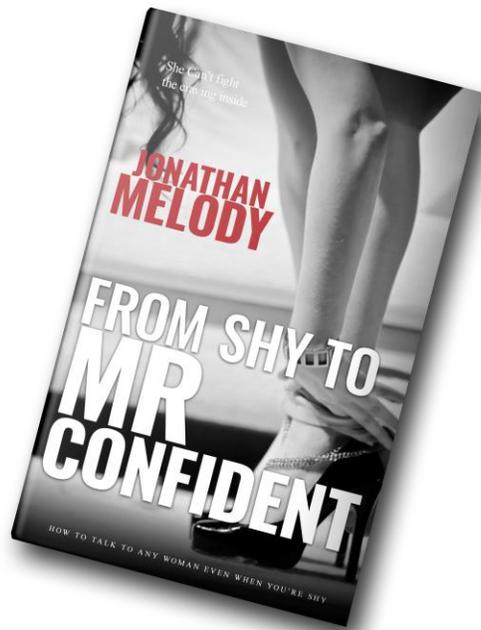


In This Guide, you will learn valuable information on how you can successfully build your self-confidence, transform from a shy to a confident person and live life feeling strong, confident and self-assured.



First, we are going to talk about the signs of low self-confidence and how you can recognize them and begin to conquer self-doubt. While there is no single factor that leads to a lack of confidence.

Most often, it is the accumulation of negative experiences from our past, which we fail to deal with when they happen. It is also the result of our failure to recognize who we truly are and what hinders to our own growth.

Low self-confidence is defeating. It can define us and cause us to beat ourselves up emotionally. It can limit our abilities and keep us from growing and moving forward from our mistakes, failures and defeats.

It confines us to our comfort zone where everything is safe from potential humiliation and further mistakes. We then are stuck in that comfort zone believing that we shouldn't move away from it because if we do we will only be left hurt and disappointed.

Once you are stuck in that zone, it is very hard to move forward in life, which keeps us from achieving our dreams, reaching our goals and living a rich full life. Even when we tell ourselves that no matter how harsh and messed up things get, we shouldn't surrender to the inner critic that thrives inside us we are still filled with a self-doubt and a profound lack of confidence.

Low self-confidence usually develops during our childhood. Unfortunately, many of us have family, teachers, friends and enemies who are more than happy to point out our mistakes and/or faults rather than praising our talents.

They may not even realize what they're doing or how big an impact they are having on your self-confidence. They may not even say anything to your face, but often their actions speak louder than words,

which makes us feel inadequate and worthless early on in your developmental years.

Perhaps you live under cold critical eyes of someone who doesn't see the good in anything. Maybe you are related to an over achiever and live in the shadow of their accomplishments. Perhaps those around you make you feel like you can't do anything right. These are all triggers that can make you feel inferior and inadequate which only adds to your lack of confidence.

With poor role models and lack of support, many grow up feeling as if they are incapable of doing certain things, growing and achieving anything of value. When in fact each of us has our own inner strength and power to take control of our lives. We just have to have the confidence to do it.

Once you recognize the underlying causes of your lack of confidence, you can begin the process of overcoming the impact it has on your life. The best place to start is by evaluating the triggers that smash your confidence and make you feel inadequate. A good place to start is by keeping a journal.

Write down times when you're feeling less than confident and what caused you to feel that way. You should also write down things that you could do differently that will help make you feel better and more

confident about yourself. By identifying these triggers and combating them with positive reinforcement, you can begin to move forward and become the self-confident person inside you.

Different Ways That You Can Increase Your Self-Confidence

Don't be fooled. Even the most confident people have their insecurities and the people who appear extremely self-confident aren't perfect. No one is!

Even though we dream of being perfect and we see other people who appear self-confident and all together, we have to realize that no one can be perfect. We are all human and we all make mistakes. The things we want to happen in our lives don't necessarily happen the way we want them to, no matter how carefully we plan our futures. The things we want to achieve will pass us by when we don't work towards achieving them. It takes effort and self-confidence to make things happen.

Even the most confident person doesn't become that way by sheer luck people. They have to work at it. Someone once said that the most successful people don't just happen. They must know hardship, they must know suffering, they must know defeat, struggle and loss before they truly understand the depth of their worth.

Everyone is built for recognition, for achievement, for fame. The capacity to be confident of oneself does not happen by chance, it lies within all of us. Like with all other things in life we are just as capable as the person sitting next to us. The only difference is our belief in ourselves and that we can accomplish anything we set our minds to.

As we discussed in the last issue a lack of self-confidence can stem from our childhood, is impacted by the people around us and determines how we grow up as well as what we achieve. At a very young age, we already know the difference between being humiliated or encouraged. We already understand when good or bad things happen to us.

