



ATTRACTING WOMEN

*How to effectively seduce every type of girl and
become the man you have always wanted to be*



EDMOND DANTÈS

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By

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PREMISE

Today, I am really happy because, in choosing to read my book, you have put your trust in me, and I am sure you will not be disappointed.

This book is intended to guide you step by step through the dynamics that affect the attraction between man and woman, but I warn you that this is not a simple collection of techniques like those that are trivially disclosed by the various mainstream products circulating on the network. In these lines, I have put part of my soul because I believe that without personal experience, nothing really purchases

value. It is for this reason that I have dedicated the first chapter to my personal story. I want you to know who I am and the real reasons that have pushed me to help those who need a hand or seek answers.

This can not even be defined as a book of seduction. It is a book of personal growth that will push you beyond the boundaries of simple attraction to make you understand the true essence of this art.

That said, I will not take any more time, and I wish you a good read!

1. WHO I AM, WHO I WAS

I was born on 6 November 1996, and I live in a small country town, a closed and cursed place where people could be compared to a tribal society that does everything to itself.

In this tribe, there are four stereotypes of human models:

- *The Heads* : the popular boys, those who have created their broad and homogeneous social circle of "cool" people who idolize them as gods descended to earth. Everything they do within their group is law; they have the most beautiful girls, and they are all their friends; they invite them all to parties, and it seems like they live a wonderful life untouched by fatigue because it is the abundance that is attracted to them and not vice-versa.

- *The Goddesses* : the goddesses are the most beautiful and popular girls of the tribe, those who have never moved a finger to get what they want as everything has been granted to them by virtue of their beauty since birth. They generally belong to the Heads and possess a very high perceived value. Looking at them more closely, you will notice how they are sometimes, but not always, extremely

empty girls but idealized as superior beings by most of the members of the tribe.

- *The Awful Middleground* : cute, intermediate or ugly girls. This is the most varied social layer in which a multitude of girls with different characters and attitudes fall.

- *The Losers* : it is a complex social stratum but characterized by a common and fundamental component to define this band: insecurity. The losers look at the world from below, are oppressed by the tribe, do not have many friends and their lack of self-confidence leads them to rarely get what they really want. They look with resignation and sometimes envy to the world of the Heads, not explaining the reason for their success. In sentiment as in life, they tend to be content.

This simplistic division serves only to explain my story.

I immediately start by saying that I have always returned to the fourth category, the Loser one. This was my situation before I changed my life radically one day in July 2015.

Up to 18, I'd never had sexual intercourse, not even a half intercourse, zero, nada. Yes, of course, there are those who were obviously worse off, those who had never kissed a girl, for example, but mine did not feel like an "adolescent" failure but rather a real existential failure. Let's face it, the problem has never been the mere "fuck" because before the age of 18, my problems were different.

At elementary school, I was a good child, happy, radiant, studious. I had no problems because I was thinking of nothing more than playing and doing homework. I was not interested in how many children I played with; I was interested in playing with a few loyal friends. I had only two good friends, Francesco and Matteo.

At junior high school, the first problems started with the bullies who targeted me when I used to come home from school by coach, or when I did my bike rides in the afternoon. Only a friend of mine, Matteo, remained, because Francesco had also become a bully himself. It is here that I

began to shut myself up in my small world formed by my family, video games and my only friend, who in the meantime, I felt was changing. I did not understand how, but he was changing.

Even Matteo disappeared over time into the world of skateboarding, an activity that at the time I looked with indifference. Indeed, to tell the truth, I saw it as a betrayal by my friend because I wondered how he preferred to skate to video games that for a long time had united us.

And so, through three years of middle school, I remained officially alone. Of course, you should not imagine me as a hermit who spent time in a cave isolated from the world, that world outside existed, and I was able to feel the weight of it and feel the influence of it. I felt the influence so much that as much as possible, I always tried to please myself, passions that were not mine, thoughts that were not mine, and worlds that did not belong to me. Not feeling part of anything, I tried to be part of groups of boys, and I pretended to be a friend, even if I was not primarily considered by them, nor did I basically pretend to be.

So far, everything was relatively indifferent to me until one day in August, between the third and the first higher, during the Profession of Faith, in the last place in the world in which to make profane thoughts, a church, I realized that something was changing ... I was interested in girls!

That day, two dioceses had gathered, the one of my country and the one of the country of the host church, and we were divided respectively into two columns of benches. We were on the left aisle while on the right were the boys of the other diocese. We were talking to each other when at one point I turned to the right and saw Giada, a girl I'd always seen at the karate classes I attended and who I had never given much importance until then. Seeing her out of the usual context I used to see her and exchanging some words gave me an emotion that I had never felt before, a sort of inebriation of beautiful dizziness and agitation that

increased as I spoke to her. It is from there that my ruin began; it is from there that I realized that I was alone, just like a dog.

Here came the magnificent years of the classical high school, years of dreams, desires, changes, great friendships that began and ended within the school walls.

I entered at the age of 13, having no idea how to conquer a girl. I thought I was the most beautiful kid in the world, and I remember I passed the first three months of the first year trying to figure out how to approach the girl who had a crush on me from the first day. She was called Giorgia.

The tactic was this:

- Positioning myself from the first day behind her desk.
- Introducing myself to her two ugly girlfriends and then to her.
- Speaking two minutes with her the first day about the fact that we had done theater together at middle school.
- Talking and joking with my two schoolmates and her two ugly friends for the following three months, hoping she would passively hear (as if she were overhearing) my lines while talking to others and then joining in and, if God wants, asking me something, even if I did not know exactly what.
- The day of her birthday, I gave her a fantasy book in front of everyone (my aunt gave me the book as a present actually, but I fucking hate fantasy books so I don't give a fuck), packaged with a golden card and a red card on which I'd written the most beautiful compliments that a girl could ever receive.

Result: nothing ever happened in three months and for the following months, there were wonderful rumors around the class about the fact that I was the loser rejected by someone who was not even among the nicest of the class.

When I got to the second year of high school, I decided to finally cut off my hair which I had kept long since birth. At that moment, it seemed that I had become a little bit nicer and one fine day, Federica, the nicest girl in the class, who

had just broken up with her boyfriend (I do not know what divine miracle happened), I noticed that she started behaving in a different way compared to how she had behaved up to that moment with me ... I liked her! For a couple of weeks, she went out of her way to be near me; she used to sit next to me at the desk, used to tease me, used to always give me reason, used to laugh at everything I said ... She really liked me! And what did I do in those two weeks before she got tired and got involved with the most popular school boy? NOTHING, fucking nothing! I had no idea what to do, how to do it, and when to do it. Boom! Burned.

I was feeling more and more inadequate in the world. I had no idea why life was so simple for some boys and then there were boys like me to whom nothing was granted. I did not have a fucking friend, and out of school, I was always alone, I was still targeted by bullies everywhere in my country and, in fact, I was not considered by anyone.

Then, a 15-year-old passenger friend named Federico, told me about a book called THE GAME by Neil Strauss and strange terms like PUA, HB, etc. He explained to me that there was a community of men in America who applied psychosocial scientific techniques to picking up girls with devastating effects. Federico talked about the game as if it were just an interesting topic, but I was mesmerised by his speeches, and slowly, I had the desire to understand more of this world I hoped that my life would not continue to be full of failures, and that I could have done it in some way. I researched on the internet, and when I typed the phrase, "how to pick up a girl," a world opened up to me. I realized that there were real methods that could be learned by everyone to attract EVERY girl, without exception. At that time, at 15, I took the first mature decision of my life, that at the age of 18, after finishing high school, I would take a course of seduction that would change my life forever. I did not know how I was going to do that yet and what money I

would need, nor how could I tell my parents about it, but I knew with certainty that I had to do it.

The new world had been discovered, hope was there, but what could I do while I waited for 18?

I read the most disparate theories about the Game, from the Mystery Method of Erik von Markovik to the Natural method of Richard la Ruina, authors who for me had become my absolute myths but on whose methods I do not reserve myself to write anything about because it would take a whole year to do it.

Beside the reading and the study of those sites and those YouTube videos, I began to ask a simple question: "What is it that the guys who have success with the girls have that I do not have but that I could learn?" The answer did not wait to come and (unfortunately) was formulated in my head like this: "They make them laugh, and they are fun!"

And here I naively made a mixture of everything and created a MONSTER! As a shy and introverted boy, I was transformed into a total fool who was so blessed that he succeeded in making everyone laugh; the fact was that I did not realize that this thing was not exactly what it took to become an attractive person, even if the first poor results were not long in coming.

So, now I'm 16 year old; it's my third year of high school, the year when I kissed my first girlfriend.

It was July, and I found myself going for a second time on a study holiday in Monaco where I met Valentina, the most beautiful girl in the company, in a moment of incredible lucidity. The miracle wanted me to meet her in the morning during a bus trip to a shopping center. I managed to make her laugh a lot, to let her me give her number, and I even managed to invite me the same evening in her room. It is there that I gave my first kiss, it was an absurd feeling, I remember that I returned to my college room with a happiness and a sense of infinite gratitude thinking "From today everything changes." Nothing fucking changed since

after we spent those two weeks in Monaco we returned to Italy and she left me the following week via message ... I jumped in grief, I cried for months, wondering why things had gone that way and just blaming her for the incident.

17 years old, my fourth year of high school, and I was still thinking about those incredible three weeks of news with my first girlfriend when I met my second future girlfriend on New Year's Eve.

I had been invited by one of my temporary friends to his house. He told me he would have a party to say goodbye to the old year and welcome the new one; he also told me that there would be many friends at the party. It is among these friends that I met Josie, a girl half English and half Italian who was astonishing: blonde, blue eyes, full lips and perfect body. I remember that she arrived with her friend Laura immediately after we had all had dinner, and as soon as Alessio, my temporary friend, opened the door, I was petrified by her beauty. I introduced myself to both of them in a slightly cuckold manner, as I had been used to doing until now, but then an incredible terror grew inside me, anxiety, and I had to stop. So, while the two girls were arranging their things and introduced themselves to all the guests, I went to the bathroom and did something that I thought was very useful in these three years of process: I looked into my eyes in the mirror and talking loudly, making sure no one was listening to me, I almost said angrily: "Now, you go there and talk to her all evening until she falls at your feet, take your ass off and do it !!!" At that time, the Game for me was just a set of techniques for picking up and pre-set phrases to make the conversation evolve, but I still am surprised today how I could think of such a self-motivating thing.

