

28 Tips For Getting The Girl Of Your Dreams

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Tip 1: Don't Be Afraid To Fail

How do you get good at a certain action or task? The answer: Repetition. Practice. These are the fundamentals of building a skill.

Think about how you go about playing a sport, like baseball for example. Maybe you start with your dad lightly throwing a big orange ball and you whack it with your big red over-sized bat. Eventually, you learn to swing at a smaller ball with a thinner bat. Then the ball gets thrown faster, and your swings get harder. You miss more, but you keep swinging until you learn to hit that ball. Eventually, you get competent enough to notice which pitches to swing at and which to let go.

Every skill is learned this way. And meeting women is no different.

The problem with women however, comes down to the emotional investment we put into our interactions with them. This is because many men often link the validation of their self esteem with a woman's acceptance of them. Therefore, in their emotional mind, the stakes are higher because the pain of failure is felt more easily.

When practicing baseball, you can accept the fact that you strike out time and time again because you can train yourself to do better. You know you're doing something wrong, and you're not afraid to strike out a 1,000 more times in order to get better.

But when you apply that to women, ask yourself: Am I ready to strike out with 1,000 women in order to find one that I like and that likes me back?

Most guys will say "no" to that question. And they're the ones who stay alone and pathetic, whining that no one likes them.

The guys who do go out there and mess up with 1000 women, but find that 1 girl that will give them the time of day are the ones who are happy, because they got what they want. And next time, maybe it'll only take them 100 times, or 50, or 10 to find a girl who'll return their affections.

The fact is, meeting women is a number's game. In baseball, you won't hit a home run every time. Not every pitch of the ball is right for that. Some go wide, some you miss, some you misjudge. A few you may get a single, or a double, some you have to bunt...

Ahem.

Anyway, you get the idea. You gotta go out into the world and meet women. And you gotta go out there with the mindset that it's okay for you to fail when trying to find that one special girl that's gonna make your life better.

I've gotten emails from guys before who tell me that they can't meet women because they're afraid that the bouncers in the club will laugh at them when they mess up, or all the other girls will notice and not want to talk to them, or various other odd beliefs.

The thing you gotta remember is, no one *cares* about you or your failures. Most guys know the score, they know that it's hard to pick up a woman and even if you make a fool of yourself doing it, they can't blame you for trying.

Women know the score too. They get hit on all the time. To them, you're just another spoke in the wheel of the machine. Chances are, they've seen worse than you try and fail.

And in the end, the only thing people notice is success! No one cares if a woman blows you off. But you can be sure that when you're in the corner tonguing down some beautiful babe, people WILL notice then!

Tip 2: Looks Aren't That Important

Notice I didn't say looks AREN'T important. I said looks aren't THAT important.

There's a difference.

Looks are important to an *extent*, but not as important as you may think. Most women have a lot of leeway in what they find attractive in a man, and this can be used to your advantage.

Many guys think girls look at men the way men look at women. When a man looks at a woman, he judges whether or not he's attracted to her based on her looks. If she's overweight, has the wrong hair color, if her breasts are too small, if her nose is too big... whatever it may be, the man may dismiss her completely, regardless of whether or not she's a really great girl.

Because men look at women that way, it's natural for men to assume that's how women appraise us.

This belief is both true, but at the same time misleading.

Women do take looks into account, but in the overall scheme of things, to women, looks play a smaller role in deciding whether they'll sleep with you than it does when it comes to men deciding if they'll sleep with a woman.

Let me give you an example from my life for instance. I used to date a girl I was madly in love with. But because I was slightly overweight, I was always depressed, feeling I didn't deserve a girl like her. This bad attitude of mine eventually ended up driving her away.

But we stayed friends, and as time went on, she met another guy that she fell in love with. Eventually, I went to visit her and met her new beau, and to my surprise, I discovered this guy was 10x fatter than I ever was! Seriously, he had a good 100 pounds on me.

The difference was, even though he was fatter and not as good looking as I was, he didn't care. He allowed his good traits to shine, whereas I allowed myself to dwell on my bad qualities. And this great girl that I had in my life was attracted to those great qualities and easily overlooked his shortcomings in the looks department.

Remember that women are emotional creatures by nature. They are more in-tune with how they feel and therefore more susceptible to their emotions.

What does this mean?

That women may immediately be attracted to a good looking guy because he makes her FEEL GOOD right away. But if that same good looking guy is mean, or dumb, or turns her off in other ways and makes her feel bad feelings, she may decide she really isn't attracted to him at all.

Also, factor in that not all women are attracted to the same type of guy. Just like all men aren't attracted to the same type of women. Some women may prefer short men, or men with long hair, or fat men, etc.

It comes down to this: You don't know WHAT physical type a woman is going to be attracted to. So approach her anyway and find out if you're the one.

Tip 3: Find A Look That's Good For You

The flip side to the idea that being good looking isn't that important, is the fact that looking good IS important.

In fact, if you're hoping to attract women, I'd say looking good is VITAL!

Some of you may be confused at this notion, so let me be clear. There is a difference between being *good looking*, and *looking good*.

Being good looking has to do with uncontrollable elements of your appearance. Things like your height, your facial features, etc. It's the things that naturally make you appealing (or unappealing).

