

# THE ULTIMATE GUIDE TO PICKING UP A WOMAN

HOW TO GET A GIRLFRIEND OR FRIEND WITH  
BENEFITS IN 30 DAYS OR LESS





## **Introduction**

I want to thank and congratulate you for downloading the book ,“ The Ultimate Guide to Picking Up a Woman: How to Get a Girlfriend or Friend With Benefits in 30 Days or Less . ”

This book contains proven steps and strategies that will help you achieve this goal.

Getting a girlfriend is an extremely important aspect of a man's life. Unless you are wealthy or good looking, you have probably noticed that it's not easy to make an attractive lady your girlfriend. You might believe that fate will allow the girl of your dreams to walk magically into your life. While such things are possible, you could end up waiting for a very long time. Like most everything in life, good things usually come to the people who actually go out and seek them.

It is also well known that the man is usually more aggressive, and the woman is more passive. What this means is that, as a man, you need to be the one that is going out and trying to make the connection. This is the natural way that it works for the majority of most people. While there are exceptions to this rule, they are not as common as many men would like them to be.

Keeping this basic thing in mind, it becomes obvious that as a male, you need to be in control of your life both emotionally and physically, so you can go out there and meet the woman of your dreams. This book will provide you with some very important guidelines that will allow you to do this.

Thanks again for downloading this book, I hope you enjoy it!

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## **Chapter 1: Finding a Girl**

If you want to get a girlfriend, you have to go out into the world and actually meet girls. What you have to do is look for different ways to get them involved with different aspects of your life. If you get out and meet lots of new people, then you will be much more likely to meet a wide variety of potential girlfriends. You should also consider joining different clubs and organizations.

If you have a lot of friends (especially people who know a lot of single girls), then you will gain access to a much wider social circle. What this does is that it allows you to come into contact with more and more girls.

You will also be able to speak and behave in ways that are more likely to attract a potential mate.

Now, if you have found a girl who makes you feel really special, then she could very easily turn out to be an awesome girlfriend. However, asking a girl to be your girlfriend could lead to things like marriage, family, and children. This is why it is very important for you to realize what your exact motives might be before you go any further.

If she is the right girl, then she will have lots of good qualities that will make every aspect of your relationship richer and fuller over time.

### **Signs Of A Good Girlfriend**

Here are a few signs that a girl will be either a good girlfriend or an awesome friend with benefits:

- You really like to spend time with her. Whenever you are not together, you are waiting until you will see each other again.
- She makes you want to be a better person. Her intelligence and wit make you want to read a lot more books and work harder at all of the things that you do.
- She is completely committed to you and only you. If she has shown her loyalty by showing up to watch you and your band perform, or if she brings you chicken soup when you are feeling sick, then there is a good chance that she will be able to transition smoothly into the being a really great girlfriend.
- You have many different common interests from your favorite sports teams to your love for knitting quilts. Although you do not have to share all of your interests together, you do need to have to have plenty of things in common, so you can have plenty of cool things to do when you spend time together.

### **Signs of a Bad Girlfriend**

If she is not the right sort of girl for you, or if you are not in the relationship for the right kind of reasons, then you are probably going to be much better off without her.

Here are some signs that you should not take your relationship to the next level:

- If she is constantly expressing interest in other men. If you know that she is seeing other men and not making any plans to stop this sort of activity, then there is a very good chance that she is not going to stop pursuing these kinds of extra-curricular activities once she does become your girlfriend.
- You only want to be with her because you are alone, or you are in need of some action between the sheets. Usually, one night stands and casual hook-ups work best for these kinds of needs. Having a genuine girlfriend is a very real commitment. You should not ask any girl to make it official unless you really do care about her, and not because she can fulfill your physical desires.

## **Chapter 2: Be Sure That the Feeling Is Mutual**

Make sure that she really likes you. If she is sending you mixed signals, then you should try and spend more time with her until you are feeling a lot more confident about how she genuinely feels.

### **Do not be too early**

Avoid asking too early! If you're only just beginning to get to know her, and you immediately ask her to be your girlfriend, she might say no because she doesn't know you well enough, and the resulting awkwardness might decrease your chances of being together. Furthermore, she will probably think you're a bit strange (in a not so great way).

