

Game Acceleration Doctrine

version **2.0**



What Others Are Saying About the Game Acceleration Doctrine

"I have just read the Game Acceleration Doctrine, and you really broke it down, and made me feel like I could actually get out there to practice. **There was this insurmountable wall, but after having read your book it was gone.** You made me realize pickup was supposed to be fun, and that socializing is normal. I think that you are honestly the best teacher just because your material, and the way its presented is so down to earth. You do not put pressure on the reader to HAVE to go out, and do it, but to make him want to do it. You break every step down, and give the most effective learning strategies, and I just feel fortunate to have been able to read the book. It really changed my perspective, and where I was coming from as a whole."

--Josh

"Sinn's Game Acceleration Doctrine is like the equivalent of eating an apple a day to keep the doctor away. The advice was to steer away from pick-up terminology as much as possible, and to be a normal fucking human being. I realized I wasn't going to get by with good hygiene alone. **After reading the Doctrine, I ended up landing a make out session in my car after Astronomy class got out at 9:30am. I owed it all to that Doctrine.**"

-- Michael Wolfson

"Sinn does something that is very rare indeed; **he cuts through the dogmatic bullshit of the pickup community, and turns his material into something usable by anyone with an open mind.** Reading his Game Acceleration Doctrine helped me to realize that, despite what I had been told by the "pickup gurus" that I (like many other community men) found first, this is not a game- it is real life. And that being a real, normal, socially adjusted man is what's truly important to beginning to enjoy success with women. **But not only does Sinn lay out WHAT you need to do, he also tells you step-by-step HOW to do it. Thank you for everything Sinn.**"

--Brian

"I had my biggest breakthrough when I read your game acceleration. It explained my lack of success. Your ideas about basic social skills are some of the best advice out there. With your advice I focused my attention from women to myself. I'm still struggling socially but I now have two friends I can hang out with and have had a girlfriend for the first time in my life. That's a big improvement believe me. I just wanted to thank you for the advice you give out and encourage you to keep doing it. THANX!"

--James

“Sinn, you opened my eyes to the idea that there was plenty of ways to get the girl, as there are plenty of ways not to get the girl. No method is more right than another but there are things that do work better for each individual. **Not very long after that you released the Game Acceleration Doctrine. This just furthered my respect for you as one of the greatest teachers in the community.**”

--JSmooth

“After I took a bootcamp, something happened, I didn't become this great PUA like I wanted to be, even when I tried to go out often enough and practice... Then one day, I downloaded Sinn's Game Acceleration Doctrine, in which he tells so many things and I could relate to a lot of the reason why guys do not become as good as they want to be. Sinn tells you like it is, clear and to the point and he also tells you how to solve those issues. **My "game" has improved a lot since I read the Game Acceleration Doctrine after following his advice.** And specially your advice in "How to not run out of things to say" is priceless, which I think every guy has this problem at one point or another. **Sinn, I can honestly say that you had made a big difference in my life. I want to thank you for it.**”

--Dude007

“From the start I knew Sinn had a different approach, one that was evolving along with the science of pick up. I was instantly hooked. **Sinn made available his Game Acceleration Doctrine which did more for helping me manage my approach anxiety after one reading than countless 3 second rule approaches.** Sinn was able to break it down so I understood what was happening to me and gave me a number of techniques to combat it.”

--Adam

“Recently, a friend introduced me to Sinn's Game Acceleration Doctrine. Initially, I didn't have high hopes for it. After all, how much quality information could one expect to find in a 'free' e-book? That's what I thought 'before' reading the entire book in record time. I was intrigued. Sinn had some seriously helpful insights on the game. I re-read the part on social anxiety and scribbled out many notes that I could apply to my game today. I'm a very analytical thinker and often get 'stuck in my head' before I approach resulting in analysis paralysis. Sinn identified a very simple but highly effective method for shifting focus to eliminate the analysis process that would keep me stuck in my tracks after seeing a hot girl.”

--Monty in Saint Louis

“Sinn's "Game Acceleration Doctrine" is like HGH for your pickup muscles.”

--Steve

“The Game Acceleration Doctrine really helped to bring into focus what I needed to fix to get my game moving in the right direction and make sure I focus on the right things. I was amazed that Sinn gave it away for free.”

--MT

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WELCOME TO THE GAME ACCELERATION DOCTRINE 2.0.

Last year I set the entire Secret Underground Internet Seduction Community (SUI SC) on its head with the release of The Game Acceleration Doctrine.

The goal of the GAD was to slice through the levels of marketing, manipulation, and misinformation in the Community to give you guys the inside scoop on how to actually improve your dating life.

Last year I also started the first long term coaching program in the history of the SUI SC. I was sick and tired of seeing great guys spend thousands of dollars on a bootcamp and not get the results they were promised.

I'd also learned from training the best Pick-Up Artists in the world that getting better with women is a long term project and that there is an actual process, order, and blueprint to becoming a more attractive person. So I set out to prove that you could actually take a group of guys with no skills with women and transform them into World Class Ladies Men in just one year. It was an ambitious project called "12 Months to Mastery".