Looking good has to do with the elements you can control. Things like your clothes, your hair, your style, etc.

A friend of mine who gets laid by tons of beautiful women is a short, skinny, bald, jewish guy. He's not a good looking dude by any stretch of the imagination, but the guy is COOL. He shaves his head clean, he's grown some cool facial hair, he wears stylish clothes and accessories. He has a look that transforms him from a dorky, short, skinny, bald, jewish guy, into a cool short, skinny, bald, jewish guy. There's a big difference there. And it's a difference girls notice.

Personally, I'm a t-shirt and jeans type of guy. That's all I really like to wear. That look didn't get me too far. Why? Because *most* guys are t-shirt and jeans guys! It's too generic and lazy of a look.

Women spend a lot of time on their appearance, and because of that, they are sensitized to the effort other people put into their appearance. They can tell which guys don't care about how they look, and which guys put stock into their own appearance.

This is important because guys who do care about how they look convey a sort of self-respect that might be absent in others, and girls respond to that because it's a shared commonality. They can understand it.

Now, I'm not talking about becoming a metrosexual here. I am talking about taking pride in your appearance and developing your own style of dress. Things like wearing clean shirts, pressed suits, etc, can go a long way to making an average guy look good.

Other things like choosing some cool shoes, having an interesting watch, wearing jewelry, having a good haircut and neat facial hair, etc, when used in tandem with some nice clothes, can make an average guy look like a million bucks.

And there are styles for all kinds of body types. There are ways fat guys can dress to look thinner, there are ways skinny guys can dress to look thicker. The possibilities are endless, and unlike your natural looks, you **DO** have control over this aspect of your life.

So take pride in your appearance, and put forth an effort to look good before going out in public. It's important, and women will notice.

Tip 4: Groom Yourself

This is the last tip in the “looks” trinity that I’m gonna go through. Grooming is very important, not just when it comes to how others respond to you, but how you feel about yourself.

There is simply no excuse for poor grooming these days. And bad hygiene is one of the most unattractive things to women. You can be the best looking guy in the world, but if your breath is so bad you can take the paint off walls, no woman is gonna want to be within 10 feet of you.

Like your look, you have a lot of control over your grooming. A simple thing like showering before you go out can go a long way. Properly washing your hair, underarms, and unmentionable areas will make you feel clean and stave off odors.

The use of deodorant is a must. Avoid that gamy “Eurostink” smell as much as possible. There’s a school of thought that the natural pheromones will attract women, but I’ve yet to see that actually work in real life.

Trim any nose or ear hairs you may have. You can do this quickly and easily if you purchase a nose hair trimmer of some type. But nothing is more unattractive than a single long hair hanging out of either the ear or the nose.

Speaking of ears, clean those suckers. Use q-tips to get in there and dig out the wax. You never know when a tongue may be in there! And while you’re at it, wash behind the ears as well.

Trim your eyebrows if they’re bushy or you’ll suffer from the dreaded “unibrow” syndrome. Get it waxed if you have to, but whatever you do, get it under control.

Shave before you go out too. Try to get a nice, close, clean shave if you can. Women like a smooth face.

Keep any facial hair clean and neatly trimmed. You can do this with a special facial hair shaver.

Use a good cologne. Don’t go for cheap stuff like Old Spice or anything like that. Invest in a good cologne and smell nice for the ladies.

These are basics. There are many things you can do to keep yourself looking and feeling good. Just remember to put your best foot forward and you’ll never go wrong with the ladies.

Tip 5: Have An Active Social Life

What I mean by “Have an active social life” isn’t that you should be going out to clubs every night of the week. I mean you should fill your life with activities you enjoy, that also bring you into contact with other people (and preferably, bring you into contact with women!)

For instance, let’s say you enjoy martial arts. Take a class so you can learn martial arts. This way, you’re building a skill, getting exercise, and interacting with people.

The same thing can be said for joining a gym, but working out at a gym could be more of a solitary hobby. Be sure to do things that put you into interactions with others.

An active social life can include belonging to a church group, a book club, or even pursuing a hobby of some type. As long as you have active interest in something where other people have interest as well, you will be putting yourself in situations where you not only get to meet people, but you create the possibility of making new friends and expanding your social circle.

Expanding your social circle is very important, and I’ll get to why in the next tip...

Tip 6: Expand Your Social Circle

A little secret you may not be aware of is that guys tend to get laid the most from their social circle. For example, let's say you have a friend that has a sister. One day, you go over to the friend's place, and his sister is there with a few of her friends. You're introduced to everybody, hit it off with one of the sister's friends, and before you know it you got a date.

How did that work? Friend → Sister → Sister's Friend. You met that girl you dated through people you already knew! And this is the easiest way to meet people there is, because if you're friends with people they know, you must be a cool guy, right?

When you go out to meet women in a bar or a club (or even to women on the street for that matter), you're doing "cold approaches." In other words, you're trying to meet women you have no prior social relationship with. This is why meeting women in these environments is so hard, because the women have to go through the process of determining if you're a creep or not, if you're cool or not, if you're someone they might like, etc.

But when you meet someone through your social circle, it's a more natural interaction, and most of the screening has already taken place due to the fact that you have mutual friends who vouch for you.

