

ESCAPE THE FRIEND-ZONE

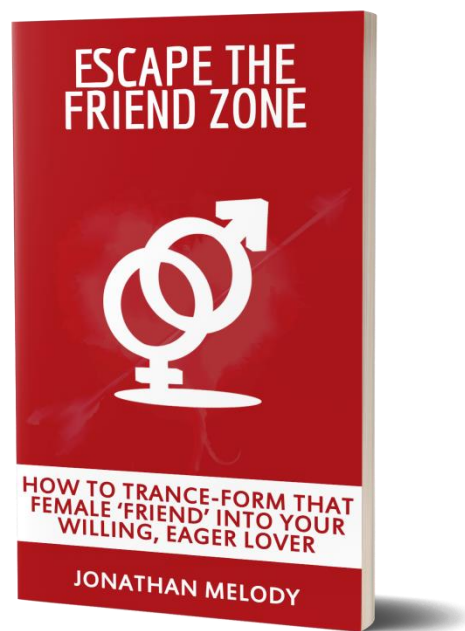


TABLE OF CONTENT

SESSION 1

INTRODUCTION

- Why I wrote this book
- How to get the most out of this book

REALITY

- Who should you get advice from
- Polarity and how it affects your relationship

UNDERSTANDING WOMEN

- It's not what she says
- Be fun and playful
- She wants to be in a story
- Why you must let her come and go as she please

DEFINING YOUR IDEAL WOMAN

- Make a list of the qualities you want in a woman
- Become the person you want her to be
- Don't fake who you are

THE CHASE

- Dealing with the "NOs"
- Dealing with insecurities
- The right Timing

YOUR FIRST DATE

- When to go for the kiss
- Know when to walk away

BE A MYSTERY

- It's not all about you
- When to say the "Love" word
- Beating the competition
- Compliments Versus Negging

COMMUNICATION

- Why she is going to test you
- Start listening
- The secret language of women

COMMITMENT

- The purpose of all relationships
- Take it slow
- Be her rock and she will be your joy

HYPERGAMY: The Cold Nature Of Women

SESSION 2

UNDERSTANDING WHO YOU ARE

- Man's greatest Test
- Positioning yourself as an attractive person
- Purpose Driven Man
- Be Centered
- Acknowledge Who You Are
- Escalating Sexually

WORDS OF WISDOM

- Do's and Don'ts

THE CUBE GAME

CONCLUSION

INTRODUCTION

This book is a guide for the modern man. The man society has been made to act a certain way. The continually evolving man. The man who is struggling to set his path straight dealing with women.

The man who has become spontaneous and spiritually alive and just want to love his woman, not in the old fashioned style and still command respect from his woman. No, this evolving man doesn't want to be a new age wimp but a strong confident man who want nothing but to ravish his woman and be fearless in doing so.

He's ready to give his gifts of love freely and be irresistible to his woman. He's able to dive deep into his masculine and feminine side and strike a balance. The man a lady can depend on, for he becomes her rock and her, his joy.

He understands that women are emotional beings and it isn't what she says but what she does. Her actions are more important than her words and no matter what, he still shows her love.

In the beginning of creation, a man was created and a woman was made just for him. Oh, what a relief it would have been if it were the case for all men, a woman created solely for a man.

He doesn't have to worry she's going to walk out the door someday and leave him shattered no matter how weak he becomes. She can't walk from him because he is the only one for her. But, that would be drowning in the fantasy world if we think that way.

In the early days of mankind, women were submissive and totally in their feminine and men totally in their masculine. He does what he desires regardless of the opposition from his woman.

He is not moved by what she does. He pursues his purpose ardently. He leads and she ¹follows. But, things started having a turn of roles as man evolved.

Women are becoming more masculine than they are feminine. Men are becoming weaklings, submitting to every desire of a woman even when it hurts their purpose. Men are becoming pleasers than they should be leaders. The perfect MR. NICE GUY. That's what he's now referred to.

This is not what a woman wants. Society made it so and it has to stop. A lady wants a man she can't have her way with. A man who she can't sway from his purpose no matter what she does. He knows what he wants and if left with a choice, chooses his purpose over a woman.

Be honest, something is obviously not working right. The reason you picked up this book. Women want a man who understands how attraction works.

A man she doesn't need to act a certain way to be loving but love her as is. A lot of guys out there don't understand women. It's as if women speak a foreign language, one that can't be translated or understood.

More than just a clue, this book will point you in the right direction and you'll learn how attraction works, why women tend to be attracted to jerks and end up blowing off the nice guys. This is like a manual that would take you step by step and sharpen your dating skills, relationship skills and communication skills.

This guide will lift off the cloudy haze and you'll see right into a woman's thought. Why she acts the way she does. You'll know women you need to spend your energy and time on and those who aren't worth your time.

You'll get to understand that focusing on your purpose and mission will draw women to you even as you do everything right to keep her attraction level high.¹

Some of the things you'll learn will be contrary to what you have always known or think is right. But if you want to meet the woman of your dreams and keep her interest level high or make your woman fall back in love with you, then this guide is what you need.

Regardless of where you're from, these principles remain the same becoming centred and acting confident and thus, attracting or keeping a woman's interest level high.

Regardless of background or environment, women and men respond emotionally to same things. As Corey Wayne Will say, you need to continually identify the attraction level of a woman during the course of your relationship. From the point you meet her into the 10-30 years both of you will spend together.

Success with women starts even before you approach them. This guide will tell you, women, who are dying for you to approach them and receive all of your masculine essences. With this guide, you'll start succeeding with women like never before.

WHY I WROTE THIS BOOK

I want you to take a close look at the questions below

- Have you ever asked yourself why the women you want never want you back?
- Have you ever seem to do all a woman ask of you only for her to dump you for another man?
- Have you ever wondered why women run after the guy who seems not to care about her?
- Have you ever felt as though a woman you like keeps taking you for a run around?
- Have you ever had a girl you have a romantic interest in telling you "Let's just be friends or let's take it slow or I'm not just ready for a relationship or it's not about you but me"?

- Has your girlfriend ever told you “Let’s take a break or I need space or I am confused” just when you thought all was fine?
- Is there a friend you want to become your lover but don’t know how to go about making her your lover?
- Do you find your woman always nagging and bitchy and don’t seem to be happy?
- Have you ever wondered why the lady who always give in to sex suddenly starts telling you “I am not in the mood”?

- Is your girlfriend/wife withdrawing and when you ask her what’s wrong, she tells you everything is fine?
- Has your woman ever told you “you don’t listen to me”?
- Have you ever felt it’s impossible to understand or it takes some unique powers to understand women?
- Have you ever had a woman cancel a date on you and still tell you she really wants to see you? And this left you confused?
- Have you ever thought women a generally bitches and don’t know what they want?
- Have you ever thought the only way to win a woman’s heart is through money?
- Have you ever wondered why a woman gives you her number only for her not to pick up the phone when you call?

- Have you ever seen a lady attached to an ugly guy and you wonder what is special about him?

This book is written for the guys who are too shy to approach a woman and get to her front door and given the opportunity to increase her attraction level or already friend-zoned and want to get out. It is for the guys who were able to get the first date and left confused because they were never given another opportunity and pushed into the dreaded friend-zone

This is for the guys who were left confused by the actions of the woman they have been spending time with. She's no longer excited whenever he comes around her. She's become distant and withdrawing.

It is for the guys who have lost the touch with their woman and she has become bitchy. No longer the loving woman they knew. She's no longer eager to spend time with them.

It's for the guys who want the spark back into their relationships and have their woman look at them with those sparkling eyes filled with desire just for them.

I'll tell you my story and how I used to be one of these guys;

I remember during my early days in high school. I had a crush on a girl, she was and still is beautiful. She was admired by all.

I could see she likes me but I was too shy or should I say scared to tell her how I felt about her? I find myself doing nice things just to be close

to her and couldn't just tell her she was awesome. Anyways, I lost her to another guy.

This continued through my years in high school (NO, I'm a cute and intelligent guy, so far from it). I see girls I am interested in being taken by other guys just because I wasn't confident enough to tell them how I felt about them.

Yes, I had other girls who were ready to do anything to have a relationship with me. But then I wasn't interested in them. The ones I had an interest in were lost to other guys and those I had no interest in were the ones ready to facilitate a relationship.

This circle continued all through my high school to my early days in college. I had this girl all over me but I never wanted her. I remember saying to myself "right, another one I don't want" Then, I knew it was time to do something about it.

That's when I met grace (not her real name). I became quickly infatuated with her, I began planning how our future will look like. I had thought we had a connection as she was very responsive (the more you think about how the future will look like with a woman, the less you're likely to be in it). Grace was good at cooking and awesome in bed.

I thought to myself "she definitely is the one" lol. I write grace notes, send her romantic messages. Tell her how much I love her at every slightest opportunity I got. And there came a day we were to go have some fun at the beach. It was time and she wasn't present.

I called her the first time, second, third, fourth. She wasn't picking up my calls. I became worried and paranoid and kept calling and calling till she eventually picked and told me she would see me the next day

(never call a woman more than twice. She definitely would see your missed calls and if she wants to speak to you, she would call you).

Grace showed up the next day and told me we can't go on with the relationship anymore. I wanted to know why but she couldn't give me a reason. All she could say was "You're a NICE GUY" And even as she left, I went with her into the rain and kept begging her to not leave (Never beg a woman to stay with you as it gives her more reason to not stay with you). I was actually affirming her decision of leaving me without me knowing it lol.

