

SeductionLair.com Presents

## **Cliff's List Interviews With Dating Experts**

**From the pages of the internet's oldest seduction newsletter**

Interviews conducted by  
Clifford  
[www.cliffslist.com](http://www.cliffslist.com)

Compiled by:  
Thundercat  
[www.seductionlair.com](http://www.seductionlair.com)

**Table of Contents:**

<b>Introduction</b> .....	3
<b>Interview with Stephen (formerly known as PlayboyLA)</b> .....	4
<b>Brian Interview:</b> .....	20
<b>Doc Interview:</b> .....	39
<b>Sean Stephenson Interview:</b> .....	59
<b>Steve Piccus Interview</b> .....	68
<b>Carlos Xuma Interview:</b> .....	77

## **Introduction**

Since time began, men all over the world have been dedicated to learning how to get more and more women into bed with them. Back in the stone ages, it was easy. All you had to do was club them over the head and drag them back to your cave. Nowadays, things are a bit less simplistic. Sometimes, men need to be able to trade information on how to get women to sleep with them, sans club and cave.

One of the best resources for this topic for many years has been an email newsletter known as *Cliff's List*.

Cliff's Private List is a free e-mail relating to seduction, published by Clifford, who started the list in the mid 1990's. Clifford always encourages his subscribers to send in their comments, thoughts, and musings on dating and seduction, which helps to keep his newsletter alive with healthy discussion and an exchange of ideas.

Since then, many Dating Gurus have joined in on the discussion on Clifford's private list, raising its status from a mere newsletter to a high-profile information resource on dating tips and seduction techniques, with experienced ladies men sharing their ideas, strategies, and even debating each other on the validity of each other's methods.

But Cliff doesn't merely rely on content from his subscribers alone. Cliff has always been very diligent in tracking down people he personally finds interesting and gets them to share an amazing amount of information, for absolutely no money at all! The fact that many of these commercial guys are willing to share so much with Cliff is a testament to the respect professional ladies men hold for Clifford and his newsletter.

This eBook is a collection of some of the best interviews Cliff has conducted for his newsletter, and is meant to be a resource for everyone interested in the amazing information Cliff gets his interview subjects to share. It should be noted that Cliff offers these interviews for free in the archives on his website, but they have been compiled and formatted here for convenience and reference sake.

If you would like to subscribe to Cliff's Private List, you can visit [www.cliffslist.com](http://www.cliffslist.com) or email Cliff directly at [cliff@cliffslist.com](mailto:cliff@cliffslist.com) and request he subscribe you.

Enjoy Cliff's List Interviews With Dating Experts!

Wishing you success,

Thundercat  
Webmaster  
[www.seductionlair.com](http://www.seductionlair.com)

### **Interview with Stephen (formerly known as PlayboyLA)**

*Clifford: How about we start with some general background information. Tell the readers a little about yourself, your background, your history of your experience with women, etc.*

**Stephen:** I am a southerner at heart, as I come from North Carolina. My first most vivid memory of really falling for a girl would be in 5th grade. I saw her, and bam, fell totally in love with her. I was so shut down internally, and felt so powerless (not at all uncommon for a 5th grade boy), that I did nothing about it - except keep it private, and, at times, try to flirt. This continued for seven years (that's right). In the meantime, I found many other women, had relationships etc, but none were fulfilling.

When I graduated High School, this girl and I continued to be very good friends. Each year, the graduating class would take a trip together - so we headed down to Myrtle Beach, SC for a week of partying. The first two nights there, I was blessed with two extraordinary nights with her. They were both spent on the balcony of the penthouse suite of a hotel, overlooking the beach, full moon, clear sky, all we heard was each other, and the breaking waves below. She is now married with two children, and we aren't in touch really - though if we see each other, we are cordial of course. I recently returned home, and had the thought that if she was single again - I'd go for it!

To keep this brief, this summarizes my relationships with women until my mid-20s. I was so shy, and reserved, that I would never indicate that I was interested - terrified of being rejected, and having my enormous ego deflated. I resorted to alcohol to try to help me loosen up - to no avail, usually. Let it also be said that I continued to have some relations with women in my 20s - but never on my terms...that is what lead me to this community - the desire to choose.

In my mid 20s, I woke up a bit, and began to flirt and be more outgoing. This was mostly due to my acting career in New York, which met with some success. I was with a very, very special theater company there which forced me to really come out of my shell, and be social. We did intense theater activities/exercises which included street theater - so, we would approach a group of people (cold) and begin to engage them in an effort to interact with them, and ultimately create something with them. This was an amazing experience for me and truly fueled my confidence. When I was thirty, I met a very, very cute girl at a party where I was performing (as a homeless person, no less!). She approached me, we chatted, she gave me her number - bam, it was on - we had a relationship. The things that I notice now that are common to all of my former relationships was that I didn't choose, and that I slowly allowed myself (as a result of operating from a frame of scarcity) to compromise what I truly wanted, and felt I deserved, for what was available. Sound familiar? When she broke up with me, I reached out to this community, discovering it through the internet. My life has not been the same since.

**Clifford:** *The thing that I, and I am sure most of the guys who meet you, noticed about you is that you are probably the most charming guy I have ever met in the seduction community. Your manner defines the term "smooth" but without being sleazy. I don't know if you were always this way, but if not, perhaps you can tell us a bit about the process you went through to develop your presentation, eye contact, and voice tonality. While you are at it, perhaps you can make some comments on the concept of "charm" and your approach to it.*

**Stephen:** I think the key element here is overall comfort and relaxation socially - when people refer to "smooth", that is really how I hear it. What is interesting is that, when I finished college a few years back, I was very inadequate socially and I felt tremendous insecurity in ANY social environment. I was very, very fortunate when I graduated to get a job in New York managing one of the more prestigious touring dance companies in the world. Traveling the world, being forced to interact with strangers in a strange land on a constant basis, taught me how to get things done and socialize in a way that was both gracious and efficient.

Following that, I worked as a street performer in NYC, which forced me to both approach people that I did not know, and interact with them that was oriented towards a goal that was evolutionary, as opposed to devolutionary - in other words - we come together and share something which expands our sense of reality, and "what is possible", and reach a common goal together. This forced me to focus on being clear and clean in my presentation, and a tonality which both evoked trust and strength. So, I guess the short answer here is life experience - I have been through the fire, so to speak, in very, very challenging circumstances, and have emerged molded and formed socially. Talking to girls in a bar or club sort of pales in comparison to these other things.

As for charm - well, I try to approach girls with a slight smirk - both externally, on my face, and internally. Yes, it is cocky, but it is also inviting and challenging. I think a charming man is elegant in his approach, genuine at all times, and free of hesitation in those key moments when a bold move is essential. Some images would be, of course, James Bond, Jack Nicholson and Bill Clinton - all have a devilish sense to them - something deep and unattainable - as well as that smirky sense of humor I try to cultivate. I think it is also important to really relish in the beauty and sophistication of the world - I have been fortunate to experience much of this here and abroad (and not usually on my dime) - this also teaches this grace I am talking about. In other words, pay attention to yourself - wake up, and don't sleepwalk through your life!

**Clifford:** *My understanding is that there was some significant improvement in your game after you got involved with TD & Papa and that that occurred over the last say 6-8 months. Perhaps you can go over what were the elements that needed to be improved and what specifically you did or that they helped you with that brought about any changes.*

**Stephen:** I guess it would be accurate to say that I was very natural prior to coming into the community. That being said, I still did not feel satisfied that I was having real success with women and dating. I had had several relationships, all of which ended painfully. Also, prior to the program, I was out practically every day - kind of like stumbling around in the dark for the light switch - trying things, and learning massively. So, when the RSD guys came to town, I had been in the field a lot. This increased my learning curve tenfold. Consciously and subconsciously, I had real questions about the nature of my interactions with women...and quite frankly, I was taking rejection personally. I would then categorize the learnings I took from the program as follows:

1) The importance of subcommunication. This can be broken down further (in my opinion) into: body language, tonality and vibe (inner game). The RSD program (the first week of which included Mystery) allowed me to have direct feedback from the instructors on mostly the first two items - and, quite frankly, I learned that I was doing a lot right. I was able to correct some minor body language flaws immediately. A longer process (for everyone, as I see it) is the development of tonality, and vocal control. Listen, if you want to talk to women in bars and clubs, you better be ready to project your voice. Why don't you speak with a lot of volume anyway? Being an actor, I have been trained to vocally project in large theaters. There is a severe lack of knowledge in the community about vocal projection - which can be boiled down to a lack of patience IMO. It takes a lot of time to retrain your voice - it is habituated to a certain volume and resonance. If you really want to develop this, it takes doing exercises daily. Perhaps one day I will write up a post on this.

2) As far as inner game goes, there is a large school of thought that feels strongly about having a gameplan. This would be the second major piece I learned from the RSD program. Being prepared is a great feeling. Now, I have basically (not totally) dropped routines from my interactions, as I understand subcommunication so well, and how to achieve my aims vis-à-vis a structure without canned material. Also, canned material can trap you into mechanical interactions - you can become somewhat robotic and repetitive. Not only is this boring, but it also throws up a severe barrier between you and the woman...she will sense it. As a beginner, or even an intermediate PUA, routines are GREAT because they help you gain comfort and confidence internally while you speak with women. At a certain point, yes, they get old. But until then, enjoy them, write your own, whatever. I personally enjoy improvisation (my street theater roots), so I have always felt very trapped by routines. I would be remiss to say that I don't totally use them - sometimes, but rarely...

3) One of the aspects of live, in-field programs, which make them so beneficial is that you are able to observe very good -> excellent PUAs in action. This brings in the principle of modeling. I really think this factor is largely overlooked when students leave programs and post reviews - as it takes some time for these learnings to be digested, and then apparent to the student. When you see someone good in action, your subconscious is absorbing a lot. So, on my first night of workshop, I was lucky enough to observe both

Tyler and Mystery (who was a guest instructor on this program) in action - such a rich learning experience for me. I think a lot of my challenges were solved simply by seeing the best in action.

**Clifford:** *From what I could see when I was staying at the Mansion, the guys primarily bring women back there for any other reason (e.g. come try out the jacuzzi, there's this great (fill in the blank) that I want to show you, etc.) and once back at your place at 2-3 AM it's fairly likely that something will happen. But from what I saw, it appeared that you were the one who was consistently closing with your girls while the others were more hit or miss despite having brought them back. Do you think there is something that you are doing differently than the others which is getting this result or, forgetting the comparisons, what is it that you are doing that you feel is being so successful? I think my questions are trying to focus in on the difference between when you were less successful and when things started to click.*

**Stephen:** I really think the answer here is simple - TRUST. I was speaking to a natural friend of mine last night about this - lets call him Pasha. He lives a very, very good life, and he has a harem of three women. He is also consistently meeting new ones and "interviewing" them for his harem. Very interesting. He and I were enjoying dinner when two very cute foreign girls sat next to us (one Brit and one Aussie). With no hesitation - he began talking to them, as did I. We engaged them for over an hour, telling stories, interacting, and even asking questions. We finished our food, and left scoring numbers from all three (I, incidentally, got the number of the Aussie - the hottest one IMO).

Now, when we left, we went over this issue of trust. How do you create trust? Honesty is a good way to start, as well as sincerity. Also, dominance, and setting up challenges. These encompass a very strong combination. Now, my friend Pasha has no routines per se, he has an interesting life as well as the skills to communicate this. So, he would passionately tell stories about various memories or interesting facts from his life - and I would do the same. It was very relaxed and normal. The girls followed suit and opened up. We learned a lot about each other, and it was very natural in the end to exchange numbers with a plan to meet up later.

Afterwards he shared with me his secret to seducing women..."If you get a women to open up to you and trust you as a man, you will fuck that woman". Interesting right? Very simple. A lot of what we learn in the community are tactics that help us to create trust (indifferent body language so she doesn't feel like you are hitting on her, interesting stories about yourself that convey personality, certain techniques to help escalate smoothly, etc.). What is the truest gold mine though, is when this has become internalized, and naturally flows from you to her. This is power, this is seduction.

I think the fact that I am 32, and have seen and done a lot helps me close. Personally, I have been through the ringer, which has shaped and molded me quite a bit. A lot of guys come to the scene here very sheltered, which has a lot of cons, though fortunately the

community is a place to get help and to grow. For me, I am able to relate to people because I have done a lot, and continue to do so. Makes sense right? I give off the vibe of a mature young man, who can be trusted, not of some young kid who is a player. A real expert in this community once said to me (about me) that "when you speak to women, the initial impression you give off is one of romance, and bf/husband material". I guess that speaks to the above.

My advice to guys is to get out there and live fully, challenge yourself, and particularly your own laziness. Then, you will begin to create a lifestyle that attracts women - you won't have to pretend to have it, you will. Ultimately, what we are talking about here is the ability to seduce. Listen, I love spending time with beautiful women - and it shows, particularly when we are in isolation and intimacy. When we are in this environment, one better have established trust, otherwise she will lock up and feel uncomfortable. For me, the ability to close boils down to:

- 1) Getting her to feel comfortable with you, and if she feels discomfort then back up a bit, then advance
- 2) Escalating at the right time. If you feel uncomfortable in those pauses where you know you should kiss the girl - so does she.

What she is secretly hoping for is a guy who won't cause this discomfort and escalate in the right way at the right time. This comes down to trusting your instincts. Mystery goes over a lot of this in his programs - the trust factor, which I think is a major factor that contributes to his success. Also, if you don't trust women, they, quite obviously, won't trust you.

There is a large sentiment out there that women are untrustworthy. Certainly, some are, particularly the ones you find in clubs and bars. However, there are plenty of others who lead interesting and successful lives. These are the women I am interested in.

***Clifford:** Not only did you refer to it here, but lately I have been reading about how you, TD, Papa and others are dropping routines in favor of a more natural approach. Can you say more about this and go into some detail about what you do to adjust your communication to retain its effectiveness yet be spontaneous? It appears that you are able to keep a game plan in mind while you move the conversation along but now you are doing it with more "regular" conversation.*

**Stephen:** Good question, and it seems to be the current question in the community (per my observation). A way to start would be to simply re-ask the question - what IS a routine anyway?

Routines tend to be: stories, short demo's of certain aspects of socializing and humanity that communicate that I am "different" from the rest, openers, and sequencings of precise lines that lead to a punch line.

What tends to happen, and I have seen it a million times, is that someone well-known comes up with a routine - TD, Mystery, Style - whoever. Others take this routine and make it their own. This is not a terrible solution of course, but it should still be seen as utilizing training wheels. The habit that exists out there is the lazy man's habit - I can take others' routines, weave them together skillfully, and **\*\*presto\*\*** get laid. This is fallacious, and weak (IMO). I myself have written up a lot of endgame strategies and routines. To utilize these verbatim is a bit suspect as your scenario may be very different.

The key to understanding routines is to be aware of what the intent is. Try to internalize the intent (based on what was happening at that particular moment in the field report) and then what the person did as a response to it. This is way more important than digesting the precise word for word pattern in the routine.

Women can sense when a guy is being true to themselves, and when he is deceptive and untrustworthy. A routine (going back to my question) is a canned expression of my personality. It is "canned" in that it is something that I can rely upon for a certain effect. It is much like a comedian's "set" structure - where he knows the jokes, he knows how to deliver them, and he therefore has a predictable outcome. For Mystery, he is very congruent with his material - and it flows effortlessly from him. However, too often, a routine is given (again, as a training wheel), and then the student begins to rely upon it while never creating his own stuff, nor internalizing the intent behind it.

The current movement away from routines (and I can only speak for myself) is primarily to encourage a more traditional give and take between myself and the girl. What I began to notice for myself was that routines subtly communicate that something, socially, is slightly awry. This is particularly apparent when you stack them and relentlessly deliver them searching for the mountain of IOIs! This doesn't work! The women leave the interaction, after giving you their number (maybe), and the next day realize that they had an interesting conversation with a cool guy, but that they have very little trust, and most important they don't feel that you really know them well enough to meet up again. Guess what that triggers ASD they then know that the only reason you are calling is to get into their pants. "He knows nothing about me" .....

The various way points that exist from meet to close have been internalized in me - I just intuitively know when to do what, so what is interesting to me is to try to do maneuver the interaction from a more organic, improvisational place. I certainly tell stories, they are just not canned so, in that respect, the external reality is somewhat the same.

Also, if I need a canned routine, I will use it. I think that routines have always been seen as training wheels (with some exceptions) to eventually drop. I guess what has happened for me, is that I have arrived at a place where relying on canned material bores me. I am trained as an improvisational actor, and as well, I have always been a very social, flirtatious person. I prefer then to simply trust myself, and make it happen based on what is really happening in the moment. I love to open now with a simple tease.

Quite simply, it is about observing the nature of the moment, and responding in a funny and playful way. For example, today I was sitting on the subway platform, awaiting the train, when a cute blond sits next to me on the bench. She was wearing a cute outfit, with a shiny heart attached to her shirt.

Stephen: "Where did you get your heart bronzed like that? Is your blood made of gold too?"

HB: Haha - yes indeed, cut me and become a millionaire.

Presto - it is open (she was a real wipper-snapper as you can tell, love her). I guess what is essential here is that when I use these, I subcommunicate the same things that one hopes is there with a canned opener. Also, and forgive me if I get a bit new-agey here, but...there is this verifiable idea of energy, that we can feel now in our bodies, right? When I see an attractive woman, my energy radically changes. Personally, I prefer to use this IOW, to allow this to really influence me, and contribute to the interaction. If I am really present, and responsive to the environment this will happen feels more alive to me.

Also, in the above scenario, we were on the subway platform, in a very public place, and in a place where socializing is somewhat odd. Intuitively, this energy is understood in each and every person - let's call it the social energy. Everyone is tapped into it somewhat, except for the crazy guy screaming at no one at the end of the platform. When we are awake, and alive in the moment - present - we sense all of these things. If we are in touch with that, and then come from that place when we begin an interaction - it is congruent to not only myself, but also to the social energy.

Women, who are accustomed to being hit on, are VERY keenly aware of the social energy, and if you do something that violates the understood rules of that, it can very likely blow you out. Yes, you must push these boundaries (IOW open the girl on the subway platform), but you very rarely can get away with a blatant violation. My preference now is to rely on this more than a canned opener. In all honesty, canned routines DO WORK - in any and all scenarios. If you use them, continue to do so, write your own, become congruent with them, etc.

For me however, my real intention in getting into this community was twofold:

- 1.) To meet women (of course), but also...
- 2.) To simply challenge myself to be more alive, awake and present in each moment. I saw pickup as a way of really placing myself in front of this - to challenge myself to really live up to this wish.

So, I suppose what I am really doing here is making a return - to my initial purpose when I began. Everyone's purpose though is different, which I think accounts for many of the differences in the community. Ask yourself - what do I want from all of this? Am I getting it? Am I getting closer to it? If I don't know the answers, or they come back "no",

then I have to revise what I am doing. The point is to get what I want, not what others want. In a community of very charismatic people, it is very easy to adopt another person's wish list - particularly for a new person who's hold on their own sexual reality could be quite weak. This exercise helps to remember my real intentions.

As a last footnote to this, I do want to mention that there are various loopholes in the above. Primarily, they have to do with each person's particular persona and style, as well as the certain girl you are interacting with. Each person and scenario brings a different demand. What is interesting is to be sensitive to both, and respond in kind.

***Clifford:** The RSD & MM programs started a different way of dealing with their customers, which is one on one, personalized attention in-field. I think there is a perception out there that, on the one hand, there are guys like you who are pretty well-rounded in their personal development regardless of how successful or unsuccessful they may be when they first start trying to improve their results with women (and as such tweaking what you are doing that isn't working does not involve a major psychological restructuring). But there are a lot of guys who have not been so fortunate in their overall development. Now that you have given workshops and bootcamps, and looking back at some of the guys you had dealt with the benefit of experience and a little distance since you've moved back east and no longer are on the continuous instructor treadmill, what would you do to best help guys who lack such social development? To take this a step further, do you have any ideas about what would be the best, fastest, most efficient way to train guys to become more successful with women?*

**Stephen:** Well, one thing that I always brought into my sessions with students is that they should attempt to accumulate as many social interactions as possible in an effort to develop social intelligence. You are right, there are sometimes guys who reach out for help who have challenges other than simply approach anxiety, that they qualify themselves, etc. They lack social intelligence because they simply haven't seen the need, or have been too frightened to, etc. How do you gain this? Two ways, as I can see it:

1.) Start talking to people - everywhere. In each of our minds are certain rules that must be questioned. A number of years ago, I became involved in a truly wonderful theater company here in NYC, and eventually became a principal actor with the group. We did enormous amounts of street theater (I may have mentioned this already). This was a terrific way of accumulating social interactions. I always tell guys to start up conversations with anyone, anywhere, anytime - say ANYTHING. You will be surprised. Walk down the street smiling, and nod hello to people. I come from a small town in the south, so this behavior is natural for me. I still do it to this day - wherever I am. I enjoy surprising people with kind words - "hello" and they look at me shocked...of course, I might have just brightened their day. In our heads though are rules that are created by the social norms in our culture...but why play by them? Are you some kind of sheep or something?

2.) Develop your social circle. Since I have returned to NYC, I have watched myself re-acclimate myself to all of my friends here (wonderful people, I love them all!). Also, I have made a concerted effort to enlarge my social circle. I have befriended friends of friends. I have befriended girls who are friends of targets. I have turned women who I was initially attracted to into "friends". Now, I have lots of female friends who contact me wanting to hang out. In fact, tomorrow night I am spending going to a birthday party for the wife of my best friend here, then to see a movie with a dear female friend of mine, then Saturday to the golf course with other close friends, the Saturday night out to a bar where a friend is bartending, and I have invited all of my female friends to this....see how this works? In this "game" (a lousy metaphor, btw - who "wins"?), we learn social skills. I suggest using them often, not just on "targets", but on everyone.

Become a person who enjoys the luxury and beauty of conversation, and someone who understands how to leave a person better than when you met them. This is an art - a human one - not to be missed. As for part two of your question... that's a bit more challenging to answer. I think the RSD program, and the Mystery programs are pretty dynamite in helping guys in the specific ways that they do. I have seen guys walk away from the PH mansion with their eyes no longer so closed. I guess if I were to design an actual program, as you suggest, I would focus a lot on the following:

- 1) The skills I mention above - socializing skills.
- 2) Getting a guy's life more rounded, and balanced.

One thing that happens to guys who become so absorbed in "sarging" and "gaming" is that their personalities become a bit unbalanced, their view of the world becomes one massive sarge, and their hopes for anything real vanish. I watch the natural guys here in NYC, who have women with them - and there are some very beautiful ones here, with brains no less - and they all have the vibe of someone who is successful, well-rounded (to a degree) and confident as a result. They don't have to try so hard to meet women, because their lifestyle is welcoming and attractive. They socialize because they want to, and their level of joy reflects that - this is attractive to women. The "game" methodology is very addictive - you find yourself thinking "tonight is the night, tonight is the night..."

This is like taking a sledgehammer to a petting zoo - not very effective. A better, healthier strategy is to help guys see the enormity of their lives and the endless possibilities and interests which are out there - then help them go for it - AND help them with specifics about women. What happens is a tremendous amount of wonder can be released, and a person's vibe changes - they become a man who is inviting, welcoming, and in charge of himself...he is no longer dependant on the success of his next "sarge".

I think being keen on things like masculinity, strategy & game plan, conversational topics which are ideal, how to tell stories in a humorous way, flirting, approach strategies, body language and tonality (voice development), etc., are still critical, and should be covered too. All in all, my friends in LA do some pretty amazing work - my hat's off to them.

**Clifford:** *It appears from what I have seen in L.A. and in what you have written, that you meet a lot of women all the time. How do you manage these women in terms of any ongoing contact or relationships? How often do you see them, who calls who, how often do you speak on the phone, how do you frame each new relationship? I do seem to remember reading about one here or there that you were particularly interested in - several of the guys in the community who have gotten really good seem to be emotionally immune to women now but it appears that you haven't gotten "jaded" in this way. What do you see as where you want to be with regards to relationships in the future?*

**Stephen:** I really think this question begs a larger, more essential question which is "What do you want?" Each person is different, has a different background - their biographies are written in a certain way, which sent them into life in a certain direction. Myself, I come from a fairly strong, southern, familial background - I have seen my parents divorce, and then find love again in the form of two pretty impressive people, my step-parents. I have learned a lot from all of them, and feel very lucky to have them all.