That was how I really moved my ass and for the whole evening I had a miraculous energy that led me to get her number and go out a few days later, even though she had been engaged for years. I kissed her too!

Once again, I told myself, "From today, everything changes." Nothing fucking changed promptly. I spent three months with her, a world record, in which I treated her like a fairytale princess and put her at the center of everything. She enjoyed this experience so much that at the first opportunity she went to Germany and made out with a blonde German whose name I still remember, Falk. I fell into a whirlwind of rage and resentment toward her, wondering where I'd gone wrong and how she could do all of this after I'd given her the world.

I kept this agony going for months until, during a break from my beloved classic high school, my best friend told me that Valentina, my first girlfriend, was sorry for everything she'd done to me. Yes, she was sorry to have left me by message and made me suffer so much and thinking of going back with me since her current boyfriend had treated her so badly. After this news, my head was traveling three meters above the sky, and I was looking forward to the moment when I would be back with her. But I wanted to make her sweat hard so I let her rewrite and do everything. I did not kiss her on the first date; I did it to the second.

From there I told myself "From today, everything changes." Nothing fucking changed as after a month, she confirmed the idea she had of me a year ago and left me miserably. Me? In tears.

My fifth year of high school, classic high school. I felt more and more unfit in the world when, in reality, I just wanted to be accepted for what I was, but I did not understand that I had never shown to anyone what I really was until then. I had always kept a mask.

I made everyone laugh, I was the cutest (and perhaps the weirdest) of the group, I was invited to all parties, and I turned over at least seven different companies, but who knew that I'd done all this? NOBODY. I realized that I had not brought any value into anyone's life, the two girls I'd had both had given up after two months of kisses and laughter,

and I was alone in the crowd, obsessed with being the center of attention, disguising my despair with an idiot smile on my face and a fake stupid joy that I wasn't feeling. I was wondering: - Why I can't ever have a good relationship?

- Why am I so full of beautiful things to give but nobody sees them? Why is all this happening to me?

- Why do "popular", stupid and superficial people deserve to be happy, and I'm here like a jerk not even knowing which way to turn?

Now I stop to think, and I wonder: "What has brought me to that limit? What has ruined me? "In these years of personal growth, the answers were many, but I arrived at a very simple conclusion: the causes of my closure in myself were:

- Family Factors: I grew up in perfectly open-minded family that never failed me. I have always been protected and said what I had to do to be a good child. As a good boy, I have always slavishly followed everything my parents taught me. I will never stop thanking my parents for what they did because I consider myself a clever and respectful person; the fact is that every social influence is never totally positive because, as human beings, we are imperfect; we also transmit what we have inside of negative. From my father above all, I unfortunately learned to be afraid of the world and to suspect that behind everything there was a scam ready to hit me at any moment. This pushed me to never have the courage to jump into the void.

- Karate: I have practiced karate for 10 years until the age of 16. Karate by itself should be something that makes you more confident in yourself but for me, it has never been like that. Karate teaches you to be calm and never engage in conflict unless it is strictly necessary. I interpreted this as "passively undergo everything that happens to you without reacting." This pushed me to never let me be true.

- Religion: until Christmas a few years ago, I have always been a fervent practicing Catholic. As every church teaches "you must be good, patient, tolerant and turn the other

cheek," otherwise there will be a repercussion one day in the Kingdom of Heaven since it is God who decides everything, and it is always him who decides your life ... That's was the way I interpreted the teachings I received. This led me to accept anything and never make a decision because I thought everything was already decided.

- Videogames: video games have been a very powerful factor and bad influence on my personal growth as I spent hours and hours in front of videogames, precluding interpersonal relationships with other boys. This motivated me not to have a social circle.

I had no friends. If we then refer to the theory that says that we are the result of the average of the 5 people we frequent more often, then everything becomes so perfectly clear that it does not even need further explanation.

But coming back to us ... I was 18, it was 2015 and I had not forgotten the promise I had made three years before ... After maturity, I would finally have taken the course that would have changed my life. It was the last hope I could cling to, the only light at the end of the dark tunnel that I had created in 18 years of life, the only chance to get out of that loop of depression, anger, loneliness and a sense of powerlessness that I was about to devour completely.

There was a small problem ... How was I going to tell my parents, but especially my father (I did not want him to be disappointed to know that he had a son who was a loser, who did not even know how to talk to a girl and had no friends). I wanted with all my heart to do a course that on paper was a "seduction course." I had not the faintest idea but above all I did not have the courage. So, I did what is still THE BIGGER ERROR OF ALL MY LIFE, was was not honest with them. Some advice...

ALWAYS BE SINCERE ABOUT WHAT YOU DO, ESPECIALLY FOR IMPORTANT DECISIONS. YOU WILL CARRY LIES ON YOUR SHOULDERS FOR YEARS THAT WILL WEIGH YOU DOWN LIKE BOULDERS.

Here is the brilliant idea. Since a few months before July, I had attended a very clear course of memory techniques and personal growth that had thrilled me, and I had spoken openly with my parents. I used this as an excuse to push them to accept to pay me "another harmless course of public speaking and personal growth," or at least this is what I made them believe. I even wrote a fake brochure of presentation of the course with fake stamps and non-existent certifications.

In the years to follow, I would have deeply regretted this because my father, who has never been stupid, later discovered the real site of the course and was deeply disappointed, not so much by the type of course that I had undertaken, but because I had lied. NEVER LIE, NEVER!

And here we are at 18, that one day in July 2015. I left for the adventure that was going to change my life.

I arrived in Turin at 9.00 in the morning, full of emotion and desire for rebirth, and my instructor, who we will call Mr. H, sent me the first message on the phone saying "Take notes and pen and go around the center to talk to everyone. Mark all the difficulties you notice and all your limits in communication. Conversation topics: everything."

I had already started with the idea of picking up twenty girls at a time and when I saw that message, I wanted to answer: "What the fuck are you saying?! What does it mean?" I still did not understand those words that were the beginning of my revenge on the world.

I came back after two weeks totally changed. The people who used to deal with me no longer recognized me, and my greatest satisfaction was to hear them say, "Are you ok? You look different." No one but my best friend knew where I had been in those two weeks and I did not even want to say it because I liked it too much, I enjoyed seeing how people treated me differently from one day to another. I was finally feeling I was worth something; I was finally feeling that the world was beautiful and so were the people who lived there.

I felt that it was enough to reach out to take what I wanted because I deserved it. I knew I deserved it!

The results were not long in coming. After a week, I made love for the first time with a beautiful blonde girl, with an incredible personality that I approached on the street on a sunny afternoon. It was so beautiful. I remember there was no trace of fear or agitation in me. I felt at peace with myself and with the world, coherent in my true nature. I was the highest expression of myself.

ME??!

I could not believe it, that shy boy who for so long had been left wondering if one day there would be a place for him at the table of happiness. Now he was there with a beautiful, happy girl.

That was only the beginning of many satisfactions that the Game gave me starting from that day, a day that will remain forever engraved in my memory like an engraving on a stone.

It's been three years since I had the strength to be reborn that week of July 2015. I had the opportunity to experiment with different approaches to the Game, remaining faithful to Mr. H's style and engaging every fucking moment to grow and become a better person every day. I have made a lot of mistakes in my path and in these three years, I do not deny that there were really hard times where I had to fight and fight against my ego and the false beliefs that I'd built in my life.

That said, however, I will never stop thanking my past because achieving is only thanks to what I have gone through, the shit quilts through which I had to crawl on my elbows (vague reference to one of the my favorite films, "Shawshank Redemption" with Morgan Freeman) and tears when I thought it was all to be thrown away and that there was no way out.

If you are reading this little book, and you have felt or you feel like I felt for 18 years of life, **LIFT YOUR HEAD**

BECAUSE YOU'RE NOT LONELY! I KNOW EXACTLY HOW YOU FEEL. DISAPPOINTED, DESTROYED, POWERLESS FACING YOUR LIFE. BELIEVE THAT A WAY EXISTS AND IF I HAVE MADE IT, YOU CAN DO IT TOO! LIFE IS BEAUTIFUL, AND THE WORLD IS NOT A PLACE SO HOSTILE AFTER ALL. JUST EMBRACE IT!

That's why I want to share the fundamental secrets of the attraction I learned with you so that you'll never have to ask yourself "Where am I going wrong?" And you can continue your growth path AUTONOMOUSLY improving day by day.

I state that everything you will learn is NOT A DOGMA. In seduction, there are no dogmas because the laws of attraction, contrary to what some industry gurus say, are mostly irrational and not reduced to simple mechanic "techniques." Having said that, please feel free to agree with what I say but also to disagree and be free to explore and experiment on YOUR SKIN what works and what does not work.

Let's start!

2. WHAT IS SEDUCTION AND WHY YOU DIDN'T UNDERSTAND ANYTHING?

The million dollar question: WHAT IS SEDUCTION?

If you try to insert this word in Google, what appears will seem pure marketing. A set of results will appear such as "How to pick up," "How to bring to get laid," "How to conquer" as if seduction were a process of colonization of the world and of people ...

In reality, what etymologically tells us the word "seduction" is something completely different. The word seduction derives from the Latin *SE-DUCERE*, literally *leading to itself*. What does it mean *to lead to oneself*? It means *taking and leading where we want*.

Something that could mean everything and we do not want to say anything.

Now, the term seduction has a very noble meaning because to lead to oneself means that EVERYTHING comes towards us, and for EVERYTHING, we mean our own objectives, success and what we want to achieve.

We do not talk about men; we do not talk about women; we do not talk about categories; we do not talk about sex; we DO NOT TALK ABOUT PICKING UP! This is all bullshit that has been used by the marketing and business world to SELL! This is the reality of the facts. That's why nowadays, those who think of seduction think of pick up, and do not understand a fucking anything.

So, if you think about it in this way, know that

YOU DID NOT UNDERSTAND FUCKING ANYTHING.

Reality is often harsh, but someone has to tell it.