I remember her telling me it wasn't about me but her, that I am a nice guy (she was only trying to be nice, guys. She doesn't want to tell it to my face that I am a fucked up dude). I wanted to convince and reason with her why she shouldn't end the relationship (you can't change a woman's mind; you can only influence it).

The more I kept following her, the more she became irritated by my presence. Our relationship had only lasted 3 months. I was already planning how we would take care of our kids... hahaha. It actually makes me chuckle when I think about those times.

It wasn't easy to deal with as it was close to my 2nd-semester exams. I wrote my exams anyway and miraculously, my grades were impressing. After my exams, I started making research, reading all form of books about relationships. I wanted to know why a woman would say she can't go on with me despite how well I treated her. After some months of no contact, she started reaching out but I had moved on.

It wasn't too long when I met Mary...At the on-set Mary was giving reasons why she never wanted a relationship at that point of her life,

She would pick my calls when she likes, rarely replies to my messages. But I would call her, just to see her, be romantic on the phone, send her love texts and then I stopped.

No more calls, texts, nothing, I withdrew. This was something I did right and never knew (women are more attracted to men whose feelings are unclear). My sudden withdrawal had made her wonder what suddenly had happened. Did she do something wrong? When a woman starts thinking about you, her attraction for you starts growing. At this point, I was also speaking to other women but not necessarily romantically, I just kept women around me (This made me not to be fixated on Mary).

And she started chasing (I had flipped the coin). Sending messages and calling. It got to a time I told her I can't take night calls anymore (me who always initiated night calls?). The more I withdrew the more she pursued. It got to a point, she eventually gave up (When a woman tries to reach out to you and you don't facilitate meeting with her, she gives up on you).

Over the years I have been with quite a number of women. When I was 23 years old, during my industrial training. I met a lady at a restaurant I went to have my launch. I knew immediately that she was interested. The way she looked at me, how she moved her body.

The old me wouldn't have noticed these or would be too scared to make a move. But there's the new me. I approached her, started a conversation with her, I learnt her sister was one of the patients in the hospital I was having my training at that time. Her name is Susan (not her real name).

Took her number. All of these lasted, maybe 5-10 mins. I called Susan up for the weekend and she showed up in my apartment. After a brief chat, the space between us got heated and I went for the kiss. She returned it passionately. This happened on a Saturday.

I resumed work on Monday morning. That was when Susan's call came in. Telling me not to do what I did the other day "Kissing her". Right there, I told her never to call me to say such words (never apologize to a woman for wanting her). This was something I did right without knowing. Most guys would start acting nice and saying sorry and how it would never happen again. A strong woman wants a man who knows what he wants and goes for it regardless of what society says or what she says.

I dated a couple of women and then I met this lady. Beautiful and fair with the eyes of a fish. I was drawn to her immediately. I wanted to own her to myself. But I learnt later, she had a boyfriend. I was devastated.

Another woman I so desire, already taken. It was like a pattern was repeating it self'. I stayed off dating and was just hanging out with women when I finally met Rachael.

I was enamoured by her, she just swept me off my feet. But I wasn't going to let my cards out yet. I had been with a couple of women and wasn't so concerned about yet another beautiful woman but she just took my breath away.

We started dating and I could remember how at the early stages of our dating she did 90% of the chasing. She calls so often. She could call 5times daily (I was being a mystery).

She couldn't understand why I wasn't aggressive in pursuing her even when I say I'm interested in her (remember women are attracted to men whose feelings are unclear).

This continued for the next 6 months. And then it got to a point she started complaining that I don't call her blah blah blah. That was when I started calling her at least twice daily.

Everything was fine from the on set and when I thought all was going fine. She started withdrawing, telling me all sort of lame excuses why she missed my calls and couldn't call back. I would call her and she would tell me she will call back and never does, she started asking me for space.

It was so confusing and devastating. This was someone who couldn't go a day without calling me? She can now go days without hearing from me.

What actually happened was that I began to chase too much, I became too available, bending to all of her needs. But I thought I had figured out women I said to myself.

What I never knew at that time was that, chasing women guarantees rejection. Sometimes a woman would test you by demanding certain things or acting in a certain way to see how strong and centred you are.

HOW TO GET THE MOST OUT OF THIS BOOK

When this started happening I had to go back to all the books and resources I had gathered and I found out there were lots of information I had over looked.

I picked what I thought was OK and went with that. I had almost lost the one that had enamoured me. It took me close to 6 months to get her back to chasing.

Although I was still making some mistakes. This is something you'd experience while putting to practice all that you'll learn from this guide. And that is why it is advisable you read this book over and over again. Come back to it when you think you've had it figured out. Read it up to 20 times. Let it become a part of you that you can actually give a lecture on it. Two books I had learnt a lot from about understanding women are "how to be a 3% man" By Corey Wayne and "ways of the superior man" By David Deida. Awesome books. I will advise you also go through those books.

I noticed that I had started operating from a place of fear with Rachael. I never wanted to lose her so I succumbed to her requests and almost chased her out of my life. In life, what you fear tend to manifest and what you stand up to starts to dissipate.

I began to take what she says with a grain of salt. I refused to be thrown off balance by her tantrums. It wasn't easy. But I had to learn and master this. Which you'd learn how to do later in this book. This is very important if you want to keep the woman of your dreams attracted to you.

When you start putting to practice what you learn from this book. You'll discover what an amazingly strong man you can be and how the aura around you will scream out confidence.

If there is something I still noticed, is how females glance at me when I walk past them. I walk with my chest out and yes I use the gym and have built some muscles. Oh yes, you need to take care of your body as your body language plays a role in attracting the opposite sex.

I am not trying to make you who you're not. This is who you are, Your natural essence. All I am going to do is help you manifest that which is already inside you.

I want you to enjoy the information you'd find in the following pages. I sort for knowledge when I was confused. Gathered as much as I could and I have applied many and whatever I share with you I have practised myself, You'll get to know what works and what hasn't.

When you complete this book, go over it again and again and again. Until it becomes a part of you. Don't read this book and settle. This information should guide you to be with that woman that sweeps you off your feet and own her heart.

REALITY

I have dated many beautiful women and all contributed to who I am today. I stated earlier how I was so unsuccessful with women. I did so many things wrong. I made a lot of mistakes while trying to perfect the art of understanding women. And I have come to the understanding that a woman who likes and wants to be with you will put herself in your orbit.

A woman wants to receive all of a man. She wants to be penetrated by his love in all aspect. Emotionally, physically, spiritually, etc. A woman is meant to receive and it is the job of the man to give all of his to her.

Women don't want to teach you how you should act around or treat them. They just want you to know. There's this one woman who changed the story for me (from a wimp to the confident man I am today). I have told you guys a little about her remember? Rachael?

When I started dating her, I was still talking to other women. Yes, I love talking to women and like having them around me. And I wasn't fixated on her. I was ready to lose her and it wouldn't bother me. I had these women around why get fixated. And she knew I was talking to other women but I treated her special (This is common sense, you don't want to rub it on her face that you have other women in your circle).

Women, love a man more when other women compete for him.

However, this didn't stop her from calling 5 times a day. This actually contributed to her chasing me! (women are more attracted to men who are wanted by other women). Women love competition. I'm not saying you should cheat if you are in a committed relationship. But you want to keep talking to other females and have your social skills polished.

Until a woman brings up the topic of commitment you want to continue dating other women.

Never try to project your feelings on to a woman. You will get rejected and your ego deflated.

You want to be mysterious, you don't want to lay your cards open but keep them to yourself. One of the best ways to do this is to be

genuinely interested in who the woman is and ask her questions. (I'm not saying you should start interrogating her). There is a right and wrong way to doing this.

I remember calling her up one Saturday evening and the next thing I heard was "what?". At that point, I just hung up on her and went about my thing.

I wouldn't allow a woman treat me with some fucked up attitude. A few minutes later, she started calling. I refused to pick up her call. This caused her to call more and sending texts apologizing for acting the way she did. She was angry I didn't call her all day. Well, I wasn't going to take that shit I told her. Women want a man who can stand up to her and put her in her place, a confident man, a man who is a challenge. She doesn't want a man she can have her way with. At this point, I was doing everything right and she kept chasing me.

You don't want a woman to be too sure of you. The moment she does, her attraction level starts dropping. Eventually, I became complacent, I thought I had her already.

The table started turning. I began to comply with whatever she wants. I stopped taking control and following whatever she wants just to please her. My true nature was fading away. (you want to always be the leader in the relationship).

Women don't want to lead but follow. I would leave what I wanted to do just to be with her and yet I wasn't feeling the excitement in her. Her attraction was hanging by a thread. I became weak and off centred that I almost lost her.

So many guys would think it's about the money or a pretty face. But no, it's about the confidence a guy exudes that gets women attracted to him. I want you to google "the 10 commandments of self-confidence Jonathan melody" and read that article.

Who should you get advice from?

Did I just hear you say "women"? I know many guys would think the best person to take advice from about women is a woman. Well, I am not sorry to burst your bubbles man.

A woman is the last person you want to take advice from about how to understand women. You know why? Women don't even understand themselves. The average woman doesn't know what she responds to.