Also, my grandparents were powerful people, with very strong senses of themselves, and were very generous in passing this along to me. Lastly, my grandmother has married four times - why? Her prior three husbands all died - her first, my grandfather, was killed in World War II, her second died of emphysema and her third passed away due to a recurrence of cancer. What strength and conviction she has.

You see, I don't really desire multiple long-term relationships. I got into this community in an effort to feel empowered to the point where I could choose a partner. Prior to leaving LA, I had met and had a pretty wonderful time with a very, very special woman. She was very unique, and I have met very few people who have impressed me so. She was very attractive, intelligent, and very centered in herself - she did not need any validation externally, she was quite at peace with herself with or without a partner - which I admired about her. In fact, if I ever stooped to try to "game" her, she would look at me as if I were crazy, and would lose interest in the interaction!

This taught me a great, great deal. She was looking for a boyfriend, and had I not left LA, we would have continued our relationship (we spoke the other day, by the way). For me, I don't need or want multiple relationships. What I want, and what I have received from this community, is the feeling of empowerment which goes along with a strong skill set, and a very strong sense of myself. I have had long-term relationships before, and enjoy them tremendously. This past weekend, I spent some time with six friends of mine - three separate married couples. Each relationship has tremendously different colour, energy, and dynamic. They are all so fascinating - I truly love watching couples interact. The familiarity, the strength, the exchange - when charged with love - is quite the beautiful thing...

So, I challenge each reader of your list to take a moment and write out what it is that each of you wants. What is it? There is quite a lot of attitude and jargon on the various boards

that we read, all of which can have a very strong impact upon the reader. When seeing this for the first time, I was amazed - you mean people actually live like this? Ha!

Well, yes they do (of course, not all that we read is the truth too...:-)). But, what I have found based on my experience, is that it is very easy for a person to lose track of what it is that brought them to this in the first place - do you want a girlfriend/wife? Do you want multiple girlfriends? Do you want one-night stands? Do you just want a date in the next month? Do you want...what? This is critical. I always ask students to do themselves this favor. Why? Because when you find yourself in a seminar, workshop, or simply around other, charismatic people - you might lose sight of this, and find yourself digesting some things which aren't going to help you - in fact, they might hurt you, or at least, slow you down. Also, this "game" can be very, very addictive. Let's say you have had very little success with women, and you start employing some of the ideas brought via the community. You go out, and start to get attention in a way you never had before - "aaah, I am getting it - how exciting". Of course, it feels great!

Well, what I have seen happen, and have experienced for myself, is that you can easily run from other areas of your life in an effort to "play the game" - this is the addict's chase, a never ending one, I might add. The interesting thing about addiction is that the addict becomes convinced that "this time it will work," etc. What really happens is that he never really sees the truth about himself, and never addresses the real problem, which is always deeply set in himself, and comes equipped with pain and humility - and thus the same situation plays out over and over...until he finally gets it, or simply accepts a life of mediocrity and banality. I am a big believer in improving your skill set - but, the skill set cannot be worsened by living a full life with passion - don't fall into the seductive trap of seeking perfection - a few ruffles around the edges are OK, and can, in fact, help the cause. It's a big world boys, don't forget to experience the rest of it! I feel very strongly about being clear with yourself, about what you want and really committing to that, and in living a life of balance...so critical.

My goal was never to be a "lifer" in this community - I don't think that would be healthy. The beauty of finding a solid, strong, lasting relationship is that you get to grow and evolve in ways you cannot if you avoid this. And, the sense that exists in this community that "all girls cheat" is pure rubbish - of course they don't. In fact, if we study biology, we find that the more likely sex to cheat is the male, as his sex drive is much, much stronger. So, perhaps the reason this opinion exists, is that we, the community, are the ones who believe and even live this life of lackluster relationships, and severely retarded abilities to be intimate and trust - and project it onto "all girls". I dare say that this is prevalent, and I hope guys who are challenged in this way will take note.

Now, to get to the second part of your question - yes, I do entertain a variety of women at one time, until I feel a strong enough connection with one to really go for it with her. This is rather simple, in my opinion. I live my life - my interests, my needs/wants, my goals, whatever, come first. Until a girl has proven to me that she is someone truly worth restructuring time for, I don't. I am happy to invite them into my world, to join me as I do things with others - but that is usually it. Not that I am opposed to doing things that she

wishes to do - of course not. If I am free, I am game. But, the point I am trying to make here is this - it is so important to live a full, and balanced life - particularly when it comes down to relating to women. Why? First of all, they can sense when your life is microscopic - it comes across as needy, and "try hard" - there is a sense of desperation, and need, because the guy is simply not stepping up to the plate in the other areas of his life. Also, if you have a full life, it is so much easier to involve women in your activities.

Last week, I had three dates with three different women. As I said before, I used to be in a theater company here in NYC - well, they were performing last week in lower Manhattan. So, of course I went along to see them, and invited a beautiful girl with me. She got to meet all of my friends, therefore relying on me for comfort, as I was the only person she was familiar with - and saw me with massive status as all of my old friends came running up to say hello. The second was a double date, of sorts, as I was out with my best friend and his newly pregnant wife. This other girl and I went to dinner with them, to celebrate her birthday - same effect. The last one was a small summer party yesterday in Queens. I invited a young lady to come with me - and she saw me, again, being greeted by my old friends. I would leave her to chat with them, and when I returned, she would breathe a great sigh of relief, and begins to associate comfort with my presence. The effect here is very powerful - I am living my life, doing my thing, and they are more than welcome to come along. If not, no problem - I can meet others, and I am certainly going to have a great time spending time with people I care for, and enjoy the company of.

That's my strategy. I learned a lot of this from Mystery and Style, while in LA. Both of these guys now have long-term relationships, and both are very happy in them, well-deserved for both of them. I am, I guess, similar in that, until I meet someone truly deserving and special - yes, I will date different women, and I will enjoy that aspect of life. But when I do, I will absolutely go for it. I am a pretty emotional guy, and when I have been in relationships in the past, they have been very strong and positive experiences for me. I wouldn't miss that for the world. I am definitely interested in marriage, kids, etc. I go home a few times a year, and get to see my new nephew (nearly a year old) - the look on his parents' faces, and my parents' faces (his grandparents) is absolute gold - not to be missed in my book... what is life for anyway? I feel lucky that I never lost sight of this, and have stayed true to what I wanted....so for all of you reading this....what do YOU want? Be specific, be clear - go for it now - write out the kind of person you are really looking for, and be as detailed as you want.

Next, write out a gameplan for where this kind of woman may be - what does she do? What is her life like? How can you meet her? Where might she be? I know it is impossible to really know - but the more specific and clear you are, the better your chances are. Then, activate the plan - customize what you have learned from everyone in this community into a real plan that you are happy with, and that works for YOUR life. Then go for it - I mean it - really go for it. And if you need to change it, feel free - it is all a liquid process anyway... and then when you least expect it... there she is... let's hope you're ready.

**Clifford:** *One of the things that I think is very crucial is an understanding of the elements of attraction. Could you go over what you have learned (both from reading and from working with TD, Mystery and others, and from your own experience) about how to create and amplify attraction? I am primarily looking for anything you are consciously doing when you first meet a woman to draw her interest rather than an explanation of theory. It may at this point be something you do without thinking but I believe it's a critical skill to learn.*

**Stephen:** I want to answer this question in two ways. One will be to address the things that I see are critical from a tactical/"doing" point-of-view, and the second perspective will be more from the gaze of the inner game.

First, I think two things are essential that help trigger attraction:

- 1) Humor
- 2) Understanding and awareness of social energies - aka not displaying neediness

Humor should be obvious. Funny guys get attention (how you hold that attention is another thing), people gravitate to them because they represent good feelings. I recently went to a comedy show with a girl here in NYC, and it was fascinating. With a good comedian, who is comfortable with himself, his humor is quite in synch with who he is - the crowd relaxes and has a great time. With a bad one - he creates discomfort because he is unsure of himself, his material doesn't really expose anything funny about the world or people, and often his style is quite obtuse. We eventually left early because the second example was more often the case.

I was talking to a friend of mine recently about this. We were wondering how you "become" funny, if you aren't. He is a very polished actor, and tried stand-up for years, and even did a film about that whole world. The best comics are the ones who are brutally honest, and are able to see the humor in their own existence - aka, they are able to poke fun at themselves. So many people are so uptight that they can't see the ironies of the world right in front of their own eyes. I always tell guys to go to a comedy club, if they are struggling with this, and observe the characteristics of good comics. Also, read about it, watch funny movies, but mostly, observe those people already in your life who seem to garner a lot of attention with humor, and ask yourself "what does this guy do?" - hell, I have even asked them directly for insight - very helpful. Mostly, guys just need to loosen up when around women - we are so caught up in trying to get the girl, that we can't even focus on the interaction, chill out...that's when people become funny, when they don't really give a shit, and can just honestly vibe.

Ultimately, just pay attention to your life, and when you find something funny, try to internalize it and remember it - so you can share it with others. I try to make it a practice to simply see the world around me, then when something wild or funny happens, I tell people (not just girls). This makes this whole aspect of life a bit more natural, and it gives

you plenty of ways to practice - which is what un-funny guys need. See something funny? Call a friend and tell them about it? Did they laugh? Can you structure this better next time? I am not speaking about piling up routines here necessarily, though this would be a good way to do so. Really what interests me is to be more present, and organic with everything. I live in a big city, and there are plenty of things around me which are humorous. Also, when you are out with a woman, spending time with her - let's say something funny happens right in front of the two of you...if you have this skill down, you can then spin it back to her in a funny way - or, tell the friends about it that you are going to meet up... whatever. This says so much about you as a person.

Understanding and awareness of social energies - aka not displaying neediness: As I mentioned earlier, every environment has a certain social energy that is quite palpable. It takes experience to begin to tap into that. If you're the kind of guy that has been sitting behind his computer for a few years, you certainly don't have your intuition sharpened up to sense this. But, if you have a well-rounded life, go out with friends, date, go to work, etc. you probably do. The idea is to be able to sense each situation, and then calibrate thusly. The other day, I was on a call in a park here in NYC, a very pretty Brazilian girl walked by, and looked at me "longer than she should've". So, when I got off the phone, I simply walked through the park, found her, smiled and approached directly - "Well, I had to come introduce myself - I noticed you before, but was on the phone...so, what the hell, I am Stephen". Pretty simple (yes, I got her number, and we have spoken a number of times, will hang out, etc). If she were with friends, I would have approached differently. If she hadn't given me that look, it may have changed my approach strategy - maybe not. The point is, trust yourself - if you are a social guy, your intuition likely knows what to do...but how to trust it? Anyway, back to the point - how does this relate to attraction?

Women are very in tune with social energy, and if you violate these rules you will likely be blown out - if you play at the edge of these rules, flirt with these boundaries - you prove yourself to be confident, and one of those rare guys who makes a move. Does your body language convey neediness are you leaning in, crowding her space? Does your tonality convey confidence, or timidity? These are things to look for, though the basic equation comes down to energy who is giving more to the interaction? Needy guys ALWAYS give more...

Most guys that I have seen display neediness, and this takes me into the inner game - the need for attention, the need for responsiveness, the need for affection, the need for.... validation. A guy who doesn't give a shit what others think about him, is just living and enjoying himself (autonomous) is quite naturally an attractive guy, right? His energy isn't wasted on seeking approval, and questioning himself, it is more contained, and self-sufficient. Ultimately, for lasting success with women, you have to accept humbly that, yes, you are human, you are flawed, and begin to wonder about it in more than just a passing way - see the areas in yourself that need help, and work on it. Guys who have the biggest issue with this are the ones tempted to laugh at such a statement - this arrogance won't help you.

I sense behind your question though a common sentiment in the community, that I wish to address. This idea of "creating" attraction - yes, it can be done, but not so much with what you "say" but more about who you "are". Most guys just want to learn the right things to say, that will get them these indicators (normally to provide them the sense of validation they need). "These are my attract routines", I will hear them say...here is my experience with this...I did this for a while, and had some success - probably because I had natural conversational abilities. It is flawed thinking though to think that I can create attraction with what I say - yes, that is part of it (David D's materials are perfect for this, also TD has an enormous amount of tried and true, funny material his timing is superb, too). Mostly though, it is through what you subcommunicate that triggers it.

Trust me guys, if she has been hit on as much as most attractive women - she will know if you are seeking her validation or not...like most guys. It is a true art to be able to approach, without this need - it takes a sense of oneself, and a well-rounded person who lives in an autonomous fashion (meaning - we live our lives, which naturally validate us, because we are satisfied, not bitter) to be able to subcommunicate this. This mentality of "I need more to say!" is wrong. If your brain is set to "what do I say next", ha, you missed the boat my man... it already left the dock...

The real key to attracting women, is to live an attractive life, filled with interesting things, which naturally harmonize you. Do you spend time with your friends? Do you do things which interest you? Is your career in line? If your time is spent on the computer learning about seduction, and you have been in this community for more than six months, get the hell out of the house, and stop typing. Start doing things that are fun, that are interesting, that fulfill you. EVERY aspect of the art of seduction will be enhanced by doing this - EVERY one. You cannot lose by living fully, and hell, you might even meet a girl along the way with similar interests...and find some happiness. Happens every day - I can think of six different couples just as I sit here at my computer who are tremendously in love, very fulfilled, embracing the challenges of the world and their relationships with warmth and acceptance. Don't you think that is possible for you? If you want it, it is - that is what I believe.

I will end with this - my opinion about why guys get so "jaded" as you say, and disenchanted with women is not because of the women - no - it is because they have veered so far off course, have lost any sense of themselves as people, have shrunk their world's down to the size of a pinhole. They like to say things like "all women are sluts", "they are bred to cheat"...when they act this way themselves, and attract similar women to them. If you are going to behave a certain way, you better be willing to accept the same in return. The ultimate reason they feel this way is that they have allowed themselves to surrender every part of themselves to the cause of "the game" - so, yes, they should feel dissatisfied, and unhappy - but it isn't the girl's fault - it's your own...being responsible is tough, but being responsible to the right things is even tougher. Am I responsible to myself, am I living in balance? Am I in charge of my happiness, or is someone else? Do I even know? A sense of these questions would be a start...

Let me end the interview with a warm thanks, Cliff. I also am quite aware that I come down hard on some fairly prevalent and accepted attitudes in the above. I say it in hopes that it will help those who need it to wake up, as I feel strongly that this community can help guys, and it can hurt guys who don't treat it, and themselves, responsibly. I have learned so much from some quality guys out there and am very grateful for what I have. So, my thanks to all those that I have learned from as well to those who came before me, and blazed the trail through the jungle. What an interesting life...

**Clifford:** *I would very much like to thank you, Stephen, for the time and energy you put into your thoughtful answers to my questions. For those of you who would like to learn more about Stephen, you can visit his website at [www.ceimageconsulting.com](http://www.ceimageconsulting.com).*

### **Brian Interview:**

*Brian was the subject of a great David DeAngelo interview for his Interviews with Dating Gurus CD series. I really liked what I heard but wanted to get more details and David D. has courteously put me in touch with Brian and I asked him if he would do another interview for my list. It turns out that Brian has been a subscriber to these emails so my request fell on sympathetic ears. What follows is what I consider a great piece from someone who has truly mastered the art of dealing with women.*

**Clifford:** *Brian, thank you for agreeing to be interviewed for my list. How about we start with a short introduction about yourself (not everyone got the DYD interview or will necessarily remember it)?*

**Brian:** Of course we have to start with introductions, my least favorite part! LOL I am an entrepreneur, owned my own engineering & manufacturing company for 8 years or so, was a millionaire before I was 30, bankrupt by 32. Currently (at 34), I put together investment real estate deals (as money allows), and I am working at setting up a new website to teach people how to use their money to make money. The company will be open for business next week. My initial response rate has been huge, so I see this company exploding (<http://www.launchcentral.com/D/FFASA/200>).

However, it's very similar to when I first started my company. My net worth is growing, but I am broke. LOL It's a good thing I don't take women out on dates. Before, when I was a millionaire, I did "buy" my dates. I owned a new Vette, new truck, motorcycle, boats, wave runners, etc. I even had remote control boats to race in the pool, while we sat in the hot tub. Now, with all of this, I had all kinds of dates. I dated Hooters girls, models, centerfolds, and the hottest women around. I did not, however, have any skills in actually dealing with women. Being wealthy kept the demand for me high, which naturally led to me not chasing, so women pursued me. I still didn't handle them correctly though, because I spent TONS of money taking women on cruises, or trips, shopping sprees, etc. This became painfully obvious after my brief marriage, and very bitter & expensive divorce. My ex wife was the hottest woman I ever "bought," and after the divorce, and during the bankruptcy I found my natural chick magnets (money and toys) were gone. So I had to learn how to attract women without money or toys (when I say I was broke, I mean like I couldn't afford to even drop \$50 for dinner). I also got custody of my son (10 months at the time, just turned 4), so I don't have the freedom I use to have in dating women and spending time with them.

Currently, I have gotten bored. There are four women I have been seeing for over a year (18, 22, 25 & 31). In addition, I have slept with 60 or 70 women in the last 2 years. I finally learned how to attract women, and still not impress or buy them. Most of the women have been between the age of 18 to 25, but some have been as old as 49 (aerobics instructor who is soooo hot). Also, I have only had like one or two one night stands in the

last year, so most of these women have stayed around for a while, even though they know I am seeing others, and I don't take them out.

Also, I don't sleep around like I did right after my divorce. While I was learning how to attract women with just my personality, I did sleep with lots of hot women, but now, given the diseases and moral issues with hundreds of women, I tend to be VERY picky, and just keep the hot women who also have great personalities and something going on in their life around. I use to think quantity, now I am all about quality. Of course this comes from getting to the point where I have lots of choice. I do, however, flirt and test all women.

***Clifford:** I would like to get into a bit more detail about your dating history - you say you "bought" your dates when you had a lot of money, but how did that actually happen? What I mean is, how did you meet them, did they just see the trappings of wealth and pursue you (as you indicate above) or did you do or say certain things to let them know that you had money - what I am driving at is that I know that a lot of guys who are reading this think that there are certain "hooks" that attract women in the world outside (eg. looks, fame, money, etc.) but it's rare that we get an insight to what that actually is like (since most of them have no real idea of what being wealthy is like and many probably think they will get all these women "when" they do get rich). I know in your interview you talked about how you were just hanging out with the woman that became your wife, that you had by chance made the right moves - I think there's a bit more to the actual process than to just produce your bank account statement.*

**Brian:** I bought my dates in lot's of different ways. For example, when I met Mrs. Hawaiian Tropicana, I was in my Vette, dressed very nice, and was just walking into a patio bar. She was very hot, with long brown hair. Well, she saw me getting out of my car (we are just a few cars away from each other). I say hi (I cringe thinking about what a jack ass I was back then), and she says like "nice car." I agree, we talk briefly, with her asking me what I do, and me bragging about the company I own. Anyway, got her number and called for a first date. That date was me taking her out in a limo for an expensive dinner and dancing, roses and champagne included. When I asked for the date,

I told her what I had in mind (limo and the restaurant The Polo Club). Anyway, that first date cost me close to a grand. Some of our future dates were cruises and weekend trips to Florida. All told, I probably spent \$15K in two months on her. I honestly felt I had to spend cash to keep girls interested. Now, I date the same girls or hotter, I am older, and they have to buy their own beer when we go out. LOL

Another example would be the bar I frequented back then. I was a regular at a little tavern that was a great Friday night hangout. At one point or another every person in town seemed to come through. I spent so much cash there, they would reserve the two best tables in the bar for me and my group. A typical bar tab on a Friday night was close to a grand. I would see a table of hot girls, and just pick up their tab, or send them a \$100

pitcher of shots (not just one but 20 or so). Once again, I spent cash to get women's attention, and it worked. The downside is I felt kinda trapped. Sometimes I resented always dropping that much cash, and there were always guys and girls who came around just for the crumbs of the money I spent. I knew I was being used, but I got laid fairly regularly (not like now, but still better than most) and just figured that was the price of having hot women.

Now, when you date lots of hot women, and spend lots of money on these women, they talk. And yes, many times women would seek me out, just cause their girlfriend told them about the money I had, or my house or whatever, and that would get the girl interested. So, over half the women just heard or saw the trappings of wealth, and showed interest. That was my cue to try and impress them.

And Clifford, honestly, if you have money you can buy women. You can spend money on your car and clothes to attract them, buy the whole bar a round of drinks, brag about your wealth, and you will date hot women. But most of the time the relationship feels a lot like being at a strip club. Want to see some tit, drop some cash. Even more for a lap dance. Do you honestly think the girl likes you? And you know, most women are taught to want a guy like that. They really try to like/love you. They see you as a great provider, who obviously likes them. But deep down that type of behavior is repelling to them. Even though it isn't discussed you both know you are paying for their affections. They won't respect you, and I just can't see a relationship starting like that working.

As far as my ex, yeah that started different. I knew her for about 3 years before I got my first date. After high school she started working for my accountant, and did modeling. I always flirted, with little or no reciprocation on her side. Then one day at her office I noticed she seemed upset. She had just broken up with her bf (a month or so earlier) and the new guy she was dating was being a dick. For the first time in three years I didn't flirt, I just related to her. I never figured I had a chance. A little after that I was on my bike and I ran into her. I offered her a ride, which she accepted. We headed out of town, riding on the back roads. I took us up to the lake and spill way, where we walked a bit. We just skipped rocks in the creek and bs'd about guy/girl problems. I never thought I had a chance (she is that beautiful), so I never even tried. I was 29, she was 20. On the ride back to town, she kissed my neck, and that night I slept with her. If I would have had my skill with women now, I would probably still be with her. I treated her like all the other girls though, spending \$500 a month just to send her flowers every other day, and buying her a new car and stuff.

After our brutal divorce she became my guinea pig. Every new tactic or ah-ha I had when learning about attraction got used on her. For the last year she had been laying down lots of hints about getting back with me, but I just can never go back. Too many things have been said and done on her part.

**Clifford:** *Ok, lets move on to the change. I remember that in your DYD interview it appeared that the DYD materials were really the springboard for you "getting it." But*

*many guys read the DYD and other materials and, while understanding it, don't "get it." Can you go into detail about your transformation? What insight can you give to those who haven't been able to truly grasp how attraction works?*

**Brian:** Yes, from the material I read, DYD was the best start. But it is, as you wrote, just a spring board. The one thing that David D. wrote that none (or very few others did) was that he kept a journal and made notes. Well, this gave me the idea and I did the same thing. And I used lots of his, and other people's ideas to practice and try.

You see, I didn't "get it" when I first read it either. I was going through my divorce and bankruptcy when I started this research. I knew I wouldn't be having sex till after the divorce cause I wanted custody of my child, and I refused to give her any ammunition. But damn man, I was frustrated, the woman I loved walked out on me and Jr., my company was going down the tubes, I felt lonely, trapped and basically angered. Now, angered is down playing it. So, after looking back at the money I spent on women, and the bragging and showing off I tried to do to impress them, I realized I was 31, with very few female friends. In all truth, take away the money and I didn't have what it took to get a date.

I started reading. I couldn't date, while we were going through the divorce, my son was with my ex, and I slept at a friend's, so I had plenty of time. I read everything, then I started applying. I would try different approaches, teasing, cocky and funny, being nice.... anything I could think of just meet girls and get numbers. And this was everywhere I went.

In the beginning I was shot down repeatedly (100's and 100's of times). But I knew I would figure it out. Now, I purchased a dozen online ebooks about dating. I literally have hundreds of books on dating and relationships, including books written for girls. If there is an E-zine online that talks about dating, I would receive a copy. Most give the same advice Cosmo would give a man. Smile, be nice, show lots of attention. And, for me, this just didn't work. But David's remarks and c&f did tend to spark a little interest. So I would do what I could to set up scenarios to just be able to say what David wrote. And I started getting responses.

Now I don't use everything he writes about, and I do use ideas or personality traits I cultivated from other places. More than anything the information gave me a starting place to go and do the things successful guys do to meet women. If you do what they do enough, you see the reactions of the women, it all starts to make sense. Now it's just part of my personality, and I put very little thought into interacting with females. It has become natural.