The more friends you have, the more inroads you have into meeting women. So if you can continually expand your social circle, you'll always be meeting women.

It's important to note that you should try to include many "female friends" in your social circle. Girls you have simply as "friends," no more, no less. Why? Because women have more female friends than most men. And if you are in their "friends" zone, they will want to hook you up with their girlfriends.

Don't ask me why, they just do for some reason. =)

Tip 7: Have Fun

When you're single, meeting women can be a real chore. Seriously, it almost gets to the level of being a "full time job." Going out night after night, going to club after club, bar after bar, facing rejection after rejection... it's hard to do. And because it's hard, it can get frustrating.

People can sense that frustration on a man. Most men can, and women DEFINITELY can.

One thing to remember is that you project your attitude to the world at all times. If you look like you're angry and frustrated and bored, people aren't gonna want to be around you because you'll drag them down into your mood.

But if you go out with ulterior motives to meeting women, like going to a club because there's a band there you want to see, etc., you put yourself in a position where you can enjoy yourself whether you meet women or not.

Having fun is a very important factor in being successful with women. See, women are empathetic creatures by nature, they are more in tune with their emotions and the emotions of people around them. When you're having fun and projecting that energy, the women around you will pick up on it and be drawn to you because it's a pleasurable energy, as opposed to being frustrated and nervous, which almost always pushes others away from you.

So remember to do things YOU like and have fun. Eventually, the women will come around.

Tip 8: Look For Target's Of Opportunity

I have two friends with two very different ideas on how to meet women. One friend will walk up to every woman he meets and try to get a date with them. The other will wait around, study a woman he likes, and wait for a signal she's open to being approached.

Neither method is better than the other, but while my first friend meets with a lot of rejection and failure, my second friend, the one who scopes out his target beforehand, has a much higher success rate.

See, he only goes after women who like him. He calls himself a "sniper," picking his targets with accuracy, whereas my other friend is a "shotgun," hitting everything and hoping something sticks.

When you know a woman is into you, she becomes a "target of opportunity."

This means that you have an inroad with the woman. An opening that let's you know you have a chance of scoring with her.

This can be valuable for many reasons. It reduces uncertainty, helps bolster confidence and self esteem, etc. But it can be hit or miss, depending on your look, your belief system, and what the girl is into.

There are certain cues you can look for to tell when the woman is a "target of opportunity." The biggest of which is an eye cue. If a girl looks you up and down quickly when she first sees you, chances are she's interested.

This is because she likes your face, and she wants to see what the rest of you is like. It may not be a 100% sure thing, but it's definitely on if you see that eye signal.

If you catch a woman looking at you and she turns away suddenly, chances are she was checking you out. You know how this is, men are guilty of it all the time. Remember when you saw a beautiful woman and you were staring at her, soaking in her beauty, maybe daydreaming a bit, and she turns and sees you? What do you do? That's right, you look away and pretend nothing was happening. Well, girls are the same way. Just be aware of it.

Another sign she's interested is pupil dilation. If you're talking to a girl and her pupils are as big as saucers, then it's a good chance she's attracted to you!

There's an old saying that eyes are the windows to the soul. This is very true. Keep your attention on a woman's eyes and she'll let you know when the opportunity to seduce her is present.

Tip 9: Learn To Calibrate – Pay Attention

One of the most common complaints women have about men is that they don't pay attention. Seriously, have you ever had a girl ask you "Are you even *listening* to me???" or better yet, "You're *not* listening to me!"

C'mon. We've all been there before.

Well, the ladies do have a point. It is very important to PAY ATTENTION. Now, I'm not saying you gotta start listening to everything they say. Actually, I'm saying that you have to start paying attention to how they RESPOND.

I call paying attention to how a woman responds to you "calibration." By allowing yourself to see how she is reacting to what you're doing, you give yourself the information you need to either escalate what's working, or fix what isn't.

This is very important.

And it always applies. Whether you're just meeting a girl for the first time, or you're out on a date, or you're in bed together, you always want to be calibrating.

Calibration mostly has to do with the reading of body language. You gotta pay attention to the signs she's sending you (even though she may not know she's sending them!).

For instance, say you see a girl standing around with her arms crossed, and she's got a big scowl on her face, and looks like she's having the worst day of her life. That will help you decide if you want to approach her, and how to approach her.

Would you want to approach a girl when she's all closed off and negative like that? Or would you prefer to look for an easier target? If you decide you do want to approach her, how would you go about doing it? Maybe you could ask her "What's wrong, you look like you lost your best friend?" Then go about cheering her up or making her laugh.

When you're talking to a girl, pay attention to what she's giving you. Is she leaning back? Looking away? Not really engaging in conversation? Then she's not that into what you have to offer her.

But what if she's leaning forward? Are her pupils dilated? Is her head tilted? Is she playing with her hair? Smiling a lot? Is she touching you? If so, then chances are what you're doing is working and you should be doing more of it.

Women will tell you exactly what you need to do to get them. You just have to *pay attention!*

Tip 10: Be a cool guy

With this tip, you're probably thinking "Huh? What the heck does THAT mean?" And it's true, the concept of being "cool" can be a hard one to understand.

When I say "be a cool guy," I'm not saying you have to get a tattoo, wear nothing but leather, and start your own rock band or anything. I'm saying you have to learn to be the type of guy other people enjoy being around.