Try to ask a woman for advice why your girlfriend or wife is acting silly and you will hear things like; "maybe she is on her period", "maybe she is not feeling too well", "maybe she is just not in a good mood". Few will tell it to your face that she is losing attraction for you.

This is because men have so trained women to sympathise with them. They don't want you to start feeling bad. So, to contain your mood, they will tell you just what you want to hear.

Don't even be tempted to ask your friends how to deal with women unless they are having an amazing relationship. You don't want to take advice from someone who is in a constant battle with his significant other.

You should be taking advice from people you know are having a great understanding about women or are having the kind of relationship you

wish to have. Over the years I have gone through a lot to get where I am today. Hence, whatever I teach works if you're willing and open to apply them.

One thing most guys don't know is that you go into a relationship with the singular mindset of giving. If you're giving and not receiving or are not being treated the way you want to be treated, you communicate it to the other person and if they can't still treat you as you want, that's when you must decide what you can tolerate and what you can't.

So, when your soul doesn't align with another, you just send them love and move on. You mustn't think you are meant to marry the first woman you fall in love with. You have to realize that every relationship gives you the opportunity to discover yourself, to help you grow into the man you're capable of becoming.

POLARITY AND HOW IT AFFECTS YOUR RELATIONSHIP

So many people are having diverse issues in their relationships and don't seem to figure out what is going on. Polarity has a vital role to play when it comes to how long a relationship lasts and how happy couples will be.

There's a lady I dated in my early 20's. chubby, Confident and beautiful. However, the relationship lasted for just 3weeks! Why you ask? This lady was totally in her masculine. She wanted things her way, giving directions and dictating what to do and what not to do.

I am in my masculine and this led to many conflicts. I couldn't take it in, I was choking on her bossy personality. I later found out that she had dated mostly men 10 years plus older than her prior to me and was always in control.

This book is going to teach you how to be totally in your masculine and for that you should be looking out for women who are totally in their feminine. A man who is half way into his masculine and half way into his feminine will most likely attract women who are mostly in their masculine.

This is why weak guys end up with strong women and get their hearts broken. A woman can only take weakness from a guy who has marks in the looks and words. But will still end up cheating on him because she will find his weakness unattractive and will try to look for a confident male.

You must realize that a woman is in a constant search for confident male. Someone, she can't have her way with. Someone who is able to put her in her place when she messes up. This is why you must take whatever I tell you in this guide seriously and apply what I tell you.

UNDERSTANDING WOMEN

Women are not as complicated as it is being painted. What I have come to notice is that men tend to project how they feel about a woman on to her, blinding his sense of observation and knowing and judgement. This is why a woman breaks up with a man and he's like "how?" everything was just fine, he would say. But truth is he wasn't listening.

Never treat a woman you want to be involved with romantically like you would treat a platonic friend. If you do, she would friend-zone you.

It's not what she says

I know you might be saying “but I listen to her, I ask her to tell me what the problem is”. You see, a woman will not put it straight to you in words. She expects you to figure it out yourself. When a woman says I am fine, watch her body language. What does it say? 99% of the time she isn't fine. This is why you must work on your communication skills (more on this later).

If a woman cancels a date on you at the peak time and she says she'd love to see you. That's BS man. If truly she wanted to see you, she would have shown up. A woman can deny every other thing just to spend time with a man she is attracted to.

When a woman starts pulling away, you might have done something off. Probably you have over pursued. At this point, she is expecting you to pursue her some more. But you don't! You stand your ground and let her come back to you. Women want to come and go as they please and they don't want you or no one interfering with that (more on this soon).

It is very important not to be clouded by the thoughts of how much you love her and delude yourself from reality. You must continually watch for a woman attraction level for you.

When a woman wants a man, she wants to be with him always, she will call 3 to 5 times daily (it's her way of saying I miss you and want you to

facilitate us getting together again), she will test you less, she will put herself in your orbit, she will talk to you about her problems because she trust and have confidence in you, she wants to touch and be close to you.

You must always watch out for the signs and not what she is saying. When a woman's emotions are invested in you. She can't help but want to have you in her orbit.

Be fun and playful

The best way to open up a woman and have her relaxed around you is through humour. You don't want to take everything personal. Be indifferent to her silliness and have a come back with humour.

Most times, a woman will just test you to see her you react to certain situations. You don't want to throw a fist at her because she's getting under your skin. When a woman says don't touch me! Instead of getting angry that she's rejecting you, you have a come back by telling her "is my touch having that much effect on you?" You always want to appear more confident.

Not shaken by her tantrums. However, you must know your limits, especially if you just met the woman. You don't want to appear too needy or pushy. Always try to apply the push and pull principle.

This doesn't mean you should take whatever a woman says to you. Learn to put her in her place when she over steps. Sometimes a woman would test to know how far they can go to push you away. You have to give her that feeling that if she pushes you too much, you'll simply walk away.

Also, you don't want to be too playful and appear like an unserious person who can't be taken seriously. Strike a balance. Know when to stop. When a woman wouldn't return to her playful self no matter what you do to make her open up, you simply let her be. You have done your best. When she's more relaxed, she will have a run at you.

She wants to be in a story

Men are visual beings. A man can fall in love with a woman the moment he sees her. Her shape, her eyes, her smile, her beauty. For a woman, it is a different game! Why do you think women love romance novels and movies or soap opera or Telemundo or zee world?

A woman is looking for her prince charming, she meets him in an adventure, he sweeps her off her feet, writes her notes, buys her flowers (never do all of these until a woman is head over heels in love with you).

Falling in love for a woman is a slow process. A lot of men want it to happen so quickly that they end up chasing the woman away. She also wants to be involved in the chase. She wants to know that she earned

your love. You want to come off as a challenge to a woman and not easily accessed.

A man will think because he took her out and bought her dinner, he already has the pass to her pants. No! It's different for a woman. She looks at how you held the door for her, how you listened and remembered what she told you on the previous date, how you were focused on her even when another lady was giving you all the signs, how you made her laugh, how you talked passionately.

To each little thing you do, she assigns a point. You have to engage her emotions first. This is why you have to give a woman enough room to come to you and go when she pleases.

Why you must let her come and go as she please

Corey will always say women are like cats, they come and go as they please. When they want to go you must let them. Like I said earlier, a woman also wants to chase a man and you have to give her reasons to chase. A woman is constantly looking for the best man out there. You have to give her enough time/space to wonder about you.

A cat will back off when you become too aggressive. Sometimes, it is the one who doesn't even want them they end up laying on his feet.

There's a lady I dated for a year. She was sweet, always wanted to be around me as I gave her enough space to think about what I was up to. There was this day, she came up to me telling me we can't see anymore and she left.

I didn't say a word when she did this but kept calm. It wasn't long, she came back in, asking me "you're not crying?" I was like "what?" You decided to change the terms of the relationship. Why should I fuse about that? It's your choice. Women will try to test your strength by walking away.

You must let them walk when they do this. Women bluff by testing a man and know how he'll react. For most men, this is when they will start pleading and buying flowers.

The more you do this, the more you're helping her affirm her decision of walking away. Even if you can't live without a woman (which I don't know why you can't), you must give a woman the illusion of losing you if she pushed you too hard with her tantrums.

The moment you start begging a woman to be with you, she starts getting scared (I mean it becomes scary to her). Begging is weak and this you mustn't do. When a woman decides to change the terms of your relationship, you simply let her walk away and leave the door open by telling her to call you should she change her mind. And never pursue them no matter what.

DEFINING YOUR IDEAL WOMAN

We tend to attract those who are most likely to be like us. This is why you must define who your ideal woman is and not settle for less. The woman you want to be with should be able to take your breath away. You don't want to stand on the fence, deciding if or if not a woman is suitable for you because you already have it all written down.

Make a list of the qualities you want in a woman

You have to make a list of the qualities you want in a woman. This will help you separate the one you want from the one you don't want. So many marriages have failed not because they were not good people, but because they turned out to be who they don't want.

You don't want to go into a relationship because a woman is good in bed or can cook the best meal. You want to define what makes the person when all the physical qualities are out of the way. Do you still want to be in same room with them?

So many men have ended up with women they ought not to because of a scarcity mindset. This is one of the reasons why there are so many divorces today. Hence, you have to make an effort to write down what you want to see in the woman you want to be with.

If you can write it down, you start thinking and focusing on those qualities and the more you do this, the more you start attracting this woman you have in your sub-conscious.

Become the person you want her to be

If you have written down the qualities you want to see in a woman. Now is the time to start acting accordingly. Become that person. You want someone who gives, start giving, you want someone who is honest, start becoming honest.

Become that person you want the other person to be. Nature has a way of bringing those who fit so well into our lives. If you want great, be great yourself.

Don't fake who you are

Just because I said you should become who you want to attract. Then you must fake yourself just to have the other person. No! If you fake who you are, a time will come that the real you will surface and you won't be able to keep up the way you appeared when you attracted the other person. You'll appear inconsistent with who you are.

Discover the real you and own it and develop on it. You're masculine by birth and by right you should be a strong male and not a wussy women push around. It is easier to attract and re-attract a woman with the real you than a faked you.

It's not all about you

Your sole purpose as a man is to give to others. You must always come from a place of giving. However, not only in your relationships, not all people will accept you and you must not take it personal as I have stated earlier.

There are women who would love every little thing you do and there are others who no matter the amount of teasing, jokes, etc. will make them like you. Once again, you must not take it personal.