So let's repeat like a mantra, seduction means to lead to oneself, how do we interpret it leading to oneself? Take and bring to yourself what you want, your goals, and relative to your goals, let yourself go to the right mindset combined with the right calibration and finally reach them. The objectives can be of a working, sentimental, sporting nature, and so on and so forth.

This makes you understand how the word seduction affects all areas of life and how it is unfair to leave it at the mercy of marketing and business which, at all costs, wants to leverage primordial instincts, those of reproduction, to sell.

So, how can we avoid mistakes in reasoning and mentality?

Just stick to what the expression says and work on the attitude to make things come to you, this only after the mentality. So, calibrate well only AFTER working on mentality and attitude. If a great internal work is necessary for mentality and attitude, for calibration, this is the necessary method (those that are trivially called "technical") but also an openness and a predisposition to make things come to itself.

As you can see, everything is much more complex than what the world of marketing or the world of Google has always told you about seduction. It is a much broader concept, much deeper, much more rooted in the mind and developed in a much more efficient and productive way in life than the superficiality of "coupling," "reproduction," and "picking up."

In conclusion, the hard truth for those who have chosen this book to learn mundane picking up techniques is: **YOU NEED TO WORK ON YOUR OWN MIND!**

If you are not prepared to work seriously on your mind, you will not need four fucking techniques to achieve the desired results.

If you are still alive so far, if you have not yet been frightened and are really willing to change, continue reading, otherwise I invite you not to continue because your ego could be affected.

3. WHAT IS THE GAME AND WHY IS IT OVERCOME?

In 2005, a book by a New York Times journalist, named with the mysterious title of *The Game*, had reached the top of the charts in a surprising and extraordinarily rapid manner. He spoke of what was defined as the "secret society" of *pickup artists*, a circle of people unknown to most, scattered all over the globe, and the only thing that united them was the possession of techniques that guaranteed amazing success with women.

The activity of a pick-up artist was the **Game**, the Game with a capital letter. Playing with girls was, and is, for this community the most exciting activity of human existence.

Intrigued by the topic, and at the same time skeptical about the real truth of the rumors that circulated on this underground world, a journalist at the registry office, Neil

Strauss, decided to enter the secret society. To get started with **the art of Pick Up** , he chose nothing less than the one who was considered the founder of the branch, as well as the best player on the square: **Mystery** .

Mystery was, in the collective imagination, a rather strange type. One who wandered around the premises with absurd hats, dressed exaggeratedly and flamboyantly, with his fingernails colored in black. A complete stranger who, after a complete loser's past, brought Hollywood celebrities and half-American playmates to his bed.

Under the protective wing of Mystery, Neill Strauss becomes Style, the most acclaimed pickup artist in the Game. During his journey, he discovers that all the voices are true and the techniques work. Its success is overwhelming. Style has shown how anyone can become a master of seduction from scratch.

... And this is the one that basically speaks the book of which Federico told me, all very beautiful but how many years have passed since its publication? THIRTEEN YEARS!

Thirteen years are not too many because nothing has changed in the mentality of women, and the techniques are still all valid. There are too many social changes in all this time and the meaning of the Game as a simple Game of the trailer is now anachronistic and contradicts what I wrote in the previous chapter.

Let me be clear that from now on when I talk about the Game, I understand the philosophy of life which I spoke about a moment ago that is the balanced mixture of technique and personal growth. In this case, however, I will deal only with the Game in the context of a man-woman relationship because this is the topic of the book.

4. GAME STRUCTURE

The Game consists essentially of two parts:

- **INNER GAME** or internal game, it is the ESSENTIAL part of the Game, the generating source of all being attractive. It includes **ATTITUDE** and **MENTALITY** .

- **OUTER GAME** or external game, is the direct manifestation of the Inner Game. It includes a wide range of elements used to seduce such as **body language** , **verbal communication** and **eye contact** .

But let's see them more specifically.

5. INNER GAME

INNER GAME: THE 10 RULES

I remember the first day I met Mr. H in the evening, after spending the whole day wandering around the city trying with poor results to "talk to anyone" as he had ordered me to do. I remember that I saw him enter the door of the hotel where I was staying and immediately, I was incredibly emotional to see him there in the flesh. I was eager to tell him all my problems and wait for them to be solved BY HIM. I sat down on the armchair and began a cognitive chat. While we were talking, I was certain that I had finally found the one person who could help me to TAKE MY REVENGE ON all those I thought were not worthy to live a life full of successes- the popular and superficial leaders, to be clear. When he asked "Why are you here?" I replied:

"I'm here because I want to go back to my city like the Count of Montecristo! I WANT TO MAKE all those stupid superficial idiots SEE that I ride with the coolest girls and that I am in charge. I want respect!"

Mr. H looked at me with a look that at the moment I did not understand and he told me: "What the fuck are you saying? Montecristo does not exist, Montecristo is you."

The Count of Montecristo is a book by Alexandre Dumas published in 1845 that about Edmond Dantès, a man who is accused of a crime he did not commit because of his friends who betrayed him. He is sent to jail for about ten years and believed dead. In the cell, he met a monk who revealed to him to be very rich and to hide a treasure on the island of Montecristo. Dantès manages to escape and find the treasure, returning home under the false name of Count of Montecristo. No longer recognized by anyone, the Count takes his revenge on all his enemies.

Now why did Mr. H tell me those words? Montecristo is the symbol of revenge on others, of "doing things" for others, so put yourself in the lead. This is **the number one rule of the Inner Game:**

Rule No. 1: MONTECRISTO DOES NOT EXIST!

Whatever you do in life, whether it's seducing a woman or earning money, DO IT FOR YOURSELF; DO NOT DO IT FOR OTHERS.

And the moment you leave aside the grudge or the desire that the results and above all RESPECT, so put your mind in peace.

Remember that OSTENTATION IS NOT SYNONYMOUS WITH DEMONSTRATION. The proof is in fact the natural consequence of your actions dictated by a positive attitude and a dominant mentality in the form of CONCRETE ACTIONS. Ostentation is an unnatural manifestation of external greatness, often THROUGH WORDS, to compensate for an external lack, an insecurity. **NEVER BRAG!**

Rule No. 2: THE EGO IS YOUR WORST ENEMY!

What is the EGO? The ego is that infamous and subtle inner voice that literally ruins the existence of people. **The ego is the fake image of yourself pumped up by an excessive idealization of what you are and what you think you are in the eyes of others.**

The ego is a mask, a mask that protects you from your failures by always blaming others or making you invent a

myriad of excuses for not dealing with your problems.

For example: you are walking down the street to go to work. Suddenly, you see a girl passing by. She is beautiful, screaming physique, dizzying eyes, your ideal girl! You like to go and talk to her, but your inner voice tells you that you'll be late for work, that maybe you're in a hurry and do not want to listen or even start to find physical flaws in the girl (too high, too low, blonde instead of brunette, etc.) which will dissuade you from going to her.

Do you know what the truth is instead?

YOU DON'T HAVE BALLS, AND YOU DO NOT HAVE THE STRENGTH TO GO THERE AND DO YOUR OWN DUTY AS A MAN! YOU ARE ONLY INVENTING EXCUSES MY DEAR!

Obviously, without the right dose of self-awareness, you will never know how to say these things honestly, and it is precisely for this reason that your ego (the little voice) protects you from the evidence, the evidence that **YOU ARE IN DEFECT!**

Another example: a boy who believes himself to be the most beautiful, the best of all and is convinced that he's irresistible in the eyes of the girls due to his two or three achievements in life for which he is mounted full of ego. What happens when this boy receives a couple of spades from a girl he was convinced to please from the beginning? He will give the girl "wooden pussy" (in Italy we say it this way), not realizing that maybe he is not as interesting as he thinks he is. **EGO!**

Escape from the ego and always be humble and honest with yourself.

Rule No. 3: THE RESPONSABILITY OF YOUR FAILURES IS YOURS!

NEVER blame others for your mistakes. When you suffer a defeat in every area of life, always ask yourself "WHERE DID I GO WRONG?" So you can adjust the shot and learn from your mistakes.

It seems trivial advice, but I guarantee you that it is rare for people who think this way.

Rule No. 4: DO NOT COMPARE YOURSELF TO OTHERS!

If you see that someone is more successful than you, it does not mean that you are stupid while they are more intelligent. In fact, sometimes it is the opposite. Do not even think about why that person is how they are because you are you, and she is her.

Suspend judgment and repeat as a mantra: "GOOD FOR HIM."

If everyone is who he is, then it means that whoever is successful is in HIS time, and you who are not successful are in YOURS. Does this mean that your time will never come? ABSOLUTELY NOT! Evidently, a person who has achieved some success has made it by taking a path that you have not yet done, but you can start becoming aware of your weaknesses and improving them.

Obviously, if you are reading this book, one of your shortcomings concerns the relationship between man and woman, so you are already taking a step to improve your shortage; be happy with this!

Rule No. 5: IF YOU FEEL LIKE A KING, THEN YOU ARE A KING, BEHAVE AS SUCH!

Close your eyes and imagine yourself being the most fucking powerful king in human history. You are on the highest tower of your castle, and you look at your kingdom from above, holding a scepter of gold and breathe deeply your freedom. How do you feel?

Now I ask you another question: how do you think a king will behave in his court?

If you answered with "*Do the fuck he wants*" then you are on the right path. A king is defined for the charisma and pride with which he performs his actions, not caring for the judgment of his subjects because basically ... THEY BELONG TO HIM! The world in which he lives is HIS, and he does not need to have other people confirm what he wants.

Rule No. 6: SUSPENDING THE OPINION OF OTHERS!

It does not seem to me that this voice needs explanation ...

Rule No. 7: IN FRONT OF YOU, THERE'S A BRAIN!

This rule is of fundamental importance. In this book, you will learn to approach every kind of girl in the most various ways, but all you will learn will be vain if you do not put in your head **that even the most beautiful girls are people like us all, no more or less.**

Speaking of girls socially considered "beautiful," you have to put in your head that there are no "angel women," there are no "ideal types," there are no unmatchable "goddesses"! Every woman like every man has merits and has defects, fears, anxieties and insecurities. You must think as if we were **asexual beings.**

And do you know why? Because this is only an unnecessary mental suggestion derived from the conditioning that society exerts on us. A society where women have often used beauty to derive advantages, and, therefore, beauty itself was seen as an element of value.