During childhood, if we are lost to react positively to negative situations whether it's due to the lack of or proper guidance, support or poor role models, it's likely that the succeeding phases of our lives will become dependent with how things went during our formative years.

However, with age comes maturity and maturity comes from the experiences we go through. Experience is one of the greatest teachers we have. Failure to learn from the experiences we encounter only keeps us reliving the same types of situations until we're able to see where we've gone wrong and stop the cycle of self-defeat.

Improving self-confidence is just a matter of becoming more mature and learning from our mistakes. Everyone has the ability to improve his

or her own self-confidence regardless of how we were in the past. What matters is now, the present. If you take stock of yourself and believe that you have the capacity to be anything and everything you want to be, you can move towards achieving your dreams and becoming more self-confident.

There are many ways to help you improve your self-confidence. The key is to have a positive attitude and remember that you can do anything you set your mind to.

Confidence lies on our perception of ourselves. The difference between being afraid to try and being confident in your abilities comes with our understanding and acceptance of the experiences we go through in life. Some people are just better at recognizing their abilities and achieving their goals than others are.

Like being rich, we think that self-confidence is something that everyone has, except us. When in fact we were all created equal and have the power within us to achieve anything. Inequality just comes with our notions of what we already have and fail to recognize in a positive way.

To overcome a lack of confidence it's important not to be too hard on yourself when things don't go as well as expected. Don't deprive yourself from enjoying life. Take stock of yourself and refrain from making excuses as to why you can't reach your goals. Instead change your

mindset and think of all of the positive things in your life and how you achieved them.

Many of us find ourselves limited by our experiences. However, that doesn't mean we can't learn and grow from those experiences and change our perception of ourselves. We are all gifted with certain talents, skills and beauty within along with the power to use or disregard them. Once we recognize our potential, we will find that life has much more to offer than mediocrity.

Generally, self-confidence and the manner by which we improve it is achieved only when we dare to do things that are out of our comfort zones. We sometimes fail to recognize that simple things like reflecting on our achievements can help improve our level of confidence.

We can build our self-confidence in a multitude of ways. Activities like developing your verbal skills through writing and public speaking will help increase your sense of self. Many of us have a fear of speaking in public. Once you take the steps to conquer this fear, you will discover that your confidence will increase and even more is possible. This holds true for any fear you may have. Once you make up your mind not to let it beat you a world of possibilities will open.

By recognizing that life hold endless possibilities and you just have to be open to them, you can take control of your life and be a strong and confident person capable of accomplishing anything.

How Your Inner Critic Affects Your Self-Confidence

It is strange how many of us fail to listen to that tiny voice inside ourselves. There is no biological or scientific explanation to this voice, but we all hear them. An innate murmuring voice telling us we aren't good enough, we're worthless, we can't do anything right, does this sound familiar?

For some the voice is the all-commanding mentor and for some, this little voice has become their inner critic, or worse a guiding force in their lives. If we would all remember, this tiny voice has been with us throughout our lives, guiding us to make the proper decisions.

But during the course of life, when we have become too jaded and have forgotten the beliefs we once had, this voice becomes silent that we no can no longer remember how good it feels to listen to its guidance. It was intended to help us but our negative thoughts turn that little voice into an inner critic.

This inner critic is the nagging voice that tells you how deficient you are, how ugly you are, how weak and useless you are and how people dislike you for who and what you are. It will convince you to believe in

all these lies until your self-confidence is sapped and your sense of self becomes devoid.

You may try not to listen to this inner critic initially. Yet once you believe in its miserable denials of who you are, you are sure to have it win you over. You will then be convinced of the validity of its claims and so, you will resort to succumb to mediocre and somber life.

This inner critic lives in all of us as much as the inner voice of goodness does. There is a battle to conquer your being. To deliver you back from the course of goodness and happiness or to the other end.

This inner critic will provide proofs of how stupid it would be take chances with faith. It will create proofs of how unable and incapacitated you are against shining. It will make you believe in time that you truly are worthless and insignificant.

It will store memories of such failures to be recovered when you falter with "unbelief". This inner critic will eat you up until it overpowers your sense of self. You will eventually be ruled with fear anxiety and a lack of self-confidence.

Of course, you are worth everything. You are endowed with talents, skills and personality that make you important to those around you and

for the world. When the voice of inner critic tells you, you can't do something or you're not good enough it's important to face it with everything you have and prove it wrong.

Keep in mind that we don't always have to be good at everything, so don't be afraid to try new things. While your inner critic may have the noble intention of keeping you from failing, it can also keep you from succeeding.