If you're with someone and you keep giving and giving and they are not giving back the way you want them, you simply tell them and if they continue in their former act, then you have to make a choice to tolerate or move on and find another person. No one is going to treat you in a way you don't allow them to.

You have to understand that women who like and are attracted to you will make things easy for you. Attraction is not a choice.

When to say the "Love" word

A lot of guys tend to project their attraction level on to a woman and from the first date, they are already saying "I love you". A woman will just look at you and be wondering "I don't even know this guy and he's already saying he loves me" Some guys just want it to come to completion so quickly because men are visual beings. They fall in love with what they see. But it is a different game for women. Women fall in love slowly than men do.

You want to take your time with her and be focused on making her have a great time and when she's at that point she will say the words "I love you" Some women might have a hard time saying these words and that's where you need to pay attention to her actions. She starts calling and texting you frequently she misses you, she can't wait to see you etc.

You want a woman to say those words first. However, if you have been going out for a while and you can see all the signs, it's OK to say them (99% of the time a woman who is showing all the signs will say the

words first). You can't help but feel it when a woman is showering her love and affection on you.

Beating the competition

Knowing what I teach in this guide and applying it automatically places you ahead of every other guy out there and if you're single and reading this. Then you are way ahead of the game.

Women wouldn't tell you they need a confident man or a man they can't have their way with. They expect you to already know these things. So when you meet a woman, you know you have to always watch out for her attraction level. You know when to back off and don't appear needy even when she is pulling away.

You know that no matter what a woman does, it shouldn't shake you off your centre. You know women test to bluff. You don't want to take things personal as you know women are emotional beings, she can tell you she loves you 10mins ago and tells you later she hates you. Women are always at the moment. You always want to use humour to open her up and make her relax.

Women who are in their feminine are looking for a man who is totally in his masculine. They don't want to teach you how to be a man. So you have to own your essence as women can't help but respond to a guy who is strong, confident and centred.

You always want to be a mystery, be spontaneous and you don't want to play all the lovey dovey the typical guy does not until her emotions are engaged. And you want to be an interesting man who engages in

doing interesting things. Google “Want to become an interesting man? Here’s how Jonathan Melody”

If you find a woman slowing things down, you shouldn’t see it as rejection but a necessary delay in the seduction process. Women want a man who understands how attraction works (back off when she resists and take a run at her later).

Be playful when a woman throws her tests at you. NEVER TAKE WHAT SHE SAYS PERSONAL.

Compliments Versus Negging

Lay it on thick and she’ll think you’re cheesy and fake. Don’t compliment her at all, and she’ll probably misunderstand your intentions and feel you’re simply not interested. When handing out compliments to a woman you’re interested in, use them carefully as they’re powerful weapons when yielded properly, but if not, they can quickly backfire.

Your compliments need to be genuine. Don’t compliment her on how beautiful her eyes are if she’s wearing 3-inch glasses that make it impossible to really see her eyes. Don’t tell her that you love her style, because, she’ll question your sexuality.

Be genuine. If you like her hair, say so. But only if you truly like it. If you only issue compliments that are real, you’ll eliminate any chance of saying something inaccurate, or making her feel awkward. Women are their hardest critics and the last thing you want to do is emphasize a flaw she’s been trying to hide all night.

Negging on the other hand, is when you use backhand compliments to take a woman down a peg (or two). It's not insulting, it's gentle teasing but highlighting a potential flaw that will take her down to your playing field, so she gives up the game of being "better than you".

Be careful with negging. It works extremely well on women who think they're a notch above a Greek Goddess, but you never want to outright insult her either, otherwise you'll stand little chance of carrying on a conversation longer than a few minutes.

Negging should always make you both feel at ease, and break the ice with a laugh and not used to leave her running off to the ladies room in tears.

COMMUNICATION

Men and women communicate differently. And because men want to appear superior, tend to approach communication the wrong way and make things worse when trying to make things better.

Women are emotional beings and trying to use arguments to settle issues will never work. Never argue with a woman because you'll never win.

The best approach calming a tensed atmosphere is with humour. When you notice your woman is acting up and you ask her what the problem is, she would say "fine" NO bro she's isn't fine. A lot of guys would

respond with OK and go about business as usual and this is wrong. But she said she's fine! I know.

It is your duty as a man to open up your woman and if you don't, then you have failed as a man.

When a woman says she's fine and you know something must be wrong, you make it a duty to find out what exactly is the problem. What I usually do is use playful banter, I can go close to her and say "do you need me to pinch your nipples before you talk to me?" She might respond with I am not talking to you and I will say "so what's wrong with you?" She might go ahead and say leave me alone.

This is all a test. She wants to know how much you love her. How much you care to find out what is bothering her. I tell her, well I am not going anywhere without you telling me what the problem is. She might say "you haven't sent me good morning tests this week!"

This might sound trivial to you but to her, it's very important. Most guys would just say "sorry". NO man! She wants to be sure you understand and share in how she feels. So instead, you ask her how that made her feel. She might say; I feel unloved and unhappy.

98% of a woman's unhappiness is as a result of emotional issues. So you want to talk to her (Listen to her feelings) and reply by repeating what she has told you. OH, baby so you feel lonely and unloved because I didn't send a text for a whole week! I am sorry honey, I was so engrossed with work that I forgot to tell my precious how much she means to me, I will do better.

She wants to hear these things and she should feel better and more open to receiving your love. If you refuse to do this, she will start

closing up and will start testing you more and more. However, if after doing all of these and she still refuses to respond, Let her be. You have done your part. Until she takes a run at you, you want to give her some space.

Remember your job is to find out what's going on as you want to be a leader, you want a drama free life.

Why she is going to test you

The more you start failing in your duties as a man and a leader, the more your lady is going to test your strength. When you stop being the fun, strong and mysterious person she fell in love with, she is going to put up barriers so you can step up your game. As a man, you must know that the dating process continues till death do you part. So if you have been with her for 2 weeks or 20years, you want to continue doing the things that got her attracted to you.

The moment you start falling into the pit of complacency, your lady will start shutting down. When you start doing all she asks, you no longer stand up to her, you go along with whatever she wants. Your lady will start doubting your masculine core and start testing you.

You don't have to fret but take it as her way of communicating to you to step back up and be the man she is in love with. Whatever she throws at you shouldn't sway you off your centre, because she is going to throw a lot of things the moment she notices weakness on your part.

The more you act weak, the more she is going to test you. So when you screw up and she brings up something that happens long ago, that's her

way of saying you're hurting me like you did the last time. You mustn't take it personal.

Women are emotional beings and live in the moment. And your job is to bring her back to the point where she feels good again using the communication technique discussed earlier.

Never lose your emotional centre no matter what she throws at you. Google "how to maintain your emotional centre as a man and avoid relationship drama, Jonathan Melody"

Start listening

Women solve their issues through talking. 99% of women have others, not their SO (Significant Other) as their closest friend who they can tell anything and when you ask men they say their SO is their closest friend. A woman leaves a relationship and the man starts wondering what went wrong, all was just fine he would say. A lot of men are so concerned about how they feel that they pay no attention to their woman.

Before a woman walks out of a relationship, she must have been telling you through her actions that you're acting weak. You've stopped being a man that you use to be. She says you don't call her anymore, you don't spend time with her.

But you keep doing what you do, you don't pay attention, you invalidate how she feels and you know she's an emotional being. So it's like a time bomb! It just gets to a point that she can't just take it anymore and she walks out.

A woman can tell you she loves you 5mins ago and tells you she hates you now. That's just how she feels in the present and it's your duty to open her up as said earlier. You need to use humour and understanding to get her back to her feminine.

The secret language of women

When it comes to communication, men are straight forward. When they say come, go, sit, etc. that is exactly what they mean. For a woman, it's a different game. This is why you must watch and take a woman's actions more seriously than her words.

A woman would say words just to make your feel good and not be mad at her. So when you walk up to a woman and ask for her number and she tells you she really doesn't give strangers her phone number but you can leave her your card. It's a different way of telling you she isn't interested. Remember a woman who is interested will make it easy for you to gain access to her as she is built to receive you as a man. She doesn't want to come out straight and tell that to you but just wants you to figure it out as men have trained women to behave this way by how most guys react to rejection.

You want to pay more attention to the actions behind her responses. That is the bottom line. That is what she is trying to communicate to you.

COMMITMENT

So many guys take a girl out once or twice and think they already have a romantic relationship with her and start acting as though they are married to her. Even when a girl straps on the Olympic clothes with you under the sheaths, it doesn't automatically translate to a committed relationship.

Many guys will transform from the alpha guy she fell for to Mr Nice guy she would soon reject, they start buying flowers, calling 5 times a day, start keeping tracks of her moves, start paying her bills, talking about marriage and how your kids will look like.

Do things like these when you know she is completely in love with you. If you do these things too early, she will find you weak and move on to someone strong that she has to work to earn his love (Ever wondered why women fall for the jerks?).

The thing is until a woman starts to bring up the topics of commitment and marriage, you shouldn't bring them up. She ought to be the emotional one, remember? The more you talk about your future with a lady the less you're likely to be in it. All you need to do is keep making her have a good time.

She will bring up the topic of commitment and marriage the moment she is ready. She will start asking questions like "Where is this relationship headed?" "When are we getting married?" "When am I meeting with your mom?" "Hope you're not seeing any other person?". This is her way of telling you "I want to be exclusive with you". You don't want to be all Lovey Dovey and committed to one woman until she has shown signs of commitment.