But why associate a greater value with a beautiful woman, since this woman has not yet proven anything to you and has exclusively had the FORTUNE to be born beautiful? Being lucky means having more value than others? ABSOLUTELY NOT. So, relax. A really beautiful woman, excluding the aesthetic side, is the same and at the same level as any other girl. She does not deserve any special treatment. Nor should you learn from a problem that does not exist. On the contrary, you will create problems that will only end up in difficulty.

Rule No. 8: ALL PEOPLE CAN GIVE YOU SOMETHING!

Even people who seem superficial or not worthy of your attention (it seems mental that may be due to your mega ego) can give you something if you dig deep. Do not forget it, be open to everyone and do not have prejudices of any kind, or at least try to break down your mental asset by

always asking yourself: " **Ok, what's behind that could interest me?**"

Rule No. 9: ASSERTING NATURALITY!

Your goal should always be to be yourself consistent with your nature as a man. Your man nature tells you that it is **ABSOLUTELY NORMAL** that you like girls and that you want to know them and have sex with them (and viceversa). So why hide this thing by being the "good guy" from a Disney movie full of good and platonic resolutions? It does not make sense. Just as it makes no sense for you to make yourself seem infinite in going to talk to a woman, whatever the context.

Get it in your head that **knowing other people of the opposite sex is absolutely normal** . If you do not perceive this, that is only the fault of a sick society that **WANTS YOU TO BE INSURED!** The commercial company wants to be sure that you always have to resort to a means. Think about it, if every man on the face of the Earth felt at ease with himself and approached in a natural way to life and women, what would perfumes be used for? Why would we need designer clothes? **NOTHING!** Would they still communicate about the value? I do not think so.

From advertising, you are offered this scent with the bastard message implied that if you do not wear it, you will never be successful and so on for all other human material and cultural products.

By this, I do not mean that you have to go around naked and stink, this is just an extreme example of how much superfluous crap man has invented not to accept what he really is, a more intelligent animal than others.

Do not think that you need special material qualities to conquer a woman such as **MONEY, BEAUTY, POWER**. Of course, if these elements are already present in your life, then you have more cards to play (many times, money and power come from a magnetic personality that is, therefore,

able to attract women, but don't dwell on this too much as it's not the case)..

Come on, I'll soon give you two myths that you surely thought of when I mentioned the words MONEY AND BEAUTY.

"The cool girls are just with cool guys." FALSE. Scientific research has shown that **the physical appearance** of man in a seductive process **counts as 10%** of the total. Beautiful guys are certainly attractive, but it is the beauty that has instilled in them the SELF ESTEEM, an essential requirement for the attraction. So it is **self-esteem that attracts, not beauty in itself**. How would you explain then that there are certainly some not-good-looking people who are with cover girls? And here's the second myth: "The cool girls are only with those who have money, even if they are ugly." FALSE. The cool girls are with those who have CHARISMA and often money as power goes hand in hand with those who have charisma.

So, what do you need to seduce without thinking about if you're beautiful or are rich enough? We'll see it in the chapter dedicated to the pillars of the Inner Game.

Rule No. 10: ENABLE IN FAILURE!

Failing is intrinsic to human nature; you cannot escape from mistakes, so put your mind in peace.

Success in life, in general, and particularly in seduction, goes hand in hand with a dear friend, THE RISK.

Why do poor people and rich people exist? The common Italian thinking wants wealth to be the fruit of luck, malfeasance and all these beautiful things. Ok, there are those who are born in cotton and are objectively lucky and who scam as well, but here I am talking about successful people, not just rich.

Successful people are united by a particular type of mental asset for which:

- They are **aware of the risk** they can incur each day (if they make a wrong investment, they may lose everything).

- They are **aware** of the incredible **advantages** they would incur if they faced the risk correctly (they would, in fact, multiply the money invested in the face of a great risk).

- They have the **ability** , in the face of the right knowledge and the right attitude, of **JUMP, go and get what they want and ACCEPT FAILURE** in case they are wrong.

People who are not successful, however, think like this:

- They are, on average, aware of the risk they can incur each day.

- They are not fully aware of the benefits they could derive from tackling the risk.

- They have a fucking fear of losing what they have; they **AGREE** and live a mediocre and routine life, giving themselves a thousand excuses not to move their ass from the couch. They are spectators of their lives, and when they an opportunity shows up, "they never have time" to dedicate (of course, they have the time to stay on social networks,). If things go wrong, they rarely accept bankruptcy, preferring to blame external factors. They always complain about their situation but do not move a finger to change it.

I give you wonderful news. These characteristics also apply to seduction. "Leading to oneself" PRESUPPOSES that you clearly have in mind that the mental order you must have is that of the successful person.

Just as the successful entrepreneur is willing to lose some of his invested capital to get ten times as much, **you must be willing to lose the girl you like if you really want her!**

BUTTARSI means knowing how to accept the risk of losing and accepting failure. It means acquiring new knowledge to adjust the shot. From now on, when you are faced with a situation that makes you afraid, I want you not to think about what you would lose in case you fail, but **WHAT YOU WOULD LOSE IN CASE YOU DIDN'T ACT** . You fail? Amen, it will be all experience that you will store to adjust the shot next time.

Remember: **FIRST, YOU DO WHAT MAKES YOU AFRAID AND THEN YOU WILL FIND THE COURAGE,** not viceversa.

You see a beautiful girl on the subway, and you're afraid to go and talk to her because "Oh what could she think!"? The fear you feel must be that alarm bell that tells you that the thing you're so afraid of **MUST BE MADE.**

When you do not know what to do to grow, you must always follow the fear; it's your best friend. Anything that's scary is outside your comfort zone, and it's out of the comfort zone that's the life you want.

Up to now, I have given you the 10 rules to which you will have to stick rigidly if you want to succeed in the Game and in life. These rules must be like the Ten Commandments for you. You have to apply them every day in everything you do. Remember that the theory remains vain words in the wind; what makes a difference in all things is **PRACTICE !**

But in practice, what is the Inner Game formed of?

INNER GAME: THE PILLARS

The Inner Game as I have already specified **is the internal structure that moves every action.** I already give you good news: **IT CAN BE DEVELOPED.**

The Inner Game consists of 15 elements that complement and feed each other. If you are lacking in one or more of these points, make sure you work on it.

1) SELF-ESTEEM : self-esteem is the value you attribute to yourself. **The value you must attribute is 10-** . Why the minus in front of the 10? Because **you MUST ALWAYS IMPROVE** . You must be aware that you have a high value, but you must never give yourself up. Warning! Self-esteem is **NOT** synonymous with arrogance. The fact that you attribute a high value does not mean that you have to look down on anyone or disrespect them. The true leader is when one is aware of his own value but does not impose anything on others; on the contrary, he helps them to improve.

2) SELF-IMPROVEMENT : the self-improvement is to attain 10 of which we have spoken before.

3) SELF-RESPONSIBILITY : Awareness in its own means and in its own qualities. Awareness of their pros and cons.

4) CONFIDENCE : Confidence is the pride with which you do things. Remember rule number 5: IF YOU FEEL LIKE A KING, YOU ARE A KING. In your every gesture, in your every action there must be pride; you must be proud of what you do. Fuck if others tell you that what you do is for losers.

The big problem with people is that they do not proudly support what they do. If a girl shows disapproval, sometimes some boys are ashamed of their passions and justify trying to please. Nothing could be more wrong! Do you like playing video games? Do others say that playing video games is nerdy? Don't give a shit and be proud to play videogames!

5) CONTROL : The control contains in itself three elements: **management** of the situation in which we find ourselves, **supervision** of the situation to ensure that all managers, **decision - making power** on the situation in question to evolve and create events.

6) IDENTITY : Identity tells others who you are. Your identity is formed by your passions, your interests, your hobbies but also by what you do not like. A woman will never be attracted to a man without identity, put it in your head!

Speaking of seduction, now I'll explain why hobbies are important.

Nowadays, we hear more and more often that it is important to dedicate ourselves to daily activities, extra work, that allow us to disconnect from the daily routine and to regenerate ourselves.

Often, we are overburdened with things to do, and spending time on any other "commitment" could turn out to be impossible. You even get to put these activities out of the question, saying the classic statement: I'd like to, but I do not have time.

When, in reality, most of the time, it is indisputable bullshit.

As usual, it is our comfort to escape from what could actually bring value to our lives. By renouncing the development of interests that would further complete it, out of laziness, one is directly undermining one's own personality as a seducer.

Five reasons why it is worth spending time on personal interests ...

1. When it is a passion, you will talk about it: When you talk about your passion, that is something you decide to spend some vital time, towards realization of a personal goal. As a natural consequence, you will also involve your interlocutor.

Whether it is a man or a woman, you will drag those who listen to you.

2. It really helps to detach and rediscover the concentration: Let's say you have experienced a classic "NO" day and need at all costs to find a point of support so you can start with a clear mind. Exercising your passion allows you to restore your harmony since you will only focus on that away from negativity.

3. It is a (other) method to know similar persons 4. It is an excellent criterion of choice: Honestly, when I go to meet a girl (and this discourse applies to all kinds), I am so pleasantly impressed when she shows herself as a person full of interests and inventiveness. On the other hand, I'm so disappointed when I understand that she has no initiative, outside of his daily routine, of which she openly LASTS.

I found myself several times talking with very attractive girls, but who, outside the aesthetic aspect, had nothing to intrigue me.

Precisely because they lived a flat existence.

The same applies to the male counterpart. From the moment you start to get into hobbies and personal

passions, you will automatically get a clearer picture of the type of person you are looking for.

N.B. YOUR PASSIONS SHOULD NOT BE CHANGED BECAUSE OTHER PEOPLE DON'T LIKE THEM. JUST DO THEM BECAUSE YOU WANT TO DO IT!

7) DOMINANCE : Dominance **is the mastery of what surrounds you** . Always think of the usual king. The king is dominant because he knows exactly the game that is played under his reign. It is a guide, and he has control over the situation.