I think most people out there are pretty cool people once you get to know them. They all have their own little quirks that make them unique and fun to know. The "cool" factor I'm talking about comes into play during the time period where they meet you to the point where they actually "know" you.

Let me explain.

Say you meet a girl. And maybe you're nervous, you keep looking away from her, around the room, not really looking her in the eye. You don't really talk to her or try to engage her because you're so wrapped up in your own thoughts, trying not to blow your chances. And when you do attempt to talk to her, you ask her dumb questions she hears all the time (what's your name, what do you do, what's your favorite color, etc) or talk about stuff she's not particularly interested in. Eventually, she politely says good bye, and you're left feeling like a loser for messing things up.

That's not being a cool guy.

Now, let's say you meet a girl. And maybe you're nervous, but you hold eye contact with her and smile a lot. You lean back and chill out with her and talk about all sorts of things you're both interested in, like music, relationships, sports, or whatever. Maybe you share a funny story or two, and she shares some as well. She's enjoying being around you, and you know it, so the next step seems natural.

That's being a cool guy.

See, being cool has nothing to do with how your dress, how you act, or anything like that. It just has to do with how other people respond to you.

If people respond favorably to you, you're a cool guy. If they don't, if they feel nervous, awkward, or bored, you're not being very cool.

This is why nerds in high school have such a tough time. They don't know how to relate to other kids because most of the kids care about stuff other than school and studying whereas the "nerds" only relate to others based on their schoolwork or studies. Because most kids prefer to do anything BUT schoolwork, the nerds are cast as "uncool."

So when it comes time to meet new people, remember to relate based upon what you and they may find interesting. Don't be anxious or seeking approval, just be laid back and take things as they come along. You may notice you start meeting a whole lot more people this way.

Tip 11: Be Aware Of Logistics

In real estate, they have a saying: Location, Location, Location! It's all about location!

The same is true for dating. Where you are will help determine your success with women.

Being a quiet, sensitive type in a club or bar may not get you anywhere, whereas being that type of guy in a bookstore may get you a better result. Be aware of your surroundings and adapt to them.

But more important than where you are, think of where you want to be. For instance, say you're out cruising for a one night stand. If you go to a club 45 minutes away from your place, chances of getting that one night stand are fairly small unless the girl wants to go back to her place (if she's close-by. If she lives far away as well, you're screwed, and not in the good way).

Also, if you live in a place that's hard for people to get to, or isn't central to where people gather (like in the middle of a city, for example), you're going to have to focus on getting phone numbers and setting up meetings.

There was a time where I went out to clubs looking for the same-night hook-up, and getting frustrated when there was no way to close the deal because I lived so far away from most of the good nightspots. But when I shifted my focus to getting numbers and laying the groundwork to see the girl again outside the club, I started to see more women because I could pick places to meet that were close to where I lived.

Be aware of the logistics of getting a woman where you want her. Plan ahead a bit. It's okay to do so, just don't let on to the fact that it's planned. Remember the old Boy Scout's motto: Always be prepared.

Tip 12: Be Persistent

I'd like to make the distinction between "persistence" and "being a stalker." Stalking a girl is never a good idea, not just because it's creepy anti-social behavior, but because it means you do not have a very good, active life.

It's important to have other stuff you're passionate about than just a woman. But that doesn't mean you shouldn't pursue her a bit.

Lots of men make the mistake of not chasing after a woman, either through laziness, or ego, or what have you. The fact is, in today's world, women still want to be pursued by guys. Seriously, the whole "women's lib" notion of girls asking guys out is very few and far in between. There's still that old status quo in place because I think women realized just how crappy it is to ask someone out and get turned down, so it's back to the old way of doing things.

However, most men know that it stinks getting turned down too, and some fall into the trap of waiting for the girl to call and suggest a meet.

Don't be that guy. He's lonely, and his porn collection is growing by the minute.

Be the guy who takes the time to call a girl when he feels like talking to her. Ask her to meet you for drinks or some other activity. Talk on the phone and see what's going on with her.

Women are busy people in this day and age, and if you don't stay in their life in some way, you'll get pushed aside and forgotten eventually. Even if a girl can't meet you, keep at them. Call them every couple days until they're ready to meet.

Don't get caught up in phone games. If you want to call her, call her. Leave a message. Keep at it, not too intensely, but just enough to stay on her radar. Drop an email, talk on IM, do whatever it takes to become a part of her life.

This kind of gentle persistence, though a bit of work, can pay off in the long run. And if she doesn't appreciate it and doesn't want anything more to do with you, she'll eventually let you know.

Tip 13: Know Your Outcome

If you don't know where you're going, you'll never get there. You must have a goal in mind when talking to a woman. If you don't, you increase your chances of getting lost along the way and losing her forever.

So what's your outcome? Do you want to sleep with her that night? Do you want to get a phone number? Are you looking for a possible girlfriend? What is it you want to get out of your interaction?

Your outcome will help determine how you proceed. For instance, if your goal is to get her into bed as soon as possible, you may want to lean heavy on the flirting, the sex talk, and try to get her turned on quickly.

But if you're in a hurry and looking for a phone number, you may want to tell a joke or two and then ask for her digits.