The purpose of all relationships

You are going into a relationship to give. If you're not ready to give, you just need to get a hooker and have a transactional relationship for the purpose of releasing. But if you want someone who would love you, care for you, share with you, etc. You, need to prepare your mind that you must continually give to her and must be all of you.

Whatever you start giving a woman at the beginning is what you must continue giving her. I mean the way you treated her at first to make her fall in love with you is how you must continue treating her. Because she will continue to expect the things that made her fall in love with you.

This includes business relationships. You must be focused on giving. The reason we experience pain and neglect is that we focus solely on ourselves, selfishness. When you start thinking about yourself so much, you become too expectant. You expect others to act and behave a certain way and when they fail, you're disappointed. Give and expect nothing in return. A lot of guys want to go into relationship because they think there is something they lack and the other person can provide it.

This is a wrong mindset. You should go into a relationship with the mindset of improving her. How can I make her achieve her goals? What can I do to make her life better? What value can I add to her? You shouldn't go into a relationship if you are not thinking this way because you will end up disappointed.

Take it slow

You must take your time when trying to make a woman fall in love with you. Don't expect too much too soon. Making her fall in love is like making love to her. You engage her emotions, caress her, withdraw, kiss her, whisper into her ears, withdraw, etc. You have to warm her up.

A man sees a woman and he is all warmed up and ready to get inside her to a completion. It's totally different for a woman. Every step counts, 2 steps forward, one step back. You want her to keep anticipating for more of you. Women fall in love slowly.

This is not like you baking a cake that you have to go check it out every minute if it's cooked! Let her come to you at her own pace. All you have to do is make her have a good time. Know when to back off and when to pursue. When a woman starts putting up barriers, you know it's time to back off. Don't run from a woman you want when she is running towards you. You only want to back off when she is backing off. If you try to chase her when she is running, you might just succeed in chasing her out of your life.

Be her rock and she will be your joy

Realize you're a superior man and a time would come when all will just be fine. Your ship will be sailing in calm waters and from nowhere your lady will cause a storm.

No, it doesn't make her a bad person. Most times it's her way of testing if you're the same person she fell in love with. And you must be her rock to lean on at any point.

You must be willing and prepared to bring her back to her feminine and have her be that fun and loving woman you love. Again, you must not let her tests sway you off your centre.

When things get too comfortable for a woman, she tests. And her tests reminds you to call yourself to order as there is something you must have been doing wrong. You don't take her test personal but her way of communicating to you that you are messing up and need to step up and become the man she loves.

If you are able to break through the barriers that she would put up through humour. She will return to her feminine core and that's when you'll start hearing thing like, "I love you", "You're so sweet" "I'm sorry I was just mad". You must know that women are emotional and their response to situations is based on the moment.

If she says she hates you, it doesn't mean she has never loved you. It's her way of saying you're not taking care of things right now. If she says you never treat me well. It doesn't mean you've never done sweet things for her, but her way of saying" I can't feel the love from you right now"

When a woman is in her feminine and happy, you'll have an effortless relationship with her. Remember, 98% of a woman's unhappiness is caused by emotional issues.

HYPERGAMY: The Cold Nature Of Women

This is the secret 6th sense possessed by every woman. This is her desire to always be with a man of the highest value or worth. This desire can

drive even the most loyal woman and trade up if given the chance a perfect relationship and least think she can possibly love someone else.

Value here might not be financial, although this plays a part certainly. But mostly comes down to being the man who is most dominant, confident and powerful she can find.

And she wouldn't even think twice about ripping the heart out of your chest and feeding it to the beast of the sea without the flinch of an eye.

This doesn't make her a bad person. This is just her nature and it can't be controlled nor changed. But you can use it to your advantage.

This nature of hers is actually a good thing! YES! And while not every woman is going to act on this instinct and cheat on you if given the chance, there are lots of men out there who would stop at nothing but act on their instinct for wanting a hotter woman who hits on him.

To use this to your advantage, you have to be dominant and yes, better than her. You know how most guys act when they are with a hot beautiful woman even when she's bitchy and treats them like crap with little or no affection, yet they still go ahead to be with her, because she's hot and turns them on, same thing happens when a woman is with a dominant and confident man.

Yes, women want guys who are attractive but they want men who are dominant and confident far more. These are the men who ignore women when they are acting crazy. Who don't put women on a pedestal.

You want to make her believe she wants you more than you want her. Women crave such feeling and behavior from men. Women are always

craving for the highest value men. From this day, I want you to realize that hypergamy can give you power if you follow all I teach in this book. I know it is all counter intuitive but I think you get my point?

So, remember the next time she acts like a bitch, nags, plays hard to get, flakes or pulls away, ignore her and go about your purpose. She will be back when she is ready. With women, you must practice infinite patience. And It's important you ignore them sometimes. I will give 3 instances this plays well. I have mentioned 2 but will still state all 3;

1. When she starts withdrawing emotionally or physically or begin acting bitchy or play mind games, etc for no reason.
2. When she is ovulating (this is when she especially crave bad boys. This is a secret biological "hack")
3. Periodically as "relationship check" (this can come naturally because you're busy with work. But you must not make her your number 1 priority. She'll get bore)

So why exactly am I advising you to do this at these times?

For no 1, a time would come that she would flake on you, play mind games, withdraw and try to act bitchy as she always want to know she's with someone who's better than her and you shouldn't reward such bad behavior, right?

So you must punish her by giving her your absence.

For no 2, this might sound a little counterintuitive but the last thing you want to do is smothering a woman with attention and acting need when she is ovulating.

Because during this time, she's looking for the strongest male to mate with (Remember "Hypergamy"?). And if you play it right and ignore her, she'll be all over you.

That's how women act when they are ovulating "it's just like hijacking the sexual impulses of her brain" so she never thinks of dumping or cheating on you. And believe it or not, this has been proven by science. Women crave jerks and bad boys when they are ovulating more than any other time.

It is that time of the month when they are more likely to cheat on nice guys. And this is one time you must let her come to you, instead of smothering her with attention and affection. However, you want to be a little extra nice when she's menstruating (You don't want to constantly ignore her during this time)

Women will deny all of these.

But these are things they love and fall for.

And the fact remains that you can't get a woman attracted to you by boring her but can frighten her to become attracted to you by giving her the taste of her losing you.

For no 3, it stimulates her "curiosity factor". Remember women are more attracted to men whose feelings are unclear. When you do this periodically it makes her wonder about you. She starts thinking "what is he up to, is he with another girl?" All of these have a positive effect on her.

SESSION 2

UNDERSTANDING WHO YOU ARE

Understanding women and how they think is the first step to getting her. However, to sustain the attraction and keep her coming back each time and having her open her legs everytime, you must understand yourself, you need to change how you think.

I know I have talked so much about ridding yourself of MR. NICE GUY and owning your essence. Because if you don't you'd eventually screw up everything you worked hard for. I know some guys can find it difficult to change their thinking because this what they have been fed from their young age, their fathers acted same way, their spiritual leaders even encourage them to act same way, women even request they act same way.

But until you rid yourself of this mindset, you wouldn't have true success with women.

Not long ago a friend came telling me about this woman who isn't giving him the light of day. He did everything others said and what women say they need.

Yes if you read this far then you got it right "PURSUE". He was so aggressive, telling her how much he loved her and all the needy things women request you do. Guess what? She blocked him from all social networks, blocked his phone number.

Before you say she wasn't interested in him, let me shave that off. She was the one who approached him. In fact, she was with him in his hotel room that same night with just her sexy lingerie. So, what went wrong? I think you figured that already. If you haven't, then go back to session 1. Your answers are right there.

The focus of this session is understanding who you are. So, let's get right to it.

Man's greatest Test

There's an excerpt from Dave Chappelle "A woman's test in life is material. A man's test in life is a woman". While the feminists would try to chop off my tongue or hand and try to argue the former part of this statement, the latter resonated with me.

There are so many things men do just to feel elated in the eyes of women. They buy nice cars, build impressive mansions not because they really like these things or need them but because they know women like these things. The moment a woman comes over and say "Nice Lambor", the men say "Gotcha B!tch!". I know this might be discomforting to admit and I know they are varying degrees to which this is true, but women truly are men's greatest tests. Believe it or not, it is true for me. Because that's the reason I have made all the research and gone through what I have and done what I can to write this book. And if it is somewhat not true for you, you wouldn't be reading this book.

These days, most women equate the success of a man to the type of car he drives.

This has made men believe "without money, you can't get the woman you want"

In fact, many men think all you need to get her is "MONEY". While this is true in most cases, these are not the type of women you should roll

with. Because, while they rip off the rich dude, they sleep with the broke dude who cares more about his vision than he does her. When you lack good looks, and you are broke, it affects the way you see yourself; you begin to see yourself as someone who is not qualified for some certain positions and rewards in life.

Someone who is not tall thinks that no one respects him; a fat man thinks no one would accept him while a poor man feels he is powerless.

The sad thing about this is that when a man fills his consciousness with thoughts of his presumed inadequacies he totally believes that the best things in life do not belong to him.

This is why you must change your mindset and beat your competition out there and understand that Life is all about choices. Powerful men believe that they have many choices, but powerless men think they do not have any, so they accept whatever comes their way. This shouldn't be you.