After a year or so, I went from not being able to get a number, to getting 20-30 a week. Even my best male friend took big notice how easy and fast I could get a girl's number. My timed record is 48 seconds from first walking up to her, to getting the number, and my friend timed me on a bet.

I have also been a marketer by nature, and I used the same strategy with women. I just got over all my BS about how I think an interaction with a women should be, and started looking at things from a woman's point of view. What would make a women want to buy me? How do you make someone buy a product? I cultivated those traits that make people want something. And one of the best is "you can't have it." Most people will touch a sign that reads 'wet paint' just to see if it is dry. I use the same logic to entice women to chase me. I don't get their numbers anymore (for the most part), I don't call them, and when I first meet them I always ask questions that make me look very picky and that they don't qualify for. Oh, I also never, ever let a women tell me what to do, or act rude in any way around me. Period. I will bust them hard for this crap, and not jokingly.

Something funny about that, the hotter the girl, the more likely she is to tell men what to do, sometimes in a straight forward manner, sometimes subtly. I have become very sensitive to this and I flat bust them on it. If they get pissed off (half do) I simply walk away. Don't give me any BS, and we will have fun, fuck with me and I don't get mad, I just cut you off. I have told girls, while they are running their bitch shield to 'stop.... this just isn't going to work out. I could never kiss your lips at night, if they are going to chew my ass all day' I heard it in a song, and just adopted it. That is even more attractive to them. When you demonstrate you are a man that demands respect and you are not willing to kiss butt just to talk to a pretty girl, they will usually seek you out after they think about it.

***Clifford:** I would like you to elaborate on is how you wrote that you don't take women out on dates. Can you go into some more detail about what you do specifically from the time you meet them to the time you get together with them? Also, I want to ask you is about confidence. One thing that comes through loud and clear on your DYD interview is that you have a total sureness about what you are doing with women - there's like no hesitation, you know what you are going to do, how you are going to do it, when you are going to do it, etc. The level of confidence that comes through is very, very high - how did you achieve this? Were you always like this? You must certainly have met many other guys who don't have this level of confidence with women - what would you suggest they do to increase their self esteem?*

**Brian:** No, I don't typically date (like pick a girl up and take them out). Honestly, when I first meet a girl, whether I take her number or she takes mine, and we talk on the phone that first time, if the conversation is going really well, I will just tell her a time I am free and where to meet me for coffee. Usually Starbucks, but a restaurant will do. If I can tell she is REALLY into me, I suggest she come to my place and we make dinner together (usually dinner comes after coffee). I don't offer to pick her up, I don't buy flowers, I may have one bottle of wine in the house for dinner, but I am not a big drinker, and I learned that just having enough wine for a glass or two seems sophisticated, but it's not enough to get them drunk. This seems to build trust with them fast.

Now, coffee dates tend to really intrigue the girl. I am not trying to impress them, obviously. And, even if I like the girl I usually only spend an hour with them talking. And that's what I do, just talk and tease them, learn about them. If you listen they will tell you exactly how to win them.

Dinner is a little different. I plan easy meals, but I make sure everything is cooked slow, and we start after they arrive. I always give them a task, like making the salad, or cutting up vegetables. And we talk and tease. I treat them like an old friend who has stopped by after being out of the country for a year. After dinner, we sit and talk awhile, then I usually suggest a walk around the neighborhood. A little exercise is great, and you keep talking. Then I suggest a movie, and will get a bunch of pillows and a blanket for us. A pillow fight usually follows. That is a great activity for getting a women sexually charged and it is fun. I usually resist even kissing them, although I will enter their space all the time (like I know I can kiss them and have them if I want, but I like the tension - most women call me a tease around this time). After a couple of hours in this situation you could cut the sexual tension with a knife. They usually kiss me first, and then I just follow the 2 step forward, 1 step back rule. After this, where it goes is usually up to you. When I first starting getting good at this, I did sleep with the girl the first time I could. Now I don't, I make them wait and jump through a few more hoops.

As far as confidence, yeah, I am confident. Thanks for the compliment. And no, I wasn't always like this. Playing sports helped, building a business helped, but my confidence was shattered after my ex walked out, and when I first started meeting women without money I was shot down so often it scared the hell out of me. I remember a few weeks after I started studying the DYD system, I saw a very beautiful women out eating with some friends. It was my first approach since that first date with my ex. I went up and started to introduce myself to that girl. My knees were shaking, my voice cracked, and I didn't speak in a complete sentence. LOL Bless her heart, the girl I talked to was sweet, and her friends were nice, and she said no to the request for a number very nicely.

For the next year I made myself talk to people. I would approach women trying different approaches (body language, voice, words, etc.). I also made myself talk to everyone.

Old, young, men, women, children, whatever. Now, if I go out, within 15 minutes I have met every person there, including the kids. And nothing bad has happened. Nobody hit me, no one threw a drink in my face. Some people liked me, some didn't. Most are at least nice. As I continued to learn, and became better with people, and specifically women, I found it just doesn't matter. Some people will like you, no matter what you do, some will hate you, just for the way you look. It just didn't matter. Now, I care about people, but not what they think about me.

The other thing that has really made a difference in how people deal with me and like me is how I treat them. You could be rich, beautiful, whatever..... I don't care. I dated a women last year that won a Grammy in 1999, and was up for one this year. She has a few albums out, has been on TV and done some children's sing-a-longs. I was interested in her, but not overly impressed. As far as I could tell, it was a job, and the fame she did

have meant she rarely got to 'put her hair down' so to speak. So, with all women all I care about is how they treat me, and how they treat others. Act rude, and not only will I bust you and call you on it, I will walk away. I will do this to a man or a woman. This is part of my dominant personality. No one gets to disrespect me. And I don't try to force people into my mold or change them, I just cut contact. Most women who test you on this issue will see you don't get upset or controlling, but you are in control and if she wants to be around you that kind of behavior is not accepted.

Now, doing this has not only improved my confidence, but has made me very popular. There are 3 taverns I go to about once a month. I walk in, and know at least half the people in the place. I spend the first 30 minutes just shaking hands and hugging girls I know. I am not around them enough to seem predictable or boring. And new people that see me come in and say hi to that many people want to know me. Especially women. Then I walk around and meet others. And I spend just as much time with the old man sitting alone in the corner as with the table of 10 hot women. I don't latch on to anyone, and I get to talk to everyone. This tends to make women want to know me.

Now, you asked what advice I would give to a man who wants to develop his self esteem & confidence. Let me use an analogy. Take the bench press. I could show you how to set up the bench, I could show you how to breathe, where to put your hands, your feet and the rest of your body. I could even show you the range of the movement, and how slowly to lower the weight, and how fast to lift it. I could tell you how much I start with, and end with, how many reps and sets I do. I could even show you my diet and how I eat to fuel a workout. But you will never, ever get stronger or bigger by watching me. You must do it. It's really simple. Know you are NOT going to walk into a place and be treated like Brad Pitt. Know your interactions are not going to be what you want. Just have the mind set that you are going to go learn how to interact with people.

Then do it. No excuses, no I want to read more. Just go do it. Don't be a dick, and maybe, if you are really bad at social interaction, you should stay away from cocky and funny. Just be polite and say hello. This is not a great strategy for building attraction, but is the starting point to gaining enough confidence to approach a female. When you can approach them, then you start working on learning how to attract them, and not just interact with them.

**Clifford:** *You wrote "And that's what I do, just talk and tease them, learn about them. If you listen they will tell you exactly how to win them." Can you elaborate on that because there are two pieces here that I believe are critical to helping guys obtain success: one of them is the "teasing" and the other is the "listening." In terms of the teasing, I believe that playing hard to get and teasing are absolutely essential elements of attraction. I remember your story on the DYD interview about how you reversed the roles with the Hooters girl who took you out to a comedy show, and I noted your comments here about "you can't have it." But I would like you to go into as much more detail about 'taking it away' and taking on the woman's frame as you can. I think there's a very difficult mental contortion that most guys have a lot of trouble with because on the one hand they are*

*expected to approach and consequently show the first interest, yet then the way to do it is to pull it away and change the direction of the interaction.*

*How did you get good at this? As for listening, what specifically are you listening for because typically women are very subtle in this area and many guys play it cautious with them and don't pick up those clues.*

**Brian:** As far as playing hard to get. Yes, I believe DYD's system where Dave wrote to ask questions suspiciously, and to lean back and not be too eager. I noticed this really helped ease the interaction with the female, so I leaned back even more. I did play hard to get at first. I would want to call a hot girl I met, or kiss her as soon as I thought I could. LOL Even though I was ACTING laid back, I was still wound tight on the inside. Now though, I really am hard to get. I am really bad at calling girls back, I forget birthdays (one of the girls I have been dating for a couple of years Bday was last Monday, 7 days after mine, I forgot. LOL), I don't try to kiss women early anymore, etc. The few times I go out and some girl latches on to me, I will not go home with her and sleep with her. I may next time, but not the first time. This is exactly opposite of most guys, and the girls take notice of it big time. Also, I tease them about being too aggressive and messing up their chances with me, etc. People want what they can't have, and if a woman thinks she can have you when she first meets you she is less likely to want you.

And that leads perfectly into teasing. I am not a clown, I don't cut up all the time. But I do tease, at irregular intervals. As you do the things that increase attraction with the girl (the whole scope of the interaction) you can visibly watch her get more nervous/excited. And I just tease them more about how obvious it is they like me, and how cute it is, etc. And I do this in the middle of other conversation, so there is no good lead into the comment. I just watch, and when I see her attraction rise I say it. Even if she is talking about something completely unrelated.

And that really is the HOT woman's frame. When you meet that hot woman that all guys drool over she is usually very flirty, she knows all men want her, and she will tease them about wanting her. She will act flaky from time to time, and rarely will she chase you or call you. That is, she will do these things if you are the average guy. But, if when you first meet her you take her frame, & do it more than her, she literally will start chasing you. My first aspect of stealing her frame is from her body language. No matter what the topic, I will wait to see her body language, and then exaggerate it. For example, within the first minute of talking to a woman, I will notice how far back she is leaning when she is sitting, then I simply lean back more than her. What I have noticed is she will start to lean towards me the more I lean back. My natural tendency is to lean in, so I have to concentrate at the beginning on not doing that. I have read this is mirroring her. But whatever, I take her body language and go larger with it (and always away, never in). Also, when I tease, my voice and body language are usually opposite of my words.

Another aspect with taking a girls frame is this whole "buy me a ring" crap. I really thought about this, and given my past, and how much money I have spent trying to

impress them, I noticed our culture is just geared to a man giving women stuff. Even the biggest femmanazi out there expects her man to give her an engagement ring. Well FUCK that. When girls have talked about having a relationship with me, or why I won't settle down with them I always switch roles and ask what kinda ring they are going to buy me and I always tell them I want "two carrots." This throws them. They will always back up and tell me I am supposed to buy them a ring. My response is usually, "but I am not the one asking to settle down." Then they tell me it is the man's role to buy his woman a ring as a token of his affection.... to which I ask if she wants a business relationship or love relationship, cause me having to buy a her a ring, so that she gets the benefit of having just me, while I am limited to just have her, sounds a lot like a business relationship. Sometimes, after joking about this a few times, I have had girls show up with those cheap fake rings you can buy for 8 bucks. We have a good laugh about it. This also works if the topic comes up at all when you meet them. Like when they ask if you are married, you ask, "Why, are you thinking about buying me a ring?"

Also, I simply believe, if the girl has talked to me for 60 seconds, then she likes me and is attracted. So I take the hot woman's frame even more. Teasing her about liking me, flirting, touch her arm, then tell her I will charge her for any more. Or, by just being aloof if I am not in the mood to flirt. A little arrogance mixed with good conversation, and a little lack of attention on your part will send the message she will have to work for you.

And this brings us to listening, which wraps her frame, and teasing together. You see, no matter how cute your line is, it will never be a good as if you observe her, and listen to her, then custom fit that to her. For example, you wouldn't want to use the line "Nice shoes, what are you 4'2"?" on a girl who was wearing very thin soles, like sandals.

But if the girl is tall, and wearing like 3 inch trendy boots, this is a perfect line. So when you start interacting and talking, listen to her answers and watch how she tells you things.

Another example, if the girl tells you how she really hated the way her last boyfriend spent more time with his guy friends than with her, and she says it in a kinda wispy, almost remembering, way, then it is likely this girl loves the challenge, and wants a guy she barely believes she can hold onto. If she made the same comment, but said it with more anger or pain, then I would be willing to bet she desires more of the security of being with a protective man, and that she will respond to a little politeness better.

Either way, I first empathize with them of how I know how that feels, and then, tease them about how they will hate me, that I sound just like their ex and I spend more time with my friends, etc.

Also, if you ask your questions right, she will give you more specific ways to win her. For example, I was at a coffee date with a hot little 21 year old waitress. We were playing back gammon and just hanging out. In the middle of the game, out of context, I asked her something to the effect of "You seem normal, why don't you have a boyfriend. Did you just get out of prison?" She kinda laughs, and tells me straight out that most men bore her, and she is looking for a challenge. Well, I listened, and not only heard the words, but

applied them. I knew she had my number, so I never did call her to ask her out, or say thanks or even talk. About a week later she called me, we chatted and I got off the phone fast. Basically I made myself a HUGE challenge. And we ended up dating till she went back to school. Even while we were dating and now, I don't pursue her even a little.

Now Cliff, all this is bonded by one aspect of your personality. Your belief in you. Some call it confidence, and it is, but it is also a little more. You wrote "As for listening, what specifically are you listening for because typically women are very subtle in this area and many guys play it cautious with them and don't pick up those clues", and you are right. Women are subtle. I am sure I miss lots of their subtle signals, but the real problem is men are cautious. David D. wrote in his book that he gives you permission to burn any interaction with a woman. In case some readers haven't read his book I give you permission to burn any interaction with a woman.

So, stop being cautious. Sometimes I say things that are just too arrogant. Rather than apologize, or say I was only kidding, I just believe in myself, and I know, no matter how it came across, I meant it as teasing, so I will look her in the eye and nod slowly and say "yeah, I said it." Now, I say those words exactly like I was saying, "cummon, don't you enjoy humor?" Most of the time the girls will punch you in the arm, or blush, and you can watch the attraction go up. Mainly because I stood firm in myself without getting self conscious or nervous or back peddling.

Women love men with balls (no pun intended). So when you tease, have balls. When you approach, have balls. When you talk to other people, have balls. When you listen, have balls. You don't have to agree with her, or everything she says. And in doing this I have learned that you can get a women emotionally charged with a verbal conflict, and still win them.

I learned this from one very hot woman I dated. I tried engaging her on several occasions, at different times. Each time she would kinda respond, but immediately go back to talking with friends and ignoring me. After one such time, I told her something to the effect that no matter how good she looked, acting like a spoiled stuck up brat would always keep her single. Holy shit, she tore into me. I was a dick, an ass, how dare I, etc... I kept my cool, and just started smiling and leaning back and slightly nodding.

After a few minutes she finally clued in on my body language and asked why I was smiling. I told her I knew she would probably be fun if I could just get past her bitch shield. She laughed at this, we ended up talking and dating for 3 or 4 months.

As for getting good, I did it the same way I became confident. I screwed up a lot, and kept doing it. I noticed after I started getting numbers, I had a large amount of girls calling and canceling the meeting before we got together. So, just to see what would happen, I started calling the girl before we were to meet and canceling the date. I would just say something came up, and I was sorry I wouldn't be able to make it. I noticed women I broke dates with start calling me. And if I set something up the next time, they rarely broke the date. Also, when I had no shows (they stood me up), I would call them

the next day, and expect the voice mail. I would leave a message to the effect of how sorry I was I didn't show up, and I didn't have their number or I would have called, and since I stood them up, I wouldn't blame them if they never talked to me again, but I just felt I should call and at least say sorry. LOL Lot's of girls would call me back, and just say it was no big deal, and if we set a second get together up, they usually showed. It was weird. Now though, it's been a long time since a girl broke plans with me.

**Clifford:** *I would like to know how you manage your women. Describe to me a typical week/month in terms of how often you speak to them (who calls who), what you say to them, how often do you see them, what you do when you are together (you described on the DYD interview about a girl going on a date, coming home and then spending the night with you - how exactly do you have these women set up and what did you say to them to set them up this way?), etc. Do you treat them all the same basic way or are there important differences from one to the other? Do they ever meet each other, either just socially or for threesomes (or moresomes)? It seems clear that they know you are dating & sleeping with other women - what are you doing that is keeping them around (you mentioned one woman that you've been seeing for a couple of years below) and how do you deal with their resistances to you being with other women (eg. concerns about STDs, for example)? And the other thing is that you seem, like many guys who have reached your level of success with women, to be emotionally immune to them. I don't get the sense that you could fall for a woman anymore now that you have them figured out.*

**Brian:** Thanks for the compliment. And manage my women, you are killing me. I don't really manage. My system is kinda easy. I start from the "I am not looking for a girlfriend" frame. I really do not want one. So when I first meet them, and we talk, they ask what I am looking for in a girl, I always, without fail have a cocky & funny comeback about rich, bisexual, and not just one. Now, no matter how clear I am about not wanting a relationship, every woman, without exception, thinks they are going to change me and settle me down. So the first few weeks, they really expect me to chase them and be with just them. They soon learn that isn't going to happen. So the majority of women I have been with last 2-3 weeks. Now we have 2 categories, those girls that enjoy me so much they continue to be with me while they either wait for me to change and settle down, or they look for something better. Most of the girls I have dated any length of time fall into this category, and most have had boyfriends while they were with me. Some new guy that wines them and dines them, and bores the hell out of them so that they always come back to my bed. The other group just drift away, and end up calling a month later for another hook up. And since I make no promises, I have no worries. Just last week the 18 year old, 5'11 120 pound hottie showed up while the 25 year old, 5'2 89 pound hottie was here. I have dated the 5'2 hottie for a year or so, and known the 18 year old for 6 months. She just turned 18 a month or so ago and we started dating. Now, when 18 showed up, I just invited her in, offered her some coffee, then left the room to get the coffee. The two girls talked, I came back, we all talked for about an hour, 25 had to leave, so 18 and I spent more time alone. Neither girl asked about the other, and I offered no

excuses or explanations. So, for the most part, it is the girl calling me, and us deciding to get together.

As far as a typical week. Well, let's take last week. Friday night I played golf with my buddies, illegally on a course till about 2 am. We used those go-nowhere glow in the dark golf balls. Saturday afternoon the 18 year old stopped by on her way to work. I met her at Taco Bell around 6 to eat dinner with her. Then I went to hot 31 year olds house. She cooked me dinner, and I ended up spending the night. Met a new 22 year old for coffee on Sunday. Sunday evening was with a new 19 year old that came over and helped cook dinner with me. Monday day the 18 year old stopped by. Monday night I had my kid. Tuesday day I had 25 year old over when 18 year old stopped by. I had my kid Tuesday night, but I allowed 27 year old over with her kids (only a very few girls are allowed around my son). Wednesday I played golf with the guys and had 20 year old meet me at my house after. Thursday was with Jr. Friday, early evening I met a group of waitresses from one of the taverns out for drinks before they went to work, then I went fishing with the guys and my son.

As for how often we speak. I have no idea. The 18 year old has a huge crush on me. I talk to her almost everyday, but I never call her, and I only answer every third call or so (she is also the sweetest of the group - very innocent and she likes to clean my house). The rest of the girls will call me between 1 and 10 times a week. Like the 27 year old, she only calls once a week and if I miss her call I call back. The 31 year old is hot but very emotional, she calls 7-10 times a week, and I talk to her about every other week. The 20 year old is new, and only called a few times. The 25 year old calls 3-4 times a week and I talk to her once or twice. Trying to think of all this is funny to me.

Honestly, I am real bad at taking calls, or calling back, but when I do talk to them, I tend to tease and have a great time with them. As for setting it up this way, it wasn't planned. I just started getting lots of female attention, which made me less eager to call or talk to anyone, which got me even more female attention. And if a girl gets mad or doesn't like it, oh well.

And I never act like I plan on sex. Usually I act like we are just hanging out, and let the woman seduce me. So they usually have to 'persuade' me to stay the night or let them stay. It seems like the more I try not to sleep with them, the more they try to sleep with me. Oh, and I do turn women down. I won't always stay the night, or let them stay, and I keep it unpredictable.

Now, I have never had any kind of STD, and this is very important to me, so I always use a condom. And I keep a box in my car, gym bag and dresser. As a matter of fact, I have dated several women from the local Walgreens just from buying condoms. I will go in and buy 2 or 3 boxes of the Magnum economy packs (that's like 64-96 condoms).

Without fail, the woman checking me out will blush and try to make some joke about it... I will just tell them practice makes perfect. Do the usual tease and flirt and then I let them take my number. The 25 and 18 year olds both worked at Walgreens, although, not at the

same time. When a girl first sleeps with you, she is likely NOT thinking about STD's. Most seem happy when I bring out a condom, and I don't ask what they want. It is a condom or they can blow me. After some time, they may bring it up. But usually, it's after we have had sex. Now, I think the real issue is not about disease, I believe it is about control, and you being with just them. Usually I just avoid the issue, or ask if they are telling me they have a disease. If they continue to pursue the matter, I just point out this is the way I am. If you don't feel comfortable with me, then you should stop sleeping with me. They may get pissed, but I have never had one stop sleeping with me for this reason. Like I said, most girls don't make it past a month, so I really don't care, and for every one that stops seeing me, I meet 20.

I do role reverse on them here too. I will ask if they have anything, or if they are sexually safe. If it looks or feels like they may have an issue with my rep, I just grill them a little about it. I have also noticed, by NOT having sex with them as soon as I could, I not only look like more of a challenge, they worry LESS about me sleeping with someone else. I am much harder to get, so less likely to be sleeping with lot's of women. LOL That's woman logic, and we know better, but perception can be a dangerous thing.

As for threesomes, when I first started getting good at this, I was able to set up a few with college girls (even had 3 18-19 year olds at once). I had a great time with it, and a few of the more open 'hippie' chicks shared me with friends. To be honest though, I prefer one on one. The 27 year old is bi, and she does invite me to join in when she gets a new gf. She and I have been together for over 2 years, and we have even gone out and picked up girls together.

Now, why do the girls stay, or keep coming back? Well, obviously, most don't. They are around for a few weeks, then they are on to the new guy that shows them more attention. Lots of these girls do tend to keep popping up though, calling and wanting to get together every couple of months. But the ones that do stay have fun. I have a great time, I love teasing them, when I do go out, I enjoy meeting and talking to lots of people, and I easily build rapport with people, and most of the women enjoy this. Almost all of the girls tell me they have never felt this close to a guy, and they can tell me anything. I don't judge them, or try to change them, and I think this is key.

From talking with the girls that have been around me for any length of time, I have heard that most guys are always trying to fix their problems, or they feel like the guy is trying to change them. You know, on a subtle level. I used to invite girls to workout with me when they showed interest in my training (I thought I was being nice), but I realized most of the girls take this as me saying they need to get in shape, or they aren't good enough. Teasing them about that is fantastic, but actually trying to change them is bad, bad, bad. So I don't ever offer a solution or advice unless specifically asked, and then I give it to them honestly, even if it pisses them off and I know that isn't what they want to hear. I also don't care if they date. As a matter of fact, I encourage them to go out with other guys. I believe the more time they spend with the kiss ass guys who try to impress and buy them (the old me), the more they like being with me. I never, ever get upset about them dating or sleeping with someone else, and I can talk about this without judging. If

they ask about other girls I sleep with (like for details) I will tell them I have never, I am a virgin (I have said this while I was 'in' a girl).

The other aspect is I never talk about boring crap. No work, or school or anything. If they start I will tell them to stay away from boring topics, and they only have me for a little while, impress me. And I tease them unmercifully, at the oddest times. The exception to this is I am a good friend. I don't lend them money ever, but if they have a flat, I will pick them up if I can, or if they need something moved I will help out.