People thought I was crazy for taking on this group! But it turned out to be an overwhelming success. One student had 27 lays in the first 10 months of the program, another student had back to back one night stands on the second boot camp, and a 44 year old guy with major approach anxiety even ended up hooking up with a HOT 25 year old on the second night of the first boot camp.

I wanted to take you inside the world of "12 Months to Mastery" and teach you the secrets that allowed me and my students to have an **unprecedented (almost unfair) amount of success** with women over the last year.

Furthermore, watching 25 guys with different advantages, disadvantages, skill levels with women and internal issues really taught me a lot about what challenges, problems, and sticking points guys consistently run into during their first year in "The Game".

In fact, the issues that guys will face over the first year are somewhat predictable; by the end of the year I was telling students what their next sticking point was going to be about a month before they would get it. I'll be showing you guys exactly what to expect over the first year and how to deal with it.

In The Game Acceleration Doctrine 2.0, I want to take you inside the world of "12 Months to Mastery" and teach you the secrets that allowed me and my students to have an unprecedented (almost unfair really) amount of success with women over the last year.

Let's get started:

The Secret to Long Term Success In The Game

What you're reading right now is a snapshot of a half decade of coaching in the Secret Underground Internet Seduction Community (SUIISC). The information within has been honed by teaching thousands of students at over 160 boot camps.

Until now this information was only available to a small circle of fellow coaches and to those I had trained to be instructors – guys like Future, Tenmagnet, The Don, Ozzie from RSD, Captain Jack, and many other dating gurus who would prefer to remain nameless. In fact, some guys have even paid as much as \$30,000 for a month of one on one coaching with me.

I highly recommend that you guys read this PDF a few times over the next few weeks to really internalize some of these ideas as they are very counter intuitive. Plus, the more times you read things the more your brain picks up on points you may have missed the first time.

This is what's known as your Reticular Activation System, which acts like a radar system for your mind. The more you focus your RAS on the secrets to long term success in the game, the more you'll find yourself naturally implementing the tactics and techniques contained in this Ebook.

Before we get to all the AWESOME information that will literally change your life, you may be asking yourself:

WHO IS SINN?

You might know me from my 3 years as head instructor at The Mystery Method.

What you might not know is that during that time I trained instructors from EVERY major pick-up company. I became somewhat of a go-to guy for professional pick-up coaches when they were having problems with their game. If you know anything about the seduction community then you no doubt have heard of, and maybe even bought products from, all these guys.

The reason these guys all came to me was because of two things. First, my obsessive nature led me to keep up with EVERY new advance in pick-up theory and second, I recognize patterns very well.

This part will actually be very important going forward. Learning to recognize patterns in social interactions is one of the most basic skills to getting better with socializing and women. The

reason patterns are so important is because they allow you to quickly zero in on sticking points and natural advantages which are the keys to getting better at the game.

I mentioned earlier how I was obsessive, right? Well, during the 2 and a half years that I trained all these guys, I kept a massive amount of notes. And, slowly but surely, I developed a program that takes any guy to his full potential with women. That's actually one of the reasons why I didn't do one-on-ones for over 2 years. I was busy working with various instructors around the country on their game, and figuring out how to apply that to newbies.

I wanted to create a system that tied together all of the things I had learned and taught over the last four years. The problem was it was a ton of material. See I always believed in total mastery of "The Game". That means being able to pick-up women everywhere. I never wanted to be the guy who had to be at a friend's party or at a club where I knew everyone to be able to successfully meet girls. It's kind of embarrassing to bring up, but my accomplishments in creating content are legendary:

- I taught the Community's first ever **Day-Game Seminar**. (In fact, every product I've ever seen on Day-Game borrows from the concepts I laid out.)
- The next year, I created a program called **Breakthrough Comfort**. It was literally backwards engineered love.
- I taught a program on picking up strippers in strip clubs.
- Last year I created the Community's first "**Same Night Lays**" seminar. It's a program dedicated entirely to strategies for bringing girls from the bar or club to the bedroom.
- I co-wrote both the original "**Venusian Arts Handbook**" and Savoy's "**Magic Bullets**".
- I created and ran the SUISC first long term coaching program "**12 Months to Mastery**".
- I trained EVERY instructor at the **Mystery Method/Love Systems** from 2005-2008. I trained instructors at every major company between 2006 and 2009.

I have also trained thousands of students both in person and over the phone.

In fact, just this past year three of my former students have each gotten engaged to the woman of their dreams and invited me to their weddings, and hundreds of others have sent me pictures and stories that boggle the mind.

I've been teaching men to have more success with women for over 5 years and over the last two and a

BOTTOM LINE: I know how to get real results for myself and my students.

half years I've coached a lot of "gurus" on how to do it my way.

WHY ARE THESE SECRETS BEING REVEALED?

As I mentioned before, for the past two and a half years I've been personally coaching some of the most successful instructors around. What I didn't tell you was the reason why.

I wanted to create a coaching program to guide students to and beyond the level of success their instructors were having, and in less than half the time it took most of the instructors to get there.