You must have realized that many things you've read in this book are against the conventional way of dealing with women and I must congratulate you for coming this far.

How Attraction Works

If you go out ahead and ask men out there what they think attraction is, a lot of them would tell you it's confidence, being alpha. The thing is, these are not bad summaries (because they are true). But no single quality can do justice to the science of attraction.

However, I would like to make a note on supreme confidence which can also be called the true confidence has to be based on something. There need to be a reason behind why you have so much confidence. This is why you just can't fake it; you just have to make it. You must own who you are.

As you continue to read, you will realize points I mentioned in the last session will come up again and again. Because even as I try to avoid redundancy, the qualities I describe are inevitably interwoven throughout this book. And I hope you find them compelling and convincing enough to put to practice in your life. Because if you do, you can make any woman to hopelessly fall in love with you.

I want to talk about two hormones (dopamine and oxytocin) as they are responsible for how we feel when we get attracted to someone. You see when we meet someone we are attracted to a neurotransmitter called dopamine is secreted in our brain. There are other chemicals secreted but dopamine is the main one responsible for the good feelings and the motivation we feel. It leads to an increase in sex drive because as more dopamine are secreted, more testosterone are produced. This is why a man can have a bulge in his under wear just looking at an attractive woman.

Oxytocin is a hormone produced in the hypothalamus (a part of the nervous system). Oxytocin is secreted at various points and it increases during sex. Women produces more oxytocin than men and a rush of oxytocin is what makes people able to drop their guard and feel comfortable around you. I'm not telling you all of these to inject the chemicals into the woman you want.

But to realize that sometimes you may have done everything right, but the chemistry isn't there. This doesn't mean there is something wrong with you. Sometimes how people respond to certain events are shaped by their past experience and preferences and sometimes, there's no way against it.

Hey, I am not trying to say you can not build attraction with the woman you want. Because you absolutely can. And what you have been reading so far and still will are all outlined to improve your skills in building your attraction with any woman, no doubt about it. However, as I have said in the previous session, you will come across some women who are not attracted to you.

You don't have to beat yourself over it as science have proved that we desire what we can't have the most. You must realize this and thankfully, who we think we desire the most are often not the same as who is best for us.

Positioning yourself as an attractive person

I know in the last session, I made note that your appearance is important, how you smell, your clothes, your shoes, your shape. While you think these are not important and while most girls who are serious about getting into a relationship do not put heavy emphasis on great physical looks, it is vital to groom yourself, treat yourself well and stay presentable.

The cliché "don't judge a book by it's cover" doesn't hold true when it comes to attraction because people do judge books from their covers. This applies to all aspect of human interactions. The truth is, when you

don't know someone so well, you only base your judgment on their appearance, This first appearance can only happen once.

It is exceptional, exciting and immediately stands out in the mind. Hence, it's of your best interest to maximize the return you can get from your appearance by taking good care of yourself. Come to think of it, you only got one body for the rest of your life. Why not treat it well? The better you treat it, the better it serves you. So, I implore you to take care of yourself both inside and outside.

Purpose Driven Man

If you truly want to be a man women are obsessed over, then this part of your life you must take seriously.

So, what do I really mean by Purpose driven? A purpose driven man is that man is that man with a mission, someone who has a vision and are assertively pursuing it to make it a reality. Truth be told, your purpose can be a number of things. I know I have highlighted some things in the previous session.

You might be passionate about your work and have successfully aligned what you are good at with what society values. This means your purpose must be providing value to the society. And purpose can be unrelated to work.

Purpose is not something you can fake. But the good news is everyone has a purpose and you're the only one who can discover it.

If you're yet to discover your purpose, I implore you to get the book "The Purpose Driven Life by Rick Warren". When you have a purpose, your actions are guided by your purpose.

Because, whenever you are in doubt which route to take, you can always ask yourself if your actions will get you closer or further from achieving your purpose. Men are naturally energized when they have a purpose and do meaningful work.

Now, why is being a purposeful man so attractive? There is no single answer to this, however it can be surmised into five different yet interlinked characters that inevitably follow a purposeful man: having principles, competence, authority, positivity, and being a challenge. They are all natural results of having a purpose to guide your life which can help but turn every woman you come across on.

One of the reasons why you must have something doing with your life is because it gives you dignity. It makes you feel special. And women love a man who is busy doing something with his life. Secondly, a woman is enough liability for a man to carry. So, if you are a liability to yourself then learning to attract a woman is only calling for double trouble.

Finally, I don't want to unnecessary make this too long. So my dear friend, "Give a Life" Find something doing. Be busy doing something. Make sure you can feed, clothe and accommodate yourself first before thinking of attracting women. I know you were not expecting me to say all this. But if I don't tell you this then I am only deceiving you. Hope we are still friends?

You can attract any woman becoming a purposeful man. Here are 3 things you must do to attract any woman and 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)

Know when to walk away

So what do you do when things start moving sideways. Her attraction starts dropping or she starts acting up? You always want to know her level of attraction at every point in time. When things start getting too comfortable and easy, a woman starts losing attraction.

You don't have to lose your cool. This only show you've stopped being mysterious and always available. You want to take a step back. Make a woman realize you can walk away when she pushes you too far. If you always answer her calls, allow it go to voicemail, if you always call her back immediately after a missed call, wait 30mins to one hour before returning her call. Don't always reply her texts/chats immediately.

When a woman starts backing away, she expects you to take a run at her. Don't give in to her. Stand your ground and maintain your centre. Like I have always said, don't let what a woman throws at you take you off your centre. Take one step forward and 2 steps backwards.

Let her wonder about you. Women are more attracted to men whose feelings are unclear. When a woman thinks she can have her way with you, she loses respect for you. And a woman can't love you if she doesn't respect you.

BE A MYSTERY

To keep the relationship alive, you must remain a mystery to your lady. You don't want her to know everything about you. A woman will stop working to gain your attention once she feels she has uncovered all that there is to you. She knows how you think and all of your plans, she knows the meal you will order for when you visit a restaurant, she knows your movement and schedule.

You must continue to be spontaneous to keep her on her toes. If you take her out every Saturday evening, change and take her out on a Wednesday night. If you take her out once a week, skip a week and take her out twice the following week.

Do something that she doesn't expect. You wake up one morning and you tell her "baby pack your bags, I want to take you on a weekend vacation" You don't tell her where you're taking her. It keeps her excited and the more you make a woman excited the deeper she falls in love and the deeper she falls in love the more she chases you and when a woman is chasing you, she can't be getting rid of you.

Be Centered

Yes, I know I mentioned this severally in the last session but I think you still need to know. I have a full article on the subject. Please go read it if you haven't.

As a man, a superior man, you should be able to endure pain or hardship without display of feelings or complaint. A man with a purpose

and with the abundance mindset is naturally centred. So, cases where other men will be reactive, you're non-chalant.

You see my friend, a lot of women, especially the very attractive ones will put you through tests. They know that a man who is insecure and not centred will overreact. Take for instance, she might be having a conversation with an ex. Your reaction can either make her peg you as an "unworthy suitor" or a "worthy suitor".

This might look manipulative. But you see, women want strong and dependable men who can take the heat and survive through hard times. You must be her ROCK! You wouldn't let anything set off bubbles in your stomach. You don't need her validation or anyone's to position yourself as worthy. You treat people the way you think is right and how they deserve or want to be treated. Never reward bad behavior.

Accordingly, don't treat pretty girls any differently than you would treat girls, or people, in general. Their beauty should not affect you. Men get enamored too easily by physical beauty that they become "try-hards", and all attractive women can sense it. When you are trying too hard, you cannot be yourself. There is a lack of natural interaction here, nothing authentic about the experience.

When to go for the kiss

If you have done everything right and able to build some chemistry with her. You want to test if she is ready for a kiss. No not on the cheek but her lips. A kiss on her lips signifies confidence and you know what you want and are not scared to go for it.

If you try to Kiss her and she turns away her head. That might signify a lack of romantic interest in you and this tells you not to waste more of your time with her. Don't try to apologize as that is weak. You shouldn't apologize to a lady for wanting her.

Kissing her might not be at the end of the date. You'll know when the time is right when she starts leaning forward, touching you, running her tongue through her lips and looking at your lips. You need not wait further. Go for the kiss. When you look at her lips and she, in turn, looks at yours. You want to go for the kiss within 5secs or you risk being rejected.

If after your first date and you see she's worth your time, you give her a week before you call her up to set another date. You want to give her enough time to wonder about you (This is why you mustn't ask for a second date till she reaches out or after a week). If you continue this and doing everything right within 2 months, she should start reaching out to you more and more and you get to see each other more frequently.

You also want to stay off the phone as you don't want to spend all the time talking or chatting which often results in not having topics to talk about when you see her again. If she reaches out, assume she wants to see you and set a definite date. If she tries to tell you to call her before showing up for the date, you do the "take away test". You tell her you would love to see her but if she can't make definite plans to see you, then you should schedule it for some other time as you're a very busy person (aren't you a busy person. You don't have time for women who want to flake on you)

Acknowledge Who You Are

When I say acknowledge who you are, I'm trying to say be authentic in whatever you do. Don't be afraid to make mistakes. People will buy into authentic products than they would counterfeits. No one is ready to settle for less than true authenticity.