Self-Image And The Role It Plays In Your Life

Psychologists and philosophers have scrutinized the true worth of a positive self-image for centuries. Even though there are many arguments as to what self-image is, people will agree that self-image has a lot to do with how people feel about themselves.

Some would say that self-image means how a person views himself in the world. What a person does every day, their job, how they treat others, how attractive they are to others all hinges on their self-image.

Some people have positive perceptions of themselves, while others do not. It is believed that people who have positive perceptions of themselves have been told they are good, or useful. Those who are

constantly told they aren't good or useful, have negative perceptions of themselves.

This leads to another definition of self-image, which is how others view a person. If others don't enjoy a person's company, the person may develop a poor self-image. If other people don't find a person attractive, the person may suffer from poor self-image.

People often put too much emphasis on what others think about them. It is important to remember that one's self-image will change throughout their lifetime. They begin to rely less on what others think about them as they mature and find hobbies and social groups that accept them. Their perception changes as they become more educated. Learning a skill or learning more about the world can have a positive impact on a person's self-esteem.

Sometimes, though, a person needs counseling in order to develop a positive self-image. This is very common among women and teenagers. Fashion magazines show women that are perfect when in reality they are not. Some women feel they cannot live up to these expectations and become depressed. Teenagers feel the same way when they compare themselves to others in their peer group. Unrealistic comparisons like these are dangerous. They can lead to eating disorders, disruptive behavior, and eventually drug or alcohol abuse. Talking with a therapist can sometimes make a person realize that they

don't have to compare themselves to others. Their self-image improves and they can lead happy lives.

Self-image needs to be nurtured. Everyone feels less than perfect sometimes. However, most people recover and go on with their lives, while some can't let go of these bad feelings as easily. Their self-image is so unrealistic, they make themselves sick and need professional help and advice in order to gain the strength needed to get past those bad feelings.

How self-confidence can help you succeed at anything.

Where does self-confidence come from? How do we get it? Why don't I have it?

The answer to all of these questions can be answered with one word - YOU!

Self-confidence starts with you and your perception of yourself as well as what other people think about your actions or behavior.

For some of us, a lack of self-confidence only affects our high ambitions. You might have always wanted to get up on stage, or to be a professional singer or actor for example. Perhaps your life dream is to travel the world, visit different countries or cities, but you don't have the self-confidence to do it. For others, the problem of self-confidence

is much closer to home - in the office, business meetings, public speaking events or presentations.

Self-confidence issues affect most of us at some time, and we can usually find ways of getting around the problem. Avoidance is one tactic we often use – if we can get out of an intimidating situation we'll make up excuses not to take part. However, there are times when we can't get out of it, or we really don't want to. If a lack of self-confidence is preventing you from doing trying something new, or from succeeding in your working life, it's time to do something about it.

As we have discussed before, the starting point for improving your self-confidence is understanding what causes the problem. Low self-esteem, not believing in yourself or your ability, feeling inadequate compared to your colleagues or friends or maybe some kind of trauma from your childhood are all contributing factors. By examining the reasons for your low self-confidence, you're halfway there!

Taking positive action to overcome your fears is the next step to help boost your self confidence. A simple way to do this is by taking on small challenges. You have allowed your brain to associate certain events or actions with fear, so you've already pre-empted the outcome of these situations. By taking a small step towards conquering this, you'll find that the result is most likely not as bad as you think – in fact, you'll probably be surprised about how good you feel and your self-confidence will instantly increase.

When you've completed your first small challenge, congratulate yourself on achieving your aim. A small reward can often help. You're already on the right path to improving your self confidence, so you're ready to take it to the next level. This doesn't need to be a huge task; you don't want to undo all the good work.

Building up your self-confidence takes time, and while you might want to leap ahead, it can be a good idea to take things slowly at first. Steadily increase the risks you're taking to get your self-confidence to where you want to be. Risk taking does not, of course, mean jumping off a bridge, but the perceived risk of something happening as a result of your actions is usually the biggest barrier with self-confidence.

Self-confidence problems are common for most people, and there are excellent resources to learn to deal with these issues, but if you do have severe difficulty facing certain situations you should seek professional help.

Simple steps to boosting your self-esteem and self-confidence.

The strongest single factor in prosperity consciousness is self-esteem: believing you can do it, believing you deserve it, believing you will get it.

- Jerry Gillies

Self-esteem refers to how you think and feel about yourself. These are thoughts and feelings a person may have, may it be positive, negative, or mixed about one's self. The more positive these thoughts and feelings are, the higher your self-esteem will be and conversely the more negative these thoughts and feelings are, the lower your self-esteem will become.

Feeling good about yourself is important as it gives you a sense of control over your life. It can also help make a person feel satisfied in a relationship. With a positive self-identity, a person is able to set realistic expectations for oneself and pursue goals. Having a negative self-perception, on the other hand, results in a distorted view of one's self, which leads to further lack of self-confidence, poor performance, and depression.