Listen to her words, and note her body language. Do you get the impression that she wants to be around you? You can pick up on this pretty easily if you concentrate on her actions.

### **Sure signs that she likes you**

Quite often, it can be hard to tell if a girl really likes you, or if she is just saying that she likes you, so she can get money and/or favors from you.

Here are some sure signs that she really likes you:

- If you can get a girl to go out on a date with you, it usually means that she is at least somewhat interested in you. However, if you mess it up, then she won't be for very much longer. Do not make the date a formal date like dinner and/or a movie. Instead you should go

someplace that has some kind of entertainment that will take pressure off of your conversation. You should also try and go to several different places because it will make her feel like she has known you for a lot longer.

- Try to get a sense of her true feelings by talking to her friends. Without being obvious, you can chat with her friends to see if she is really into you. This will help to boost your confidence level so that you may avoid potentially awkward situations if you are still in the friend zone. Always remember that being in the friend zone is a very good thing because you are only one step away from being in the "friend with benefits" zone.
- One of the most obvious signals that a girl likes you is when she constantly places her body next to yours. It does not matter if she does this accidentally or intentionally. If she is doing it accidentally, then that could very well mean that she likes you a lot but hasn't yet admitted to herself that she does. When a girl is constantly putting herself near the area where you are, she is more than likely attracted to you (at least on a subconscious level).

## **Chapter 3: Show Her That You Care And Be Honest**

If you want to really win a woman over, especially when it's early in the game, then you have to show that you care about her. What this means is that you are truly concerned about her health and her emotions.

**Prove it to her**

So if you are really honest about your feelings about her, you can't just tell her that you care, you have to prove it as well.

Here are a few good ways to prove to her that you care:

- Call her. You can always call her and let her know that she is on your mind. This will show her that you care and might make her like you more. Just be careful not to overdo it.
- Pay more attention to her. When she is saying something important, listen. A woman is telling you something because it means something to her. So when you listen to her and acknowledge what she is saying, you are showing her that you care about what she is feeling.
- Put her first. If you have a choice to go out with her or go out with the guys, put her first. You do not have to do this all of the time, but if you do, she will feel that you want to get to know her, and she will like that.
- Tell her that you like her smile. When you are starting out in a relationship, tell her that you really enjoy seeing her smiling face. That is like saying that you want to see her happy. When she smiles she feels great, so you are making her day a little brighter.
- Ask her for her advice. This shows that you value her intelligence and respect her opinion. Consider taking her advice when you see her point on certain matters.
- Spend time with her when she is involved with her favorite pastime. You do not have to change your lifestyle for her, but by spending time with her while she is engaged in her favorite hobby, you show her you care. This lets her know that you are interested in things that are important to her.
- Give her little gifts. These gifts don't have to be much, but they should be thoughtful. She will see that you are considerate of her feelings and not just thinking of gifts only on holidays.
- Listen. When you ask her about her day, she could very well begin a long diatribe. Listen and use attentive body language and add comments if you need to. Just remember that all you need to do is

listen. What this means is that you do not just pretend like you are listening, but actually listen.

- Stand up for her in public. If a salesman is being somewhat aggressive, then politely tell him that she is not interested in his pitch. If someone insults her, tell them that they need to back off. This does not mean that you should get into fights for her, but you should make sure that she knows that you always have her back.

## **Chapter 4: Be Confident**

It's all about how you feel about yourself, and if you think that you are not good enough for her, then you probably are not good enough for her.

Having great social skills and confidence are absolutely essential if you are going to be able to approach girls in any kind of social situation. Women that you meet will usually be critical of how you present yourself. Oftentimes, they are being given an enormous amount of attention by a lot of different men, and because of this, they must often make very quick assessments. Most ladies do not desire a man with low self-esteem who needs to be constantly told that he is worthy; they crave the attention of a man who knows how desirable he is.

If you are not currently seeing anybody, it does not change how completely awesome you are. All it means is that you have yet to find the right chemistry with the right lady. Confidence is a enormously attractive, and trying to meet to right kind of lady can put it to the test. If you know how to increase your confidence in the right way, then you will probably attract the right woman that will bring you true and lasting happiness.