8) STATUS : Status is the **social position that you have** . We have already discussed the false belief that *money = women* and how status often attracts women of value, simply because behind positions of power there are men of value who have managed to create what they have thanks to their convictions and their charisma. THIS IS WHAT ATTRACTS. I mean, beautiful and intelligent women when I speak of "women of value." THOSE are usually the partners of real successful men and not of wealthy heiresses. It is very probable that rich empty guys get engaged with girls that SEEM worthy, but actually THEY AREN'T. The classic *gold diggers* are beautiful individuals but empty inside; they have a nonexistent value.

9) PROACTIVITY : Proactivity is the **ability to react to events in a conscious and responsible way, not being conditioned by impulses, remorse and external circumstances**. Nothing to explain about it ...

10) IMMOVABILITY : Whatever happens, you have to be like a FUCKING LEGION OF SPARTANS! Nothing and no one should upset your mood because a negative reaction could be perceived, especially if those who judge are women, as weak and unattractive. Firmness in one's ideas and decisions is extremely fascinating in one man. Do not fall into the trap of useless justifications.

11) PROPRIOCEPTION: Proprioception is the **recognition of the position of one's own body in space**. In short, it is

"watching yourself from the outside." How do you get there? Where are you compared to the girl you talk to? Take care.

12) SELF-SUPPORT : **Expressing oneself by affirming one's own personality.**

13) OPENING TO THE WORLD : Opening to the world is FUNDAMENTAL to improve. The more you experience the best field, there is nothing to do. Opening to the world means taking the good from anyone, learning from mistakes, accepting diversity and novelty, being curious and **GOING OUT OF YOUR COMFORT ZONE !**

14) PROBLEM SOLVING : Solving problems is an essential skill. Being a good problem solver allows you to be perceived as a leader that gives security and, as we will see in practice, the resolution of a problem in a seductive process is something extremely powerful.

15) STYLE : Style is **your signature** ; it is the unique and inimitable way in which you approach things.

How can you be more aware of your shortcomings to improve them? I'll give you some advice: create a table and insert each of the points listed above, give each one a score of 1 to 10 where 1 stands for *very lacking* and 10 is *totally in focus* and check which items have the lowest score. The poorest voices will be the ones you will have to work on more, giving yourself little goals every day.

I'll give you a very simple example: Imagine having given the item *PROPRIOCEPTION* a score equal to 3. Every day, you will have to make the small effort to remove yourself from your body during interactions and watch it from the outside. How do you get there? What posture do you have? Make small corrections and keep track of this point for a month by raising the score every time you think you have improved. Your ideal goal must always be to get to 10 for all the items.

Es.

INNER GAME PILLARS	SCORE
Self esteem	⊙⊙⊙⊙⊙⊙⊙⊙⊙⊙
.....
.....
.....
Proprioception	⊙⊙⊙⊙⊙⊙⊙⊙⊙⊙

6. OUTER GAME

Here, we come to the part which we all point with too much enthusiasm, the much acclaimed techniques.

My mother has always taught me that you must do the difficult things first and only after the simplest ones.

Believe me if I tell you that what I will soon show you in practice is about a disarming simplicity. The internal work that you will have to do is the most complicated phase of the whole Game because it involves a profound and radical change, a change of attitude and mentality. **Without the Inner Game, there cannot be an Outer Game** , remember it! A very solid Inner Game will ALWAYS get excellent results, even in the absence of techniques.

DAY GAME

The Day Game is, as the translation says, the "Game that is done by day."

What do I mean by this?

Imagine being out of work and walking on the street. At one point on the other side of the street, you see a beautiful girl walking on the sidewalk. Go and approach her!

Imagine entering a bar or any other place during the day. At one point, you see one or more girls who are sitting at a table. You are interested, so go and approach them!

Imagine entering a store. Buy clothes and at a certain point, you see a particularly nice shop assistant looking at you. Go and approach her!

These are all examples of typical situations that fall within the concept of the *Day Game*, an art that if exercised to the best gives you the opportunity to experience freedom and abundance because the situations that can happen to you during the day are truly endless!

I state that there is also a part of the Game called *Night* (and *Club*) *Game* which I will not discuss here because I am a firm supporter of the overwhelming superiority of Day in terms of quality of results and personal growth. If you are looking for the Bible, "How to pick up in the disco" from the fire to these pages, thank you.

Ok, you like her, and you want to talk to her, but how do you do it?

Before I tell you how to proceed, I want to talk to you about a factor that you will have to ALWAYS keep in mind when you apply the techniques: COHERENCE.

COHERENCE

Has this situation ever happened to you? You are in a group of friends on a "no day" and make a joke that does not make you laugh in that moment, and no one else laughs. On another occasion, someone else makes the same joke and everyone laughs.

Why does this happen? Because of COHERENCE. If the joke does not make you laugh in the first place, you can never expect to raise a laugh with your audience EVER!

Imagine two kinds of different and distinct people: a warrior and an artist.

They will have two personalities by force of different things, and, therefore, two different ways of dealing with external

reality.

Two personalities with two different attitudes: one more focused on concrete things, on movement, on solving problems, on overcoming obstacles; the other, more reflective, creative, introspective, aimed at thinking and reasoning about the things of the world.

A warrior can not behave like an artist, and viceversa; an artist can not behave like a warrior: it would be an underlying incongruity, and you would immediately notice it because their attitude would clash with their identity and with what they really are.

I have introduced two examples of different personalities because often one thinks there is only one specific type of "seductive" attitude (and, therefore, of personality) to the detriment of others.

Well, this is completely false.

Warrior and artist will both be seductive, albeit in different forms.

Their attitude, in this case, will play a fundamental role according to what will be congruent with their identity/personality, as I said above. It is a *conditio sine qua non*: if we were not congruent with ourselves, women would notice it immediately and could, therefore, not trust us.

Basically, when you approach a woman, and something does not work, try to ask yourself if your actions are congruent with your person.

DO NOT EVER TRY TO BE WHAT YOU ARE NOT! Women are much more intuitive than men, and they throw away all the inconsistencies.

So, have **CONVICTION** in what you do and **SINCERITY** in what you express.

DAY DYNAMICS

To make it easier for you to learn these dynamics, I have minimized what is not needed to give you only what you really need to seduce a woman. Now, I'll show you a

dishwashing approach based on the street (Street Game) that you can adapt at will.

You are walking down the street and see a girl you like.

There are basically four steps that are to be respected for the success of an interaction with a girl: • APPROACH

- OPENER
- CONVERSATION
- CLOSING

But let's see them more specifically.

STEP 1: APPROACH

The approach on the street is something that scares many guys who are approaching this world because: • It is something MUCH outside the common comfort zone of most people.

- They think that the girl in question is minding her own business, and she DOES NOT WANT TO BE APPROACHED.
- They watch the girl go by and they make a thousand paranoias about WHAT THEY SHOULD SAY.

This is wrong for the following reasons:

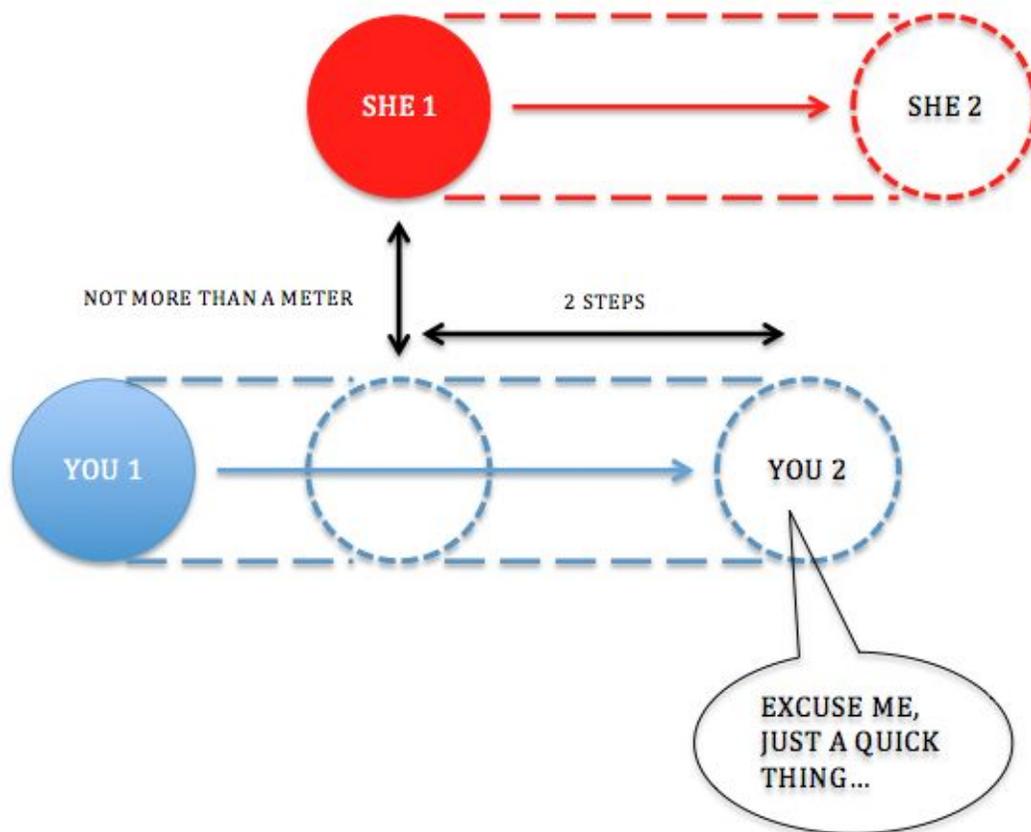
- Point one, something that is out of the ordinary should only be a source of pride. Approaching a girl on the street shows that you have two square balls because NO ONE would do such a thing. Approaching on the street gives the girl a different emotion than usual and, as I will show you later, emotions are all about conquering a woman.
- Point two, do you really think that a street girl has REALLY nothing better to do than spend 10-20-30 minutes or more to have an interesting conversation and forget about her usual boring routine? NO! People's lives are often linked to tedious and repetitive daily duties, and routines carried out reluctantly and which may very well be procrastinated. **The truth is that both men and women WAIT FOR THAT SUCCESS, SOMETHING interesting** in their lives. Put it in your mind, even if you think it's not true, that girls WANT TO

BE APPROACHED, and this will put you in the right mood to open a conversation in whatever situation you are.