WHERE DID THE IDEA THAT THIS WAS POSSIBLE COME FROM?

"The Contest"

About 2 years back, readers of my blog may remember a contest between me and two other instructors as to how many new girls each of us could get in one month. One of the instructors had been in the game a month less than I had and was generally regarded as the best in the world at Same Night Lays (not incidentally he had the most SNLS that month with 7).

The other was a former student and was the first person I ever applied this completed system on. He was just 9 months out of his own boot camp. And he won the contest with 9 lays that month.

The system I had come up with was able to condense over three years of learning into 9 months and produce more results than two of the **best instructors** in the world.

After the contest I knew I was on to something!!!

Now I just had to figure out how to get the same information to someone who didn't have access to me all the time. The result was the original "12 Months to Mastery" curriculum and learning blueprint.

"THE IMPORTANCE OF THE FIRST YEAR LEARNING PICKUP"

One of the biggest things I learned from running "12 Months to Mastery" over the last year was how much the first year of learning to pick-up can literally make or break your success with women for the rest of your life.

The reason for this is twofold:

First off, success is based on habits. The habits that you establish during the first year are going to form the core of how you learn to pick-up. In fact I would say that at least half of the process of learning to become a more attractive person involves the replacing of habits that do not help you succeed with women with ones that help you.

Let's look at some habits that don't help you when it comes to succeeding with women.

1. **Not approaching at all.** Obviously if you don't have a social circle or another way to meet women, you have to approach. In fact, getting into the habit of approaching women you are attracted to is the most important habit you can develop when it comes to becoming successful with women.
2. **Not trying to keep the conversation going as long as you possibly can.** So many guys approach and then leave as soon as they feel uncomfortable. By trying to keep the conversation going as long as possible, you build a tolerance to social pressure and learn what not to do.
3. **Doing the exact same thing and expecting a different result.** If I had a dollar for every time I've watched students make the exact same mistake all night long, I'd be rich. Mistakes are a part of the learning process, but you don't want to make the same mistakes over and over again.
4. **Making excuses that avoid approaching.** If you go out with the intention to approach women, there are almost no reasons that are legitimate to avoid approaching.
5. **Negative self talk.** The way you talk to yourself is very much a habit and very much under your own control. Far too many guys who get into this beat themselves up or give themselves a million reasons why girls wouldn't like them.

Secondly, the first year will determine whether or not you want to succeed at this badly enough. Every guy reading this says they want to become better with women. Some guys may even dream of one day becoming so good with girls that they can become an instructor.

Learning to pick-up can be a blast, but it also requires some hard work. You have to consistently go out and approach girls, even on days where you may not feel like it.

Furthermore, you are going to get rejected, especially in the beginning. How you deal with that is going to say more about your chances at success than anything you could ever learn in a boot

camp. If you can stick with going out and doing approaches for a whole year, you can become AMAZINGLY successful with women.

Another thing I didn't know was that almost all of the problems guys run into during their first year are related to where they start off.

Almost all guys find the Community from one of three starting points. Figuring out where you are starting from will help to predict your sticking points as well as help you to figure out what you need to learn and the order in which you need to learn it.

THE THREE TYPES OF STARTING POINTS...

1. **The sexually and socially inexperienced guy.** This guy has had little to no success with women. He may have thrown himself into school, work, the military, or just never really spent time around women. Regardless of why he never got experience with women or sex, the inexperienced guy is going to have a variety of internal issues over the first year of learning to pick-up. He also will then have to deal with adjusting his self image along with the success he's having with women as it will be new and different. A very inexperienced guy has had sex with less than 5 women in his life.
2. **The guy fresh out of a relationship.** Guys fresh out of relationships have varying degrees of skill with women. Some guys were very good with women before getting into a long term relationship. Other guys were not very good with women and held onto bad relationships. No matter what the variables are, getting "back into the game" after a long term relationship is going to offer a bunch of unique challenges from dealing with getting used to going out and approaching to establishing a single social circle again. On the bright side, guys that have been in a long term relationship have a much better understanding of what women and dating are like, as well as how sex happens.
3. **The guy who has always had to settle for the girls who like him.** These guys may actually be decent with girls but they never feel like they are dating the girls they actually want. It may be that he feels like the girls he gets are not physically attractive enough; it may be that he doesn't meet the type of women he could have a long term relationship with. Whatever it is, he doesn't feel like he is in control of his dating life and feels disempowered because of it.

Take a moment right now to figure out what type you fit into and write it down. This will be crucial for your development over the next year.

In addition to the specific issues each type of guy will run into because of their starting points, there are some MAJOR issues that EVERY GUY will have to deal with.

“WHY MOST PICK-UP ARTISTS STRUGGLE”

As I’m writing this, I’m preparing for the first annual “Sinns of Attraction” Super-conference. And while it’s great to catch up with everyone and see the guys just starting out, I’m always struck by how almost everyone trying to learn to pick-up goes about it the wrong way.

The lack of a few fundamental principles causes most guys to struggle or waste their valuable practice time.

I’m going to talk about all of these issues here because I’m sick of seeing awesome guys who would make great boyfriends, husbands, and lovers going dateless night after night.