In recent times, low self-esteem has been one of the most popular and frequently invoked psychological explanations for behavioral and social problems. Taking their cue from social commentators and media opinion leaders, people have been willing to accept that a limited sense of self-worth lies behind just about every social and personal ill from drug abuse and delinquency to poverty and business failures. The result has been a huge market for self-help manuals and educational programs.

People who have a low self-esteem rely heavily on their day-to-day performances. The positive external experience and encouragements help them to battle the negative feelings that they have about themselves. These negative feelings very often trouble the people with low self-esteem. In some situations, feelings of inadequacy torture those who do not have enough confidence about themselves and about what they can do.

There are many known ways to improve one's self-esteem. To boost one's confidence, it may be helpful to practice the following self-improvement techniques and strategies:

Rebutting the inner critic that keeps on sending self-defeating messages;

Practicing the art of self nurturing; and

Getting much-needed help and support from people who are close to you.

The first and the most important step to increase self-esteem is to tell the inner voice to shut up. The inner voice might say negatively about you. In such a situation, you must praise yourself. Rebutting the inner

voice that keeps on criticizing you should be done on a regular basis. However, this step is not enough to develop self-esteem.

The second step that one must initiate on a way to a healthy self-esteem is that a person should nurture himself. The most important part of this step is start treating yourself as a worthwhile person.

Seek out people who make you feel good. Remember that you get to choose your friends so why not choose people who think you're great?

Moreover, both individual and group counseling can help improve self-esteem and self-confidence. Such therapy might include assertiveness training, communication skills, and learning to recognize and understand own emotional responses in relation to others.

Therapy may also explore early and later experiences that contributed to your low self-esteem. Group therapy is particularly effective that it helps to foster trust and build relationships, and encourages a sense of belonging-components that are important for building self-esteem and self-confidence.

Overcoming a lack of self-confidence.

Self-confidence is one thing that most people think other people have except for themselves. As we have discussed before, all of us were

endowed with special attributes though we rarely recognize these special gifts in ourselves.

We are all capable of being self-confident. It isn't something that was given to the person sitting next to you and not you even though sometimes it may seem that way. It's something we all have. While you may not possess it at the moment this doesn't mean that you don't have the capacity to develop it.

To overcome low self-confidence you must be able to have faith in yourself. You need to feel good about your being you. This all boils down from appreciating the things that we are capable of doing and in accepting the fact that some things just won't change however hard we try changing them.

One good example is a physical condition that you have to struggle with. A couple of things may help you with them but this would not erase the facts that your physical conditions may hamper you from developing your confidence.

Ask yourself, what makes you more confident?

Our standards of confidence will affect virtually all aspects of our happiness. Say, we find more value from being good looking then it is

best that you start resolving your low self-confidence by making yourself more beautiful. Luckily, for us there are various methods of transformation and enhancements.

However, if your standards deal more on the innate beauty a person may have like goodness of attitude or skills and talents, you may start revamping yourself by strengthening these areas.

Low self-confidence is often aggravated by our failures. Failing is inevitable and it must be dealt with a light heart. If you always take your failures seriously and amplify them by ruminating at your mistakes, then it is likely that you are close to self-destruction. Practice an attitude that celebrates on victories but forgets about your own stupidities.

People are subject to committing mistakes, you must understand that. Your failures must not be used as an excuse to stop trying. Think of your losses as blessings that you must accept and be thankful that they come across your path. This is one proof that the Creator spends more time on you than you would have first imagined.

Instead of allowing these to trouble you, treat them as your learning grounds for not committing mistakes. Then don't allow these failures to hold back your growth.

You see, in the end it all lies in the attitude we take to deal things out. We must be very careful with the way we handle things. If we think of ourselves negatively and those feelings interfere with our lives, we will never overcome our lack of self-confidence.

Gaining Self-Confidence From Within

How to get self-confidence is the central issue when tackling about the development of self-confidence in an individual who, for long, have believed that his self-worth is deficient.

It goes without saying that those confident individuals can bear themselves better than those who have lower sense of the "self". They are the achievers, the people in the limelight and the center of the society. They walk straight; speak their meanings very well and influence people, both subtly and obviously. In short, they are those who care recognizable even from afar.

Sometimes, self-confident people are very much loved by the society. It is maybe due to their charisma or they are, by nature very amiable. However, there are those self-confident individuals who, just by leaving makes the room lighter.

These are two very different types of self-confidence. One destroys a person's credibility and the other intensifies his personality. Obviously, you don't want the consequences of being too confident of yourself that the people no longer view you as effective, instead they see you as annoyance to their daily affairs.

