuring a highly desirable leading male character such

as James Bond, Iron Man, Cool Hand Luck, etc. and you will notice something they all have in common. They are all very funny and not in that knock knock joke kind of way.

Although I cannot tell you what to say and when, I can tell you that if you want to improve this aspect of your game quickly; study characters you find to be good with women and witty, and figure out just what makes them funny. Is it dry humor? Insult jokes? What? When you learn that, and learn how to incorporate that quality in your- self, you too will be very highly desirable.

### **Ask specific questions**

Whether you are talking to one of your new guy friends or to a woman are you interested in make sure to ask specific questions, and make them personal. I cannot stress enough how important this is, so please read carefully. **NOBODY** will want to open up to you or get close to you if they feel like you don't care to get to know them.

Don't just ask questions like "What do you do for a living?" Ask about what their dream job is. How they came to that realization and why. Talk to people about their hobbies and passions; and what makes them smile that other people might not know. Some of these questions might be too personal when you've only been speaking to someone body for a minute or two, and might not be appropriate for everybody. For instance, if you are at a loud night club, and it's very hard to hear the woman you're speaking to.

about his loves in life.) Yes, there is some amount of calibration on your part when it comes to using this strategy, but when you can master it women will feel magnetically drawn to you.

Part 2

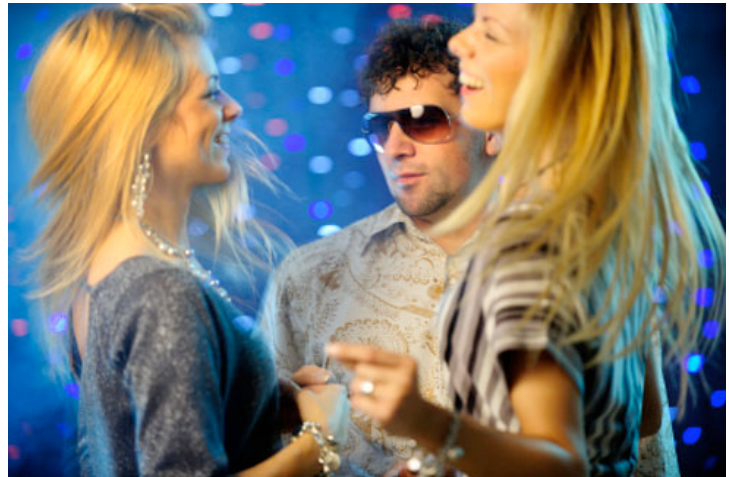
## **Overview**

### **Approaching Any Woman You Want**

You see a beautiful woman across the room but not sure how to approach her? Once you muster up the courage to start up a conversation are you unsure about how things are going? This chapter has been designed with time tested results in mind to help make sure that this is no longer going to be an issue.

### **No Hesitations**

Do not linger around for a while and stare, waiting for her to give you a signal. Not only is it creepy, but women see you doing this and see it as a sign of weakness and low self confidence. Have you ever felt like someone is watching you? It's an uncomfortable feeling isn't it? Would you ever think about getting close to someone who makes you feel uncomfortable before you even know their name? Of course not; and the same rule applies to women.



In addition to really weirding us out, by standing around and lingering; this also shows you have absolutely no self confidence. If you have ever heard a woman speak about what she wants in a man, read a Cosmo magazine, or studied pick up training at all than you should know that confidence is an absolute must have.

### **If You Want It, Go After It**

In life nobody is going to hand you anything. You need to either ask for it or take it. If you see a woman you are interested in then go get her. I'm not saying you need to club her over the head and drag her back to your cave; but you do need to get off your butt, ignore any other guys trying to flirt with her (unless it's her boyfriend or something) and let her know you are the best candidate for her to be speaking to.

### **Do Not Be Afraid Of Rejection**

When you meet a woman for the first time and she shoots you down right away, don't take it personally. She doesn't know anything about you, and can only make a decision based on two seconds of conversation. It rarely ever happens that a woman will instantly shoot you down the minute you approach her, or even right after you said hello; but if she does then you just need to brush it off and be thankful you didn't waste more time and money on a woman that was not going to workout anyway.

### **Guide The Conversation, Don't Dominate It**

As the guy you should be ready to do most of the talking during the early parts of your interactions. The important thing to remember is that you want to guide her to talking about herself and opening up to you. Keep in mind that nothing builds attraction quite like comfort; and opening up to you is the best possible way for her to feel comfortable around you. So rather than spending the night talking about yourself and how awesome you are, it's better to let her learn that stuff on her own over time while she talks about herself now.

Guiding the conversation isn't hard when you know what you are doing. Asking her questions about her hobbies and passions is a great starting point. When she is telling you a story or mentioning a fact try to pick up on small tidbits that you can have her expand on. For instance, if she says something like "Last summer when I went to Italy I rented a bike to ride around the country-side"; you now have several topics you can choose from to further talk about. You can talk about where else she has traveled, about Italy, or bicycle riding.

Believe me, it is a lot easier to get a woman more comfortable around you when she can talk about herself and you are genuinely interested in her, rather than bouncing around from topic to topic aimlessly.

### **Be Ready**

Okay, so you see a hottie and are going up to talk to her. Make sure you know what you want to say. I see a lot of guys walk up to women and right as they say "Hello" realize that they have nothing to say. If you are stuck, an opinion question is always a safe bet (not always the most effective, but safe non-the-less). We've all seen the movies where the scared nerdy kid walks up to the really pretty girl, his voice squeaks and he realizes he doesn't know what to say or do next. **DON'T BE THAT GUY!**



## **Remember, You Can Bail Out If You Need To**

If for some reason things aren't going well, you don't need to wait for her to end the conversation. There is no shame in politely saying "It was very nice meeting you, but I really need to get back to my friends." Now, if you own an iPhone there is an application called Got2Go which will send you fake emergency messages that look and feel completely real so you don't have to worry about bailing out. Even if you are on a date (and not just meeting someone at a bar) this application will get you out of there ASAP. Not bad for \$1.99.

## **Practice Practice Practice**

This may sound a bit weird, but you should practice with girls you are NOT interested in. Why? Because approaching a beautiful girl you are very attracted to, and approaching ones who you aren't is virtually the same. With this in mind, it is better to try out all your openers, stories, etc when you don't feel like you have anything to lose. Then, when you are feeling good about your technique, start talking to more women you are attracted to.

No, this does not mean you have to take home girls you are not attracted to; because remember, it is perfectly fine to walk away on a high note. But above all else, do not be rude. You should at all times be a gentleman.s

## **Everybody Gets Approach Anxiety**

If you ask famous stage actors, musicians, athletes or any other kind of live performer; they will probably tell you that they still get stage fright. Even after years and years of performing in front of a crowd, they still get nervous. However, they have learned to harness that nervousness in to energy and motivation to go out there and blow their audience away.

Keep that in mind the next time you are scared about talking to a girl. Try to talk to yourself (not out loud) like a personal trainer would to his clients. Scream and yell at yourself if you need to, but use that anxiety as fuel and not fear and you will be amazed at how confident you seem.

## **What you learned**

### **Conclusion**

Throughout the course of this book, we talked about confidence. Whether or not you realized it, confidence has been the main focus. We have talked about how to become essentially a celebrity at any venue you go to and how to approach any woman you want with that feeling of actually being a celebrity flowing through your veins.

After you have read through this book you should try to focus on one or two aspects at a time. If you try to bite off more than you can chew than it will only hinder your progress.

### **Thank you**