"Emotionally immune" This is a good phrase. Yeah, back long ago, I would get jealous easily. Even hearing about a girl's ex bf would make me jealous. I would like a girl and go way overboard calling and buying gifts and stuff. This was all my insecurity, and I leaned on the girls. Like I was looking for her to fulfill me. Anyway, those days are gone. I started very bitter after the ex, and was emotionally detached. Now, I am not bitter. But I am a lot more stable in myself. I don't need a girl to make me happy. I don't need someone around. Every where I go there are hundreds of women, and now I know how to meet and interact with them. I have no fear of them. Can girls still hurt my feelings? Of course. But no more than one of my guy friends can. I am sure you understand what I mean. I have gotten to a place where I am comfortable just being me. I don't need to impress, or buy, or take a girl out. I am not needy at all, and with this is a super level of confidence and balance. Since I know I have the skills, I just don't worry about outcomes anymore. Now, I also don't put myself in a position to be used in a way I would not like.

I trust everyone, I tempt no one. In rereading your question, you asked what I do with them. Well, new girls is obviously us cooking dinner, but you can only do that so many times with a girl. It's not so much what we do, as how I am around them. I would like to relate a very typical evening, that has happened so many times or ways, it is almost scripted (the attitude and results, not the details). I will take the last girl this happened with. We talked, she got my number, she called. I was busy, and never called her back, she calls again a week later. I invite her over for dinner, she asks if I would rather go to a sports bar with her. I have plans for the first day she asked, so I decline (this is another Hooters girl). She calls a few days later and invites me out. I keep teasing her about being my bratty little sister, and how, if I go out with her, it's just to hang out and have a good time and become better friends. She arrives at my house. She walks in, I grab my stuff, we leave. I drive us to the bar. We arrive, and she asks me to buy her a beer. I tell her to buy her own beer, that I never buy 'children' alcohol (she is 22 or so, 5'4, maybe 100 lb. with nice perky breasts and long brown hair). She buys her own beer (and isn't happy about it). She sees some guys she knows and goes running off (this has happened so many times, I believe this is a standard dating rule girls follow to test the guy). I do not follow or even get upset. I just start meeting people around me. When she comes back I am sitting with 3 other girls having a fun conversation. When she arrives I introduce her, talk for a few more moments, then join her at the bar. She asks if I want a beer, and I say sure. She goes up to a group of guys and flirts, and brings us back 2 beers. I just laugh and tease her about how happy I am my new friend can charm beer out of guys. I also tease her she needs to go charm me up a new Ferrari. She sees more guys she knows, and

runs off. I meet more girls and a few guys. When she comes back, I always introduce her. I never met any of her friends, nor did I ask too or try.

After a few hours of this, girls are asking me about her, and asking for my number. 3 guys come up to tell her how hot she is and how beautiful, etc. She looks at me, and I shrug and say "I think your tits are too big." She laughs, and the guys have no ideal how to take it. They end up buying both of us shots and beer. One guy keeps asking for her number (trying to hide it from me LOL). I finally tell her to give the poor guy her number, as the shots he bought were excellent. She gives him a number, but I don't think it was hers. We leave. In the car she complains her neck is sore. I start rubbing it. Before we get home her panties are off, and I just carry her straight to the bedroom. Now, minus specific details, this scenario has played out so many times I swear it's like déjà vu when I go out, or meet out, a hot young girl. But every single time I act this way I get free drinks, and I sleep with the girl. Every time. It kills me.

***Clifford:** On the DYD interview, you mention about approaching women using "Are you single?" as an opener. From there, you commented how you are not looking to get into a conversation, a comment which I didn't find that David followed up enough on. You also mentioned going out and getting 5-25 phone numbers in one night, and, if I understood it correctly, either getting a number or leaving with the girl within about 15 minutes. You made this sound like buying a can of tomatoes at the grocery store - you go in, find what you want, take it and leave. Now maybe it is that simple for you, and from what you've written in this interview it seems like your methods may have evolved, but I would like you to go into some specific detail of what you do on a cold approach that is so efficient and which doesn't involve a conversation.*

**Brian:** Yes, my game has evolved since I was interviewed by Dave in December. That was almost a year ago, and while my attitude is the same, my strategy has changed a little. I can't remember the last time I got a girl's number. I was trying to think, and it's been months. I just give mine out now. Call, or don't call, that's ok. Now, this doesn't work if you ask for her number and she says 'Why don't you give me yours?' Here she has the power, and complying in the kiss of death for you. But, if you just tell her you don't call girls, here take my number, you keep the power, even if she doesn't take it right then.

If I see a girl that interest me, I still open with are you single? and follow with are you rich, and then back that up with are you bisexual? When I was getting numbers, I really wasn't trying to get into a conversation. I used my openers, then I just said I was busy and I had to go, but write your number down. I didn't try to keep the girl interested right then (usually).

Last night, me and Jr. were shopping and a hot brunette caught my eye. She was maybe 25, 5'4, 110 lb. with an ass that screamed 'fuck me.' As soon as I saw her I started walking her way, and she saw me and started smiling. The first thing that popped in my head though was 'I have my son with me' and then I thought of not approaching, so I

walked up, and just chatted. We talked a bit, and she ended up taking my number. She did ask what I thought about my son watching me meet a woman to which I asked my son 'What do we do with hotties?' and he yells, "Tease them and runaway." It just shocked the hell out of her... LOL

The exceptions were when I was in a really powerful or horny mood. I am out, meet a girl, use the openers, and within 5 minutes just say, "I am going here, cummon." and leave with her. Almost all of this working is how fast you can build trust, rapport, and increase her attraction. It is the whole sum of your personality and communication acting in harmony. It's only been the last year and a half or so that I have been able to do this.

As for getting 5-25 numbers 'like buying a can of tomatos', well, it kinda is. I know, if you would have told me I could do this 4 years ago, I would have been like 'sure you can.' But honestly, it is a cake walk, once you believe in yourself. If I ask a girl for a number, I not only expect her to give it, I expect her to be happy about it, and be waiting for the moment I choose to call. The simple question is, can you walk up and get a girl's number? In my timed bet I walked up the girl who was sitting with her mom and friends and said 'Are you single?' She kinda smiled and blushed. I continued 'I am with friends right now, and I can see this is not a great time for either of us to talk. You do have a look I find interesting, and I would like to talk to you sometime and get to know you. Do you have a pen? All the girls dug and found one, and I just said here, write your number down. She did, then I teased her about not getting my name (hers was on the paper). Now, if you can do that, you can easily do that 5 times in an hour. and if you can do that 5 times, you can do it 25 times. No big deal.

Now, even in my interview I mentioned I don't bat 1000. Girls say no. I have walked away from lots of girls cause they wouldn't take my number, and I didn't take theirs. The next time I see them, they are usually very interested in me. But it doesn't always go my way every single time. The difference between now and 4 years ago is it goes my way more than it does the typical guy, and that is from my learning. I have lots of girls who want me and sleep with me. I have so many female friends now, I just don't have time to talk to every single one of them every day, or even every week. I do not come from a place of needing a date, so even when I walk away, I walk away from a place of power.

And we all talk about a girl wanting a challenge, and a powerful man. So who looks stronger, the guy that gets her number, or the guy who turns her down telling her that he doesn't call girls (which, by the way, is another role reversal). When she sees I am not kidding, that I really will leave without her number and not be the least bit worried about it, it turns her on. I have had girls chase me out the door saying 'ok, give me your number' or the next time I see them, we talk and tease about that. Them telling me what I am missing, and me just laughing and telling them it doesn't matter they have already screwed up their chances with me. Usually, when I see these girls again, I can feel the sexual tension go up. I am likely the first man who ever walked away from their number. The second time around they usually take it. But even if they don't and they are all pissed off at me cause I hurt their poor little self esteem by not taking their number or doing what they want. What I really did was save myself a whole bunch of their drama.

A big part of the puzzle is what I expect. I mean, I do all of the things to increase her attraction, but I also fully expect her to do what I want. If I want her number, I expect her to give it. If I want her to take mine, I expect her to take mine. If I want her to leave with me, I expect her to leave with me. That really is a big difference over most guys, and I am sure my voice tone and body language relate this to her. Most guys ask for a number 'hoping' she will give it, surprised if she does. I am shocked if she doesn't. Here is another example. I ask my male friend to do something for me and I am not sure if he will. If I ask an employee to do something for me then I expect it done just as fast as humanely possible. In both situations I ask, but in the situation with the employee it is nonverbally understood, that while I am 'being nice' asking, I expect what I want to be done. Same with women. If they are single and I can make them smile with my first couple of comments the I really expect her to want my number and to get to know me. It would be in her best interest.

***Clifford:** Please expand on what you wrote about what you expect. The question (which I realize I dwell on) that is most critical in all these interviews is about "getting it." If you look back on how you were a few years ago, what do you think would be the best way for someone to go from where you were to where you are now? What other insights could you think of to help guys to finally have that big realization that leads them to massive success? Obtaining the kind of confidence that comes across in what you wrote is the holy grail of seduction world - I know there are guys having some success that don't come close to having the attitude you have.*

**Brian:** LOL Yeah, this question touches on everything. I talk about 'getting it' as do lot's of other guys. It is not really one word or attitude, but a whole personality and lifestyle, and probably differs from time to time. But the real key is, I know how to amplify a woman's attraction, and I know how to create and keep sexual tension. This is it. I can make a girl FEEL these things. I do this with my attitude, which compliments my body language, and voice, and words. It is everything, all the details from meeting her, to sleeping to her, to marrying her to burying her (with this ring, I am dead.... my favorite line).

I am starting to sound like The Tao. You must become one with yourself grasshopper. I kill me.

Really though, how does a guy get here. Well, for starters, do you really want here? Let's talk about that. When I first set out to get good with women, I really just wanted to learn how to meet and date a few women without the benefit of toys and money, and to know how to deal with my ex to show her what she messed up. As I progressed, I started having women try to get me to be with just them. And, at that point I didn't want that. So I decided, I would learn how to sleep with multiple women, and not be hung up on one. There is some good side and down side to this.

But for starters a man must decide what he wants. Does he want to become the type of man that can attract and keep an exceptional woman? Is he looking for a wife or girlfriend? Does he want the reputation of being a player? Does he just want to sleep with as many women as possible, or only the hottest women around? I think most guys will say the hottest women, or most. I think they say this cause they don't have the balls to admit they really want just one exceptional one. I see this with lots of guys writing questions about "How much of a player they have become, but there is one they really want, how do I get her?" See, if you are really good at getting them, and you are a player, you couldn't care less about 'one.'

So a man must decide what he wants. Then he must learn the 'mind' knowledge. That's all the books, the CD's, dvd's, ebooks, interviews and newsletters. Then he must apply, and learn how his own personality must be grown to utilize his knowledge. You must go do. And you start wherever you start. Some guys are so shy, they must learn how to even walk up to a girl and say 'hi.' Some guys are just going to have to learn how to amplify attraction after they meet the girls. Some guys have it all down, till they actually get in the relationship, and they are going to have to learn to keep attraction and sexual chemistry alive. But all this happens with knowledge that is applied.

So just go do. Face rejection a few hundred times. Become very calm and comfortable in control of yourself at all times. As you start seeing success, just re-decide what you want, and modify your life to fit your goals.

There is no pill, or magic word, or pick up line, or secret body language pose, or certain look with eye contact (although there is some merit to the 'Zoolander' look - LOL), or anything else. It is everything about you.

When you go out, meet a hot girl at a bar, do you ever buy her a drink? If you are looking to go to the next level, you need to start telling her to buy you one. Now, till you really get the attitude down, it is not likely to happen. Be prepared to get lots of no's. But then it starts happening. The other suggestion is to stop getting numbers, and make them take yours. Same kinda deal, you will get lots of no's till you get it down, then, presto, tons of chicks calling. Just some ideas, and if you are comfortable with being told no for a while, it is one of the next steps.

I just can't give a better explanation. But here is how to judge for yourself. If you see a girl that sparks even a moment of interest, do you approach her? It has been well over a year, and I can't remember the last girl that I felt attraction for that I didn't approach. I can remember one girl from 9 years ago that I locked eyes with, who took my breathe away. I can still remember her smile, and her walking away. And I still remember what a jack ass I was, and how many months I beat myself up for not having the balls to just go say hi. Win or lose. I was scared. Scared others might see, that she would say no, that a huge bf would kick my butt, that a meteor would crash into me as I spoke.... LOL But I don't ever have that problem anymore.

So if you are out, and you ever feel this, you know you are just going to have to make yourself GO DO SOMETHING. Win or lose. And with enough losses and practice, you don't ever have to feel this again. You can walk away every time feeling great cause you approached and got her number, and you know, if you want her, she is yours.

***Clifford:** You made a remark in the beginning that you are bored now. Is this a case of be careful of what you wish for because you might actually get it?*

**Brian:** Yep, I am bored now. It's not that I don't still hear 'no', or that I walk into a bar and every woman is just throwing themselves at me. Not at all, I still have to start most of my interactions with females, and I still have to read the signals and push the old attraction up. Based from just my looks, with the age group I date, I would say, when I first start talking with them, they do not see me as a potential mate, lover, bf or anything else. So I start below their base line for attraction. However, I know that they will be attracted to me, and all I have to do is be the man I have grown to be. And this is true.

But yeah, I am bored. I am starting to see things like the average hot woman, I think. I just know if I talk to the girl, meet her for coffee, invite her to dinner, she will sleep with me. What I really enjoy is the girl that understands attraction too, and knows how to flirt and create sexual tension back. And, if you are the dominant one, they just don't do this a whole lot.

As bad as it sounds, I would prefer a challenge. I would prefer a girl not let herself sleep with me on the first date. It's hard to explain, but just having a hot girl is not all that exciting. As a matter of fact, they usually have lots of drama in their life. You just wouldn't believe all of the crap these women create for themselves. David D. really hit the nail on the head when he wrote/said that finding a really exceptional woman is hard to do. Once you have the attracting and sexual tension parts of your life with females handled, and you keep your power for yourself, you find that women start acting like the wuss guys we read about. They call all the time, send gifts, etc... and there is no excitement there after the 100th time. Does this make sense to you Cliff?

***Clifford:** Yes, it makes sense. Of course, you realize that you will not garner a lot of sympathy from my readers! In fact, I'm having a hard time feeling bad for you myself! But I have to thank you for taking the time to answer my questions and to share your knowledge and experience with the guys reading this.*

**Doc Interview:**

*Cliff: We are really pleased to be presenting an in-depth interview with Doc (many of you need to read this very, very closely, print it out, and put it where you can see it every day). Doc is a practicing psychologist, is known for his great interview with David DeAngelo as part of the Interviews with Dating Gurus series, he is a member of Mystery's Lounge, he has given seduction seminars to both men and women as part of the Learning Annex in Toronto, and is embarking on a new venture of dating and seduction seminars & workshops across North America for both men and women, including full dating 'makeovers' (with video analysis) and organizes singles events.*

*The fall calendar has 2 full weekends of seminars and makeovers in Montreal on August 20-22 and August 27-29, and in Toronto on October 22-24. He also has 3 new books coming out this fall under the SETNA Dating Manual Series. Volume I (to be released this week) deals with the psychology of attraction, first impressions, and working on your inner game, Volume II (coming in September) deals with tactics and strategies to go from meeting her to dating her, and Volume III will deal with Managing Relationships. For more info on these seminars, events, and books, see [www.setnalife.com](http://www.setnalife.com). However, he is probably most famous as the Montreal Lair member with numerous simultaneous girlfriends that he maintains for extended periods.*

*Doc, give us a little history of your development with the opposite sex, from where you were when you first started "dating."*

**Doc:** I guess my background is a little different from most PUAs. I was with the same woman for 12 years (from age 18 to age 30) - that's pretty much my whole adult life spent with the same woman. At around the same age most guys are out there sowing their wild oats and learning about dating, I was learning about how relationships work and creating deeply intimate bonds with women. Strangely enough, even though we are no longer together, my ex and I are still great friends and see each other regularly. In fact, I am still very close to just about every woman I've dated and have very, very few women whom I've dated who no longer want to see me at all anymore.

At the same time, my profession as a psychologist really gives me some insight into the psychology of women and how they see their world because I get to hear the unedited truth from my female patients. It's really quite a privilege to hear what their truest feelings are about men. In fact, my start into the whole world of seduction and dating came out of my psychology practice while I was helping some male and female patients get back into the dating game and overcoming some issues they were having in their relationships (or lack thereof).

So, I got into the seduction world with a different background and a lot of experience understanding women and how to make relationships last longer and be more meaningful.

Even as a PUA, relationships are still my specialty – it's just that I don't necessarily have exclusive relationships with just one woman anymore. I try to have meaningful relationships with several women at a time. I do this in part because I don't necessarily believe that one person can fulfill all of my needs and interests.

Since I started getting involved in the seduction community several years ago, I have been with or dated literally hundreds of women – so I've sort of made up for lost time. Usually, I see several women at a time – sometimes, as many as 9 or 10 at a time in a sort of rotation, sometimes, that works out to more than 2 in a day, and once in a while, as many as 5 in a single weekend. Recently, I had a little party at my home where I invited ALL of the women I am currently seeing (and a few past girlfriends too) – boy was that fun, and Cliff, since you were there, you can attest to the quality of women who were present.

I have to say that ever since I was a teenager, I've always been a popular guy and I strongly believe in the importance of expanding your social network. I believe that for most guys, the easiest way to start improving their dating life is to start increasing their social network, which means, whenever you go out, try to meet as many people (guys & girls) that you connect well with and add them to your social network. It's not rare for me to go out and get as many numbers from guys as I do girls – and NO, it's not because I'm going to date these guys. But, they'll invite me to their parties, and introduce me to their female friends, and I'll do the same for them. This is how I've met the vast majority of women I've dated in the past few years, hundreds in fact. When I separated from my ex, I pretty much lost my whole social circle because we had been together for so long, we shared just about all the same friends. So I had to start rebuilding my social circle from scratch and recreate a social life, and it really didn't take long for me to be able to throw some parties where 150-200 people would show up. I believe that for EXTREMELY shy guys, this is probably a great way for you to start improving your skills – go out and sarge guys and expand your social network of friends.

*Cliff: While that is certainly good advice, one significant advantage you have is that you have a place and the ability to throw parties - I have known others have found it difficult to expand their social circles without having the ability to reciprocate with new people by being able to invite them to parties. In other words, if you don't have a party to invite them to, they usually won't invite you to theirs. Any suggestions for guys in those situations?*

**Doc:** Yeah, I've heard this before. While it's true that I have a cool pad that can hold almost 200 people during a party, I don't really think that has anything to do with it. I mean, I've sarged women at my own parties who didn't know that I lived there until later. You just have to get into this habit of calling up NEW friends every time you go out even if it's just to grab a bite to eat. And you have to get into a social habit: I mean how hard is it to pick up the phone on a Friday night after work and call a couple of people to join you for drinks or a bite to eat? It sure beats eating alone.

Last Friday was exactly like this: No plans, made 2 phone calls after work, and spent the evening at a table with about 20 people (2 old connections whom I had called, and 18 new ones - mostly attractive women) all very spontaneously because I had a plan to propose. And it is soooo easy to number close someone who has just become part of your social network, especially if you are stamped 'approved' by their friends, and you've spent the whole evening with them around a table full of new friends. All night, people kept calling their friends who were at our table, asking what they were up to, and since we had a fun plan, they would eventually join us.

Every time somebody's phone would ring, the person on the other end would invariably come join us. And this all started with me only calling 2 people and having a plan. Eventually, people get into the habit of calling you up and asking if you know of anything cool going on. Even if it's not YOUR party, always have a plan. People are very attracted to leaders.

You know, people's lives are generally pretty boring. They're CRAVING some excitement. So you could be their local excitement pusher, and you don't HAVE to throw parties in order to do it. You just become like a social center of gravity where cool and exciting things are always going on around you. And trust me, you could do all this within about 2 weeks to 1 month of deciding to do this and become a social center of gravity and make new friends. It's just a habit to get into. So you see, you can reciprocate party invitations in other ways: by knowing what's going on, organizing outings yourself, bringing cool guys and girls to the parties you ARE invited to, and hooking people up in your social network with girls that you are not interested in (or introducing the girls in your network to cool guys). They are ALWAYS appreciative and will often reciprocate by trying to hook you up. But one thing is VERY IMPORTANT: You do not want to come across as a social leech. You HAVE to reciprocate a social favor: Either by hooking them up, or inviting them to a party (even if it's not yours).

I rarely turn down an invitation. Last Saturday, I didn't have any plans, but ended up going to 3 different parties because of last minute phone calls I made or received. You have to get into a habit of saying 'YES' and making an effort to at least make an appearance to each event. If you start saying "no", or not showing up, you eventually fall off of people's radar screen and people just stop calling you. If you are home alone on a Saturday night with no plans, ask yourself why this happened: Have you ever turned down invitations, been a flake, or become a social parasite and not returned social favors? If so, people are probably just fed up of calling you.

Sometimes it's all very spontaneous and you could wind up having a great night out even though nothing was planned. And a great night out for me sometimes means just planting seeds. I won't close anyone, but I have a bunch of new prospects to follow up that week (either for closing or just social networking - with both guys and girls) and I'll schedule them in for drinks or a bite to eat on successive nights during the following week: Monday though Friday. Don't get me wrong here: These are not 'dates' and I won't pay

for their meals. This is just a chance to make and consolidate new friendships, even if it's just with new guys I've met.

I also think it's important to have a lot of female friends hanging around that I really have no interest in closing. First of all, it creates a real mystique and makes your stock skyrocket in value in the eyes of women you ARE interested in (not to mention how you are seen by guys). My parties tend to have a disproportionate number of women, something like 3 girls for every guy and it often provokes the question from other women: "Doc, how many of these women have you dated/slept with? They all seem to know where everything goes in your kitchen." LOL. Second, all of these women also have friends. And if women think you are cool, they are dying to set you up with their friends. Third, and maybe most importantly, always being busy with social engagements means that you're BUSY and POPULAR and that your time is very valuable. That's very attractive. Women aren't going to be attracted to some loser or loner who is desperate for just anyone to take him out of his pathetic boring life out of his parents' basement. Women want to latch on to someone with an exciting and fulfilling lifestyle.

Remember, most people's (and women's) lives are boring and unfulfilled. And for women, the social world is probably their most important world. A man who is socially successful is more attractive than someone who is financially successful. Someone once asked me "how do you give the impression of being popular and busy?" Well, you give that impression by actually being popular and busy, and constantly having to make choices about which options you are going to entertain. That also communicates a lot of power. That is the value of social networking. When a girl tries to flake on me, I let her know very clearly that I am going to exercise other options for that night – sometimes I even tell her that she is now being downgraded to B-List, which means that she no longer gets priority for my social life anymore (parties, outings, etc).

So you see, there really is a use for all those women who once told you they "just want to be friends". Take them up on it. Turn them into friends and use them to expand your social network.

The other important thing is to have a really interesting life. One thing I practice religiously is: "BE INTERESTED AND YOU'LL BE INTERESTING". This means that the more things you are interested in in life, the more interesting you will be to talk to. I don't really run routines or scripts when I talk to people (guys or girls), and maybe I should. I'm interested and fascinated in just about anything: I've gone skydiving, scuba diving, white water rafting, rock climbing, trapezing (when I dated a circus acrobat), hot air ballooning; I'll go to poetry readings, classical music concerts, punk music concerts, cooking classes, art classes, photo classes, salsa classes, yoga classes ..... and these are all activities I will do in an average month! I have no end of things I am interested in. So I can carry a conversation on just about any topic. But more importantly, I'm open to trying ANY new experience and often playfully challenge women to make me experience something new. It is critical to have hobbies and interests in life. Be mindful to pick ones that are social hobbies, not ones that you practice alone in your basement. That alone can help you build your network of friends enormously. Most often, my parties

tend to be an opportunity where I bring together many different circles of friends from these different interests and activities.