So be unafraid to show your values and qualities that are dear to you and acknowledge your weakness and be comfortable in admitting you're working on them.

Being authentic is attractive because it shows you are trustworthy and also trust her enough to open up to you. Remember when a woman is comfortable with you, she trust you and when she trust you, her legs open. So, it's OK to be vulnerable but don't over do it (I outlined this in detail in the previous session).

Socially, people will put down their guard when you're yourself and not trying to be someone else. Truth is without been yourself, you won't be able to sustain your success with women. Authenticity just balances every other thing you've been consuming in the pages of this book.

You might want to know why I decided to tell you about being authentic when this book is already coming to an end and not just start with it.

And this is because a lot of men start with it too early. You see my friend, authenticity without escalation is not enough to build attraction and if she's not attracted to you, why should she care about your vulnerabilities? You must give her reasons to wonder about you and gradually peel off the layers for her to discover.

Escalating Sexually

If you want a woman to take you seriously and not push you into the friend zone, then you want to escalate things sexually and make your intentions known.

This is when true attraction is achieved. Because, when you are able to bring her more pleasure than the other guys she has been with, chances are she will develop a stronger feeling of attraction for you than to anybody else.

We are sexual beings, and since biologically our feelings toward the opposite sex are connected to our basic desire to be sexual, the two are helplessly linked to each other.

Before I talk more about sexual escalation, you must note that it is important to be comfortable with your sexual desires to a woman, it's OK to express lust and desire and love to your woman. You need not feel any shame or guilt about your desires. As sexual beings, it is in our nature.

You should not, and could not restrain it. However, there is a caveat. Your sexual desire should come from a place of total, sexual abundance.

Don't go acting like a sex starved brother lol. You should be able to control yourself and stop yourself. Remember, it's not about you but all about her.

When it comes to sex, a lot of women can be very guarded. This is why it is so important to make her feel safe and secure when she is with

you, even when things get sexual. You are attuned to and can admit to your sexual desires without hiding it, but you have no trouble controlling it. This is where you want to be.

So, how do you escalate with a woman sexually? The trick is to find her boundaries and how much you can get away with. I'm not talking about disrespecting and violating her. You want to find the fine line to walk because all women are different.

The secret to proper sexual escalation is doing so using your tonality and body language, so you can figure out her boundaries without actually talking.

Because, as soon as you verbalize it, you turn on her guard. Think about kissing, for instance. As soon as you say, "Can I kiss you?" to a girl, the girl starts over-thinking the proper response in her head, and many things, predominantly social cues and inhibitions, play a role here. As a result, she is much more likely to object compared to when you just go in for the kiss. But let's back off for a bit, as we are not talking about kissing yet.

So, the way to instill sexual tension is through your tonality and body language.

You start first by getting close to your woman, almost as if you are invading her space. Then, you step back, and give her back her space. This should go on naturally during the course of a conversation, like a conversational dance that you are doing.

If she has not moved back, or better yet, if she pulls in as you take a step back, that likely means that she is open to more contact. You can

also put your hand on neutral areas of her body, such as shoulder or arm, and escalate accordingly if there is no objection.

Be sensitive to any sign of discomfort that she is communicating, and resume with the dance. Because you are not verbalizing that you are going down a more sexual relationship, and at the same time she recognizes that you are being subtle enough for her to give you a signal back, you can progress much more quickly and safely this way.

And because you start slow initially, you can't really get called out for it. At any rate, you still have to risk it for the biscuit, as the saying goes.

A very fun way of doing this when you get sexual is by blaming the sexual escalation on her. For example, when she is comfortable enough that I can stand so close to her such that one of my legs is positioned almost in between hers (and hers in between mine), I can usually get more touchy with her, which will often times lead to making out.

When you engage in it, you should start blaming the escalation on her. Pull back a little, and say something along the lines of "Okay, you really have to stop what you are doing right now." And then come back in, and pull back again and say "You're really making it hard for me to control myself." All in a playful kind of way. Do you see where I am going with this? This is another kind of emotional rollercoaster for a woman, and it is very exciting and fun.

During escalation, there might come a time when either of you feel discomfort due to the tension. Know that tension is a part of growth, so all I can say is embrace it. The thing is, even if a woman knows for sure that you want to escalate sexually with her, and she wants it too, chances are she won't go for it.

She wants to see whether you are going to step up and risk everything to make it happen. She wants to see these alpha qualities that you have. Women won't take that step, because it is not in their gender role. Don't wait for the perfect moment, because often the perfect moment never comes.

I want you to remember this; Great sex will make your woman feel alive, secure and happy like no other, and the passion you show before, during and after sex will help establish her trust and love in you.

While this is not a book about sex, I would like to stress that to make a woman fall in love with you, you will have to work on your lovemaking skills continuously.

6 Counter-intuitive things YOU must do to keep her interested and Attracted

1. Never Cling or smother her (let her enough space to be herself)
2. Withhold interest and affection periodically and grant it when least expected.
3. Don't do the good morning messages(if you must, once a week is fine and alternate and skip some weeks)
4. Don't answer the phone when you're busy (your purpose comes first)
5. When other women show interest in you, don't go out of your way to hide it from her (she doesn't want you to cheat but deep inside she wants to know if you could)
6. Do what you want and never ask for permission or validation

WORDS OF WISDOM

- You're going into a relationship to give. But if you're not ready to give, get a hooker and have a transactional relationship with no emotions attached.
- You must not be focused on yourself. The moment you start having emotional pain, look at who you're focused on.
- Be a superior man who leads and not affected by what his woman throws at him.
- Women talk to solve their problems and men act to solve their problems. Your lady wants to talk and you must be ready to listen to her. Don't give your advice until she asks for it. What I do is I ask her "Do you want me to advise you?"
- You don't want your card all open before a woman it ruins the mystery. And if the mystery is ruined, the attraction starts decreasing.
- You always want to know the attraction level of your woman by her actions not her words.
- Don't try too hard not to give your gifts of love as that's when pain sets in. You must be prepared to love through joy, pain and fear.
- Be playful. Approach everything with humour. At least not everything lol. You want to always be her rock.
- Be careful with your words. Choose what you say to your spouse wisely. You don't want to tell her anything that would affect her emotions negatively.

- Don't make your spouse your baby sitter. Not all the time lest she gets bored of having a big baby.
- Communicate like adult. Set boundaries and make them known to her. Never allow a woman use you as a door mat.
- It's OK to be vulnerable sometimes. It's cute to every woman, the little jealousy, protectiveness, acts of love, showing how much you love. Your words mean nothing to a woman till you show her how much you truly love her.
- Don't let things build up. Don't keep grudges. You'll only end up hurting yourself and ruining what you have going.
- Face your fears and they will disappear, Run from them and they magnify
- Flood yourself with positive energy and don't hold back who you are
- Never apologize to a woman for wanting her. That is simply weak. No, she doesn't want "Weak".
- Invest in yourself and your personal and spiritual growth
- Treat all women the same way. Ugly or beautiful, PHAT or THIN
- Be grateful for all you have. Appreciation has a way of opening doors for more blessings.

THE CUBE GAME

The cube game is an infamous method that is used to make a woman feel immediate connection with you. Even on a total stranger.

It is the Holy Grail in getting women. But few men know how to implement it into their game. And on this guide you'll have a dummy guide to implement the technique.

By asking a few questions you are able to give the impression you have a deep understanding of the girl. The cube game builds rapport on a more deeper level.

Read this article to get started with building rapport with women.

Google

(How to build and hold rapport with women jonathan melody)

I've run the Cube on several women, and it's never failed to amaze them. Usually it gives a good approximate idea of the person. Very efficient. And it's fun too.

So how does this work?

First you prepare the victim which is of course the girl by asking her what if she has heard of the cube game. When she asks what it is, you tell her it is a game that helps relaxes the nerves and can help reveal things that she doesn't even know about herself.

You further ask her if she is sure she wants to play And when she agrees you start with something like.

Close your eyes and imagine yourself walking in a vegetation, now picture a cube, can you see it?

She would respond yes. And you go ahead, how big is it? Is it flying, is it on the ground, how far is it from you?

Now add a ladder to your picture; where is it located? What is it made of? How big is it? How many rungs are there? Where is it in relation to the cube?

Now add some flowers to the picture, how many are there? Where are they in relation to the cube and ladder?

Now add a horse to the picture, where is it? What is the horse doing? What color is it? Where is it in relation to everything?

But wait, there's a storm in the picture. Where is it? Which way is it proceeding? What kind of storm how big is it?

This information isn't just for fun. No, this is the key, the open door, to how the girl views herself and her life.

You can take what she says and know exactly what she wants. You can see into her future and understand her intricate details by interpreting this information correctly.

Now make sure you take note of her every answer and interpret them using this chart

THE CUBE:

Represents the woman's conception of herself. A huge cube covering most of the scenery (Field of View or FOV) means she's got an inflated ego, a sense of high self-importance.

Other features of the cube could mean:

Tiny cube => feels small, insignificant, ignored, modest

Cube resting on the ground => generally has a firm foothold on reality

Cube far away in the distance => Feels left behind by life
Cube flying in the air or levitated => daydreamer, imaginative but unrealistic
Cube partly above the horizon line => ambitious
Cube below the horizon => not very ambitious
Cube resting on its edge => metastable life, perhaps?