If you're looking for a girlfriend, maybe you'd want to sit down and get to know her a bit before you decide you want to pursue her, just to make sure she's the type of girl you're looking for.

All these strategies are dependent on your outcome.

So know what you want before you go after getting it.

Tip 14: Know What You're Going To Say

This is a bit different from “knowing your outcome.” Knowing what to say will help you reach the outcome you desire.

A problem lots of guys run into at some point in their interactions with women is “My mind just goes blank. I don’t know what to say next!” That’s where the “awkward silence of DEATH” comes into play.

I learned this tip from watching my friends who are naturally good with women. They always have something to say to a girl!

But you wanna know a secret?

It’s always the same stories.

Seriously. Next time your out with a guy who’s good with women, listen to how he talks to a woman. Chances are he’ll tell her the exact same stories he’s told you at some point in your friendship. Not only that, but he’ll tell the exact same stories to the next girl!

Why does he do this?

Because he knows that certain stories are entertaining and go over really well with people. Most naturals with women instinctually tell the same stories over and over again, refining them each time, until they’re perfect. And they KNOW that if they tell a certain story, they’ll get a certain reaction.

These are the guys who never run out of stuff to say. And it’s important that you do the same thing, so when you DO reach those awkward moments, you’re prepared to fill the void with something.

Now, you may think to yourself “But I don’t have any great stories to tell!” But that’s a lie. Everyone has stories. But because they happened to you, you may not think they’re very interesting.

The trick is thinking of a time that was fun, exciting, a learning experience, a misadventure, a misunderstanding – whatever – and turning that into an entertaining tale where you’re a character in the story.

Then, you gotta practice telling it to people and see what they react to. Tell the story to your friends, test it out on women you meet, and see how they react, then change the story based upon their reactions until you get the reactions you want.

Once you got a few of these stories in your back pocket you can whip out any time, you’ll be ahead of the game.

Tip 15: Get Rapport

Rapport is essential in any successful interaction between two people. In fact, most people who teach techniques on dating and seduction will tell you the most important thing you need with a woman is “rapport.”

The only problem is, no one really seems to know what “rapport” is, exactly.

Rapport is defined as a sense of connection and authority which may or may not imply a level of trust or belief.

Basically, when you hear people say they just felt “that click” when talking to someone, they’re saying that they achieved rapport. There was something that happened within that interaction that created a connection between two people where trust is implied.

Rapport is all about creating a sense of trust and authority. Whether you have trust or not, if you’re an authority, people will follow what you have to say.

Can you imagine the possibilities of a woman doing whatever you say?

I know I can.

But it won’t happen unless you either:

1. Pay them
2. Have rapport

And most girls you take home to mom, you won’t wanna have to be paying!

But once in rapport with a woman, you can persuade her to do things that she might otherwise not do (like go out with you).

So how do you get rapport?

There are so many different ways this is possible, I can’t list them all here. One thing I like to do is figure out an interest that I and the woman both share and talk about that. Shared interests usually mean shared passions, and that helps to achieve rapport.

Tip 16: Control your state

By “state,” I’m referring to your “state of mind.”

When guys see a beautiful girl they may be attracted to, the last thing they’re thinking of controlling is their state. They simply go with whatever emotions they may be feeling at that moment – attraction, fear, nervousness, excitement – anything!

The problem is, if you don’t control how you feel, you’ll be projecting your emotions, and the women you desire will pick up on them.

This means that if you approach a girl, and you’re projecting a nervous, scared energy, the woman you talk to will pick up on it – even if it’s just on a subconscious level – and she will move away from you because SHE will begin to feel nervous and scared.

It’s important to be aware of what you’re feeling and control what you project to the world, otherwise your results will be affected by your energy.

Now, I’m not saying you **SHOULDN’T** feel those things. In fact, most of the time you can’t control what you feel. But you **CAN** control what you project. It may take a bit of practice to do this successfully, but if you can control your body language and voice tonality, you can usually mask your fears and project an aura of confidence that will put the women you approach at ease.

Tip 17: Be Proactive In Your Pursuit

Another way to say this would be “Don’t be lazy!” Too often, great prospects are lost because men aren’t proactive enough.

Let’s say you meet a girl and the two of you exchange numbers. Don’t wait for her to call you! Even if she’s planning on calling you, take the initiative and call her first. Whatever you do, don’t go through the trouble of getting a number and not call a girl just because you’re too busy or lazy or scared or whatever!

If you go on a date and you don’t hear back from her, call her up again. If she doesn’t return your first couple of phone calls, keep calling until she tells you if she’s still interested or not.

Women get busy/lazy/scared/whatever themselves. If you keep calling, they’ll eventually come around, one way or another.

Now, I’m not saying that you want to be calling her 8-10 times a day, here. But be proactive in getting in touch with her and getting her to go out with you. If you just sit around waiting for it to happen, it won’t!

Tip 18: Create Sexual Tension

A common trait I've noticed between guys who regularly get women, and guys who don't, is their willingness to bring sexuality into their interactions with women.

Many guys are a bit gun-shy when it comes down to talking sexual with a woman. Often times, we're taught we gotta handle women with kids gloves, and not offend them with overt sexuality.

But more often than not, the guys who DO bring it up are the ones that get the girls to go along with it.