Self-confidence comes from within. Outside stimulation may help but it would all still boil down to knowing yourself and using that knowledge to gain confidence.

To get self-confidence, you must realize that your limitations must not limit you and your attributes must not destroy you. Instead, use all of these factors to develop a personality that would be productive for you and all those that surround you.

"Know thyself!", says the Oracle at Delphi. Though this might have been said thousands of years ago, it is undeniably true that we still can use the wisdom it says.

Know yourself and get confidence. Recognize though that knowledge comes nowhere but inside you. Thus, you have to accept the reality that unless you embrace you flaws and perfection, the demons of low self-confidence would stay forever lingering in your being.

There is a great risk in knowing too much of yourself though if your foundations of self control is not much too developed. You'll be exposed to your imperfections and since control is not yet yours, it is possible that you will be eaten by your own flows. This condition is closely intertwined with thought rumination wherein you seem to go around in your circle of thoughts about your losses and failures regardless of your achievements.

Another danger of having no control of yourself while trying to get self-confidence is that you might get too confident that you would forget the real value of having the sense of self. As we have mentioned earlier, over confidence is just as dangerous as having no confidence at all. This would send you back to failures or worse to eventual downfall.

Knowing yourself is one factor that may be either dangerous or productive. Self-awareness often times help people realize how wonderful their creation was. They learn to give worth to their capacities and attributes that are obviously as special as those that may be found with other people. We are all unique and that is a fact. Our marks of unique can be seen through closely looking at our capabilities and our incapacities. Our uniqueness is manifested on the natural gifts that add to our greater self-value. Our uniqueness can be seen though our potentials that we may either ignore or maximize at will.

All these are truths that would stay hidden to you unless you have learned to contemplate on your being and be aware of who you truly are.

Things to do when your confidence need a boost.

Small changes make a big difference!

It all boils down in a single idea that would recreate your self-image. Remember when you were so confident of having done something then someone commented on how bad things went?

Self-confidence goes hand and hand with positive thinking. If you think positively of yourself and take stock of all positive attributes you have, your confidence will grow and you will soon begin to realize you can actually do and can make things happen.

Positive thinking is not being overly hopeful of something that is unachievable. Central to boosting self-confidence and positive thinking is the setting of realistic goals that you can reach for while not delimiting your capacities.

Normally when we set out to do something we tend to over calculate things and plan to achieve things beyond our present reach. This, we say, would encourage us to work double time. The point we are missing

is that once we fail our expectations and the expectations of the crowd that is watching us, we will be discouraged to try things again.

You see, on our initial tries it is not bad if we would set achievable goals rather than confidence, boosting-unrealistic goals that would leave us dismayed.

When you really need to feel good about yourself, remember that self-confidence is largely controlled by the hormonal balance in our body. Thus, you can alter your mood by stimulating yourself to do so. Say, if you have this vivid memory of having been able to achieve something or you once had "cheerleaders" who pushed you to achieving greater things, you can surely use them to manipulate your emotions. If not, then remember the moments when you really felt happy about yourself. Controlling the reins of your moods and emotions can contribute to your overall confidence.

At one point of our lives, we all have been our own critics. Undue criticisms don't only make us vulnerable to negative thoughts, they also affect our overall personal perspectives.

Have you noticed how we criticize ourselves without even realizing that we can't utter those very things to other people? We are harsher to ourselves than we can imagine. Thus, with every negative input we receive from this critic, we are left upset and unconfident. It is like

tearing the walls that we have built for long in exchange for a few unjust remarks that we rarely need.

Avoid using over-generalization about yourself because these are the very things that would eventually strip you off your good self-image. Recreating the comments you give to yourself will have a huge impact on your self-confidence.

In the end, destruction comes from within us. Other people may argue that we are affected by external pessimism. True, yet this would only affect us once we allow entry towards ourselves. Thus, you only have to create barriers from negative inputs while strengthening your underlying foundations.

Self-Confidence And Chasing Women

It feels so great and easy to know you're wanted by the woman you are attracted to. You can just look at her and with the signals she gives, you are able to tell how attracted she is to you and if you should give it a shot.

Before I talk more about the proper way to chase a woman and not have your leg down her throat, you must understand that pursuing a woman who isn't interested in you is like pouring a cup of water in an ocean with the hopes of retrieving it. You really don't want to waste your energy trying to pursue women who aren't interested in you.

Rather, you should be chasing women who are giving off the vibes of interest in you.

I walked into a mall with the intent of grabbing groceries and finding my way back home. I wasn't in the mood to approach any lady.