“NOT KNOWING THESE PRINCIPLES is the reason that over 95% of guys who enter the seduction community will fail in achieving their dreams of success with women – even if they buy lots of products, study, and practice religiously.”

I know from my past experience that I can make a dramatic difference in people’s dating lives, and I can’t sit by anymore watching so many men forced to live lonely, quiet lives of desperation, due to a lack of understanding of the process of getting better with women.

This e-book is here to address each of these issues one by one and help you gain a better understanding of how YOU are going to learn game – not Myself, not Mystery, not Style, but You.

To get started, [I’m going to reveal to you the most important factor that students NEVER pay attention to.](#) This factor alone was THE major reason that only nine months after his boot camp, a former student turned Approach Coach was able to rack up more lays than both myself and Captain Jack.

But first, let’s take a look at the history of the pick-up community and how that has influenced learning.

“Putting the Secret Underground Internet Seduction Community into Perspective”

To really understand why over 95% of people in the community make minimal progress toward their goals, you have to understand what the SUISC is and how it came to be.

The SUISC started as an extension of Ross Jefferies Speed Seduction business way back in the early 90s when both the internet and the idea that you could learn to get better at meeting and seducing women were brand new, outlandish concepts.

Thus, message boards such as Fastseduction.com and The Don Juan Boards were born. There was a slight problem though because no one ever met, and there was no way of substantiating any of these claims.

The most ridiculous claim was one being made on the Speed Seduction Basic Home Study Course by some guy who claimed to be over 300lbs and successfully seducing 83% of the women he approached. So, anyone who was convincing enough quickly became a “guru”.

Then along came a guy some of you may have heard of, Mystery. Mystery was the first person to ever take the idea of demonstrating and teaching how to pick-up out in the real world. He taught the first live program back in 2001.

His first student was another guy you may have heard of, Neil Strauss, AKA Style, the author of the bestselling book “The Game”. From this, a string of other teachers (some learning from Ross and Mystery, others coming up with theories on their own) erupted.

And here we run into our first problem.

“Dogma”

No not the movie with Kevin Smith, but the phenomena of believing something to be true without the need for proof. Because many instructors in the seduction community are charismatic and believe what they are saying, students take it to be true before they’ve even tried the alternative. This brings up the first important point:

Different people have separate and distinct advantages and disadvantages. Everyone has heard the saying “what you can’t fix you feature”; I disagree with this statement. I say you feature the best parts of yourself while working on the worst parts.

ADVANTAGES!

- Being tall
- Being good looking
- Being well socially connected
- Having a great sense of humor
- Being in good physical shape
- Having a positive attitude
- Understanding women
- Having children
- Not getting embarrassed easily
- Being expressive
- Having an identity women respond to
- Having a variety of interests
- Speaking passionately

DISADVANTAGES!

- Having social anxiety
- Being out of shape
- Being short
- Being of a different ethnicity than the girls you’re attracted to
- Balding
- Dressing out of fashion
- Being significantly younger or older than the girls you’re attracted to
- Being “ugly”
- Poor hygiene
- Being rude
- Being socially awkward

Besides having different advantages and disadvantages, different styles of game are going to work for different guys. Let’s take a look at some of the different systems out there and how they are engineered to help certain types of guys succeed, while others will get little if any success with a given system despite trying as hard if not harder than others.

From teaching well over 160 programs, I’ve dealt with students who have been exposed to all different types of methods.

[Here’s what I’ve seen from the most popular methods in the Community.](#)

First though, I want to explain the difference between a method and a tool. A method refers to an overall comprehensive system. A tool refers to a specific tactic or technique that can be used to help your success with women.

In order to be a method, there must be a complete map from meeting a woman to having sex with her.

THE MYSTERY METHOD:

The Mystery Method is designed to work in clubs. It utilizes social proof, disqualification theory (negs), demonstrations of higher value, and story telling in the attraction phase. Mystery Method assumes that girls have “bitch shields” that need to be knocked down. It also assumes that your value is lower than the girl’s when you approach her and therefore you have to do a lot of things to raise your value while lowering hers.

Mystery Method also proposes going indirect, that is masking your intentions toward the girl and the group. Mystery Method calls for the rote memorization of routines and strict adherence to a 12 step model. Problems as you are applying this stuff are dismissed as delivery issues which the Mystery Method says will go away if you say the exact same thing 12-24 times.

Who succeeds with mystery method?

Most normal socially adjusted guys with decent fashion sense and an absence of anxiety can succeed in the Mystery Method. It helps to have a love of the spotlight, and feel comfortable being the social center of a group.

As the Mystery Method likes to say: “A pick-up artist is a performing artist!”

This is at least true in this method. It’s crucial that students don’t follow the method dogmatically, or believe that they MUST go through all 9 steps in order every time. Students without the common sense to see it as a map, rather than a step by step guide, fail.

Who fails with mystery method?

Any hard case student will struggle with MM. The reason being, that the tactics and techniques of MM assume a basic level of social skills. You can’t “neg” a girl successfully when you can’t make eye contact or hold a normal conversation.