*Cliff: That's really exceptionally great advice, and I am sure the guys reading this who aren't doing this will be kicking themselves about how easy and obvious it really is. So now that you've clearly demonstrated how to completely turn around someone's social life, I want to turn to other things. One of the most important areas of being successful with women has to do with what is called "inner game." I remember from your DYD interview about your experience with the good looking client of your psychology practice who kept making "just friends" with women and not getting to have intimate relationships with them. Did the work you did with him change your own thinking and approach to dating, what was it before you treated this client (since you appear to have been involved in a very traditional one-on-one situation for such a long time with your ex-wife), and how did it evolve in your head? Basically I would like to know more about how your thinking changed from where you were in a very monogamous situation to breaking free of the politically correct thinking patterns.*

**Doc:** Wow, that is a pretty heavy question because it touches on some very core issues. You're right about my client: he was a very successful man in his early 30s, he was well educated, very athletic, good looking – had ALL the external things that guys would figure are important. But none of it counted for much with women. For me, this really drove the point home that WHAT you do is way LESS important than HOW or WHY you do it. This particular patient, although he was quite a catch now, had been a fat, pimply faced, nerdy kid with thick glasses in high school. No matter what everybody else saw in him and how successful he was, when he looked in the mirror he saw and felt like the same reject he had been in High School. Now imagine how this affected him with women. He was so sure that he would be rejected, that he never had the confidence to make a bold move or to try to move things to the next level. As a result, he kept falling into "just friends" Hell. He came off as needy, desperate, and insecure and he would give women all of the power in a relationship. What if he could have actually seen himself as everyone else saw him? He probably would have been much more confident, played much harder to get, and made much bolder moves with women, in essence assuming from the start that if they were spending time with him, they were attracted to him.

Anyways, to help this client, I had to do A LOT of research on attraction and romantic relationships. Being a psychologist, I went to the scientific literature on the subject first. I can say that working with this client probably taught me more than it taught him, and I learned an enormous amount about the reality of attraction and how women ACTUALLY choose their mates. Forget about what women SHOULD be attracted to or say they are attracted to – it's all irrelevant. They don't know why they are attracted to certain men. Similarly, we are attracted to women that we know aren't necessarily good for us on an emotional or long-term level. That's because women are attracted to 3 things: perceived qualities that are usually interpreted within the first seconds they meet you in their first impression, (and if you have these qualities, they are willing to overlook A LOT of

defects), specific feelings that you elicit in them, and lifestyle. Notice that I did not say they are attracted to the person: As it turns out, unless you are dating a yoga guru, most women are not really attracted to you as a person. They are attracted to qualities, feelings, and the lifestyle that they experience with you.

You could imagine what a shocker this was for me to learn. It went against my own personal paradigm – I'm a psychologist after all so I'm all about people and being Warm and Fuzzy. It really shook me up to believe that attraction could be so superficial and fickle. That attraction could be triggered in a few seconds based on first impressions. Worse yet, the qualities that women are universally attracted to (in every culture) are:

1. Dominance & Status
2. Financial Success & Lifestyle
3. Confidence
4. Humor
5. Authenticity

Nowhere on this list is: warm, fuzzy, caring and attentive – all qualities that might have made me a good person and a very good psychologist, but they certainly didn't make me attractive to women, not even my wife. When I took my own personal inventory according to these new qualities, it didn't take long for me to understand why my wife (whom I'd been with for 12 years) was no longer sexually attracted to me. I had been a great husband, emotionally supportive, caring, attentive, whatever – just not a very desirable man. One of my friends recently saw me interacting with my ex and commented that he thought that I validated her too much and maybe had too much rapport with her – so she ended up taking me for granted, no more challenge. Weird, huh? I bet my mom is still trying to figure out why that marriage didn't work out because it's not logical and I had done all the caring and 'nice' things that my mom taught me to do.

After working with this client, learning all of this research, I decided to teach this to other guys because it was just too important to be kept under wraps. I also realized through my discussions with my female patients how much they also need this kind of knowledge and so I started teaching dating seminars for women too.

I also started to implement all this knowledge in my own life. Wow! What a difference in my social life all of this made. I am at a point in my life where I am no longer happy living in La-La Land – a fantasy world that we all construct for ourselves based on how we would LIKE the world to be or how we believe it SHOULD be – which leaves us all frustrated and disappointed. I'm all about living in reality now. And for my social life, it means doing what it takes to get the results I want in the real world. So understanding the REAL psychology of dating gives me the tools necessary to survive in the REAL world, but it fundamentally took a paradigm shift in my own thinking.

*Cliff: One of the things that I would like to you to explain more completely is your thinking and your actual procedures in keeping several girlfriends simultaneously. You*

*have managed to keep women around for extended periods who are aware that you are dating other women at the same time. I am curious how you set these relationships up and how you deal with their inevitable objections to this. From what I have seen, some of these women fall deeply for you - how do you deal with this both in terms of your own feelings and theirs?*

**Doc:** Another great question. The truth is that most of the time I am not aware of what I'm doing on a conscious level – I guess that in that respect, I'm like most people. The difference is that my default setting is to create deep emotional bonds with people, including women that I'm dating. In fact, I've had to work at peppering that with some extra alphaness so as not to come across sappy. So the frame that gets established is one of a deep emotional bond in a casual relationship.

I can tell you that most women have never experienced this kind of emotional bond with a man and it fulfills them in ways that they have craved their whole lives. In order to get that deep emotional fulfillment, they are willing to put up with a lot of crap and they never find it again with other men. How do I know this? Because, most women that I've dated (those that I'm no longer with) are still in love with me – and they will often call me out of the blue YEARS later, craving some more of that emotional bond. Just after the Christmas Holidays this year, something weird happened. I started to get phone calls from women I had dated a couple of years earlier.

I had had NO contact with them for years, and a few of them went to some extraordinary lengths to find me again (one even called ALL of the Docs in the phone book till she found my parents - my number isn't listed - and this girl isn't exactly the type to need to chase men). With some of them, the romance had lasted 2 dates, or one weekend, but all of them would say the same things: that they had never felt that connected to someone before or since. The interesting thing is that they would crave it and run away from it simultaneously because it was too intense and too new a feeling. Younger women in their early 20s can't really connect well this way cause they have ADD and intimacy is difficult for them.

Most women have a lot of experience with two kinds of relationships: casual superficial relationships, and serious superficial relationships. Most men shy away from emotional intimacy and intensity of any kind, even in a long term committed relationship. Take my patient again, for example. He couldn't deal with the emotionally intense moments that lead to a first kiss, so he would shy away from that kind of intimacy and a door would instantly close inside the woman – the door to intimacy – so she would classify him as only FRIEND material. It was ok for him to want to fuck a woman, but he wasn't able to make love to her or become emotionally connected. Women crave emotional intimacy and will often use physical intimacy (i.e. sex) in order to get it. Most men crave physical intimacy and sex, so they will feign emotional intimacy to get it. Interesting conundrum.

If you really want to build relationships with the women you are dating, rather than just ONS, the key is building intimacy. This can also work in a context of multiple girlfriends.

The word intimacy comes from the Latin 'Non Timo' which means without defense. So building intimacy in your relationships with women means allowing them the security to be without defense with you, or to drop their defenses. Usually, at some point, this will require you to drop your defenses as well and be really authentic - a kind of no-game game. Sometimes you can get someone to drop their defenses by recognizing their defense, naming it, and letting them know it is ok for them to drop their defenses with you. For example, If I am with a very strong alpha-woman, I will gaze into her eyes as I hold her and make her feel safe and say to her something like, "Its ok you know, you don't have to be the strong one with me." "I know that out there you need to be the strong one. But I also know that as much as you always TRY to be in control, you don't really WANT to be in control and you are craving to be with someone strong enough to just let go with. I know that most people you've tried to lean on in the past have let you down. You are safe here. You can let go. You don't have to be the strong one." They are so moved by this that many will cry because the feeling is so good but so scary at the same time. If she actually allows herself to get attached to you, there is a huge emotional risk here.

Now when I say that I give women emotional intimacy that they crave, it doesn't mean that I am a blubbing emotional sap or a wuss bag. Here's an example of letting someone drop their defenses: Rhett Butler and I had been on a double date with some twins (one of which I am still dating). They're musicians and were going to be on a TV special. So they came over with Rhett to watch the TV special and were really upset by the way the TV show turned out. I could tell they were upset even though they kept insisting they were "Fine". So I just took one of them into my arms and just held her, comforted her and let her know it was ok, in a very strong and manly but caring way. How many guys, knowing that a woman is emotionally upset, would know what to do in a situation like that to fulfill her emotional needs? Sometimes, words don't work and a woman just needs to be hugged. Don't ever try to reason with emotions. Feelings first, facts second.

I have to insert a caveat or a warning here: This is actually a very dangerous form of seduction. It creates deep bonds between people and it is dangerous for the seducer & the seducee. It's more emotionally risky for both the man and the woman, but ultimately, more fulfilling too. This emotional bond is the reason why I can have actual relationships with these women and not just have ONS. But there is a downside that I should mention.

A friend once compared what I do to sport fishing but failing to throw the fish back in the water soon enough. Rough analogy, but he had a point to make because he doesn't like what I do. In a way, he is right. Women can handle a ONS where the guy doesn't call the next day. They know what it is and although they may be pissed off, they can manage their feelings and their expectations about it and there is a relatively low impact because they have emotionally protected themselves against this possibility by keeping their defenses up throughout. It's just sex after all. When you ask or encourage someone to lower their defenses, they are in a sense, making themselves very vulnerable with you and putting their trust in your hands. I take that trust seriously and find that vulnerability quite touching. When someone is this vulnerable with you and in a deeply intimate

relationship, the potential for them to get hurt is enormous because they are without defense and haven't protected themselves. You need to manage that intimacy with some heart and compassion, especially since most women have never had this kind of intimacy with a man before; it is totally new ground for them to tread on and they are really far from their comfort zone. The potential for you to get very hurt is also high.

Because of this, I had even asked for some advice at one point on how to be a little more superficial because I tend to be a little too deep (without being sappy, mind you) and integrated a lot more humor and fun into my persona. Because of my job and my personality, I can handle quite a level of depth and emotional intimacy and closeness. Sometimes though, it's like going too deep into rapport and a lot of people shy away from it, especially early on in a relationship. Early on, I would say that a little bit of distance is actually comforting, because too close, too fast usually weirds people out because you end up violating their personal boundaries.

So here I am..... the package. A successful, classy, fun, humorous, adventurous, socially popular man who is capable of deep emotional bonds and is not a wuss bag. I am going to push these women's boundaries, sexually, emotionally and with new life experiences, because I am totally non-judgemental, totally non-possessive, and totally accepting of them and their sexuality and sensuality (learn the difference) as well as comfortable with my own. This is not me being conceited or bragging: This is actually a list of qualities that I semi-consciously set out to project all the time in a thousand little ways: body language, style, clothes, fashion accessories, posture, voice tone, vocabulary, facial expressions, interests, places I hang, things I do, etc., etc. This is the first impression that I want people to have of me so I have worked at projecting that – not in an artificial or affected way. But I have consciously sculpted my identity picking qualities that I want to be, based on what I know about the psychology of attraction.

This is actually a great exercise. In the first column, write down a list of all the qualities you want to project, especially those you want to project in a first impression. In the second column, beside each quality, write down all of the things (no matter how small a detail) that you do or can do to project those qualities all the time. In the 3rd column, take a personal inventory of all of the little things you do that either project an opposite quality, or detract from that quality. Refer to this list often until all of these qualities become ingrained in you and you project these qualities effortlessly, almost unconsciously, and have eradicated all the things that detract from those qualities.

Having all of these qualities sounds great but it has sometimes been a problem for me. Because I connect with women on so many levels and offer them something that I think they have always deeply craved, I sometimes trigger the Mating and Nesting instinct – meaning that they want to marry me and have my children rather than wanting to get freaky and having wild monkey sex with me. Interestingly, we men probably classify women into categories too - wife, mistress, girlfriend, virgin forever, etc .... Psychologists call this the Madonna / Whore complex where it's difficult for us to imagine a woman can be both, so we label them as one or the other.

So there may be an important downside to this, that women will classify us according to a certain template or label the same way we do to them. And with these qualities and the intimacy that I offer up, I tend to trigger the Husband or soul mate label and women try to slow things down sometimes because they are too emotionally invested in me. A woman knows that if there is no possibility of a connection with a man, there is no real possibility of being hurt. They can have casual sex or a one night stand and there are no consequences. But if a woman feels that there is the potential for an emotional bond because you connect on many levels and she actually feels emotionally intimate, this is kind of scary for her because then the potential that she will get REALLY hurt is much higher.

So, that is why they crave this kind of relationship with a man, but run away from it at the same time. It's not rare for women to want to slow things down with me BECAUSE they are too attracted. What I used to interpret as not enough attraction was actually too much attraction. It doesn't make sense to me either, but I have confirmed this over and over and over. But despite this downfall, most men could benefit from integrating a little more depth and warmth to their overall alphaness - IF they want to build relationships (even multiple relationships). In this community, we are so obsessed with being alpha, that we sometimes forget how to be human and we neglect some basic social skills or "savoir faire".

Anyways, so I trigger this desire in a lot of women to marry me – even women who have never wanted a serious relationship before – but I won't give them the committed exclusive relationship they want, even though when we are together, I act (and allow myself to feel) like we are totally in love and in a serious committed relationship. One woman described the feeling of being with me as "a celebration of life" because everything feels very intense when you operate in this mode and it's very fulfilling. For the first little while, it's not a problem because I am open about dating others. But as the emotional bond gets deeper, the women get more possessive and it does become a problem and they will threaten to leave – and some do.

But they almost ALWAYS come back. The truth is that I care deeply about most of these women that I date, and they know that. I wouldn't date them if I didn't. In fact, I will sometimes tell them, "I care deeply about you and I want you to be happy. If this relationship is not making you happy, then we shouldn't be together ... for your own good. We should just be friends." And then I check up on them a while later to show that I was sincere when I said that I cared about them and wanted them to be happy, with or without me. I actually wasn't aware I was doing this until Rhett pointed it out to me.

He was baffled by the fact that women would tell me they would NEVER be in this kind of relationship, but would invariably come back and he (and I) couldn't figure out how this happened. If I tell them we should just be friends because I don't like their jealousy or I don't think this relationship is good for them, I will actually carry through on my word and start treating them like great friends, going out with no expectations for sex, and inviting them to outings and parties, even setting them up with AFC friends that I tell them would be better for them than me because they are totally faithful and want a

serious traditional girlfriend. This communicates that I still care about them as people and so it keeps the relationship alive and keeps that door open for them to come back - and they often do.

If they still want to be with me exclusively, I have other scripts I can use depending on the frame and depending on the woman. It might be worthwhile to go into some of my scripts below.

I have gotten the whole dating thing down to a science: If I can get a woman to come on a date with me, I have gotten to the point in my game where I know I will close almost 100% of the time and she will be a repeat customer that I can add to the harem. However, the trick is to get her to sit down with me so that I can put all of these qualities on display and run her through my dating ritual. My weakness is still in the initial cold approach because there is little opportunity for me to display all of this in a loud club or if the woman is distracted.

Here is a little excerpt from a previous post that explains my procedure and some scripts for managing multiple relationships. Admittedly, it says nothing about how to get women to this point in a relationship.

I like to keep a harem of MLTRs because I am not big on ONS. They usually leave me feeling empty (sounds like chick talk). I enjoy the intimacy of getting to know and connect with one person deeply. But I can't be satisfied either sexually or intellectually, so I like to have multiple deep relationships.

### Logistics

I usually schedule dates on successive nights during the week, keeping most weekends free to meet new people. The first night we set for a date usually ends up being her night for a couple of months and she becomes part of a regular rotation. If she starts to get too possessive, I cut down on the frequency. For a period of about 7 months last year, I had a total of 9 regulars. The most I've been with is about 5 different women during a single weekend. Some stuck around as long as 1 ½ years and by that time, I will usually end it because they get really emotionally attached and start talking about kids and moving in together. I once had 5 toothbrushes on my bathroom sink - all from different women I was dating. It takes a few months (maybe 6 or more) before I let a woman leave her toothbrush at my house, and for them, this is VERY symbolic. I once had my brother in stitches during a party because he thought one of my girlfriends was a complete nut: She was going on about how tonight was the night she was allowed to bring her toothbrush over. She was, in fact, a very successful VP of her company, and sane in every other area of her life.

### Principles of multiple Relationships

**Principle 1:** Girls are territorial - they know, but want to pretend like they don't know: Girls will leave stuff at my place (presumably they forgot but more likely they were marking out their turf) and when other girls would find the stuff (rings,

necklace, panties... etc...) they flip out. Also, watch out for hair that is intentionally left in compromising places like on your bed. Women have confessed to me that they do this intentionally.

**Principle 2:** Important holidays are hard to manage: It's almost impossible to maintain a harem through important holidays (Xmas, New Years, Valentine's Day, etc.) They all wanted to spend Christmas and New Year's with me, but I couldn't be with all of them, so I will lose some there because they wanted to feel they could have someone to share those intimate times with.

**Principle 3:** There is a built in time-limit to how long someone will stay in a harem: Some have like a 1 year or 6 month expiry date, others had made a New Year's resolution to themselves that if we weren't exclusive by the New Year, they would move on and find someone they could "build a future with". Some come back after trying to be in unfulfilling other relationships.

**Principle 4:** There has to be the POTENTIAL of an exclusive LTR: They want to foster the intimacy and closeness that comes from dreaming about future plans together. If they don't have this possibility they don't stick around in a relationship because most women are notoriously not in the here and now – they are either stuck in the past (and giving you shit for stuff you did 2 years ago) or stuck in the future, dreaming about and building some kind of fantasy for themselves that includes future plans. Not all women want the potential of an exclusive LTR: but they are fuck buddies. We are talking here about multiple RELATIONSHIPS. They all want to think they can convince you to change your mind, change your playboy ways, tame you, and that they are THE ONE for you. Interestingly, this makes the women work very hard to please you to show you they could be THE ONE.

**Principle 5:** Have a pecking order and communicate it subtly: They all know that I see other women, and I've even had parties where I've invited several women that I was currently dating. At these parties, I will spend the beginning of the evening with my preferred girl – maybe 30 minutes to 1 hour of exclusive time – then I'll wade through and see the others and spend some time with each.

Although they are NOT cool with it, they all stick around! Why???? Because each of them is hoping that they'll be THE ONE I choose and because they would rather have a little of me than none of me. They can't really find what I'm offering with anyone else.

### Setting the Frame:

\*\*\* NEVER be the first one to bring up the terms of the relationship - I have known A LOT of guys who have lost great sarging opportunities because they've insisted on having a long, drawn out, intellectual debate on monogamy and polyamory BEFORE closing. You are asking the woman to make a serious investment decision based on very little information and I guarantee you that you will lose out. These kinds of discussions reek of guilt and insecurity – as if you are doing something wrong and you want to get her

permission and validation before you do it. Don't get sucked in to long and painful conversations about the topic. You have to learn to read between the lines when women talk to you and speak directly to their fears – feelings first, facts second. Be open but unapologetic. Be matter of fact but not cold. Understand that this will come up incessantly during your relationship and learn to deal with it without getting defensive, angry, or dismissive.

Speak to her emotional fears that she is communicating: do you really want to be with her? Do you really like her or care about her? Is she really different to you from all the others? Will you get bored of her? Simultaneously reassure and feed these fears in your words and gestures once in a while just to keep things spicy. WHEN they bring it up, here is how I handle it:

1. I tell them up front that I'm very busy and don't have time for a girlfriend. This is partly true and they understand this part.

2. I also let them know that I travel a lot and see other women when I do. So far, mixed results.

3. I tell them that I have a very active social life and go out a lot - sometimes with other women. They understand this part but are not always cool with it.

4. I tell them that I'm very selective about who I'm with so it takes me a long time to know if I want to be with this person more seriously or not because the person has to qualify herself to me. While I'm figuring out if I want to be with her, I won't be exclusive. They understand this part because they understand being in a paradigm of choice because that is the paradigm they live in. It's just that this time, the tables are switched around and they are the ones being qualified. It's very scary for them to be with a man who has more choice than they do. There is a time limit to how long this stays valid though (about 1 – 6 months).

5. I tell them that “I really am looking for THE ONE (this is partly true but it also serves as a dangled carrot in front of their noses), but I won't find her sitting around at home - you have to dig through a lot of dirt to find a diamond. \*\*This sets the possibility of LTR while simultaneously opening the door for multiple relationships. They get this part.

6. This is key, and I learned this from one of my girlfriends: "What would you do in my situation?.....I am looking for THE ONE, but I've been soooooo disappointed in the past with the quality of women out there, that I am starting to believe that I'll never find her, so since I won't lower my standards on what THE ONE has to be,... " I ask her what she would do in my situation... They always give the right answer: Have multiple relationships with different women that can each fulfill a part of me. They REALLY seem to get this.

I set this frame up slowly over time, introducing concepts and principles as they come up and as the relationship evolves, and only as much as needed. Ever heard the expression,

“Methinks he doth protest too much”? Remember that. Sometimes less is better. Don't get defensive about it.

*Cliff: I have had women read me the riot act over "monogamy", being in great part focused on the question of possible STD transmission. This hasn't been mentioned in your comments above yet has been a major issue in my experience - how do you handle this?*

**Doc:** Of course, there are 2 aspects here: 1. They are expressing a sincere worry about getting something, but 2. They are also trying engage you in a debate over the merits of monogamy. If you try to engage them in this kind of rational debate, you are missing the real point of their question. They are using the rational fear of STDs to try to communicate to you a less rational emotional fear – being used, abandoned, unimportant, etc. So, talk to the rational fear by turning it around and asking THEM: “Are you healthy, should I be worried about your past partners, have you ever had an STD?” because it shows them that this is something I think about and care about and I'm even willing to disqualify her according to this standard. And then I'm very matter of fact about it: “I have personal rules about health and safe sex – it's very important to me” and then you could say something like Riker's Rules or Style's adaptation (which is probably better in my opinion) because you then talk to both the rational and irrational fears that are communicated.

The fact is that 80% of women have had sex with more than 1 guy within a couple days of each other – doesn't sound like monogamy to me and it makes THEM more likely to have an STD than you (also the vagina is a great host to an STD whereas the penis really isn't). Most men will only ever sleep with less than 10 women in a lifetime. (Not us, of course, cause we go through that in a week!!) So most women are more sexually adventurous than men and because they live in a world of sexual abundance, they bore quickly of it. But what is really rare in their world a real man who can provide them with emotional intimacy.

*Cliff: Can you elaborate on "However, the trick is to get her to sit down with me so that I can put all of these qualities on display and run her through my dating ritual." I would also like you to elaborate on how you begin and proceed to develop intimacy on your dates, and what you think you do that creates the depth of closeness that exceeds what they get from other guys they may have dated previously. And, while you are at it, describe the specifics of what you will do with new women on these dates - i.e. you meet them at a certain time, you go for drinks/coffee/dinner, etc. and what you do and/or look for to advance the relationship to the physical.*

**Doc:** Well, I guess the frame for intimacy is something that gets developed very early on in the relationship – it starts with me opening up and telling her some things about me, dropping my defenses. It starts off quite innocently “Ooooh, I love Fruit Loops. They

were my favorite cereal when I was a kid”, and gradually builds up to more significant things about me, “I used to dream about this kind of thing when I was a kid”. Self-disclosure isn't something most people do – certainly not alpha guys. During a sarge, we are sometimes so busy rifling through our routines or else we turn it into an interrogation. There has to be a balance between talking and listening. Talking means self-disclosure, and I'm not talking about bragging about stuff.

Listening is also an important skill, because the more a woman feels heard, the more she drops her defenses. Recently, following one of my seminars, we were discussing this with some women and they confirmed this. If you are a good listener, you will hear the magic words. “Ooh, I'm talking too much aren't I?” When she says this, she is actually asking you permission to drop her inhibitions and let go. So allow her to. There is a big difference between being strong & dominant (which is very sexy) and being domineering and pushy (which is a sign of insecurity).

Remember there are 3 levels to every communication:

1. What is said,
2. What is meant,
3. The emotional need being expressed.

More important than all of this, is what gets communicated at the sub-text level. Mystery and No9 were at my place one day talking about this, and their conversation went something like this: “Yeah, the great thing about Doc is the way he comes off so sincere and genuine.” ... “Yeah, you're right! Now if we could just figure out a way to fake that...”. That was hilarious. The idea of faking authenticity is hilarious, but I guess there are ways to do it. Using your body language for example: lean forward slightly, talk softly and warmly with good intonation (no monotone shit here), listen to the 3 levels of communication and speak to her emotions, soft eye-contact (don't turn it into a staring contest and remember to blink, seriously), tilt your head slightly when you're listening, laugh, smile, non-sexual touching (ex. hand on her cheek or soft caresses of her hair - this is a killer for intimacy), allow some silence in the conversation where you just sit there and gaze into her eyes and sigh with a small smile and give her an indirect compliment (ex. “you have a great energy”, “I feel really good with you right now” “This is a great moment,” etc.). And this is key: as you say this stuff, allow yourself to actually FEEL it. Allow yourself to actually feel very positive feelings for her – as if you love her. Women pick up on this somehow, and it's not a visual thing, it's just felt. I've held a lot of women in my arms, but when I allow myself to feel a lot of affection for them when I do this, they will often remark “Wow, that was pretty intense”.