However, I couldn't help but notice this pretty lady who happened to be shopping also. She kept giving me short stares and smiling. I just waved and continued my shop for groceries. And on my way to the counter, there she was. I had forgotten a lady was smiling at me earlier (sometimes you get to attract women when you don't want them). I noticed she was holding her cart so strong and I said: "You don't let go easily, do you?" That was how I opened a conversation with her. What's your name smiling lady? I further asked. She told me and asked for mine. When a lady is interested in you, she will ask for your name and not waiting for you to tell her. Never tell a woman you just met your name if she didn't ask for it as it shows a low level of interest from her.

Trust me, you don't want to waste your time and energy on women who aren't interested or women who tell you they have a boyfriend. When you meet a woman, watch out for her body language. Is she looking from side to side when you're approaching her? Is she looking down? Is she touching her hair? Is she adjusting herself on the seat she's sitting? How long is she able to keep eye contact? These are some of the subtle signs you want to look out for when approaching a woman.

If she is at the far end of a room or scene or hall, you must watch out for her body language, is she staring and keeping eye contact? Is she touching her hair? Always look out for the subtle signs and when you see she is giving out the subtle signs, you want to approach her

immediately (the longer you wait to make a move the faster her interest starts dropping). So, you want to approach her and while approaching her with a body language that screams confidence (have your chest out and head high), you should also be watching her body language. If she is checking you out, looking in your direction while you walk towards her, etc. This shows her interest level is high.

When you meet her, you don't want to say "my name is..." BUT "Hi, what is your name?" You still want to be attentive to her response.

Check out these two responses;

1. *"My name is Jessica. What is your name?"*
2. *First checks you out..."Jessica"*

Now tell me, who do you think is more interested? You want to invest your time in women who have a reasonable interest in you; usually in the 5s.

Hey man, don't go spending the whole of your time with a woman you just met. You're a busy man. So what do you do? You tell her "I would love to continue this conversation some other time but I have to run...when are you free so we continue from where we stopped?" if you can't set a definite date with her right there, you want to give her some days to get her wondering about you before giving her a call to set a definite date with her.

When she asks something like "why are you so forward?" you want to reply in the lines of "forward ever; backward never...remember?" with a smirk on your face. Not every woman would ask "why are you so forward?" But you get my point? You always want to be playful and confident.

Don't try to use some cheesy opening lines on her as she doesn't even care anyway and probably might have heard it a thousand times. When you say something that goes against your personality, a woman can see right through it and you'll look like a clown to her. You don't want to start off with her this way. So, be yourself and be smart fun. She will find that more charming and cute even when you say something dumb.

Let me tell you a story that shows how being smart fun and your-self works;

There was this night I went out alone without my buddies and decided not to drink anything. A particular girl kept approaching me with "why aren't you drinking man?". It got to a point she was ready to get me a drink and even force it down my throat.

My smart fun kicked in and I said "I know what you're trying to do" She was shocked and with a puzzled look on her face she asked "and that is?" and I said "you're trying to get me drunk and take advantage of me" she laughed and then said, "maybe" with a smile on face. This is how smart fun works. You know she's allowing herself into role playing in your vibes and you just allow it to play out. NO forcing it.

The higher her level of interest, the more she would make it easier for you to reach her.

You want women chasing you and not the other way round. So if she calls you and you are busy, finish up before taking her calls or replying her texts. You don't leave what you are doing to respond to a woman.

There are 3 psychology rules to attracting any woman you meet.

1. Let go of your desires
2. Demonstrate your value
3. Be Gone

When I say let go of your desires, I mean you shouldn't act as though you're trying to hit it off with her. Just hang out with her, talking and listening. The idea is to confuse her to wondering why you don't want her. Especially if you're not attractive or overweight etc.

The second part is demonstrating value. Other than women, what are you good at? What is your purpose? What do you excel at? Is it;

- Marketing?
- Sales?
- Writing?
- Business?
- Art?
- Music?
- Dancing?

You need to discover this yourself as this would give you confidence, value and even open doors for you in other areas of your life not just attracting women.

The third part is laying back and having her wonder about you. Don't call or texts, do nothing but lay back. If you did everything right she will contact you. But if she doesn't, give at least a week before calling. This would give her enough time to anticipate your call. However, there is a point you just disappear and move on. We would discuss that later down the pages.

Where to meet women

There is a right and wrong place to meet women depending on the type of woman you want. There are a lot of guys who would just want to have flings without attachments and then move on to the next. For such persons, the club and drinking bars are a perfect place to meet such women as most women who hang out in such places are there for the same purpose (to have a good time and move on with their lives). You want to appear with a body language that screams confidence. Walk with your chest out and head up. However, you must know these places are not the best places to find a woman if you are looking for a long term relationship. You don't want to have a party girl and drinker, trust me.