Breaking out stories about your stripper ex-girlfriend getting chased by a group of guys while you stutter and stammer through it, doesn’t fool anyone.

Mystery Method can also take normal guys and make them stilted, awkward, and robotic as they try to go through the method in its entirety. The lower your social intelligence level, the more problems you will have with The Mystery Method.

REAL SOCIAL DYNAMICS:

Real Social Dynamics was started by a pair of Mystery's former students: Owen "TD" Cook and Nick "Papa" Kho.

While at first RSD taught a watered down version of Mystery Method, after the release of "The Game" they switched over to something called "Natural Game."

RSD doesn't really have a core method and instead relies on a lot of "inner game". Their material is focused on state management, high energy levels, and vague concepts with funny names such as "running the train", and "the claw" (an awful technique where RSD advocates guys grab girls by the arm as they walk by). In the field, the RSD student is overly aggressive and frequently gets thrown out of clubs for using "the claw".

Plus, there is no concept for what to do after attraction and no focus on actual social skills; a student is basically told that if they get into state everything will take care of itself. However, while state management and inner game are great tools, they are not by themselves a method.

Who succeeds with RSD?

Any guy who is under 30, good looking, and comfortable behaving like a drunken frat boy can have some limited success with the RSD concepts as taught currently.

Who fails with RSD?

Any guy over 30 years of age is going to struggle mightily with RSD. Any guy who doesn't want to run around the bar playing "dick grab chicken" or making lion noises to "get into the moment" is going to struggle. In other words, a specific type of normal, well-adjusted guys can succeed here.

WING GIRLS:

Over the last year there has been a new trend of women popping up in the SUISC to give advice. The most popular service seems to be what's known as a "wing girl". Wing girls go out with you to bars or clubs and are basically rented female friends for guys who don't have them.

While having female friends is great for establishing social proof and jealousy, renting a wing girl is a terrible idea. These girls have no real world experience at picking up women and act as nonsexual escorts.

Several students of mine had experimented with wing girls before finding me. All of them said that the advice was terrible, and that the most useful thing they did was introduce them to strangers, which doesn't help when they don't have the wing girl around the next night. They also fail to provide a method or roadmap to go from meeting a girl to starting a sexual relationship.

Who succeeds using a wing girl service?

The wing girl who can pay her rent this month.

Who fails with wing girl services?

Every student who actually wants to get better at meeting women.

SPEED SEDUCTION:

Speed Seduction was created by Ross Jeffries in the early 90s. It was the first major school of seduction.

Speed Seduction focuses on using neuro-linguistic programming language patterns to arouse women covertly. It specifically uses things like embedded commands, ambiguity, weasel phrases, hypnotic demos, and more.

It is often said in SS that if a woman doesn't like the hypnotic patterns and deep therapeutic conversations, that she isn't a quality woman, thus, explaining any lack of success by their students or gurus. SS is geared away from meeting women in bars and clubs.

In 2009, RJ released Speed Seduction 3.0, which was almost identical to the Basic Home Study Course he has been selling since 1992, right down to some of the exact same language patterns.

Some Speed Seduction principles are useful for arousal and seduction but, like DYD, SS is a useful tool and a useless method.

Who succeeds with Speed Seduction?

As far as I can tell, not very many people. The amount of verifiable good students who use purely SS is currently 0 and I've met a decent amount of them. A guy could theoretically succeed with SS if he were able to get attraction another way and he had an identity to support why he was asking all these questions about energy and passions, etc (think yoga teacher, writer, sexuality expert). A romantic outlook on life and love of language would also help a "would be" SS'er.

Who fails with Speed Seduction?

Almost everyone! There are a variety of reasons for why people fail with SS, from the complexity of the material, to the tone of the openers, and routines.

Speed Seduction is clearly a system that was theorized in a classroom, not the field. Some SS patterns and demos are useful in arousing women once they are already back at your place, but at that point it's almost unnecessary.

JUGGLER METHOD:

The Juggler Method was introduced by Wayne "Juggler" Elise. His system focuses on creating rapport and investment, then using statements of intent to escalate the interaction. Juggler recommends using statements rather than questions and creating vacuums to force girls to qualify themselves.

Juggler's system takes the focus off of the guy being entertaining, and instead searches to find reasons to be entertained and seduced by the girl. Juggler himself doesn't like bars and clubs so his system is designed more to focus on one-on-one interactions without a lot of distractions. His system is much harder to implement purely in bars and clubs, where girls tend to be found in larger groups.

Who succeeds with juggler method?

Normal socially adjusted guys with a decent fashion sense and an absence of anxiety. The more social you are, the better you will do with Juggler's method, as the absence of an overlying structure and routines will hinder guys with less social experience. The faster you think on your feet, the more success you will get with this method.

Who fails with Juggler Method?

Guys with escalation anxiety. Because of the use of statements of intent, guys who are scared to demonstrate interest or "hit" on girls have a huge problem with this method.

[Guys who don't have a good grasp on basic conversational skills and confident sub-communications will also have problems.](#)

And, the last system we'll look at is ...