You must believe that you deserve an awesome relationship and should be doing what you need to do in order to find it; however, everyone gets nervous when meeting new people. This is especially true when we really like somebody.

So let's talk about a couple of ways to increase your confidence so that you may experience the joy of a real and lasting relationship.

## **Let Down Your Defense Mechanisms**

A woman is attracted to a man simply because she is attracted to him. This is something that cannot be explained. It is what it is. It is also true that she often becomes attracted to a man who opens up to her. In other words, she is quite often attracted to the man who strips away his defenses and drops his guard. He's the man who speaks from the heart. This is what true confidence is all about.

It is not necessary that you play hard to get because this sort of dishonest technique will often backfire. If you like to be with her, then say so. You're expressing a genuine emotion that comes from the heart. This is real and authentic confidence. It's not about pretending to be something that you are not and letting a woman think you are a mighty warrior king that knows no fear. Instead, it's about opening your heart and being vulnerable. So just have a good time and do not worry about what the future may hold. You'll soon realize that being open and honest is one of the most courageous things that a man can do.

## **Let Go of Any Unreal Expectations**

When you are always worried about your actions, you are presenting a very real lack of confidence, and this type of behavior will definitely turn her off. Therefore, you should not worry about what you are doing and saying. You should just take the time to be honest and ask yourself, "Do I really like her? Will she be a good partner for me?" In order to do this, all you need to do is keep yourself in the present. If you begin to feel like your thoughts are racing ahead to your next date, then bring yourself back into the current moment.

Most women find this very attractive because it lets them see you are having a good time and enjoying yourself. You do not need to worry. Let go of the desire to always be in control, and you will be blessed with lots of happy moments.

## **Chapter 5: Be Ready to Seal the Deal**

As things are developing in a relationship, talking about commitment before you are ready can often prevent the romance from maturing properly.

Usually, a relationship will go through various stages first before both of you are ready to commit.

Here's what the three stages are, along with a few tips about how to handle them:

### **Stage #1: Courting**

In the early stages of most relationships, the man and the woman will usually assume one of two roles: the one who is courting and the one who is being courted. The person doing the courting is the one who makes sure that the two of you are spending time together. Quite often, these roles will switch for a large number of reasons. During this time, things will often move forward in a way that makes both of you comfortable.

When this happens, you will usually progress to the next stage.

### **Stage #2: The Relationship With No Strings Attached**

This is usually a type of in-between stage. It's where the two of you will be more curious about where things might be going. It's very important during this stage to realize that it is normal to spend time together before fully committing to each other. If you're both having fun and feeling good about everything, then don't try to think too far ahead.

What you both need to do is take the pressure off the future and enjoy getting to each other while you are evaluating your potential future together. So it is usually best to see how you feel about everything after you have spent a few weeks together before deciding if there's something a little more serious that you both want to explore together.

### **Stage #3: A Committed Relationship**

Now that you've spent the time to get to know each other, and the relationship has moved forward in a way which you are both comfortable with, you should be able to make the decision to commit. By having fun and getting to know each other during the first stages of the relationship, you can now naturally relax into a comfortable and committed relationship.

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Now that you are aware of the three stages that lead to commitment, you should also be aware of a few simple suggestions that will help you have a more fulfilling relationship once you are committed to each other.

Here are they are:

### **Don't Try to Change Each Other**

Usually, when someone backs away from a committed relationship, it is because one person in the relationship tries to change the other. When one person wants to change the other, it makes that person feel like they are wrong, and that is not a good feeling to have.

The key is looking at the big picture and loving all of it--even if there may be parts of it that you do not like. You need to accept each other for who you are and not what you want the other to become.

### **Try to Understand Each Other**

Quite often, couples will not communicate their feelings with each other. This means talking with each other about what's going on in your lives. Both of you need to be able to listen without judgment and be there for each other. This is necessary so that either of you can offer advice if one of you asks for it. As long as you keep talking, it means that the two of you feel safe with each other.

### **Life is Better**

The two of you now need to focus on building a solid foundation by creating positive experiences together. Do fun things together. Get to know each other's friends and family. When the two of you fit together and are honestly content with each other, you will know true joy. You will see the other in a way that will lead to a healthy and vibrant relationship that will be able to endure the test of time.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

Thank you and good luck!