The best places you'll find women are weddings, church, mosque, through friends, malls, etc. These are a few places you'd find women for a long term relationship.

Meeting women, you want to look at how she's showing up. I have mentioned some things to look at for. Don't try to be invested in a woman who is showing no interest in you.

Dealing with the "NOs"

Everyone must not be attracted to you. To think every woman you meet out there will be attracted to you is just wishful thinking.

"Repetition is the mother of skill" In other words, the more you talk to women and get rejected the more you easily brush it off.

You would meet some women who are having a bad day or have been pissed off by their boyfriends or just a random stranger. You might say “hello, what is your name?” and she just snaps back with “can you just leave me alone you dick head!” You don’t take it personal but simply reply “I understand you’re having a bad day and can’t handle a healthy conversation and it’s OK. Do have a great time” and you move on to the next.

You don’t allow the responses from women or their reactions stop you from giving or living who you are. You are out there to make people happy, you leave them better than you met them. If you meet someone and they leave you feeling horrible than they met you, then you have failed in your purpose as a man.

Be you and give to the world that is who you are!

Dealing with insecurities

I want you to take what you read here seriously and apply them to your dating life. A lot of men are so insecure, they go ahead with whatever a woman says for the fear of losing her.

I have this friend whose girlfriend was seeing another guy, she was flip-flopping between my friend and the other guy. She would tell my friend she isn’t seeing the other guy anymore but her reactions and actions say otherwise. She would have photos of the other guy as her profile avatar and call him. My friend couldn’t just walk away because he was scared to lose her. I told my friend, if you continue like this, you’ll lose

her. What you fear most will be made manifest and which is losing her. The thing was, both of them were being insecure. The woman was being insecure as well as my friend.

If a woman can cheat on you now if when she says she loves you. What guarantee do you have she isn't going to cheat on you in the future? He was quiet. This woman was insecure and confused. And my friend wouldn't put his foot down and tell her what he wants. You should be able to lead as that is what you are created for. Don't be dragged along by your nose. You must learn to take these things seriously. If you're not OK with what a woman does or says, tell her. Not shouting or becoming controlling as those are ways a weak man uses to try to communicate with a woman. Google and read "The 10 commandments of self-confidence by Jonathan Melody"

It's time to put aside your insecurities and be a confident man.

The right Timing

When exactly is the right time to call a lady from the time she gave you her contact? First of all, in everything you do make sure you pay close attention to her interest level. If she gave you her number on Tue, you should wait for at least 48hrs (you don't want to wait for too long that she forgets meeting you) before attempting to call her. Most guys will call her right away. Remember you always want a woman to anticipate for your call. You want to set yourself apart from other guys who call

her immediately. You want to make her wonder about you. The more a woman thinks about you, the more her attraction for you increases.

Most times, if you did well to raise her level of attraction, she might be the one to call first because she can't just wait to see you again. If you call a woman you met, she should be able to remember your name. If she can't remember your name, then she must have a low attraction level for you (always go for women who have a high level of attraction for you).

You don't want to spend your time with someone who can't even remember your name when you remembers hers' You shouldn't describe how you met and the details. If you call and say "Hi Helen, this is David". If she doesn't remember David, let her be and tell her "Sorry, maybe I have the wrong number". Don't get fixated on one woman.

The more women you meet and interact with the better you become at meeting women.

YOUR FIRST DATE

Your first date with a lady will determine if you'll have another with her or your calls will go to voicemail. You want to set a definite date when you call a woman or when she calls you and says "I was hoping to hear from you earlier" (If a woman does this, her attraction level must be very high and you want to set a definite date with her). Don't go spending hours talking on the phone. 2 to 3mins is fine and then set a date. If she tries to tell you to call to confirm if she would be available, you tell her that you have a lot of things doing and if she can't set a definite date with you, then you guys can schedule some other time.

Your duty when you go on a date with a woman is to make her have fun, have a good time as this is how you raise her attraction level. You want to make her laugh and listen to her as a time will come you'll be tested if you listen and remembers what she tells you.

How To Kill The Approach Anxiety

The reason so many guys have the fear of approaching beautiful ladies is because of the response they might get. I am yet to see a guy who says a rejection was as bad as he imagined it to be (The truth is, no woman has the power or ability to reject you unless you hand it over to her because she doesn't even know you).

So, if you're scared or afraid to approach a woman, it's because you're expecting something from her. So, here is what you have to do, meet women without expecting nothing in return, no phone numbers, no sex, no thank you, nothing. Meet them because you just want to have fun and make them feel good. You can spot a woman from afar and approach her and just say "you got the most amazing straight legs I have seen in a long time" and just walk away without expecting her to say thank you or give her the opportunity to think you're trying to hit on her. In most cases, she will turn to wave and say thank you. The more you do this, the more your confidence in talking to women increases (repetition is the mother of skill).