DOUBLE YOUR DATING:

Double Your Dating is a system created by internet marketer Eben Pagen under the pen name: David Deangelo.

Its system consists mainly of the concept of Cocky and Funny, and the 3 minute email close. DYD's system focuses on approaching and interacting with one girl at a time as opposed to approaching groups. In various programs David D covers topics ranging from Deep Inner Game to Cocky Comedy.

Cocky and Funny is a great tool for the attraction phase, but DYD offers little to nothing on the phases past attraction. Like SS it is a great tool but a useless method.

Who succeeds with Double Your Dating?

Guys who understand the limitations of the system. If you use Cocky and Funny sparingly in attraction it does help cause attraction.

However, it is a glitch in the matrix and if you overdo it girls will catch on. It can also hurt you in creating a level of comfort, as it is based on breaking rapport by not answering questions or giving fake occupations.

Who fails with DYD?

DYD students were the first ones I noticed coming in with specific sticking points. None of them smile enough because on The Advanced Series, David D recommends not smiling.

They also tend to insult girls as opposed to teasing them. An example of a line David D actually recommends is, "That's a nice shirt. You buy that new?"

Cocky and funny is actually a more advanced technique because it assumes a basic level of social calibration. You have to be able to understand the difference between teasing and insulting, as well as knowing when to be a real person instead of a cocky, funny man.

Looking at these methods gives a good picture of what is important to succeed with any method.

"THE ELUSIVE OBVIOUS"

If we look for the correlating factors between who succeeds and fails in each of these methods, we come to a simple yet profound conclusion.

A normal, socially adjusted guy with decent fashion sense and an absence of anxiety can succeed in virtually any method that is effective in the real world.

Thus, we understand that [the first step in getting success with women is becoming a normal, socially adjusted guy who isn't hindered by anxiety.](#)

“THE TWO TYPES OF ANXIETY THAT CRIPPLE YOUR GAME”

In my experience, almost all sticking points guys have come down to two types of anxiety. They are social anxiety and sexual anxiety.

Social anxiety rears its ugly head in a variety of ways in a pick-up. The first and most obvious is approach anxiety.

The biggest reason why students don't get good after boot camps is their inability to overcome approach anxiety by themselves.

That's why on the second night of my boot camps I have a two hour window where I don't speak to the students and they have to complete at least 6 approaches on girls they are attracted to.

Being pushed into approaching by an instructor can yield results in the short term at a boot camp and may even result in a student getting phone numbers, make-outs or even lays.

However, if the student cannot motivate himself to approach, he will fail when he returns home from “fantasy camp.”

Luckily for us, approach anxiety is a very beatable opponent. The key to beating approach anxiety is to expect it and have an easy to execute plan to deal with it. For the first time anywhere, I'll reveal my two step process to consistently beat approach anxiety.

“THE TWO STEP PROCESS TO BEAT APPROACH ANXIETY”

Step One - Mental Reframes:

The first part of beating approach anxiety is how you think about approaching. Most guys have one of a few different thoughts:

1. “I don't know what to say, so I can't approach.”
2. “She's so hot; I hope I don't mess this up.”
3. “That's scary.”
4. “What if she rejects me?”
5. “She won't like me because I'm too fat, short, ugly...”

None of these thoughts are productive.

The first mental reframe is that approaching can only ever be one of two things. It's either going to be boring or fun. That's it. If you approach a group and they reject you, it's boring and you can leave.

If at first it's going really well and then you stall out, it's boring and you can leave. If it goes well, it's fun. That's it. You are under no obligation to stay in a conversation if you're not having fun, no matter how hot the girl is.

The next mental reframe relates to the concept of resistance. When most guys get AA they try to push their way out of it. I used to berate myself into approaching consistently. Now this can work, but it's an unhealthy and wholly time consuming process. Plus, there are some nights where you won't be able to get yourself over the hump.

The problem is that by resisting the AA you actually make it stronger. In Eastern philosophy there is a phrase, "That which you resist persists." That means that the more you fight against something the stronger it becomes.

So instead of getting annoyed or angry by the fact that you have approach anxiety, accept it. Think to yourself "Yep I have approach anxiety". By not fighting the anxiety, you strip it of a lot of its power.

Another mental reframe I want to talk about involves focus. Focus is simply where your attention is directed. There are two separate and distinct ways to use focus to overcome approach anxiety.

The first way to use focus to lessen AA comes into play when you first see a girl you're attracted to. If you're like most guys, then you immediately start thinking of reasons why she wouldn't like you or you can't approach her.

Instead, you want to start focusing on why you want to approach her. You should think to yourself how amazing it would be to hold her against you, how sweet her lips will taste, the noises she'll make as you're taking her from behind.

Think of anything that will keep the focus on why you want her and have to approach, as opposed to building a case for why it's a waste of time and she won't like you. This will also help you be in a more sexualized state when you approach, which will sub-communicate itself through things like bedroom eyes and voice.

The second way to use focus to lessen anxiety is through shifting your focus outward. Maybe you've heard the term "stuck in your head". If not, it refers to the process of over-thinking and

analyzing things when you should be taking action. Being stuck in your head can happen for a variety of reasons, approach anxiety being one of them.