Objectively nothing was different, but the energy was very different and they felt it. Allow yourself to feel in love too when you kiss her – it's a much deeper, more sensual kiss and also builds a lot of intimacy.

Dose this stuff out judiciously so as not to come across creepy. Done too early or too much, and you just come across creepy, needy, or wussy. I wouldn't necessarily do these

things so much on a first meeting cause that's all guaranteed to be a turn off. But, once you are ALONE with her on a real first date, it really builds comfort and trust. It's like the no-game game. BUT, I think you can only do this soft stuff once you've demonstrated a lot of dominance, humor, and alphaness, and hard-to-getness. Otherwise, you just come across as a pussy. Peppered with alpha qualities, however, the contrast and depth of character is a killer combination.

Notice how a lot of the top PUAs actually come across very soft in the field. Of course, they spice up their approach with charisma and wit, but it's still rather soft. We're sometimes obsessed with being tough alpha males, but the soft approach seems to work better than the hard, brash approach because it triggers less defenses, therefore, fewer defenses to undo later. I have become convinced that for seduction, THE SLOW WAY IS THE FAST WAY, and any defenses that you encounter (LMR, bitchiness, coldness, etc.) are usually caused by you.

### Doc's Dating Ritual

- In a nutshell, here is my Dating Ritual. It is like a well oiled machine these days and recently I realized that I have had the exact same 5 CD's in my player for the past year or so, so I have run countless women through this ritual. Anyways, I can tell you by CD 3, track 2, where I'll be in my dating ritual. (Just for info, its mostly sensual and exotic lounge music: Buddha Bar, Café del Mar, Verve Remixed, Tosca, and a couple of other compilations some friends made for me.)

- Make plans to get together at around 7 or 8 PM on a school night. The time makes it ambiguous as to whether we will be eating or not. I work late most days, so I just tell them to come by and pick me up from home as I will just be getting home from work. This makes it clear that I haven't eaten yet, but I haven't invited them out to dinner either, just to "get together for an hour or so". I live in a great neighborhood, and I just assume that they will be ok with this. If they are not, or hesitate to come pick me up, it's usually a bad sign that I haven't done my homework well enough beforehand.

In this case, I may just cancel and do some more work through phone and e-mail before we meet up again. If we met through social networking, this is rarely a problem. But if it's a number I got from a cold-approach, I might propose a neutral meeting place like a coffee shop just around the corner from my house. There is this great coffee shop/lounge down the street from where I live where I have taken dozens of women on dates. They serve killer martinis. The staff has seen me come and go with soooooo many women that it's like a joke – the waitresses help rate my dates for me and either give me the thumbs up or thumbs down.

- When she comes over to pick me up, I tell her to come in as I'm just finishing getting ready. Just before she comes in, I start the cd player. My home is full of interesting stuff, and it's a very warm and inviting place that's very well decorated. The lighting is low, but not creepy low. It's just that I have no direct lighting and EVERY single light switch has a dimmer. They are dying to have a tour. So I tell them to take off their shoes and

coat, and that I'd be happy to give them a tour, but I am exhausted from work and just need to relax for a few minutes before we head out. Then I mix a couple of martinis in my martini shaker and pour them into martini glasses (girls LOVE martinis – especially Cosmopolitan, Lychee, chocolate. or apple... learn these!). Drinks in hand, I give them a tour and they get to ask questions about stuff I've collected traveling (exotic Indian or African stuff), photos that I've taken that are up on my walls (some underwater photos, photos of me with a dolphin, in uniform back in my Navy days, artsy photos, etc.), or some art I have. I have an interesting story for everything. The tour can take up to half an hour or more. By this time, I am starving and I propose to cook something. I've taken quite a few cooking classes, so I can cook-up a gourmet meal in about a half hour. So we cook a little together as we sip martinis. End of CD1.

- Sit down to eat, I get her to set the table and light some candles and we enjoy a great meal with a nice bottle of wine that she's picked out from my wine collection. End of CD 2.

- After the meal, I say, "You know what, I'm really enjoying this, and I want to share something special with you" – then I take them over to the couch and light up the Shisha (the middle eastern water pipe that I brought back from a trip to Egypt – it has only tobacco in it btw) and we share the hose back and forth for a while. When I feel she is getting more relaxed, I take a puff, hold it in, and motion for her to come closer, and then I blow the smoke into her mouth very slowly and sensually. I don't touch her lips other than with my breath. Then I get her to do the same with me "mmmmmm, that's nice". We will do this back and forth for as long as it takes. The more uptight she is, the more we just keep doing this, getting closer and closer without ever touching lips – just inhaling each other's smoke. I can keep this up for 1 hour or so until SHE kisses ME. Then I pull back a bit, and in a soft sexy voice, with a sly smile, I say "mmmm, that was kind of unexpected, I don't know if I know you well enough, you naughty girl". We will make out and smoke the shisha for as long as it takes: sometimes taking breaks once in a while to just stare off into space and smoke, and sometimes making out like crazy, and sometimes just gazing into her eyes. End of CD3.

- When I start to escalate things to get more physical, if I start to feel some resistance, I will actually stop and say (in a soft, sexy voice with a sly smile), "I've had a great time, maybe we should just call it a night, especially since it's a school night tonight." I will even go so far as to start to dress her back up, button up her shirt, zip up her pants, and only kiss her on the cheek. I've also discovered a great spot that I'll call the 'million dollar point' on a woman. If she doesn't want me to go down her pants, I won't because I can stimulate her (sometimes to orgasm) with her clothes fully on without massaging her clit. I will stimulate a spot half-way between her belly-button and her pubic bone by pushing down quite hard and massaging in a circular fashion. Their eyes just kind of pop wide open because many of them have never experienced the intensity of being touched like this with their clothes on. They've also told me that it makes their pussies ache to be filled when I touch them like this. I think that you are massaging the anterior fornix but from outside rather than inside the vagina. If I am getting A LOT of resistance, I will tell them that we should just be friends and actually mean it. This is really powerful and I use it

almost systematically on VERY hot women. Anyways, these three techniques above almost always take away any remaining resistance. End of CD4.

- CD 5 is for cuddling after sex. That's about it. I have almost a 100% success rate with this ritual. If this ever got out, I'd be dead!

*Cliff: And can you expand your logistics to explain your telephone management - I know you usually only give out your cell phone number but with several women calling you how do you juggle your calls especially if they call late at night or early in the morning (when you might be with someone else)? And after being intimate with women for a certain number of weeks or months, how do you continually manage to avoid seeing them on weekends (it seems to me that if you can do this all year long, XMas and New Years has to be easy to get out of)?*

**Doc:** If I am on a date with a woman, I usually give her my undivided attention and it is very rare that I'll pick up the phone if someone else calls. I rarely sit across from a woman on a date. I much prefer to sit side by side or perpendicular because you can be much closer without her feeling like you are invading her personal space and she gets quite comfortable being physically close to you. If the date is going so-so and I want to increase my value, then I will ignore her a bit and answer a phone call. But not if things are going well. As for weekend dates, I don't have any hard and fast rules about this. In fact, I don't have any hard and fast rules about anything. If a woman insists on a Saturday night, why not? After all, at least I'm sure I'll be getting laid that night. Seriously though, just be flexible, listen to their emotional needs and make sure that every time you see each other, your date is what one girlfriend once called "a celebration of life".

*Cliff: Tell us more about your telephone game: you get a girl's number somewhere, then what do you do? When or how long after you got it do you call, what do you typically say on the first call, etc.? I don't know if previously you had periods where making arrangements may or may not have resulted in actual dates, but if you have adopted some phone strategies which have been consistently successful, please expand on them. I know you mentioned to me that, after you have been intimate the first time, you will usually not make plans with a woman the next time you call and this a) keeps her off balance and b) prevents you from falling into the boyfriend frame.*

*This also keeps you from getting tied in to nights you don't want to be tied in to (eg. having a woman expect to see you on the continuously on the weekend once you may have given her a Saturday night). I know that you also mentioned to me that you often double or triple book. So how about a few words on what you do on the phone which might be noteworthy?*

**Doc:** When I get a girl's phone number, I will often call her on the Monday after we met. I always mean to call earlier (like the next day) but I get too busy. The first call is light, fun, something like this: "Hi it's Doc, how are you? I'm great, I just got home from work and now I'm about to have this delicious piece of cheese cake with some fresh strawberries on it...". Share some fun stories of shit going on in my life and hers. We laugh a lot, I make fun of her a lot, and I always bring up something sexual like "I was talking to some friends yesterday about whether or not a MAN can fake an orgasm". It's sexual but funny so it is non-threatening but clearly shows that I am a sexual being who is very comfortable with sexuality. As the high of the call starts to fade out, I tell her that I have to go but it was nice talking to her. Then I leave a slight pause as if I'm about to hang up.

Women are so incessantly being hit on that it's kind of weird for a guy to call her and not ask her out. So I say good bye without asking her out. She will often say bye, and then just before I hang up, she will say, "we should get together sometime." I answer "well, let me see, I'm pretty crazy busy this week working at McDonalds - (or some such crap), so I can't this night and that night, but maybe Thursday night we could go out and play. I know that a girl like you usually just ends up staying home and reading your Harlequin romance in your crochet slippers that your aunt Mimi knit for you, but my Boy Scout troupe says I have to do some charitable act this week, so you will be my charity case this week and my project will be to de-nerdify you."

If I feel that she is a little flaky, I will double or even triple book on that same night and invite other women that I've connected with to the same place (my local lounge, usually) at the same time. It's really funny when a woman who is used to being chased after shows up for a "date" and you kind of ignore her because you're entertaining 2 or 3 other women. She will respond by trying to make you jealous and hitting on other guys in the bar, but it's really just a show for you. I will always end the date first and tell her to "come walk me home." I might invite her in to see my new (fill in the blank ... painting, photo, blue socks, whatever) but I won't try to close her that night because I just want her to be comfortable in my home so I can invite her another night and run her through the "ritual".

Or we might just kiss good night outside my place and she will be surprised that I don't invite her in. If we kiss, but I feel that she is still holding back, I might say something like, "I'm not sure about you yet..." with a sly smile, and just leave it there as I pull away and go home. Again, it's weird for her to be with a guy who doesn't always try to get something more out of her and it telegraphs that I am totally NON-NEEDY. This is NOT the AFC thing of not having the balls to escalate things to the next level. It's the alpha-guy playing hard to get who is coming from a frame of total abundance of women in his life and who really doesn't give this one date or one woman too much stock and couldn't care less if he gets laid tonight cause he got laid last night and is going on a hot date tomorrow night too.

After I've been intimate with a woman, I will always contact her the next day. It's always turned out VERY bad when I haven't. Just a quick call or e-mail to say something like

“Tired but smiling today – had a great night last night”. After a few days, I will call her but this time, I won't ask her out for a date. Just to keep it friendly and keep the mystery up. I can almost hear what she says to her girlfriends after as she is trying to figure this out “I don't know if he wants to see me or not... he just called but didn't offer to hook up. Do you think I did something wrong? Do you think he still likes me?” It's kind of interesting low level drama in their lives I guess cause it really amps up the attraction. But you can't do this all the time cause then the physicality of your relationship dies out.

Maybe half the time I'll call just to touch base, reignite the attraction, and NOT make plans to see her. At first, we'll talk once a week but see each other once every two weeks. That is about the level where there is a tacit agreement that this is just casual and that we expect each other to continue seeing other people. Closer than that, and you will become her boyfriend and she will expect exclusivity. Once they get into the once a week getting together, then it becomes a relationship and you need to get into some relationship management strategies that I've outlined above.

*Cliff: Doc, I want to thank you for the tremendous effort you put in to go over all of the above. I think you've shared some really terrific information which will help a lot of guys in many ways.*

### **Sean Stephenson Interview:**

*Sean Stephenson attended a David DeAngelo Seminar earlier this year and you couldn't help but notice him. Not only was he conspicuous because he is 3 feet tall and in a wheelchair, but he sprinkled the seminar with many outrageous (and often hilarious) comments that demonstrated a very strong self image for someone of his diminutive stature. I only met him briefly while there, but I did manage to get his email address and put him on the subscription list. When his DYD interview came out, Sean emailed me to ask my opinion of it. While I really liked it, I did feel that it could have gone into more detail about his experiences, especially in relation to his obviously challenging situation to create an appeal with women. Here, mostly in a bullet form, is some outstanding advice:*

***Clifford:** Please elaborate on how you got to understand the process of creating an appeal as you do now and how you think about what to say and do to get a woman interested in you.*

**Sean:** Cliff, I must say figuring out how to create such an appeal in women was as an extremely arduous process. At times I felt I would never get the combination to the safe right. That was because in the beginning I worked hard to find the logic in the appeal process. I started my research on this topic like many other guys. I went to the bookstore. I got tons of books on how to succeed with women and they all left me feeling empty. The books were filled with all kinds of lame information that I had already mastered, like how to present yourself and what nice things you can do for women. NONE of which created much success or appeal in women for that matter. I wanted a clear cut formula, something I could follow on a consistent basis until I mastered it. That's when I came across David D's work. I was reluctant to really think some tiny e-book could really make an impact. But it did. At the risk of sounding like a cheesy infomercial testimonial I can honestly say that this material clicked for me. I then committed to finding buddies that were smooth with women, the kind of guys that women followed around like pathetic little puppies looking for a bone (milk bone of course ; ) ). Little did I know they were all over the place. I had brothers from my fraternity in college that I connected with. I knew that if I could mimic their behavior and presence there was a strong possibility it would work for me. And it did and has continued to.

The theme I noticed amongst all these guys were, they were all committed to fun and adventure as #1 priority in life. It was immediately made known in their smile and c-word (male)y persona. They didn't talk about what "special" dates they had planned for girls. They showed up to their dates with a, "You ready to ROCK, baby?" attitude. They also prided their sense of dress on purpose, coordinating their outfits to the occasions. You wouldn't catch them dead in a club wearing the same outfit they were hanging out in playing Texas Hold Em' earlier that afternoon. One of them told me, "Sean I don't know

why you are bugging about women, all you have to remember is to make them laugh." That was his freaking advice!!! I begged him to continue. He followed up with, "Sean once you get a girl to laugh, she's as good as yours." He then threw his arm around some hottie, gave her a rough noogie (head rub with knuckles) and said, "Isn't that right, baby?" To which she giggled oh so sweetly.

I don't know about you but I learn best from bullet points. Thus I have broken down a series of learning lessons I want every guy reading to memorize.

#### Lesson 1. Attraction is not logical...at first glance!

Simply put, a layman would find it logical to shower a woman with flowers, gifts, time, and energy to create desire. It makes logical sense that if you want to win someone over, surround them with (external) things that would make them feel good. But that doesn't work with attraction. Check out the book "Getting Anyone to do Anything!" for a reference on this topic. But here's my reason why it so:

Magnets have two poles right? When you smother someone with "things" and "attention" it is like jamming two magnets of the same charge together. What happens? They inevitably repel each other. However when you introduce the opposite charge, you create immediate attraction. The same logic applies to human attraction. So how does one create an opposite charge? Good question : ).

Have you ever seen Seinfeld? Do you remember the episode called, Bizarro World? Everybody in the episode did the opposite of what they normally did. In the case of the fat and bald George Costanza, he started to get tons of good looking women...because he defied logic. He started being blunt and c-word (male)y with women and he no longer felt the need to impress girls. He told them, "I am unemployed and I live at home with my parents. Get over it!" They then started to pursue him. Now of course this is a HUGE exaggeration from what I am proposing. However I think it has elements of truth to it. I will tell you why in the second learning lesson.

#### Lesson 2. Trying to impress a girl will repel her!

I learned the hard way by spending years name dropping what celebrities I knew, how much money I made, where I vacation to, taking women on extremely elaborate dates, doing my homework on girls and then surprising them with trivia about their life...makes me gag just thinking about it. Anyway, the point I am making is as soon as I stopped working to impress girls, they actually took more notice in me. I played around with this learning lesson so much that I found that if I told a woman very little about my life, oddly this impressed her most. Recently I found a great way to balance out being mysterious and not hiding my life too much from her visibility, which can cause you to appear creepy. When I meet a woman I exchange contact info by giving her my card. My card has my webpage which has tons of fun pictures of me and a bio. I don't tell her to check it out, but they inevitably always do. This assures them I am a really cool guy with my life

put together well, all without having to say a word. If she brings it up, I accuse her of stalking me. It works out well.

Lesson 3. The more you can elude disclosing your day-to-day stats the hotter you become!

Remember that women love being intrigued, surprised, and held in suspense. By not sharing your day-to-day stats up front (e.g. My name is Sean, I am an inspirational speaker, I live in Chicago, I am Taurus) you create a playful and magical environment for a woman to bask in. You become the breath of fresh air that they have been waiting all hour, night, and life for. A woman is held extremely captive by a man who can stand in her presence and not feel the need to barf out his resume. When you start spilling your D-T-D stats they can see right through it and recognize you are desperately trying to impress them, which in turns repels them.

So when I approach a woman whether in a super market, coffee house, church, or club I never open my mouth with out filtering out anything that sounds like I am working to impress her. I mostly open by commenting on the NOW. The temperature of the room, her outfit, the music playing over head, etc. I keep the conversation rolling by steering very clear of my D-T-D stats.

Some guys make the mistake of finding out a lot about a girl and sharing too much in the first few minutes. My fraternity buddy was right. Attraction takes place as soon as you make them laugh. I often do this by over stating the obvious, "Wow, is that a book you're reading? I once saw one in a museum but I really didn't believe people still actually used them. So how does that work?" If the room is totally empty I will sit right next to her and say, "Is it always this crowded here? I mean what time did you get here to have to get this seat?" If she is a waitress and she brings a GIANT glass of water, I'll say..."excuse me, I ordered a large water!" Anything like that goes over well.

Lesson 4. After making a girl laugh challenge her, compete with her, or get her opinion.

After I make them laugh I either: challenge them, making her play a game, or give me an opinion...or all three. A challenge might be getting her to slide a quarter to the edge of the table as far as possible, without making it fall off. A challenge might be to guess my age. A challenge might be to see if she can hit the waste basket with my crumpled up napkin. Anything you would have done with your buddies when you were 12 years old. A game is anything that involves competition. Like pitting them against another girl and playing name-that-tune with my mp3 player. Similar to a challenge except a challenge usually starts with, "I bet you can't..." A game starts with "Let's see who's better at..." An opinion is simple. "I need your opinion on something - why do you think..." This should be centered on getting her emotional battery sparked. Just bring them to life instead of putting them to sleep. Remember Challenge, Game, and/or Opinion. I mean what guy actually does that??? FEW gentlemen...very few. Because of this you will stand out as fun. Right when you see her fun meter tipping towards the top...cut her off. Like a good crack addict she will beg for it not to be over. But send her off. Tell her you have to get back to your friend or work or whatever. Walk away and yell, "Hey goofy girl do you

own a cell phone? How about electricity and running water? She will laugh, walk up to her with a napkin and pen and hand it to her like it's just the natural course of action for her to hand over the goods! Yes some will be wiggled out, and then say, "you know Paris Hilton acted this same catty/flirty way when we started hanging out, what is this? Do they teach you girls to do act this way in 7th grade when they separated the boys from the girls to have "the talk." Make sure and do the quote gesture when you stress "THE TALK." She will laugh and hand it over.

Lesson 5. Never bet your business on one account.

Many guys including myself, meet women who are cool and then they begin envisioning 1 year out 5 years out 10 years out into the future. They picture being married to them. Having children with them. Now while that may eventually happen the odds are not in the girls' favor. You should be meeting tons of girlies. Then when you find one you like take it one experience at a time. Diversify your dating pool. Date girls that are jocks, book worms, punk rockers, bible thumpers, dirty, wholesome, models, waitresses, teachers, liberals, conservatives, tall, short, thin, festively plump, black, white, Cuban, Asian, disabled, smart, ditzy, artists, circus performers, clubbers, coffee drinkers, loud, quiet, hippies/tree huggers, old, young, etc. WHY? Because many guys make the mistake of dating the same kind of girl and then when they settled down they question what it might be like to be with "X" kind of girl. This tugs at them. If you have been out and are diversified in your dating life, you will have peace when you get serious with the one you want. Plus if you mix it up you won't put all your interest into one place. I know guys who only date club girls. When they get sick of the club scene for a period of time, they go dateless. Plus when you keep your options open you will be surprised what you end up liking. You won't get all clingy if you keep your dating pool open.

Lesson 6. Commit to having fun and not finding women.

When you go out on the prowl, make sure that you make your goal to have fun. No matter what, if you have fun you won't get all self conscious and s-word if you don't snag a girl. I snag all kinds of cuties when I make my goal fun. When I make it finding a woman somehow everything falls apart on me. In slow motion no less. I have dedicated my life to having fun. Women LOVE coming back to you if they are having fun. In all my life I have never heard a girl say, "This guy is such a loser, every time we hang out all we do is have a blast together, God when is he going to be boring?" Let that one soak in for a bit.....get it now?

Lesson 7. For God's sake trust the process.

Most guys over think things, which often times causes insecurities to breed like rabbits. Instead of worrying whether the girl is attracted to you or "likes" you...just sit back and trust the process. Remind yourself that the girl is interchangeable and that the process of attraction that you learn from myself, Cliff, David D, or any other skilled guy is going to work. It's like NASA really. You make your check list either on paper or mentally before the date of what you're going to do or what stories you're going to tell and then follow the

process as planned. If you get off course now and then by envisioning what your children with her might look like, simply excuse yourself. Go to the bathroom, slap yourself and return from the bathroom a new man : ) No seriously remember that attraction is a skill that can always be improved on. You will never reach a point where you think, "Ahhhh I know it all now I can approach and date women."

Lesson 8. Get your life in order.

If you haven't already, do it now, and that is committing your life to personal growth. I decided about 7 years ago to get in shape, eat right, grow my business, learn new skills, model successful people, read great books, and go to seminars. When I did this my life was never the same. When you commit to growing and expanding your potential you will emanate sex appeal. When your life is in chaos you will emanate loser. I personally recommend you check out my book, "How YOUth Can Succeed!" While the title sounds like it is for kids, it's really not. I share the top principles on how to triple your confidence, hone your manifesting powers, and how to deal with unfair moments that temporarily derail your destiny.

Check it out at:

[http://www.seanstephenson.com/seanstephenson/sean\\_books.asp](http://www.seanstephenson.com/seanstephenson/sean_books.asp)

***Clifford:** Sean do find that you have to ramp up attraction more than other guys who are not in wheelchairs and who are also "normal" height? If so please share with us your secret weapons in how you drive home attraction without allowing insecurities to flourish.*

**Sean:** I absolutely believe that my physical challenge puts me behind the 8 ball with women. On the flip side it also positions me in a better place than most guys. However it took many years to realize that my physical condition (rare bone disorder - causing me to use a wheelchair and be only 3 feet tall) does not have to imprison me from women. Don't get me wrong I am soooooo very blessed to have the psychological tools that I have. The average guy is insecure around women but the average guy in a wheelchair I would venture to say is ridiculously insecure with women. Here's why. Even though women do not judge men on appearance as much as men judge women, they are 1,000 times more judgmental about attitude. If you are insecure about your physical appearance and/or life long disability they smell it a mile away. Thus it only takes one insecure comment or one insecure look early in an interaction with a woman for her to know that you are weak. It reminds me of watching the Discovery Channel Series, "Shark Week." A shark only needs one drop of blood in the water to find an easy prey. You do not want to be a woman's prey, she will eat you alive and leave your remains (heart, ego, self-esteem) to sink to the ocean floor.

Been there, done that, own the freaking T-shirt. Anyway to answer your question about closing on attraction and not allowing a woman to question your life challenge (such as

my disability and dramatic size difference) you **MUST FINISH STRONG**. In the past my greatest challenge was with myself, often times when attraction was created I would then back off and allow my wuss-insecure side to surface. I would get in the trap of thinking, "ok now I am safe I can let the best of my insecurities out cause she likes me." **WRONG!!!** If you do not handle your insecurities ahead of time they will never be accepted by a woman.