If I told you that you are going to walk over and tell a beautiful woman that she has just won the lottery. And YOU get to hand her the big check for a million dollars, Wouldn't you be excited about that? Wouldn't that be COOL? You'd be thrilled to bring that joy and excitement into her life and be the one to go tell her. You'd be

positively motivated to go talk to her. And yet you're deathly afraid to go over and tell her how amazing her legs are? For real brother?

You're going to make it a point to go approach and pay one sincere compliment to 20 women you see. And that's it. No asking for phone numbers or dates. Just give away a compliment to every woman you see. And it's even better if you do this with women that you don't find attractive (you must always treat all women the same way)

Approaching becomes fun when you stop expecting something in return. You can't be REJECTED if you just keep giving away your energy and you get to realize you are giving yourself the authority to let others know what is attractive and good about them.

You are actually ADDING more personal power to your inner game bank account when you give yourself the right to recognize others. It's a strange side effect most guys think is contrary to the "giving away" of energy. But it really does work this way. The more you recognize others, the better you feel about yourself.

What To Say

A lot of guys get stuck after the formalities of "Hi" and all the pleasantries. Although I have outlined in the previous session to ask questions, you don't want her to think you're a private investigator. This is why understanding how to transition into a solid and engaging conversation is more important when you walk up to a woman.

So, instead of starting off with generic questions like “what’s your name” or “do you always come to this place”, make observations about her. It’s a direct way to engage her attention, and it conveys that you’re a perceptive person. It’s also an original way to approach. Remember that originality is one of the keys to making her “lower her guard.” Why? Because when you try to introduce yourself in a standard way, you invite a standard reaction from her. You want to be different from the other 20 guys who just approached her. You want her to think “This guy is kinda interesting, let me listen to him”

The next time you go out, I want you to try this;

“I noticed you from across the room because you’ve got this cool energy about you. You seem like a really confident, positive person.”

You want to make observations. This is to break the ice and when she responds, you already got your next move worked out.

Just make sure you stay away from close ended questions. Questions that require either a “YES” or a “NO”

You want to ask open-ended questions and make statements that encourage her to talk and share, because what builds the “bridge” between the two of you. So now, you’ve made this observation about her, that she has this great energy and she seems like a confident, positive person. In most cases, she’ll agree with you. (I haven’t met a woman yet who disagreed and told me, “no, I’m actually insecure and a negative person.”

For me, I will throw in another observation. Something in the lines of “I bet your friends are always coming to you for advice when they’ve got guy problems”. You want to make her feel like you know her. Making

observations like these, you seem perceptive to her. It seems like you “get” her, like you understand what she’s all about just by looking at her. So, you always want to use open ended questions to get her to talk more about herself.

One other thing you can do when you have built some rapport is to use what they call the cold read.

A good example of a Cold Read would be saying to a woman, “I can tell you’re a person who values her privacy, and it takes you a while to trust someone new because you’ve been hurt before by someone who was really close to you. But the people that do earn your trust, you would do anything for them.”

Now, this sounds smart and perceptive, like you totally “get” the type of person she is. But you’re saying something that applies to virtually every woman.

Another example is...

Instead of asking a woman “How was your day”

Ask “what was the best part of your day”. This allows her to get talk and sharing information with you. And all you have to do is be focused, listen and let her have a fun filled experience. Remember the feelings a woman leaves you with are what she associate you with.

Getting Her To Approach You

If you read this far, then I think you’re getting all prepared to get women t approach you. I want you to know that as the feeling of joy

can be created from afar, so can attraction be created from afar. Which is why; you must be Desirable, Presentable, amiable and ABLE. This entirely mean one thing: you must “have a life.” I will not allow my sister to date any guy who is a LOSER. I don’t think you will either.

So here are some things you need to get straight for women to start approaching you.

1. Have a purpose
2. Take care of yourself
3. Work on your mindset (whatever happens to you is a state of your mind)
4. Meditate daily and say good things about yourself
5. Develop your body language

Learn how to tell stories and be more descriptive than direct

I hope you found help with this guide. Now go out there and be the confident man you are meant to be.

www.jonathanmelody.com

If you have read this book and you really need some help integrating these concepts, or need some help to turn things around in your relationship fast or business, I also do one-on-one phone and Skype coaching on a first come first serve basis, as my schedule permits. You will find the information on how to reach me through phone and Skype coaching on my website at www.jonathanmelody.com/products. I am happy to help you, and help any others to find the power in their lives that I have found in mine. I salute you for having the courage to take your power back, and become the person you were meant to be.