Oddly enough, I learned this from watching the TV show "Blind Date." If you watch that show, more often than not, the dates that go really well for the guy (the few that do on that show, anyway) usually happen when the guy brings up sex and flirts heavily with the girl, usually over dinner.

I then began to watch my friends who are good with women at work, and noticed that they readily start discussing sex with the girl early on. Not overtly, mind you, but with heavy innuendo.

This creates sexual tension, which I think is necessary for any attraction to take place.

Any tension that exists between a man and a woman is a good thing, as long as it's sexually charged. The more tension there is, the more likely it is that tension can explode into passion.

The problem is, most men don't know how to create this kind of tension.

Sexual tension arises from the use of mixed signals. Some would call this playing "hard to get," or "hot and cold." It's where you actively flirt with a woman and then turn around and act as if you're really not interested in her. Then you go back to flirting.

This will get the woman wondering what your true intentions are, and start getting her thinking whether or not you like her. This puts her focus of attention right where you want it to be – on YOU!

So don't be afraid to create that tension and bring sexuality into the mix.

Tip 19: Learn To Meet People In Groups

Women are rarely alone in the world, especially women of beauty. They are almost ALWAYS with people, be they friends, family, boyfriends, husbands, kids -- whatever -- they are usually with others.

If you go to a club or a bar, look at the women in there. They are NEVER alone. Ever. And if they are, it's because they're waiting for someone.

Even if they are out looking for a man, they'll be with others. People like to go out with their friends, it's just a fact of life, and it's something you'll have to deal with if you want to maximize your success with women.

Being with other people does not mean it's harder to approach and meet a woman, it just means it's different. You just have to learn how to do it.

For instance, when you approach a group of women with the goal to pick up on one of them, you never want to address the one you want first. Instead, you want to address the group as a whole, and eventually narrow your attention down to your intended target.

Find out the relationships between everyone in the group. Are they all friends? Sisters? Cousins? If there are guys in the group, are they boyfriends? Or just friends? Maybe they're coworkers? Who knows! You won't know until you ask.

Your object is eventually to get the girl you want away from her friends and alone with you. The best way to do this will be to befriend all the others in the group as fast as possible, show you're a cool guy, and then ask to "borrow their friend for a moment." Be sure to tell them you'll bring her back. Once you get permission from the group, drag your target away to a quiet place where the two of you can talk one-on-one.

This tactic will greatly increase the number of women you meet.

Tip 20: Don't Be Afraid Of Boyfriends

One time-honored deterrent to men getting the women they want is the dreaded “boyfriend” objection.

When guys are out and about, they may see a girl they really like. And if she's with a guy, the first thing that pops into their heads is “Crap, she's got a boyfriend!” Or, the girl will bring up the fact that she has a boyfriend in some way, and the guy will automatically disqualify himself because of it.

Well my friends, this is a mistake.

Honestly, the “boyfriend” objection is not as bad as one might think. Many girls are often in relationships by default, being with men that they may not particularly like just because they don't want to be alone.

In college, I met a girl at a party and had a great time dancing all night. We hit it off and started dating. Later on, she tells me that she has a boyfriend, but she doesn't really like him all that much because he spends most of his time watching porno and verbally abusing her (I'm not kidding, she said this).

The thing is, he was so persistent with hanging out with her and doing stuff with her, she became his girlfriend by default, even though she wasn't really into it.

In a way, if a girl doesn't have a boyfriend, she feels socially awkward because most women who are worth-while are usually in relationships. So she may grab the first guy that comes along or even make up the fact that she has a boyfriend because she doesn't want to appear like a loser.

The fact is, you never know what a girl's relationship with her “boyfriend” is like, so don't let the fact that she has a boyfriend deter you. Frankly, if a girl doesn't have a boyfriend, I think of it as a warning sign since any girl worth being with is usually in a relationship with someone.

The best course of action to take when she brings up that she has a boyfriend is simply to ignore it. If the girl is into you, or you think you have a chance of being with her, it's best to deal with what's going on between the two of you instead of what's going on between her and another guy.

Sometimes girls are out with other guys who may or may not be their boyfriends. I met this one girl in a club onetime who was so glad a guy had finally talked to her because she was starting to feel like no guy was into her. However, she neglected to remember that she was sitting with a MALE FRIEND at the time, and it looked like she was with a boyfriend.

I remember clearly how glad the GUY was I came along as well so he didn't have to baby-sit his friend and could go out and meet other girls.

So just because a girl is with a guy doesn't mean she's WITH him, if you get my drift. Never let the fact that there's another male in her presence deter you from meeting a girl you want. After all, he could be a brother, cousin, or friend. Regardless, you'll find out the relationships between people real quick after you start talking to them.

So best to find out as soon as possible, instead of letting the opportunity pass you by.

Tip 21: Respect Yourself

In a way, we are all self-loathers. We know ourselves so well, that not only do we know all the good things about ourselves, but the bad things as well. Often times, we can get caught up on the bad things we see in us and dwell on those to our detriment.

Often times, I'll be out and about and see guys degrading and defacing themselves in front of women. A common example of this is "self-effacing humor" which many guys use to try and mask the insecurities they think women will care about.