- Point three, many make a thousand seem on what they should say simply because they THINK. First, stop asking yourself "What should I tell you?" Because when you think, it will not come out as even a correct word; don't worry; I'll explain it.

That said, the easiest approach is:

- Approach the girl who is walking from behind.
 - Walk alongside, not more than a meter away from her.
 - Pass two steps without looking at her.
 - When you are TWO STEPS in front of her, turn your head, look her in the eye and say "**Excuse me, just a quick thing ...**"
 - NOW, STOP. WHATEVER HAPPENS, DO NOT MOVE! Even if you proceed forward, **STAND STILL !**
- If she stops, you can go with the second step.



Why does this approach work?

1 . It is harmless : You do not look like a salesman or a fool who would normally approach from the front with emphasis and energy that could scare her.

2 . The word "**quick**" in the phrase, "Excuse me, just a quick thing ..." makes her guess that it will be a short thing and, therefore, she will be more likely to stop.

What attitude do you need to keep during the approach?

Ok, all fantastic stuff but believe me, if you believe that you have just to say these two words to stop a girl, you're wrong. What do you need?

BODY LANGUAGE : Body language is ESSENTIAL throughout the Game process and from now on, you will always have to keep in mind that everything you do will not do you any good without the right body language.

Almost all the guys who approach this world have the belief of "I do not know what to say," but few know that **90%** of human communication takes place through **NON-VERBAL** (what is communicated with the body) and **PARAVERBAL** (the tone of voice). This means that only **10%** is formed by **what is said** with the voice.

In short: **nobody hears anything of what you say, more or less.**

The fear of not knowing what to say is related to the lack of a solid Inner Game. If it is true that the Inner Game must work patiently, and you develop it through practice, it is also true that an image of internal security, even if still under development, can be transmitted through body language.

Here's what you need to do in the approach phase and throughout the rest of the Game: Once you stop the girl, as I told you, STOP and NEVER follow her. This would communicate a lot of neediness that is synonymous with little attraction, so imagine yourself being a soldier. You must be a fucking unshakable bulwark!

Your legs should be wide apart, your shoulders, your chest out, your head with your chin parallel to the

ground and your arms loose at your sides. This is the STANDARD position to keep in a standing interaction. In case you are sitting down, the position to hold is simply that of disfigured indifference.

These postures are dominant and make you look attractive because the girl perceives that you are completely relaxed and comfortable in a high voltage situation.

N.B. Your **GLANCE** must ALWAYS be turned to your eyes! Do not take your eyes off her for even a second unless it is to point out the details; you have to dig the soul!

tone of voice : Your tone of voice must be calm and peaceful whatever happens. A low tone is very attractive and communicates self-confidence.

Beware of those who tell you that you have to make many jokes and always have a smile on your face.

Remember that at court, the jester makes everyone laugh, even the princess. But who falls in love with the princess in the end? The warrior.

So, keep your poker face and dosed intelligent irony, and your bastard smirk must always be there.

ENERGY : Medium-low, having too high energy is a useless investment.

STEP 2: OPENER

Ok, you stopped her, she's there waiting to figure out what you want from her, and you're staring into her eyes ...

Now, keeping the right body language, you have to "open" it. The phrase you use to open the conversation with her is not as important as the "HOW you continue the conversation". Remember what we said about COHERENCE, if what you say is fun or you feel particularly then it will have a positive outcome.

In general there are two types of Opener:

- **Direct** : Manifest what you think. As a direct manifestation of your thought, the Opener must be as SINCERE as

possible. Are you shitting yourself while you are talking? Tell her; you will see that she will be the first to reassure you!

Ex. 1 *"I saw you from over there, and I would have felt like a boy without balls if I had not come to meet you; it's so nice to meet you ..."*

Ex. 2 *"I saw you from over there, and I wanted to meet you; it's so nice to meet you ..."*

Ex. 3 *"I saw you from over there, and if I had not come to meet you, I would have been sorry for the next 10 seconds; it's so nice to meet you ..."*

Ex. 4 *"I saw you from over there, and I wanted to meet you, but I was fucking afraid ... Then, my friend X told me that if I had not come here, I would have been a faggot ... Do I look like a faggot? Nice to meet you..."*

Ex. 5 *"It took me twenty minutes to think about the perfect phrase to come to know you and ... and nothing. I did not come a dick, nice to meet you ..."*

• **Indirect** : the indirect Opener can be CONTEXTUAL or OPINION.

Ex. 1 Contextual Opener. *"Can you tell me what's up there tonight?"*

Ex. 2 Opinion opener. *"In your opinion, is this book better or that one?"*

The **indirect Opener** is more suited to crowded contexts such as clubs or places where a direct opening would appear "strange" like the classroom of a university, a library or a shop. Nothing prevents you from opening directly; experience what best fits you, but thinks of what would best fit the situation.

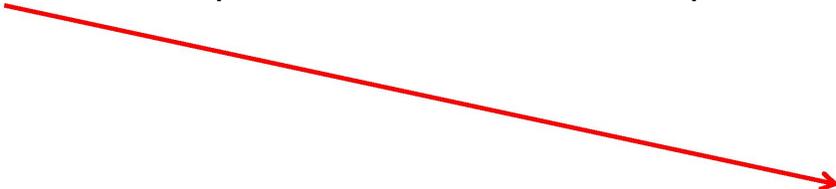
This type of Opener has the **advantage** of being immediate. The girl will surely answer. It has **disadvantages** as you may think that you are trying, but above all with an indirect Opener, you have to be very careful to continue the interaction or she will go away after giving you the information you need.

Now we are talking about a single approach in the street but for groups of two or more girls, I strongly recommend using the indirect.

I personally recommend the **direct Opener** whenever you are on the street and see a girl you like. In doing so, you will come straight to the point, and you will not have to go around a lot to make her understand that you like her.

This type of Opener has the **advantage** that if she reacts well (she does not run away and she presents herself), it means that unconsciously she approves you. It has the **disadvantage** that you could close.

TONE OF VOICE : It has to be calm, relaxed but above all, DISCENDENT. It is as if your tone of voice in the Opener starts sharper and becomes more profound as it develops.

 ES. *"Excuse me, just a quick thing ...*

I saw you from over there, and I thought I was a boy without balls if I did not come to meet you, Marcon, nice to meet you."

STEP 3: CONVERSATION

Well, we've come to the conversation. Because you will have to say something to this blessed girl, right?

In short, the conversation phases are:

- **COMFORT**

COMFORT aims to put the girl at ease. Remember that girls are almost never approached in the street in a direct way, so you have to make sure that the girl is ready for the "emotional blow" she has just received. Imagine it as a light conversation with friends. So, once you have exchanged your names with the Opener, start a normal and friendly

conversation and get it into your head that: YOU WANT TO GET TO KNOW HER; YOU DO NOT WANT TO FUCK!

If you start with the idea of "I absolutely have to fuck her," she will leave because you have basically focused on yourself and not on the girl.

BEFORE FUCKING A BODY, YOU SHOULD FUCK A BRAIN!

Knowledge is at the base of everything so logically, to get to know her, **SHE MUST TALK!** Here's the mystery solved of, "Oh, what should I say?"

YOU SHOULD NOT SAY NOTHING, the less you say about yourself, the more you will create mystery that is synonymous with attraction.

How do you proceed then? After opening, try to go immediately to the personal, try to understand what she does, where she lives, her work/education, etc.

But please ... **DO NOT INTERVIEW HER!** 90% of the men who try to approach a girl do it by way of an interview by asking a flurry of endless questions.

"What are you doing?", "Where are you from?", "Do you like XY?" These are all trivial questions that a woman hears every fucking day, so please **TRY NOT TO ASK THESE QUESTIONS.**

You may be wondering, "If I don't ask questions, how will I get to know her?" Simple: **ASSUMPTIONS**

Try to turn every question that passes through your head into a positive phrase, in this way you'll be much less predictable and you'll push it to open up and talk.

For example: thinking about the question "Where are you from?" You can replace it with "From your accent, I guess you're not from here ..."

If this seems complicated to you, try to practice every day in your interactions with friends and relatives to turn the questions into deductions.

My personal advice in an interaction with a girl is to keep three good questions at most, go with assumptions.

N.B. LISTEN AND REPLY . Ask a question/hiring, listen to what the girl has to say and comment on what she has just told you by asking another question/assumption. If you ask a question that you answer in an unpredictable way, you will be much more interesting and intriguing.

As you can see, it is VERY SIMPLE.

Examples:

She. "Where are you from?"

You. "Come on, guess it."

• **ATTRACTION**

ATTRACTION in the Game is synonymous with **EMOTION** . Be aware that by EMOTION, I mean POSITIVE AND NEGATIVE emotions (negative emotions in seduction are FUNDAMENTAL to balance the positive ones).

What gives emotion to a woman?

- **Small ironic criticisms (NEG)** : The small criticisms are GOLD in seduction. The use of negs balances the value between you and the girl by putting everyone on the same level. Negging sub-communicates to the girl that you are not treating her like a goddess descending from the sky, that you are not needy and that you have a sense of irony.

- **Value** : Anecdotes full of descriptions and emotional entrainment, gestures and wisdom (maturity) are elements of strong attraction for a woman.

- **Inner Game** : There is a part of the female brain that, fortunately, has never evolved from the time we lived in the caves. This is the part of the brain that women use even today to select their potential partner among hundreds of men who "try." The Inner Game, which we saw in the chapter dedicated to it, gives the possibility to reach this deep and instinctive part of the female mind, making you feel like the right one. I could be explaining why and what women unconsciously look for and what the effect of your Inner Game is on them, but I would go too far. All you need to know is that if you have a solid Inner Game, the attraction you will make grow in girls WILL BE MASSIVE. So I

reiterate you once again to work on yourself and follow the rules I gave you above.

- **Kino** : Kino is all about physical contact. Assuming that physical contact in a first interaction is not strictly necessary to attract a woman since the points mentioned above are sufficient, I must say that physical contact can really make a difference. In a first conversation with a girl you just met, you can raise her level of attraction by gradually progressing from lighter touches to touch a little 'more pushed up even to get to the kiss. Based on the positive, negative or neutral reaction of the girl to your kino stimuli, you can also understand the direction in which the conversation is going.