So when you're stuck in your head it can be helpful to simply shift your focus externally by looking at ANY inanimate object and really allowing yourself to become fixated by it. It can be a chair, a bench, a tree, whatever. I know it sounds a little woo-woo and new-age, but allow yourself to drink it all in.

Think about what it would feel like to be that object, how it relates to the rest of the environment etc... If you can let yourself become amused by it or, if not by it, by the ridiculous amount of effort and time that went into making and getting that object where it is, you'll notice that you're forced out of your head because your thoughts stopped being about yourself and approaching. Thus, the AA disappeared. The key with this technique is to approach immediately after focusing on the inanimate object.

Add an extra degree of difficulty by approaching while talking about the object.

Before we move out of the realm of the mental and into the more tactical, I want to introduce the concept of the light switch. What I mean by this is that I view my desire to approach a girl as if it's a light switch. That means if I see a girl I am attracted to and my brain says "yes she's hot" then I approach. If it doesn't then I don't.

Now this simplifies everything because it boils it down to a yes/no decision on your part. No more humming and hawing about whether or not she's attractive enough or if the moment is right. Yes = approach. No = forget about her and move on. You want to train yourself on this process so that when you approach you don't blurt out "you're very pretty".

You'll get used to approaching women as soon as you make the decision you want to.

This establishes a habit and, much like working out, once you've done this all the time for 6 weeks or so, it will seem weird to not approach.

Ok onto the tactics for beating AA.

The first tactical way to beat approach anxiety is by doing warm up approaches. The best way, I've found, to use warm up approaches, came from a friend of mine known as AFC Adam. He recommends warming up by walking up to three different women, complimenting them on something and walking away.

This is a great way to get past the fear of approaching, because it takes away a huge amount of outcome dependence. Since you know that you won't be trying to pick up the girls, it takes all of

the pressure off approaching. It's also fast, as you can usually do all three of these warm up approaches on your way to wherever you're going to be meeting women.

The more comfortable you are in your environment, the less approach anxiety you will have. So one of the best things you can do to work on your approach anxiety is make a list of places you want to go to meet girls. These can be bars, clubs, coffee shops, wherever.

They should be places that have the types of girls you want to meet, and that ideally you like hanging out at. You can even take a night and get used to hanging out at these places. You can talk to the staff, watch the girls get hit on, but focus on getting comfortable in that environment. That way, the next time you go in you won't have to worry about adjusting to the environment in addition to worrying about approaching.

Deep breathing is another tool for fighting approach anxiety in the moment. As soon as you feel yourself getting nervous, take two or three deep breaths where you hold before you exhale.

Physiologically when you are having approach anxiety your body is tensing up. As adrenaline is released, your body starts to tighten up and your breathing goes shallow. By taking a few deep breaths, you stop that process which should relax you a decent amount.

It's very important that as soon as you see a group or a girl you want to approach, you start walking. The first step is often the most difficult, so make sure to get moving as quickly as you can.

But, be sure that you actually walk up to the girl. Some students have been known to make abrupt U-turns or keep walking past them. The idea is to put pressure on yourself by walking over there. It's a lot harder to approach from across the room than it is from right there.

Lastly, I want to talk about high social pressure situations. These are great for getting rid of approach anxiety. I used to have a rule at boot camp, that as soon as I walked into a venue, I would approach the most difficult seeming group.

The reason I did that was twofold. First, exposing yourself to that much social pressure always eases anxiety. Once you walk up to a group of two "9"s and five guys seated in a booth in the back of a crowded club, the two girls at the bar don't seem as scary.

Secondly, the more difficult the approach, the greater the chance of a blowout and nothing is better for getting over approach anxiety than getting blown out. Think about it like this, a blowout is the worst thing that can happen when you approach a group.

Not only do they not want to have sex with you, they don't even want to talk to you! But guess what? When you get blown out, you don't bleed, you don't get any broken bones, and you can

still breathe. The great thing about getting blown out is that you've seen the worst it can get, and you survived it. And as a very good friend of mine once told me, fear plus surviving that fear, equals confidence.

Ok, so let's talk about how to apply this information. All of these ideas are designed to be used out in the real world. I'm not a big believer in any tactics to deal with approach anxiety that can't be used when you're out in the real world approaching.

So the real first step is getting out of the house and finding women you want to approach. Once you want to approach, but are having approach anxiety:

Apply one or more mental reframes. Remind yourself that approaching can only ever be fun or boring. Ask yourself the empowering question: "How can I make this more fun?" Remember to accept the feeling of approach anxiety rather than resisting it. Focus on what you want to happen, not what could go wrong.

Take some form of action at the same time. It's no good to just sit there mentally reframing, you have to get your body involved in the process as well. So while you're mentally reframing things, you should be walking towards girls you want to talk to, complimenting 3 different girls or groups to warm up, and taking deep breaths.

So now that we've dealt with approach anxiety, we can move on to sexual anxiety.