What these guys fail to realize is that not only do they call attention to the very insecurities they're trying to mask when they do this, but they're pointing things out to the girl they're trying to impress that she might very well never have noticed.

For instance, let's say there's a guy who is really insecure about his big nose. So when he's talking to a girl, he might joke about things like "With a shnoze like this, I could smell your perfume from a mile away!"

Well, in his attempt to be funny, he just directed the girl's attention to the very thing he was hoping she wouldn't notice. And the fact that he himself views his big nose as a negative trait, that belief will eventually be passed off to the woman he's talking to (even if she didn't believe it at first!).

If you want to feel good about yourself and have others feel good around you, you have to learn to ignore the bad things you know about yourself and dwell on the good things. You have to respect who you are, what you believe, and what you feel you deserve in life.

If that same guy with the big nose respected himself, and was talking to a girl who started making fun of his big nose, he wouldn't put up with it. Instead, he'd leave that girl to her own pettiness and find another girl who would appreciate the good things he has to offer instead of dwelling on such a superficial thing like the size of his nose.

Self-respect is a big deal. If you don't respect who you are, no one else will either.

Tip 22: Have Rules And Standards

Too often, men are willing to go against what they think, feel, and believe because there is a woman available to them. And the thing is, the men KNOW that what they're doing is going to turn out badly, but they do it anyhow because they want to be with a girl in some way.

By the same token, many men are willing to let the women they're with walk all over them and treat them like crap because they're getting sex out of the deal (if they're lucky, anyway).

Us boys have a name for this behavior. It's called "Pussywhipped."

We've all had a friend at one time or another who's suffered from this condition. He's a cool guy, a good friend, but suddenly he meets a woman and he can't go out drinking because he's gotta pick her car up from the shop or take her kid out to the park, or whatever task she has assigned him.

And it's not the fact that she needs him to do things for her, it's the fact that he gives up any sense of what his life was in order to please her.

The problem that comes from this situation is that the guy often not only loses the respect of his friends, but also the respect of the woman he's with. The very person he's trying hardest to please begins to resent him and take him for granted.

This is why having rules and standards is important. It comes down to a matter of SELF RESPECT.

People who have no code, no rules by which they live their lives, no standards by which they hold themselves up to, are weak people. They look for others to give them an identity, to give them a purpose.

But having rules and standards allows you to define who you are and stand on your own two feet. People who know what they are, and are not willing to do, garner respect from others.

Most unhealthy relationships stem from the problem of weakness in one of the partners. Typically, women want a dominant man in a relationship. And when I say dominant, I DON'T mean the ball-gag, chains, and leather whips kind-of dominant. I mean a guy who takes control of the relationship and is a source of strength for the woman he's with. A man who makes her feel safe and eliminates uncertainty from her life.

But the woman aside, it's more about making YOU happy. It's about having respect for yourself and what you want out of life.

If you have a certain type of woman you want to be with, don't lower your standards just to get laid or whatever. That's not respecting yourself. Go after the type of woman you want instead of settling for what you can easily get. You'll be happier that way.

If you have a rule where you don't want to date single moms because you don't want to take care of someone else's kids – or whatever your reason may be – then don't do it! If you meet a girl, but she's a single mom, stay true to your rule. There's a reason you made it a rule in the first place, right?

In the end, having rules and standards makes you a more attractive person, because it conveys confidence and conviction, two traits women always find attractive in a man.

Tip 23: Be Honest With Women

Too often, men will lie to women in order to appease them or not offend them. However, this is a sure fire way to lose a girl's respect.

Not only that, but you are not doing anyone any favors by lying – including yourself. Telling the truth allows others to see us for what we really are and what we really believe in, and when we lie, we do ourselves a great disservice.

Now, this doesn't mean you have to be harsh or mean with what you say (after all, people don't always want to hear your opinion). But if a girl asks if she looks fat in a certain pair of pants, and you honestly say "You know, it's not the most flattering pair of pants. Why don't you try something else?" that's a good way of being honest and sharing what you think other than saying something like "Yeah they do. Hit the gym you hog."

Even if women get upset with you for telling the truth, deep down, they will respect you for doing so and come to trust what you have to tell them. But if they know that you cower or compromise your beliefs to please them, you run the risk of losing their respect and building distrust in your interactions.

It's best to tell it as you see it, rather than try to please someone else.

Tip 24: Believe What You Say – Strong Frame

Before when we talked about rapport, we talked about how if you're an authority, people will follow what you say.

So a key technique to be aware of when attracting a woman is *authority*.

A friend and mentor of mine likes to say "If you say anything with enough authority, people will follow you."

Women are no exception.

I have a friend who is an incredibly beautiful woman who's been with the same boyfriend for going on 12 years now. She met him in high school. When I asked her how someone like her boyfriend was able to get a girl as beautiful as her, this is what she told me:

"He just came up to me and said 'You're my girlfriend.' And no matter what I said, he'd just reply 'No, you're my girlfriend, we're going out.' Before long, I just went along with it and went out with him."

Her boyfriend (who's a good friend of mine too, by the way) was so authoritative with his assertion that she was going to be his girlfriend, that she just went along with the idea and eventually accepted it as her own.

Now, of course, other factors came into play to explain why they have such a long and healthy relationship. But initially, it was his belief that he could have this girl as his girlfriend and get her to go out with him that made my friend accept his offer to go out on a date.