Ex. 1: As soon as you present yourself to a girl, shake hands as the first contact.

Ex. 2: As you speak, notice if she's wearing interesting rings, necklaces or earrings. Take that as an excuse to look better, to take her hand and joke about it. Ex. "That ring you're wearing seems to be the ring of the power of Thor (and you take her hand by touching the ring). Do you have any particular powers?"

Ex. 3: While sitting next to a girl, place your leg glued to her and talk, watching her deeply in the eyes. Notice how the conversation becomes more intense just because you're touching.

N.B. 1 CALIBRATION : Every situation, every measure, every neg, must be subject to CALIBRATION.

When I say that a neg gives you value, I do not mean that firing bitches in bursts or going too heavy will make her fall at your feet! She will be angry, and she will go away; trust me my friend.

It takes CALIBRATION, that is the ability to understand instinctively if it is or is not the right time to do something (kiss her, make a special joke, drive her, touch her, etc.).

Very trivial example number 1: You see her going through the street, you open her and after thirty seconds you kiss

her. Result ... Slap on your face! It's not time yet, you have to warm her up first.

Very banal example number 2: If you see that she is a shy and insecure girl, you cannot go on the heavy with the neg as she will feel judged, and you will close her even more. It must be gradual!

N.B. 2 DO NOT EXAGGERATE WITH COMFORT! Too much comfort (flat and positive conversation) without the small NEGATIVE emotional peaks (attraction) that mark the conversation **will get you into the *friend zone*** of the dear cute friend who knows all about her but who she would never fuck.

Example: If she talks about how clumsy she is when walking with heels, do not be afraid to make fun of her (in a calibrated way of course). Making fun of her in a measured and intelligent way will make you feel like a person of great value who does not need to receive her approval to please her.

Your ideal conversation, A VERBAL LEVEL, should be like an electrocardiogram. Flat conversation (flat or descending line) alternating with calibrated negatives (emotional peaks).



All this until the RAPPORT is reached.

• **RAPPORT**

RAPPORT must be **the goal of the conversation.**

Rapport is that phase of the conversation where you two are naked, and you feel that you can tell her anything. The Rapport is also called **DEEP CONNECTION.**

How do you reach a deep connection with a woman?

You reach the Rapport with a woman by doing what I call **SCARING IN THE SOUL** . In other words, from the first initial soft conversation (Comfort), you gradually pass to more and more profound subjects, investigating her identity and entering her sphere of **TRUST** .

HOBBIES, PASSIONS, AMBIANCES, CHARACTER, QUALITY, PRAYERS AND DEFECTS are just a few examples of the elements that make up the identity of a person in general and of a specific girl.

Bet on investigating these characters and kabooooom! You will have hit the target; you will have a deep connection between your two souls, and you will have created **EMPATHY** !

Some advice: Do **not dwell on the first answer you get from the girl** on these topics; try to go deeper and deeper through the deductions, as I explained above.

For example, if she tells you that her greatest passion is dance, do not just say "Wow, dance, how beautiful!" (Very simplistic example). Always ask **WHY** and **HOW SHE FEELS**

Why does she like to dance? As a child, what did she used to do to feel like a dancer? What was her first show that made her excited? How does she feel while on stage? Feels freedom, anxiety, fear of judgment?

Translate all these questions into deductions, and you'll have a **INCREDIBLY EMPATHIC** conversation that will set you apart from 99% of the entire male population.

N.B. You can do Rapport right from the start of the conversation by skipping the Comfort "superficial conversation" phase and immediately focusing on the deepest part of her. It is up to you how to proceed. If you see that she is already a girl who's open and available to talk about certain things with a stranger and does not need to be put at ease, then proceed. On the contrary, first do Comfort.

EYE CONTACT : I reiterate that during all the interaction, your eye contact will have to be like a blade. DO NOT TAKE YOUR EYES AWAY FROM HER for even half a second unless you have to bring her attention to something related to the environment that surrounds you or something that interests you (rings, necklaces, etc.).

If you are not used to keeping eye contact for long, you will surely not remember what the girl is telling you. Don't worry, it is absolutely normal, and you'll see that with practice, this thing will be solved automatically.

HOOK POINT : If you're still terrified of being speechless during a conversation, you can use *hook points* . Hook points are literally hooking points to which you can connect to keep your conversation going. In short, use creativity to make chains of associations with the words contained in the last sentence that the girl throws at you.

Eg: If the girl in question tells you "I'm here for work ...", a seemingly skinny and flat sentence. Using lateral thinking, you can pull out a very high number of ways to continue the discussion from such a short concept. You can connect to the words "I'm", "here" and "work" obtaining, for example, three alternative completions.

- "I'm here for ..."
- "And I imagine that here is not the place you live ..."
- "Mmm ... Let me guess ... From your boots, you work as a NASA astronaut."

SIGNALS OF INTEREST (IDI): It could happen during the conversation that you ask, "But where are they?" Not understanding if what you're saying and doing is "going well or it's going wrong" because you do not understand if she's caught enough.

Well, hold on tight because what I'll show you now is a hand grenade! After reading these lines, you will be able to capture instantly and at any time the level of attraction you are exercising in a girl (a girl you just met, a friend, a relative, an acquaintance, etc.). You must know that any

woman interested in you, at the unconscious level, will send you signals of interest through the channels of the verbal or non-verbal.

Non-verbal signs of interest:

- She touches her hair
- Crosses her legs
- Swings on herself and often changes position
- Searches for physical contact
- Discovers her neck
- Plays with her accessories
- She leans towards you with her head to listen
- Stops when you shorten the distance between you and her
- Keeps her eye contact on you (her eyes shine when you speak)
- Dilates the pupils
- She looks at your lips
- Laughs
- SHE SPENDS TIME WITH YOU

Signals of **verbal** interest:

- Asks about you (work, study, housing, etc.)
- Does Push and Pull
- Finds new conversation topics to continue the conversation
- She submits you to the **SHIT TEST**

SHIT TEST : The Shit Test can be considered one of the most obvious signs of interest that a girl can send you.

What does it mean? simple:

"SPIKING" JOKE OR BEHAVIOR

We certainly do not discover anything new if I say that women have been programmed since prehistoric times to select men with the best genetic heritage and with certain characteristics. These must guarantee survival of the species, physical protection and care of their offspring.

In fact, it is true that some of the prerogatives that women sought in ancient times in man would be completely irrelevant today. Physical strength useful for hunting, the ability to protect the tribe and territory from external

threats, etc. They are not really useful in today's society. But it is also true that a woman's selection compass is still active. We always find it oriented towards prerogatives that indicate status and the ability to procure resources (leadership, dominance, social skills, self-confidence, charisma, ambition, etc.).

So, regardless of whether a test comes out consciously or not from a woman's mouth, the mechanism is the same. The selection that is unconsciously activated seeks an answer to the following questions: **"What has this man to offer me compared to the others who tried with me before him?"**

Is he a guy who has a purpose in life or has an urgent need for affection and his only source of happiness would be a relationship with me?

Do you have a strong and determined personality that will guide the relationship or is it predominantly passive and gets carried away by the course of events? "

And so on.

If the answers to these questions are unsatisfactory, the brain and sensations of the girl will not take long to suggest them: **"We are sorry! This man does not represent a potential partner."**

When, after approaching a girl, she mumbles something like: *"You really worked hard for this phrase of approach, right?!"* , in reality, it gives you the opportunity to show her what you are made of.

She wants to understand, through a simple provocation, if it's worthwhile continuing the conversation or if you're not worth her time. In this case, the inevitable consequence will be to turn off all her hormones and the spark of her interest. Therefore, from now on, know that shit tests are only more or less instinctive attempts of her selection mechanism. It is an instrument rooted in the behavior of women. It acts

automatically and preserves her from uselessly investing her time and her emotions.

Take as an example the simple Shit Test: *"Oh my God! What music do you listen to (eg metal)!"* Basically, there are three ways to respond to a Shit Test:

1. IGNORE : Listen to the sour phrase, make a little bastard smile and change the subject.

2. IRONIZE : "Yes, now give it back but make sure you are credible." (smirk)

3. EMPHASIZE : "Oh yes, unfortunately I love metal, in fact, I was thinking of doing a sacrificial ritual to Satan later.

Do you want to be my virgin?" (Smirk) **N.B. FRAME** :

the frame is the "frame" of beliefs, values in general of the Inner Game with which the world is framed. There is a kind of universal unwritten law that says that **if you're okay, then everyone is fine**. I can guarantee you that it's true because when you're consistent with yourself, you're fucking the other people's judgments, and if you're proud of what you are and your values, you'll have a devastating impact on others; you'll be overwhelming and magnetic, making those around you ENTER IN YOUR FRAME.

That's why you just work on the Inner Game to successfully overcome any type of wall or Shit Test that will be placed in front of any woman.

STEP 4: CLOSING

We have reached the final stage of a standard Day Game dynamic: CLOSING.

In short, once you have reached the so-called **PEAK OF ATTRACTION** , ie a state in which you and the girl are in deep connection, and she is totally involved with you (you understand because she hangs from your lips and reacts positively whatever you say), you have **two possibilities** :

1. NUMBER CLOSE : She is involved, she is attracted, she is spending beautiful minutes with you but ...

WHAT A PITY!

You must reach your friend, and you are late ...

In your opinion, consciously or unconsciously, will she be disappointed to have to interrupt the conversation with a boy so attractive and different from the common sad mob of individuals that run around her every day?

Obvious answer: OF COURSE!

So, why not solve everything with an exchange of numbers with the promise to meet again?

This is the logic behind the closure by number. Create a problem and take advantage of the fear of missing out so that the number request is the solution to the problem itself.

So, what do you do?

STEP 1. CREATE A PROBLEM: "Look, now I have to run because ... (any excuse)"

STEP 2. GIVE THE SOLUTION: "What is the best way to keep in touch?" Or "Let's exchange contacts" or "If you promise not to faint at the first sip, we can take a beer together on X, and exchange the numbers."

N.B. Notice how in the number request I have never mentioned things like "Could you give me your number?", "IF YOU WANT, we can meet for a coffee, will you give me your number?", "PLEASE, would you give me your number?"