Follow this metaphor for a moment. Ever seen a football game where a team was dominating their opponent by a huge margin, then when they thought it was safe they put in their third string and started to back off their full press, and oddly the other team caught up and beat them in overtime? Same holds true with appealing to women. You can never reach a point and say, "Whew she thinks I am strong now, I can air all my pathetic insecurities and she won't mind." When things are going strong - stay strong. Finish it. I have to finish with super masculine energy, here's why it's extra important for me. When a woman meets me she sees a package that is cuddly, and that's ok. **SO** I counter this reality with a sharp edge, squinting eyes, bold words, and dominant touch. I jump right into her unconscious mind and let her know I am in charge, and if she can't handle it, she can be replaced. Of course I am not an asshole about it because I make them laugh and I swoon them with glimmering moments of tenderness.

Here's an example from a recent girl that I had fun with. I approached her at church. She was sitting by herself reading and I thought she was too cute to be sitting all alone, she needed some "Seanny Love." I opened with casual chat, busted on her for not having a business card. We swapped contact info. As I left her I looked over my shoulder and said, "Let's grab coffee sometime." She then emailed me, hoping I would make good on my coffee promise. I had her tag along for shopping. I totally dominated where we went, what we spent time talking about, and I was totally complimenting every woman around me **EXCEPT** for her. This made her beg for compliments. I also created a point system. Because she was 8 minutes late showing up I told her it was cool but that I docked her 10 points. She thought I was joking until I shot her a very serious face. Throughout the date she was begging for me to give her positive point scores. I also made bold comments when she talked about needing to lose weight, which she totally doesn't, but I acted as if she does. At one point she said, "Woa you are so bold." I shot her a smile and said, "Shut up, you love it" to which she smiled back.

We went out again in under a week - which I normally wouldn't do but I had to leave on business for a month so I made an exception. I emailed her a list of things to bring when we hang out: Music, Swimming Suit, Favorite Book, Journal. Who does this? Kings, dictators, rulers, massively confident men. At this point she is begging me for information on what we are going to do. I give her nothing. Do you see how I am conveying **POWER** and **STRENGTH**? Never once does her mind wander to comments like, "Wow, Sean is 3 feet tall and in a wheelchair." Nope she is only thinking, "Damn what's going to happen next? He has me on the edge of my seat." I am strong and project that all through body language, vocabulary, tonality, and it stems from internal dialogue. I know that I must be masculine and powerful if I am going to keep her mind away from, "Sean is so physically small how could this work?" If you control their focus of attention

you can control your success with women. It's that simple. Of course there will be some girls that my condition will be a deal breaker, but I would rather not be with those girls anyway.

**Clifford:** *What did you do and what do you recommend others do to build up their own mental strength?*

**Sean:** Many guys are desperately searching for a magic bullet. Oftentimes in my career I come across people who love absorbing information on one topic but at some point all the info doesn't matter without faith. You have to have faith in yourself and your skills. You have to have faith even when things look bleak in finding, "the one" or bagging your dream orgy, or whatever it is you want. Faith is the invisible power that drives us at times even when we're unsure of our progress, position, or future. My last tip would be:

Become your own best friend.

Become your own best lover.

Become your own best coach.

Become the person you need to be to escort yourself to happiness.

If you can seek to be happy you will live a better, longer, and more productive life. Seeking things, accomplishments, women, houses, cars, other external devices only leave us feeling empty. Thus we need to make our life about service and gratitude. If we give selflessly and we absorb the greatness of how blessed we truly are, the quality of life is almost overwhelming.

This does sound a little like I am the love child of Tony Robbins and Deepak Chopra but I really do believe what my mentors have taught me, "Your Mentality Creates Your Reality!"

**Clifford:** *Please tell us a little about your closing strategies.*

**Sean:** I would like to say that appealing to and pursuing women are merely a hobby of mine to pass the time with my hormones until I find the right girl to settle down with. I can mention however that all my sexual contact starts from giving a woman a foot massage. Learn the right pressure points on the feet and then tell the woman, "did you know the foot is a map of the human body?" This has been a great way for me to introduce to the woman, "Hey I am aware of the human body and its pleasure spots. If you allow me to touch you it will feel great." I also have a huge disconnect from having to score. I am literally ok with not hooking up, which creates a nice detached space. Being needy in bed will kill the mood every time. You can't just act cool about not scoring, you really need to be. Bust off a round, "What about Mary?" style before the date if you have to. Women need the communication that you enjoy them not just their body.

Resistance in the bedroom is I believe mostly in not doing a good enough job on building sexual tension through words and not enough indirect sexual touch (i.e. foot massages). My expertise is being hilarious and strong in the approach, getting any girls digits, and arranging SUPER FUN dates that leave women finding me mysterious, compassionate, and powerful. I know this might not sound tough and alpha male but I still have much to learn in the department of "closing the deals." Hope that honesty helps.

Good luck my friends.

**-----ADDED bonus peak of Sean's life ---**

Cliff,

I feel as though I am in the twilight zone. After I wrote you that last part my dating life got turned upside down. I experienced an awfully painful incident. Last night I was on the phone with the current girl I have been working on. I asked her when in February she will be out of town. She claims from the 9-16th. To which I playfully respond, wow you'll be out of town for Valentine's Day, to which she responds, "It totally sucks cause I won't be with the guy I am seeing." I responded totally c-word (male)y and assured she was speaking of me, "Well where will he be?" She says, "Korea." My life then took on this creepy slow-motion sepia tone filter, "WHAT!!!" Was this a test???

So I started asking about this and why she hadn't mentioned him before as we had gone out several times and had been intimate. I didn't care that we weren't exclusive but she acted like my interactions meant nothing to her. She thought we were just friends. I was speechless, I had played this one text book up until this point. Unfortunately I lost it. Well, not completely yet. She had to go but said that she would call me back. A few hours later we recommenced our conversation. She started to say that she never thought of me romantically and that she never knew I wanted her. All bulls-word. I could tell she was incongruent.

So I started to dig for more info. I said ok well we are going to close this conversation, are you complete? She says almost. She then sighed and apologized for what she was about to say. She said she was actually attracted to me and that we had amazing chemistry but she rambled out, "Sean do you know why I could never date you, because you're handicap. You are everything I am looking for in a man, but you don't match my picture of a (physical) man." She said that her biggest concern was what people would think of her if she dated a "handicap" guy. She said, "This is not open for discussion, I may be evil and shallow for this but I am not willing to change." At this point I was frustrated, angry, and crushed. I wished her well in life, and we went our separate ways for good. I woke up this morning with a few new HUGE distinctions that must be shared.

1. I am who I am - and if that is not cool with a woman, there's the door. My disability is apart of what has shaped my cool life, I wouldn't trade it.

2. I will never trade in my self-respect when the ship is going down.

3. I will be even more guarding of my emotional feelings and let them out way slower.
4. I have to make peace with who I am so that I can not be rattled by those women who are scared, intimidated, or disapproving.
5. I have to test up front to filter out insecurities that girls have with my disability more than before.
6. Some girls may be afraid but there are 3 billion others who may not be : )

This did and didn't come as a shock to me. I had this DYD stuff licked. I mean I got her attracted to me, but it wasn't enough. I had mastered attraction, yet the girls can still be spooked by my "handicap." Back to the drawing board. Biggest thing for my makeover will be to do a deeper psychological check on a girl I develop long term feelings for. Also revamp a strong sense of self-respect and identity. I should never have to grovel, the best thing I could have done was when I heard she couldn't be with me because of my "handicap" would have been to not let it bother me and to say, "Thanks for your honesty, have a great life, bye." Well how about them apples, huh? I guess I was writing that last bit of advice about faith for myself : )

**Clifford:** *I want to sincerely thank you, Sean for sharing your hard earned insights with us. For more information about Sean and his confidence products check out his website: [www.seanstephenson.com](http://www.seanstephenson.com)*

## **Steve Piccus Interview**

**Steve:** Since the DYD seminar in Los Angeles, Hypnotica and I have had a lot of people get in contact with us about our products, private sessions and trainings. We are currently working on some products. Also, we are scouting out a location to present an intense workshop, where the participants will learn how to get results by utilizing the practical applications of what we teach. Our premise is information which is experienced creates a strong foundation for knowledge, as it can be resourced as something familiar when needed. Information without experience is merely information. Below is some updated background information on us.

Hypnotica - Hypnotica has worked with and trained thousands of strippers and a lot of other people in the sex industry. He teaches them how to see through the bullshit and helps them get into the right frame of mind to deal with various manipulation tactics. To this day he still works in the strip clubs where he has honed his skills to an art form in the areas of sexual social dynamics and the ability to bed multiple dancers and keep them all in check. Some of our clients want to improve on their skills for getting action with an emphasis on the strip clubs. We also teach our clients some necessary survival skills, so they can avoid getting trashed. If you want to learn how to negotiate on this playing field, you might consider learning from someone with over 12 years experience with strippers. Hypnotica has an insider's working knowledge of the industry. He is by far, one of the most experienced trainers in this area, with a system of techniques that have been tested and continue to work consistently.

Steve - I have been keeping busy with some book projects and developing some products. The main areas of my attention/field research are currently Metaphysics, Sexual Enhancements for Women, and Shamanistic Trance Work and Healing. Some of these topics may be a bit beyond the scope of interest to some in your audience. Others may find these systems provide some useful techniques to streamline a change that they want to integrate in their life. For instance, mitigating negative thoughts & old patterns, building positive internal states, or transferring positive thoughts (or energy) to an other person. I am also working on editing the videos from the Entering the Sacred Grid Workshop. This series covers some of the hypnosis and shamanistic exercises we use when we work with people to clear out old limiting beliefs.

As a Team - Hypnotica and I have been designing and testing hypnotic sexual enhancement protocols for years. We have been teaching women from all walks of life how to release stress/tension from their bodies and mind through enhanced orgasms. We test the techniques on women who work in the sex industry, primarily because they can be the most challenging. Besides these women are usually on guard because they work in an environment which is rife with manipulation. Which by the way, makes them perfect Beta-test subjects for the stuff we are fine tuning. If something works well with them, it can usually be applied to other people or situations, which are usually much more user friendly.

**Clifford:** *One of the biggest things that I (and I am sure most guys who get to know you) noticed about the way you interact with women is that you really don't put up with any of their nonsense. And women are frequently very subtle about a lot of the games they play but I have seen that you pick up on it immediately. Unfortunately most of us have not had the good fortune to have had the social education you got from your early experiences and developing that degree of sharpness is something I haven't seen in very many of the guys I have met in my life.*

*I think many, if not most, guys have their biggest stumbling blocks with women who they find very attractive as they get tongue-tied when dealing with them, or if they have been able to get to a point where they can talk to them fairly normally, they still have their biggest difficulty when the women they are most attracted to throw out some of their shit tests. Other than learning through hard experience, do you have any suggestions on how guys can develop their awareness and ability to react right away with the right responses to women in these situations?*

**Steve:** As far as suggestions, bottom line, the problem is not the girl or the situation. It is about learning how to respond, rather than react to what is being presented. Many of the clients I have worked with (including women) have a similar problem with this. They get mired down in the details (rather than moving into a contextual shift) which further stimulates a previous feedback loop which fires off some (seemingly normal?) antiquated reaction.

Then they quit having fun with the process, as though someone else's thoughts or actions should be able to influence them or have the ability to shift into part of their identity. If one wants to make and sustain a change to a behavior or lifestyle choice, it is paramount that they are completely committed to the outcome without any hesitation or resistance. Hypnosis is a good way to access this outcome when a person wants to create a change. A client has to place a higher priority on changing the mechanism that maintains the challenge. Rather than assessing blame or finding comfort in the familiarity of a known quantity. It sounds crazy, but you would be amazed how many people want to hang onto the old stuff that makes them feel bad.

Guys who get the most action... do just that, they get action. Like your buddy David. They don't think about it or plot out elaborate strategies. They just have fun and close a lot of deals by focusing on their outcome, enjoying the process, and not getting mired down into worrying about the deals they might not get.

It's like fishing... If you don't toss your line out you don't catch anything... You have to get your night crawler out there on the troll... Sometimes your line gets tugged on and sometimes you need to find better places to go trolling... Sometimes you might lose some bait but then at least you know what they are hitting on in that pond... You need to know what you are fishing for - some guys want something pretty to mount or to take pictures

with, and others simply want to impress the guys around the campfire. I know this might sound a little messed up, but who the f\*ck wants to think about impressing other guys when you are enjoying the action? I mean what is your priority? When you understand this you won't settle for something less. Some guys take anything they can land. I am not into scum sucking bottom dwellers, however on a slow day, some action is better than no action, pull her in and do a catch and release.

Most Importantly - if you get hooked up and dragged into the weeds, CUT THE FUCKING LINE and find someplace else to fish. Some ponds are filled with too many hazards and the fish know how to steal your bait. If you want to keep fishing there, realize there is an opportunity cost associated with this activity, and you will probably be the one who gets stuck paying the FOOL'S TAX. If you get snagged and cannot get loose, get back to the campfire and find some friend to help you. Don't get upset with getting snagged. It can happen to anyone. The most important thing is how you deal with it. Sometimes you have to just cut your losses and go.

*Clifford: Tell us a bit about your history with women.*

**Steve:** The innocence of my youth (I was in the first grade) was surrendered in a little rural town, to two older females (they were both in the sixth grade.) This event was the starting point of my sexual exploration and gave me my first taste of what was to come with women, so to speak.

When I was in third grade, my family moved to a house with an avocado orchard. It was closer to the city. A similar situation of exploration began with a girl in the eighth grade, who lived a few houses down the street.

In junior high I was hanging out with a high school girl. This was cool because I worked in my dad's print shop, and she worked at the mall. We had money and she had a car so we could go to the mountains or to the Drive-in Theater to "watch a movie."

In high school, I already knew a bunch of girls from the college so I had little if any interest in the high school girls. Besides most of the dudes I saw were getting very little action other than maybe a little bit of wet finger, which eventually got translated into some kind of drama. What a waste of time. Then I got thrown out of school for fighting. Personally, I still think the school overreacted to that situation.

My parents were uncertain of what to do with me. I had been hanging out with a bunch of bikers for sometime. These guys were cool, they helped each other work on Harleys, had chicks hanging around that liked sex, there was plenty of good food and they didn't put up with any bullshit. However because I was getting into a lot of fights, mainly with rednecks, my parents shipped me off to the east coast. Making the best of what started out to be a less than favorable situation. I soon found that if you were from California, most of the regular citizen dudes hated you, but the girls were interested in you. Which made

the dudes hate you even more. That was okay because my biker friends in California knew bikers around my new home.

So I had some cool dudes to hang with. But it was a different scene, it was like I was transported back in time. Anyway, my cousin, who I was living with in the east, hooked me up with a job at a Catholic Girl School. During my time there I learned a lot about the social dynamics of girls. At first these Bettys acted like snotty little rich bitches. So I blew them off. Besides I discovered long before that, when they start with bullshit and attitude - they are usually lame in the sack, want money, or have plans to mess with your head. None of these are good reasons for me to hang around. So I didn't. I did my job at the girl school and split. Good things happen for those who don't buy into the bullshit.

Low and behold about six blocks down the road there was a nice new hunting ground, or should I say college, just packed full of smiling free-spirited hippie chicks just waiting to meet me. Understand this was the Summer of Love and I was from California.

Anyway, something I learned from these interactions was if you are congruent/fair/direct with what you want. Good things happen...

***Clifford:** Please explain your basic approach to women and what you do when you meet them.*

**Steve:** Look I don't do any really tricky shit. I don't have the patience for it. Besides it is too much bullshit for me to remember. I use a direct common sense approach.

If I get any second thoughts about a person or a situation, I leave. Second thoughts generally reinforce the first thoughts you are trying to override, usually for some stupid reason. Which comes right back to bite you... This is called Fool's TAX.

I am generally pretty much a nice guy, so I take that approach... I sort for nice Bettys, who don't want to bitch at me, that are confident, fun, and have good attitudes. Oh yeah and I prefer them in stereo.

I am not sure if it is that I don't put with the games as much as I don't care about that silly shit... I'm not attached to any outcome or looking for anything... Except maybe when I am playing with the waitresses. No that's not true either, because with them I am still not looking for any outcome. What I am doing with the waitresses is, I am playfully calibrating them, to see how interesting they respond to the stuff I do. You know, do they like to have fun or are they snotty little bitches... Some Bettys respond well and others don't. The ones that don't respond the way I like, I am not interested in. Some people like high maintenance relationships. I think that's great, however I am not interested in wasting my time in that way.

Here is a perfect example, you where in the room when this happened... Remember the lady I was working with up in Montreal, during the winter at the Orgasms on Command video shoot. The cute girl with darker hair, who I helped jack-up her pheromones and then she started crawling all over me like a python in heat.

Well her tall blond friend, on the surface might have been perceived as cuter to a lot of guys. But she was also much more reserved, and I don't mean in a bitchy way, I just mean more reserved, for whatever the reason...

To me since I am not into it for a competition or sorting for a beauty pageant queen... The pretty python girl, responded much better, was more fun, and ultimately much more sensual... That is the kind of stuff I screen for.

As far as the shit test thing you are describing... In my world, it is usually not a problem unless a person lets it become one.... You can either leave or hang around analyzing why they are doing the silly bullshit that some people do.

Anyway, I have a kind of direct protocol for this behavior.

Let me explain...

If I am driving around with a Betty who I just met or that I have known for a while. I rarely have this problem of women doing shit tests.

However, if I even suspect that anything like that bullshit is happening... I immediately slam on the brakes, which should abruptly stop the car, usually after a little sliding action, fain a look of disgust, then LOUDLY scream the word fuck a few times... as I am pounding on the steering wheel ... glaring over at the useless idiot sitting next to me on the seat, with my best impersonation of Hannibal Lector, in a quiet voice I proceed to ask her to see which tire is flat... When she hops out the car to check the tires...

The problem is solved... Wasting very little time, I mash down on the gas pedal... Then just like magic... In the rear view mirror, I notice the image of my soon-to-be-forgotten inconvenience jumping up and down, venting some more bullshit, getting smaller and smaller, as I drive away. Also, I soon get a sense of balance and harmony being restored to my environment. Then I am off again in search of new adventures and other people who are much more interesting to hang out with.

Figure this one out...

About nine months ago, there was this chick who I had taught how to have Orgasms on Command, and being the nice guy that I am I didn't even charge her. Then I took her up a notch and taught her how to have Multiple Orgasms on Command. Was she grateful and wanting to reciprocate in some way? Hell NO, she was a self centered bitch... She went full TILT into bitching and started ragging on me as we were driving around, yelling some kind of shit about marriage... "Yap, yap, yap..." Before I knew it, my wonderful

mind shot straight into the harmony restoration protocol... Next thing I know, this chick was getting out to check the tires, and she still would not shut the fuck up. She was going on and on with this bullshit "I don't think you are the marrying kind...blah, blah, blah..." so before she could go on much further with that discussion. I interrupted her tirade with "How about that, perhaps you have a point there?" then I mashed down on the gas. Leaving her behind me with a stunned look of amazement on her face, to contemplate whatever bullshit opinions she had bouncing around in her little head.

\*Did I sit around trying to think about where it all went wrong? Hell no.

\*Did my life dramatically improve when I got rid the problem? Hell Yeah... It was like magic I felt great again.

You see these days I am pretty much mellowed out. I have learned how to calibrate for a responsiveness I prefer. Also, a guy has to know when to cut his losses and go, so as to avoid the types of people that try to get you upset or ruffled around the edges.

***Clifford:** I would like to ask you more about how you go about getting women "in stereo." After reading what you wrote above, it seems clear that you are mainly just direct about what you want but I think you will agree that most guys feel that having two or more women at the same time is not a common event for them and whatever you can elaborate on would be appreciated. I understand that you lived with 5 women at the same time when you were 22 years old - this also seems like an enviable situation (and you did this without being rich and famous like Hugh Hefner) and one which most guys will read about and scratch their heads and wonder how did you do that.*

**Steve:** I agree, most guys think getting women in stereo might be an uncommon event or challenging... Possibly for them it is, probably because of the way they think about it. It is like anything else in life, if you choose to think about something you want as being out of reach... or if you chose to think of it as being attainable or possible... You Are RIGHT... Look this stuff is not rocket science, when people hold onto old patterns and beliefs which suppress their opportunities, their options will remain limited. When you enjoy yourself and have a good attitude, women want to be around you. Do you think they spend all that time and money to look good to go out to find some drama in a club? (Well maybe some of them do. So you immediately screen out the drama queens.) In my reality I consider that perhaps they are looking for a cool person to make the Brazilian wax job worth it.

With regards to finding women who are interested in going stereo, that is not a problem... not for me, my friends, or the people we work with. We have even worked with women who expressed an interest in doing ménage, but due to a lack of hands on experience, they hesitated when it came to follow through. Basically (prior to working with us) they would freeze up when it came down to approaching other women about bumping boxes. The last girl who thought she had this presenting problem, I asked her "What gives you

the right to be so selfish as to deny yourself something so fucking beautiful... and furthermore, what did the girls you haven't even met yet do to you so that you even considered a passing thought about not sharing something so nice as yourself with them...

Until Now... Haven't you... Blah, blah blah." She responded with "I think I had a fear of rejection." Staring back at her I said "Uh huh right, that is bullshit! That is a delusion you need to reSolve... That Problem... Now... Haven't you... LET ME ASK YOU SOMETHING... Do you like the idea of riding a guy's flexy, while you are munching a clam?" (She nods a yes) "Then since... You are... Now... Done with rejecting yourself from pleasant situations... Notice how you are going to.. Be Different... Now... in new ways... or are you just going to have fun with nice people... Like Yourself... Don't you... Now... Blah, blah, blah..." Anyway after a few sessions, these type of clients are out getting action like old Lick Masters from the far east.

So you might be asking yourself how did they get to that level....

It is the same old equation... They had a problem... they didn't like it... They did something about it... It is that simple. Now they enjoy the results they have earned... That's right, they've earned it, by doing what they needed to do. They follow our coaching suggestions, take action and stay on task. When people are clear about what they want, and how to get it, it is as simple as getting out of their own way. Some people need a little help because they self sabotage themselves and then they get stuck...

You know what I mean, they want to doink any pretty Betty who smiles at them in the club, but they don't even go over to talk with her because she might not want to doink them. Yeah, yeah, yeah, that might be one possibility, and if you don't go over to let her meet you, you are right, no doinking from her.

Others dudes want to go out with girls in the sex industry. Hey, if that is for you, it is a real easy thing to do. Be cautioned however... we have done a lot of repair work with people who had got their heads all jacked-up by messing around this group of girls. We have also done a lot of work with the girls in the sex business. My business partner Hypnotica still works in a strip club downtown. It has some very cool advantages, like being a social environment where you can really observe bottom line sexual dynamics in action.

Some people want to know about the secrets of ménage management. The secret is... there is no big secret. Just be direct and congruent with what you want.

That reminds me of this guy in L A we worked with... You know for a while there was this dude who was hanging around. He was likable enough, he just had a unique way of acquiring information ... I know his name but that is not what is important, so please don't print his name... Anyway this dude had this peculiar behavior... he would ask a question, then jam a tape recorder in your face when you would start to respond. If you have not had this kind of experience, it is a little weird to deal with. But the dude was an alright guy and he was consistent in his pursuit of information... So one night some of us were

just hanging out in L A and he asked me about how I talked women into going stereo. I told him that I don't talk them into anything and if he shut off the tape recorder and set it down, I would help him with what he was asking. He did so and I continued "first off, you need to understand in my world most of the women are bi-curious or bisexual." He looked at me with a stunned expression as he asked how I found them. I thought he was yanking chain but he really looked serious, so I told him "Look around any room and they are there. If you don't know how to read the subtle clues yet, just go over and talk to the Betty you're interested in. In my experience, most of the chicks I have met are into other chicks...that is if they are not threatened by the situation. Besides it is what I screen for." Anticipating his next question I moved on with "Look dude, when you find a Betty who is cute, playful and has a good attitude, be casual and congruent as you mention that "you usually only date bi-curious and bisexual girls," but mention that "you can still be friends with her if she hasn't opened up yet, to feeling whole, in her relationship with herself and others."