And by continually calling her his "girlfriend," he created the frame of mind that he wanted her to have, and she eventually accepted it.

Of course, none of it would have been possible if he was saying all this nervously. It was his confidence and belief in what he was saying that made it work.

You can achieve a great deal if you believe in what you say, because more often than not, if you believe in it, you can get others to believe in it too!

Tip 25: Smile

Smiling is one of the most underrated body language techniques that comes into play when attracting a woman.

It's a technique that is so simple and so effective, yet so easily forgotten.

The next time you're out, walk around and look at the guys who are with women. The guys who are doing good will always be smiling. The guys who are doing poorly (or are alone) won't be.

Also, look at the guys who are out with a girl on their arm. If they're not smiling, the girl isn't smiling, and NO ONE is having a good time.

Smiling projects the aura that you are having fun. And not only that, but you're also a friendly guy who other people would like to be around.

It's not a hard thing to do. The next time your out, remember to smile (especially when talking to a woman) and see the reactions you get, compared to when you have a long, droopy face!

Tip 26: Learn To Be Sexual

Sometimes it's hard to believe men can be sexy, but it's true. However, it's a different kind of sexy than us, as men, think of.

Typically, we think of "sexy" as what women do to attract us. Things like being pretty, dressing provocatively, talking sensually, etc. This is how men categorize sexiness in their minds.

To us, it's hard to think of being sexy because we often base our idea of sexiness on what women do. A mistake many guys make is trying to adapt what women do to attract men and incorporate it into attracting other women.

Well, it doesn't work like that.

Men are sexy in different ways than women. But you gotta ask yourself what exactly "being sexy" means before you can understand what it is you gotta do to convey it.

Being sexy is about accentuating the things that make you a man.

Think about it. What do women do to attract men? They accentuate all the things that make them female. And it drives us WILD. So in order to turn the tables, you gotta showcase everything that's manly about yourself.

Now, unless you're incredibly good looking, you're probably thinking "Great. I'm screwed. I don't look like Brad Pitt so I can't be sexy."

Not true my friend, not true.

Luckily, male sexiness is more of an "intangible" thing than it is for women, where it's very much a physical thing.

See, what are the traits that are typically assigned to attractive men? Things like strength, courage, confidence, domination, etc.

By displaying these characteristics, you allow yourself an aura of "sexiness."

Of course, don't neglect your looks. Dress nice and be well groomed. But don't forget these intangible traits when it comes time to attract the ladies.

And don't forget to turn up the intensities of these traits when the time is right. Looking at a girl like she's yours, you own her, and there's nothing she can do about it, can be quite attractive to women, who deep down want to be swept away by a strong male.

These traits, when used in conjunction with steadily escalating sex talk, can be quite powerful.

Tip 27: Don't Get Hung Up On Just One Woman

Many guys look at women as a limited resource. It's such hard work to get just one girl interested in them, that if they lose that girl, they feel like they have to keep after her because there's no one else out there for them.

This is a common problem among guys. So common, that it's often referred to as "one-itis." This is also the single biggest cause of pain and suffering in the male population.

One-itis is a particularly nasty condition, because not only does it have you chasing after an unattainable goal (the ex, or someone not interested in you), but it also excludes many other options that may be open to you.

So the trick is to have many different women in your life. Be they friends or lovers, it doesn't matter. Keep your options open to you. This is not only to protect yourself, but it is also to keep your life full and active, as well as giving you leverage against a significant other that may be acting up.

For instance, say a girlfriend is giving you a hard time for some reason. If you have many other women you could be with that you don't care if you stay with her or not, the burden is suddenly placed on her to not lose YOU, and that's a good position to be in.

Not only that, but having many women in your life makes you more attractive to other women! That's because the number of women around you is correlated to how much worth you have to that gender.

If you're out at a club with 5 attractive girls (even if they're just friends or family members), it will make it easier to meet and attract other women.

There are many benefits to keeping your options open and not getting hung up with other women.

Tip 28: Know Who You Are – Look At Hard Truths

I saved the hardest tip for last, because not many people like to do this. But if you want to improve your life and find people who truly make you happy, you need to know everything about yourself. And not only that, but you gotta work to change that which you don't like about yourself.

Men have worries, doubts, and insecurities just like everyone else. Some hide it better than others, but they're there. Sometimes, these insecurities can get so bad they actually hinder your development of a happy and healthy lifestyle.

The only trick to fixing this is looking at what is making you unhappy and why. Figure out what's holding you back and tackle the task of fixing it.

This means being honest with yourself.

Let's say your overweight. Now, being overweight, or even fat, will not keep you from getting a woman. There are women out there who will sleep with big guys. But if being overweight makes you depressed, and makes you feel bad, then it's something you have to handle and deal with in order to be happy.

Look at everything you don't like about yourself that you think is holding you back, and deal with it. Change the things you can, and learn to accept the things you can't.

Sometimes this requires a great deal of hard work to do, other times it can be as simple as getting a new haircut. You never know.

Try making a list of everything you think is holding you back with women, and then make another list detailing ideas on how to fix them so you can function the way you feel you need to.

This will not be an easy thing to do. But you will be much better off for having done it.