Cube made of solid material => good sense of self-worth, down to earth personality
Cube made of gold => Thinks of herself as extremely precious
Cube made of glass or transparent cube => Considers herself pure
Cube full of slimy stuff => Hates herself completely
Cube hollow inside => feels hollow, unfulfilled in the extreme

The color of her cube can represent her personality – red and she's passionate, yellow and she's happy, blue and she's profound and so on. If it's a swirl of colors, it means she's energetic. Just make it up as you go

interesting example:

one woman know very well imagined the Rubic's cube, being twisted and turned by a child. I was not surprised because she has a sever persecution complex and total paranoia, considers everyone else stupid and childish (has a holier-than-thou mentality), feels attacked by the world, and is an emotional basket-case.

2. THE LADDER:

Represents her close social support structure (friends; family and goals/ambitions in some cases).

Long ladder with many rungs => big social circle, has many friends, outgoing personality, sociable

Ladder made of some odd material => feels her friends are weird, very different from normal people

Ladder with few rungs => has few close friends

Ladder in a less than good condition => believes people around her are faked up

Ladder far away from the cube => Does not let people get too close to herself; keeps aloof, has a hard shell around herself

Ladder leaning against cube => Feels she does a lot of things for her friends, supports them more than they support her, feels she has some codependent people around her

Ladder on top of cube => Feels her friends/family are overbearing, feels oppressed by them

Ladder much bigger than cube => feels small in her social circle

Ladder supporting cube (like, ladder under the cube) => feels her close associates support her in her accomplishments

Strong ladder => is surrounded by strong people, feels secure in them

Burned up ladder => Feels surrounded by totally faked up people who are ruining themselves

3. THE FLOWERS:

Represent the place of children in her life.

Number of flowers => children she has or wants to have, or has/wants to have around

Flowers close to cube => Feels very close to the children she has or will have

Flowers far away => Does not want children

Flowers blooming well => Feels positive about her children's lives

Flowers messed up => is surrounded by screwed up children

* Lots of flowers everywhere => Probably works with children, or would

like to; (One chick I know had this; she is a primary school teacher)

Flowers shaking in the wind => feels children in her life have hardships

Flowers all around/over the cube => Feels overwhelmed by kids
Flowers separated from cube by the ladder => feels her friends/family (do/will/might) interfere in her relationship with her children
Beautiful flowers (roses, poppy etc) => Finds children very beautiful

4. THE HORSE:

Represents her thoughts about her lover (or the lover she thinks she wants or will have).

Strong, large horse => Wants a protective, strong man

Color of horse => Possibly the race of the lover she wants (the teacher chick mentioned above has a thing for "dark skin men" - her horse was black)

Horse close to the cube => Wants the lover to be very close to her emotionally and physically

Horse well separated from cube => Is reserved about opening up completely to lovers

Horse licking/sniffing the cube => Imagines/wishes she's being doted on

Small, submissive horse => Wants a lover she can dominate

Wild horse => wants a guy who is not tamed and will not be tamed

Tethered horse => Wants to keep him very restrained/restricted

Horse stomping on the cube => Has been or feels extremely abused by lovers

Horse destroying the flowers => Feels the lover will not be good towards her children (single moms probably have this thing more often)

Horse messing with the ladder => Conflict between her lover and her friends

Horse far away or walking away => Feels abandoned

Horse separated from flowers by the cube => feels she will have to take care of the children and manage her lover's relationship with them

Weak horse => envisions being (stuck?) with a wimp
[example: one chick I know had a horse running around in a confined arena. She is a controlling, limit-setting type chick who likes to watch her man react to her experiments with his emotions/behavior.]

5. THE STORM:

Represents her ideas about troubles in life.

Storm in the distance => Troubles are not overwhelming her presently

Storm approaching => Fears crises in future

Storm receding => Has had troubles recently but feels they are over

Huge, dominant storm => Feels her life is in deep shit

Storm in the distance, passing away affecting none of the other four things in the scenery => Feels her life is relatively trouble-free, has few problems around in her life.

Small storm => Feels secure about problems she will face

I know memorizing all of that can be tricky but it's very easy once you get a grip of it.

Well, here are some suggestions.

You can be vague and use generalities

Just talk about women in general, and this will still have a powerful effect because she will relate to it. And, she will realize that you understand people, you understand women, and you understand her.

Example:

You're cube is xxxxxx. You are a very sensitive person. Probably you are a very good judge of character and you can tune into those times when people just want something from you. While other times you can really

feel when a person is being sincere with you. (This describes any socially aware woman.

You can ask clarifying questions

Ask her, and she might tell you exactly what something means, doing your job for you. Ask her how she feels about the objects, or ask how they relate to each other.

Example:

Her: "My horse is leaning against the cube."

You: "Really? Why is it leaning against the cube?"

Her: "Well, it's just not strong enough."

You: "Oh, I see. It seems like the men in your life haven't been strong enough. You need a man who you can just look into his eyes and listen to him talk, and you know that he is strong... Etc... etc..."

When you find aspects of the interpretation that really fit her, go into greater detail. Tell stories from your life that relate to her, or give her examples of how she might experience it in her life.

Example:

"You are a very creative person, but you're not at a point in your life right now where you are really using your creative abilities. It reminds me of how I felt a couple of years ago. I was working in this job that just wasn't creative, and I.... Etc..."

Use things that you already know about her.

Example:

I met two girls the other night. One was bouncing around dancing, and the other (the one I liked) was standing calmer. Later, I ran the cube on her, and she said that her cube was blue. I said "A blue cube means that you are often calm and relaxed. And, sometimes your friends even come to you just to absorb your calm energy when their lives are more hectic." Of course, she loved it.

And... you can.... use your... intuition. Yep. Go for it. Be like the enlightened master who has become one with his weapon and allow the force to flow through you. You might not only surprise her, but yourself too.

Another variation you can use on flowers

Instead of the flowers being about children in her life make it about how she interacts with people. This has lead to some useful deep Rapport conversations. Instead of yeah, you wan't a big family

If she has just a few flowers => You don't let very many people close to you. People have to earn their way into your inner circle. Once they are in you don't let them go, sometimes even when you know you should.

If she has a lot of flowers => You are a people person. I bet you are a nurturer. You accept people for who they are. I bet you are the person that everybody likes to confide in.

What woman is going to deny being a nurturer? Or what woman doesn't think she is the person that everybody can depend on? None of them, and brothers let me assure you, you can make a lot of traction with this variation on the flowers.

CONCLUSION

I have laid before you the power and art of understanding women. It will be difficult to change what you already know and adapt to what you have learnt in the last pages of this guide. Once you start following these principles and seeing great results in how women respond to you (Women can't help but respond to a strong and confident man). You'll be comfortable in your own skin and able to live your true essence.

You know when your lady starts testing and her tests are becoming harder, you know how to turn things around and get her back to her feminine. You will no longer take rejection as personal as you know not all appreciate gold. You give your gifts without expecting results or anything in return.

You surround yourself with males and females of high value and you don't stop honing your skills, never stop learning or growing.

You become grateful for what has shown up in your life and what has left. Because you know every relationship is an opportunity for growth.

And don't forget your purpose as a man is to always give so you want to always pimp your woman. But never sacrifice your dignity and manhood for a woman. Your mission is more important.

Bottom Line: If you want to get out of the friend zone, you must stop doing things a friend does and start treating her like a lover and applying all you just read.

- Make your intentions known
- Don't be her therapist
- Don't be afraid to walk away

- Don't fixated on her (go for other women. Because every woman want what others compete to have)
- Give her the space to miss you
- Set romantic dates and not casual dates
- Escalate sexually

If you do all of these and she wouldn't still give you the light of day. Walk away and never look back. She doesn't deserve you.

Or

You can keep her there and use her to attract other women. However, you have to do all you read, reduce the time you spend with her and stop being her therapist. (Remember women are more attracted to men who other women are around). This is called pre-selection.

Here are some DO's and DON'Ts

- Dress smart and look smart. You don't want to meet your date with some not fitting trousers and dirty boots. You have just one chance to make an impression. So make it count.
- Listen more than you speak. This helps to create mystery. Be genuinely interested in her by asking intelligent questions but don't make it appear interrogative.
- Don't go checking out other women when you're with your date (This should be common sense but I have to include it anyway). This will make her feel special.

- Take her to 2 to 3 different locations. This will help increase her attraction level and make her more comfortable with you.
- Take out serious topics from your conversations. You want to be focused on making her laugh.
- Don't drink before going for the date and don't take a drunk girl home. You don't want to wake up in the morning and regret your actions.
- Stay away from sensual jokes if you can't handle them.
- Be relaxed and cover as much space as you can. Lean back in your chair and have her lean forward (she should be the one chasing you and not the other way around).
- Don't bring your baggage to the table. Leave your poor life at home and whatever you do, have a twist of positivity to it. You want to keep her happy. You want to make sure she has a good time.
- If she asks if you have a girlfriend. Tell her there's room for another or you're not into anything serious now until you find the right woman for you. You want to keep her guessing. Remember women love competition and want to earn your love.
- Don't ask for a second date. Wait till she calls or a week later and you call to set another date. Whenever a woman contacts you first, take it as though she misses you and would like to see you. Take that opportunity and set a definite date.
- Own who you are. Don't force it and don't try to impress a lady.

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.

RECOMMENDED READING

[How to be a 3% man](#)

[The Way of The Superior Man](#)