All these nice and kind ways of asking for her number imply a high degree of neediness since they are all questions, and in the second part, they leave the girl the chance to decide your destiny when, in reality, you should be the one to guide her. This is why it is better not to ask questions but be firm, sure or with a pinch of challenge that makes the girl qualified (then push her to show you "how much value she has"). Even if you have to ask a question such as "What is the best way to stay in touch?" You must minimize the chances that she will say no; indeed, notice how in this question, there is no possibility of answering Yes or No because the article ' *What*' only gives the possibility of an open answer.

Once you get the number please ...

DO NOT RUN AWAY AS A CHILD WHO HAS OBTAINED WHAT HE WANTED!!!

Stay to talk at least for another two minutes in a random and relaxed way. You will zero the perception of the need towards the girl. If you do not know what to do, make her phone ring to give her your number and ask her how you want her to be saved by taking her around.

N.B. A little advice. When you ask for a girl's phone number, **take your phone already set on the keyboard with the digits to type and hand it to her at the height of her breastbone.** You must know that having the perception of an object at the level of the breastbone activates some brain reflex mechanisms that tend to make you grasp the object in question without thinking about it. If it's a cell phone, so much the better!

2. INSTANT DATE: The second option that comes before you at the time of closing is the so-called "instant date" which basically means that after having approached her, having talked to her and having involved her, you take her for a drink or buy a coffee, buy a book or go lie down on a lawn.

How does the Instant Date work?

STEP 1. UNDERSTAND WHAT YOU ARE DOING: Before proposing an instant appointment, check whether the girl you're talking to is really in a hurry or has to go and do something urgent. In fact, it would not make sense to go and have a coffee together if you have to go to a job interview in the next 10 minutes! You can ask her directly what she is doing or find out in an indirect way during the interaction from the clues that emerge in this regard.

STEP 2. FROM A TIME CONSTRAINT: Now that you know she has nothing to do, tell her that you have a lot of free time available (eg 30 minutes) and then you have to go back and do your own stuff. If you put things in these terms, you take the pressure off the girl from the start and make the girl sense that you will stay with her for a while.

STEP 3. PROPOSE A SIMPLE AND VERY CLOSE ACTIVITY CLOSE TO YOU TWO: For example, suggest you go for a coffee and tell her that the bar is only two minutes from where you are. Again, by doing so, you reduce the pressure of going out with a stranger, which is why you make it clear that it will be simple and very short.

STEP 4. LEAD HER: This step could be optional, but I suggest you follow it to maximize your results. To "lead her," I mean that you can take her arm in arm, take her by the hand, wrap your arm behind her hips, etc. You must be very calibrated to follow this step and understand if she may react positively or not. If she retracts to your physical contact in a bad way, disconnect immediately.

Example of closing at Instant Date: *"Look, I have a spare half hour and then I have to see a friend of mine. Let's go get a coffee. I know a great place two minutes from here where they do a tap water that is the end of the world!"*

No bullshit like "If you want," "would you like to come," "would you like," etc. We have already talked about it...

N.B. Once you find yourself in the bar, for example, try to sit as close as possible to her (**if you are at a table, do not put each other face to face, you must form an L**) so as to have more chances of contact and intimacy with her. Continue on the same wave of conversation on the street staring straight into her eyes, lowering your tone of voice and doing Rapport alternating with peaks of attraction. Role-playing games like pretending to be married or games like "the one who first blinks the eyelids wins" are also very useful for the occasion. Relax and let your imagination flow. Remember that the important thing is the emotions that you give her, not what you say.

Nobody can say what can happen on an Instant Date, so spend some good moments and enjoy it, stay in touch, and then you will see. It has happened to me many times to get to the kiss for example, but in principle, **the real purpose**

of the instant appointment is to enter even more in the sphere of trust of the girl , from the "interesting stranger who stopped me for talking in the middle of the street " to the" charming guy who stopped me to talk in the middle of the street with which I spent some very pleasant moments in a cafe where time has flown."

The Instant Date is highly recommended for all those people who have already done some practice in the Game and want to maximize their results.

Asking for her number is sometimes the only chance you have because you do not physically have time to continue beyond the conversation; however, when you do not have a stake, it is MUCH BETTER to choose the instant date because although a solid conversation (at least 8 minutes) leads to a solid number (not invented), **IT IS CERTAIN THAT THEN SHE WILL REPLY YOU** when you will write/call her.

I know, it's something a little surreal to understand for a rational man, but it's not for a woman who thrives on emotions. **The woman ALWAYS reacts according to what her EMOTIONS suggest to her IN THAT SPECIFIC MOMENT, not in the future.**

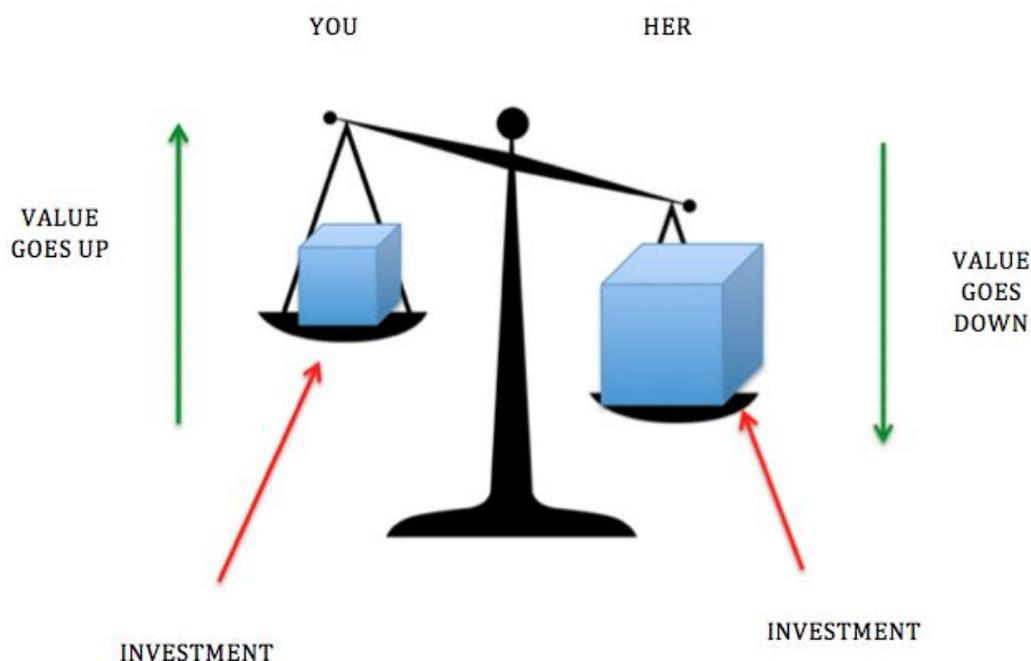
You made me feel something nice IN THAT MOMENT when you stopped me on the street? Ok, I'll give you my number. I'm still feeling that emotion IN THE MOMENT YOU'RE WRITING ME? NO. Ok, I will not answer you.

Dot.

To avoid this unpleasant inconvenience and to make this "emotion" last longer, it is, therefore, much more useful to spend MUCH MORE TIME with her. Solution: Instant Date.

7. THE VALUE BALANCE

In this chapter, I will try to clarify how the investment works and how you can convey value in an interaction with a girl.



The image shown above represents the balance of value, a very immediate way to show the effect that the investment has on how you are perceived outside.

Investment in an interaction means any action that can commit mental or material resources to obtain a result.

To give you an example, talking is an investment, making compliments is an investment, writing is an investment, giving particular attention to a person is an investment.

Seduction has mechanisms very similar to finance, but you will notice that the principles of the balance of value are not only valid only in these two fields but in every aspect of life. The balance shows how a large investment (big cube) by the girl corresponds to an increase in your perceived value

(dish that rises). Conversely, a low investment (small cube) on your part corresponds to a lowering of the perceived value of the girl (dish that falls).

To simplify your life, I'll give you an example. You're talking to a girl and continue to congratulate her for getting her approval; doing this is as if you were putting her on a pedestal (the scale of the balance that rises in its favor), and consequently, her VALUE will rise to stratospheric levels. On the other hand, investing heavily on her, YOUR VALUE (falling scale) will drop a lot, and you will be perceived as needy. A needy man is a man who has no abundance in life and, therefore, unconsciously (and consciously) will tend to be discarded from the list of the possible sexual partners of the woman in question.

Imagine, instead, that you are in a conversation, and the girl you are talking to laughs a lot, jokes, touches you without a reason and speaks a lot, even if you are silent. This is a typical case where the roles are reversed. It is you who are driving the interaction because you are the one that is investing less between the two and, therefore, has the highest perceived value.

When you are in an interaction, remember this general rule to keep your perceived value high: Always tend to invest less than the person in front of you invests. You invest more only when that person does something to deserve it (a kiss, a favor, a loyal gesture, etc.) but also in this case, please do not overdo it.

This general rule applies to all areas of life. Think about it, how many times in a group of friends have you seen the classic cuckoo guy who always speaks every second, raises his voice and constantly tells bullshit to entertain the public? What value do you think you attribute to the people around you? If you pay attention, the leaders of a group are usually those of few words that do not make much effort to get what they want. This is because they are aware of their

high value and do not need to waste energy to do what they prefer.

OBJECTIVE: LOW INVESTMENT, HIGH YIELD!

8. NOW IT'S UP TO YOU!

Here we are at the time of greetings.

First of all thank you again for choosing to read this book. I hope you have used it to understand a little better what is behind seduction and that it is useful to your personal realization.

Of course, I warmly invite you to apply everything you have read to ensure that you do not remain entirely pure theory but that you can realize how your way of seeing things **WILL CHANGE RADICALLY** once you have made the principles I have explained to you in these pages your own.

Remember: **PRACTICE, PRACTICE, PRACTICE!**

Throw yourself and have the courage to go and get what you want, smile at the beating because it will be your greatest ally in your personal growth.

I apologize if the writing is what it is, but I have never written a book until now, even if I am sure there will be time to learn. What I want to remain are the concepts.

Obviously, this is only a small part of what you can discover by navigating the sea of seduction. There are still a lot of things that I would like to tell you and so many fantastic tricks that I personally drive crazy but for consistency, I find myself forced to treat them in another book.

That said, I wish you the best. See you next time!

Good life.