This kind of statement will cut through the chase.

**\*\*\* Please Note\*\*\***

Sometimes you can get the bad responders who will get kind of bitchy. You will easily recognize this type, they have bad attitudes and rude things to say. They are usually just ungrateful, so leave and quit wasting your time... Just remember those kind of girls are not your type. Unless you are screening for misery. In which case, I would suggest going out with women from the previously mentioned group ladies in the sex industry.

The good responders will get dilated eyes, their breathing will shift, and pleasant thoughts will race through their mind and body. They will be smiling with a playful attitude, and in general be pleasant to chat with. This is the type of girl you might want to consider as part your stereo set-up.

Anyway, this L A guy heads off into the evening... A couple hours later the guy calls us on a cell phone all excited. He told me what I already knew... When he started out, at first he kept running into these bad responders. But he wanted to test what I had told him, so he kept going. (Perseverance always wins the cookie. Some days it's cookies, some days it is crumbs.) Soon he found a good responder who said she really liked his honesty. Then she told him "let's get my girlfriend and get out of here." I interrupted him at this point to ask "if she said yes, where is she and why the fuck are you on the phone with me?" I forget his exact response, but that is irrelevant anyway. He said something like "I told the girl I had to go to the men's room and I just wanted to tell you thanks and that this stuff really works and... Blah, blah, blah..." I gave him some words of encouragement, as I yelled into the phone "shut the fuck up, hang up, don't call anyone else, leave your tape recorder in the car. Get back to the girls or they will leave without you..." and then I hung up. I can't believe some people. What the fuck was he thinking and why the fuck was he calling me at a time like that? After all, if he really wanted to express his gratitude, he could stuff some money into an envelope and mail it to my P.O. Box. Then I would believe he was being sincere.

Clifford, you are right, I am clear with what I want and I might be fairly direct. But also if something or someone is unacceptable, I get it or them immediately removed from my environment. My life is better because of this attitude. Look man, I like to enjoy what I do. I make very little time for adjusting into Other People's Perceived Dramas. When a person clears the bullshit thoughts and people out of their life, it can only improve. You know what Clifford... I don't even know if this is what you are asking me for... As I am typing this shit, I am thinking to myself, Getting action is so simple, what is the problem and what are they asking? In my experience if you want something, you just find a resource, negotiate a fair and equitable outcome, consider the opportunity cost. If the value of the experience is worth the cost, pursue it. If not move on. I have hung out with you and your buddy David. That dude is funny, but he is also direct about what he wants and he gets it.

While I am writing this my kid came in. He is in high school and kind of direct. He looked at what I wrote and said "Dad, don't they get it? If a girl reads Cosmo, or acts like a bitch. You just shut up and walk away. Go find a girl that is nice. Nice girls will buy you the kind of burrito you like and bring it over, even when you didn't ask for it. Or they will come to watch me play Lacrosse. The bitchy girls have these whipped guys following them around, and they pretend to ignore these guys. It is a waste of time, but some guys like to put up with that stuff."

*Cliff: Steve, I want to thank you for taking the time to give us a little insight about yourself. I think because you haven't been giving seduction seminars and most people who have heard about you did so by seeing you at the DYD seminars you attended or from comments made here (and probably some other incomplete comments made elsewhere in the community), most people look at you as a bit of mysterious figure. I hope this interview will give everyone a good introduction to you and the qualities of yours that I have come to know and respect.*

*You can find out more about Hypnotica at [www.hypnotica.org](http://www.hypnotica.org). Steve Piccus's website is [www.radicalhypnotherapy.com](http://www.radicalhypnotherapy.com).*

### **Carlos Xuma Interview:**

*Clifford:* Carlos is the "guru" behind *Dating Dynamics*, *Seduction Method* and *Alpha Seduction* (visit his websites at [www.alphaseduction.com](http://www.alphaseduction.com), [www.seductionmethod.com](http://www.seductionmethod.com), & [www.datingdynamics.com](http://www.datingdynamics.com)).

*Carlos, thank you for agreeing to do this interview with me and now could you please tell a little about your history with women, and your background.*

**Carlos:** I grew up in the Northeast, in Upstate New York. And the first thing I remember about girls was liking them - a LOT. I got started at a very early age, too. My first real crush was in kindergarten with a girl in my class named Julie. My mom even helped me pick out a gift to bring in to school for her. Of course, the thing sat all wrapped and ready in the book rack under my chair while I worked up the guts to give it to her, fearing the awful possibility of her rejection. Julie never did get that gift. Sorry, babe. That pattern of serial crushes on girls kept up for me for a while. I first got laid when I was only 12 years old. Her name was Ann, she was 15, and she'd had a crush on me for a while. I'd held off on "dating" her, which only made her more interested. I remember that she told my friends she wouldn't "do it" with me until after we dated for a month. We did it the next afternoon.

It wasn't long after that I was sleeping with every girl I could get my hands on. What I was doing at the time (but didn't realize) was being a real 'scoundrel.' I would sleep with a girl, and then move on to the next one in a few weeks or so. I was a self-interested "jerk," just like the ones women complain about (but keep going back to.) My selfish attitude communicated my non-neediness, as well as my social value. I just kept being self-interested and treated women like \*I\* was the prize.

In a nutshell, my attitude was this: "Oh, you're going to sleep with me. And if you don't, I'm just going to move on to a woman who will. And then it will be YOUR fault. Oh, and you're not just going to SLEEP with me. You're going to do all the nasties I want, too. Now get naked."

Still, the seeds of my setback to a "Nice Guy" were planted in my early twenties when I started reading a TON of self-help literature. I started with the usual Anthony Robbins material, Wayne Dyer, Napoleon Hill, etc., which were fantastic for my entrepreneurial spirit and desire to grow and achieve. I've always been fascinated by human motivation and drive.

I also wanted to know more about how this thing called "love" worked, and how to have a successful relationship. Unfortunately for me, I also started reading every book under the sun on relationships by all the female (and male) authors and pundits. I started believing in this "ideal" that these people perpetuated, which was arguing against our

emotional nature. What I started believing in was this "pure white light of love and acceptance", all this "California New Age" bullshit that they said you could experience if you explored and confused your inner child enough.

WHAM. My game started going right down the toilet.

I stopped making women attracted to me the way I had been with my 'scoundrel' attitude, and I started believing I'd been doing wrong to them all that time, and that men were "bad." I became something of a male feminist. (Ugh, I cringe thinking back on this.) I acted the complete role of the nice guy, from buying them flowers to writing love letters. After several heart wrenching ordeals with a few of my long term relationships (yeah, they dumped me), I knew I had to get back on track.

I actually started with a short book that was on the back shelf of a small bookstore (as most good information usually is.) The book was "How to be the Jerk Women Love" by F.J. Shark. It wasn't exactly a new bible of getting women, and it had so many printing flaws that I imagined this was published by someone in a basement somewhere after a hard drinking binge. BUT this book started me understanding that women are not attracted to LOGIC. They are attracted to certain behaviors that evoke their EMOTIONS. And while the tactics in this book weren't all spot-on (like always borrowing money from your girl and having centerfolds on your wall), the principles held up. I knew there was much more strategy to find and use.

So after a few more years of experimenting, getting back on track with my dating and sex life, and looking into a ton of other stuff out there, I knew I could write my own book using my experiences and insights. Combining my analytical ability with my writing skills, I had no doubt that guys would want this information. I first came out with "The Dating Black Book" about two years ago. Then "The Seduction Method" came out six months later. I've been providing regular advice and strategies for men in my monthly audio coaching. And just this month I released my most recent book and 6-CD series, "Secrets of the Alpha Man."

My highly analytical nature led itself to "figuring out" women and our interactions to understand what this thing of sexual attraction was all about. I'm one of those guys who just has to know how things work, whether it's mechanical or social interaction. Lately, my experiences as a Martial Arts instructor has led me even deeper into the dynamics of what makes a man an ALPHA. It's a term that's been over-used and abused, but there is so much to learn by studying what kind of men women have desired over the eons. I just worked on molding this definition for the modern man.

We're in a genuine crisis in our society as far as gender roles, and my mission is to turn this situation around for men (and women). The Nice Guy Syndrome is destroying the success of men everywhere, and it's time to put that to an end.

**Clifford:** *One thing I have noticed from the last few interviews I have been doing is that each person (not that this is a revolutionary realization) has their own particular style of seduction. What this means is that each person has found the path doing what they do to achieve success. I think you've explained what you were doing as a teenager, but now that you are an adult what do you do to create attraction that might be different from other guys or that would define your particular method or methods.*

**Carlos:** I'm more of a sniper than a "sarger" if you know what I mean. I used to just go after women as they came, but now I find more fun and challenge in being a hunter. I find the target that interests me and I shoot to kill. More like Valmont from "Dangerous Liaisons."

Each woman is a case study, and has a puzzle to getting her particular "kill shot." And I believe most guys are really looking for more than temporary successes. The challenge eventually comes when he wants one good woman instead of many.

But I think the differentiation is that I'm targeting keeping the 80/20 rule in mind. 80% of guys are barely surviving out there in the seduction world, running around without a clue but what their moms told them.

80% of success is in only 20% of the skills, and they're very easy to learn, and almost all of them come as a result of having a full and confident lifestyle. I also hone in on the importance of living an Alpha Lifestyle BEFORE you go out and look to pickup and seduce.

In the case of seduction, however, the 80% is probably more like 95% of guys who are not very skilled at the nuances of dating and seduction, but you know what I mean. I also believe firmly in using skills that are NATURAL rather than complexly orchestrated. The architecture is the same, but it has to be flexible enough to adapt to each guy's personality. Techniques are fine, but ATTITUDE is EVERYTHING.

Keep it simple. No trance words, no cleverness until you get the foundational understanding, beliefs, and skills. There's no lasting success in life without a true feeling of good self-esteem.

**Clifford:** *How about some specific examples of what you think about, how you prepare yourself to "snipe", and what may go on between you and some of your targets. If you can, please walk through the process that usually results in your having a success with a woman.*

**Carlos:** I've gone through a LONG and intense process of cleaning up my inner game over the years. One of the things that my breakdown in skills has taught me is that the most important thing is your belief in your own value.

If you go out on a "date" or meet a woman out somewhere, she wants to believe in you. Most people aren't strong leaders. Women, however, are looking for leaders to follow, which equates to your value as a man. Your social rank defines your value in most ways. (Yes, there is a whole subculture of socially reclusive people out there, but even they are still attracted to a certain set of attitudinal traits.)

The more you believe in yourself, the more you will act independently of a woman's perception, thus driving up your value in her eyes. After all, what kind of man doesn't need her approval? The kind of guy that SHE needs approval from. That's what draws her in. Her belief that he is more powerful than she is.

Now, I've long since grown tired of the "singles" scene here in San Francisco. I used to work the bars and parties there pretty hard. Lately, however, it's become much more interesting to find the challenging targets and use my sniping ability with them.

First of all, let me say that I find almost ALL women attractive in some way. Femininity and everything about women is something I adore. You have to if you're going to stay in the game for a long time. You can't run around with the typical male anger syndrome. You know, the one that's pissed because women appear to control the sex, and since you're not getting any, it must be the collective fault of all women. (This kind of anger is more common than most people think. Not necessarily to the level that causes men to be violent rapists, as the media would have you believe, but enough to sabotage a lot of guys from getting the sex life they want.)

I really don't prepare for sniping. I just keep my eyes open for a woman that fascinates me enough to keep around. Here's an example:

Every Halloween here in San Francisco there's a huge celebration in the Castro district. It's a big party in the street with everyone dressing up and having a wild time. There are parades, freaks, bands .... You name it. Thousands of people go every year. I'll probably be there again this year.

Last year I went down to enjoy the party (alone, since my friend had backed out at the last moment). I had a couple beers, and went walking around, seeing the sights and having fun. (I was dressed as an army guy, so no face disguise was involved.) I spent a good amount of time watching for people - not just women - who might be cool to hang out with.

I went to a dive bar to grab a drink and some food, and I spotted a couple of women dressed in some rather lame costumes, but they looked like they might be fun. They seemed less "bimbo" and more intelligent and challenging. I walked over and said hello and said I was going to be their host for the evening. They pulled me right into their conversation, and as it turns out they were in from the East coast to come to the party. I decided I liked one of these gals enough to see what we could do.

Now, to make a long story short, through the use of fun conversation, NOT zoning in on her with freakish attention, and constantly changing our locations as much as possible, I was tongue-tied with her within the hour and she kept grabbing my ass. The rest I'll leave to the imagination.

BTW, The tactic I mentioned above of changing locations as much as possible is a way of simulating multiple dates with the same woman. Your rapport with a woman increases exponentially with the number of locations you go with her, so why not do more in the same night? This is how you get the effect of 2 or 3 dates in one night.

Now, my internal process is simply this:

1) I use my own personalized mental preparations. I no longer stand in front of a mirror and chant "You are special!" the way some self-help guys would have you. After enough time of reinforcing your belief system, it only takes a quick recollection of a past success to put your mood and beliefs in the frame of a lady killer. Anchoring is an NLP method that I've modified to fit my own mental makeup.

2) I EMOTIONALLY believe that being ALONE is a worthy alternative. That will allow you to pull the plug at your own discretion and not feel as if you were the loser in any interaction. I have a mantra that goes, "I'm better off alone than with the wrong woman." I'm super comfortable being alone and in silence. (i.e., no television or music on to distract me from my own thoughts.) This way there's no pain of loss to avoid.

3) I'm RELAXED. Most guys don't truly understand the necessity of shedding their nervous excitement around women. Sure, in some cases it can be flattering to the woman you're talking with and it can energize you, but it also communicates all the wrong things about you. I've learned how to stay relaxed and comfortable in the most trying situations with women. Even if I'm crashing and burning HORRIBLY, I still can smile inside with the knowledge that it's never the end of the world. NEVER.

4) I KNOW MYSELF. I'm totally aware of my own defense mechanisms, and what triggers them. By knowing how I'll react in situations and being aware of them, I can then avoid any panic or nervousness. I took the time to build my self-discipline and self-awareness to a level where I no longer use the excuse "I just couldn't help myself!" (Which is a common excuse among guys who can't be bothered with introspection and building their self-control.)

5) I take TOTAL responsibility for any success or failure, and I'm aware of which situations are not under my control. Knowing what is in your sphere of influence versus your sphere of control is crucial if you're going to be happy in life and manage your stress levels effectively.

Every guy out there needs to spend a little time figuring out his own mechanisms and what drives him. Do not - I repeat, DO NOT - get into the game of therapy or over-analysis, or any number of today's touchy-feely, be-in-therapy-forever solutions, but

become adept at figuring out why you did what you did - WITHOUT JUDGMENT. The closer you get to this ideal, the stronger your game will improve.

6) I take TOTAL responsibility for any success or failure, and I'm aware of which situations are not under my control. Knowing what is in your sphere of influence versus your sphere of control is crucial if you're going to be happy in life and manage your stress levels effectively.

7) A few misses with women does not equate to total failure. In other words, I don't have to win them ALL. This need for men to never screw up is another kind of insecurity. It's as if they fall apart if just one woman didn't seem to approve of them, or they were unable to get her number.

8) Constant interaction and exposure to women. This is one thing that keeps you in the game, even when your game isn't going the way you'd like. Just don't become reliant on women for friendships. Then you slip back into that nice-guy trap.

9) Seek qualified external feedback. If you have a friend with GOOD judgment (and that's tough to come by) you need to latch on to that and use it for all it's worth. This then leads to a VERY simple plan of action to take my internal game EXTERNAL:

1) I target the kind of woman I'm interested in. Usually attractive (7+) and intelligent. I can't stand dumb chicks, unless sex is the only goal. The woman I want is a factor of my own taste, of course, but she's gotta have a brain. And a nice body - hey, I'm not kidding myself. B-cup boobies and an ass that won't quit is a ticket to happiness in my corner of the universe.

2) I approach. I don't hesitate for a second, because that's when that voice starts up in your head to discourage you. Just walk over and find the words. Fail sooner to get to success.

3) I develop some rapport. I'm friendly, but I put a little dose or two of humor, teasing, and maybe a little C&F. (Beware the use of Cocky and Funny as a cure-all. Once again, it's an over-used and frequently misunderstood part of seduction.)

4) I close for a phone number, email, or next step. A next step can be an immediate drink, coffee date, whatever, given the current circumstances.

5) I review what did or did not work in each of these encounters, modifying my approach, and staying RELAXED. This is the habit of sharpening your saw (for those of you familiar with Stephen Covey.)

Now, one thing I do that many other seduction coaches typically don't is that I try to use the latest methods to meet women. Guys don't yet know how to effectively mine the Internet or Speed Dating for so many good encounters. 95% of the guys at these things

are AFCs, which makes it so much easier for practicing your game. It's a great conversation simulator, too, allowing you to really break yourself out of the fear of talking to women. After you go through 4 or 5 women in an hour (sometimes many more) you find your rhythm and groove with them. I always coach guys to try new and different methods.

Sarging at clubs and on the street is intimidating to some guys, and the budding seducer needs an "entry-level" method of meeting women that allows his confidence to build. I believe in using as many different methods to meet women as you can. Bars, parties, friends, speed dating, personals, Internet, cold walkups, you name it. I call these multiple streams of dating income. If you work 3 or 4 of them to a decent level of aptitude, you'll be a rock star. Your confidence will skyrocket. It's guaranteed, but so few men actually work it. They'll try once or twice, come up with an excuse to not try again, and think they've got it all figured out. The ones who get laid don't stop. They're relentless. (Without being stalkers.)

***Clifford:** How do you motivate yourself and do what you need to do? When guys are starting out to learn to improve what they are doing with women, most inevitably come up against a learning curve which results in a lot of failures and frustrations. The motivation to continue sometimes is hard to come by - what suggestions do you have about this? Further, when guys get somewhat successful, they often also come up against plateaus or sticking points that seem insurmountable - what advice can you give to the more advanced guys to break through these more difficult barriers?*

**Carlos:** A lot of guys make the same common mistakes with women. Most of the time, these mistakes are simply an extension of their own insecurities.

For example, I was talking with a gal I met on-line the other night, and she said what we already knew, which was that women can pick up on a man's insecurities in a MICROSECOND. This girl could read them in the profiles that guys put up on-line. Sure, they realize fully that they have their own shortfalls, but that's WHY THEY NEED MEN. I'm not some caveman here, but the reality is that there are very DEFINITE gender roles in our world, and men are neglecting them. One of the primary things men provide for women is STABILITY and direction. And THAT is why our confidence is essential. We have to be confident enough for TWO people.

So here are some of the inhibitors from climbing that learning curve you mentioned:

1) Inadequate relaxation. Guys have to learn how to calm down and take things easy. They're way too uptight about immediate gratification. Their interactions are completely shadowed by the "please approve of me" need. Even players can come across with this, and it's obvious to the more intelligent women out there.

2) Too much anger. Most guys are pent up with every kind of emotional constipation you can imagine. They're pissed because women control the sex. They're pissed because they can't "understand women." They're just plain pissed off about a lot of things. But we've been told that we must be "in touch" with our anger.

I propose that you use your anger as FUEL. Men need anger, but we need to use it constructively. Anger is the 104+ octane in your car that propels you to your goals. It's the red-hot chili pepper jammed in your sphincter to get your ass in gear. Your powerful emotions are your motivation when all else seems hopeless.

3) OBSESSION. Guys (especially "nice" guys) tend to become too easily focused on just ONE woman. This happens with 90% of all the guys I counsel, and it's the most easy to overcome. You see, guys have been brought up with this mistaken belief in dating just ONE woman. (Let me tell you that a woman is nowhere near as monogamous as she'd have you believe.) The worst thing you can do is to focus all your attention on one conquest. To paraphrase Princess Leia from Star Wars, "The tighter your grip, the more women will slip through your fingers."

Even advanced players get too obsessed sometimes with a particular result or image. You have to be flexible. Seduction is a highly fluid situation.

4) Loss of FAITH. I'm not talking about spiritual or religious faith here, but I'm sure it could be just as applicable. You have to have an overriding belief that EVERYTHING WILL WORK OUT RIGHT. If you have this, nothing can stop you. But most guys give up their belief too soon and lose hope. Realize that all the best guys have plateaus and even dips in their game. It's inevitable. To quote from a great line on the Sopranos: "There will always be both good times and bad times in life, and all a man can do is try to find his pleasures along the way."

5) Giving in to habits instead of holding to a higher standard. If there's one thing I hear too much of it's this lame-ass excuse: "I just HAD to call her right away", or "I couldn't help myself." Bullshit. You're just failing to take responsibility for your NOT doing what you know you need to do. Poor self-discipline. Most guys SAY they want something, but they're not really willing to pay the price to get it.

6) Breaking through barriers is almost always about developing a new ABILITY. That's it. When you come up against a situation that challenges you, that's the message. You need to develop a new skill. You have to be livened by the challenge. Don't get all depressed and angry. Let the challenge fire you up to a new level of achievement. This is the stuff that MEN are about, after all. Overcoming and conquering. This is something that women don't really experience the way we men do.

I developed a few basic methods to overcome these hurdles. Now, these are my personal internal methods and beliefs, and you have to cultivate your own. But they're basic, and anyone can adopt them. They start with the internal processes I talked about above, translating into a game plan of action, both externally as well as within my head.

For example, it's very important to apply the correct EMOTIONAL meaning to any circumstance. Recently I've been doing a lot of "research" with on-line dating. One of the things I've noticed is that the women who post profiles are overly cautious, as well as flooded with attention. It's a seller's (i.e., women's) market there, and guys have to work fairly hard to get noticed in the right way. Chicks just peek out at the guys from behind their safe little keyboards, so you have to know how to draw them out of their insecurities and fears. And be able to do that in email. (I'm a pretty good writer, so I've been fortunate enough to come up with many methods for this.)

I've had a few email "conversations" evaporate when the women just appears to flake and disappear. This is, of course, inevitable. It says nothing of my ability or skill with women. Here's how I reframe the experience:

"I know she's getting a million emails a day. Chances are she just answered someone at random, and it's likely that she'll find that guy is a dweeb. If she hasn't hooked up with a dweeb, she's probably just playing with the fire.

"I don't play with fire - I TAME it.

"If she didn't pick up on my Alpha status, that also means that she's probably a beta chick.

"She's also likely to NOT be a woman I'm all that interested in, so she just helped me by sorting herself out early.

"NEXT."

I just bypass that mental hangup that a lot of guys develop about "the one that got away." For some reason, we want to convert the ones that resist us the most. Men are very motivated by challenge, just as much as women. I see this even in players.

And the one thing most guys don't realize about reframing (or re-defining) an experience is that they must really BELIEVE in what they change the meaning into. It does no good to go through an experience, such as not getting a woman's number, say to yourself "It's okay, it doesn't matter," but you still have that sinking, disappointed feeling inside that just eats at you. This is where most guys fail to take their game forward. Lack of emotional intelligence.

You have to defeat the EMOTIONS of your unhealthy interpretation. It's not enough to WANT it to mean something different. You see, emotions add the charge to your thoughts, and THAT is what conditions you.

Men don't understand their own emotions enough to condition themselves correctly. Men AVOID the negative feelings, while women want to feel ALL the emotions (negative and positive), but they tend to get addicted to the ride, not the desired outcomes.

This is where I propose that all Alpha Men out there must work to raise their emotional intelligence as high as possible. It's the most critical skill for a man who wants to make lasting, positive change in his life.

***Clifford:** Thanks Carlos, for taking the time to explain your ideas and experiences for the guys. Perhaps you can take a minute and mention a product or two of yours that you think would be very valuable for the readers here to get.*

**Carlos:** I appreciate the time and opportunity to share the information, Cliff. I know there are a lot of guys out there hungry for information on seduction.

I have three packages available right now. [Datingdynamics.com](http://Datingdynamics.com) offers an e-book package for the guys interested in more of the complete "dating" game. [Seductionmethod.com](http://Seductionmethod.com) is a program aimed strictly at seduction and getting laid. And my latest program, [Alphaseduction.com](http://Alphaseduction.com) completely covers developing your inner game and confidence with women, with a 6 CD set to guide you through. I also offer a regular monthly audio coaching that has been going strong for over a year now and a newsletter at each site.

Best of luck to all the guys out there.