Sexual anxiety is anxiety associated with sexual situations. This can come from your upbringing, inexperience with women and sex, religious views, your beliefs about women, and even internal success barriers. This anxiety can manifest itself in a variety of ways.

By far the most common way is escalation anxiety. Guys with SA can't escalate the interaction verbally or physically. Oftentimes they get stuck in the dreaded "friend zone".

Another way that SA comes up is through excuse making and rationalizations. This is where guys will say things like "I could have pulled, but I was tired", "I don't really wanna have sex with these girls; I just like the pickup". Guys will also rationalize SA. They'll say things like "I just didn't like her" or "She had weird toes". SA can even cause impotence for some people, based on the stress of feeling like you will be judged sexually.

“THE THREE MAIN CAUSES OF SEXUAL ANXIETY AND HOW TO SOLVE THEM”

1. Inexperience with women:

There are a number of reasons why inexperience with women leads to sexual anxiety. The first is the fear of being judged. The same way that guys are worried women will judge them for approaching, gets amplified tenfold when it comes to getting sexual.

Plus, sex is one of those things that people are just supposed to get. You get a small amount of sexual education in high school and other than that you're supposed to figure it out yourself.

Most guys don't educate themselves about sex other than through watching porn. This overlooks the fact that most of the time women already like you by the time you're getting ready to have sex. As long as it seems like you know what you're doing, you'll be fine.

Another reason inexperienced guys have problems with SA has to do with confidence and competence. When guys only have a little sexual experience, they assume they have very little competence and thus they feel a decided lack of confidence in their abilities.

When you feel that lack of confidence, it can be difficult to escalate. Some guys also experience sexual anxiety simply from the newness of the situation. The less time you've been in a sexual situation with a girl, the more likely you will feel some jitters, simply because it's new.

Alternatively, this is why younger girls will typically give you more last minute resistance. A girl who is 19 and has had sex with only one other guy will feel the same kind of sexual anxiety an inexperienced guy does. Only through education can we lessen the SA caused by inexperience

There are two types of education on sexuality. Book learning and hands on experience. The book learning is an easier place to start. I recommend you guys all check out the book *“The Guide to Getting it On”*. It's a great, well written look at all things sexual. Hands on experience can only come through sexual encounters with women.

I recommend that every guy who's a virgin, or close to it, get a regular sex partner. She doesn't have to be the cutest girl in the world. But she needs to be someone you can have regular sex with. The more times you have sex, the more comfortable you will become. I also recommend experimenting and opening up an honest sexual dialogue with these girls. Be willing to push things sexually in order to experiment. This will teach you a lot about yourself, women, and sex.

2. Beliefs:

Specifically SA comes from unhealthy beliefs about women, sex and yourself. And the dangerous thing about beliefs is that they don't have to be true for you to believe them.

Society in general would like you to believe that men like sex more than women and that sex is something men pursue that eventually women give into. You can even see this in the language people use. Women “give it up”, men “get lucky”.

The truth of the matter is that sex is normal and natural. Women enjoy sex just as much if not more than men since they have one organ that exists strictly for sexual pleasure. This is unfortunately not the way it’s portrayed in the media, though the success of shows like “*Sex and The City*” have helped a little bit. In fact, if you want to see how graphic female sexual fantasies can be, check out Nancy Friday’s book “*My Secret Garden*”.

Sexual Anxiety can also be caused by guys’ beliefs about themselves. Some guys think that no woman would want to get sexual with them because they are too short, fat, or whatever.

The first step to dealing with negative beliefs is to recognize them. You can take a few minutes now to write down five unhelpful beliefs you have about women, sex, or yourself. After you write them down, I want you to write out five beliefs that are the diametric opposite of what you have now. Next, get a small notepad and a pen.

Carry these around with you everywhere and start looking for evidence to support your new beliefs. So, for example, if one of your bad beliefs is that girls don’t want to have sex with guys who are overweight, and you see a hot girl out with an overweight guy, write it down.

As Robert Anton Wilson wrote in *Prometheus Rising*, “What the thinker thinks, the prover proves”.

3. Success barriers and deservingness issues:

These are a special type of bad belief based upon your internal self image. Everyone has an idea in their head of how cool they are, how much success they should have, what type of girls they should get etc... Maxwell Maltz tackles this subject in depth in his groundbreaking book “*Psycho-Cybernetics*”.

Any who, this idea is your self image and it governs everything you do. Success barriers happen when the success that you are getting in real life is more than you think you deserve.

This happens with lottery winners all the time. There’s a statistic out there that says that something like 90% of all people who win the lottery end up going broke in less than five years. The reason being that if you don’t feel like you deserve something, your mind will find a way to get rid of it. Our brains are set up to hate incongruence.

So when reality is conflicting with your self image, you will unconsciously sabotage the situation to restore order in your reality. This is where rationalizations, excuses and giving up happen. In

order to deal with deservingness issues and success barriers, you have to come up with your own reasons for why you deserve to be successful.

This is where sitting down and doing some introspection can really help. The first thing you'll want to do is sit down and write out a list of 10 reasons why a woman would be lucky to be with you. These reasons can range from personality traits to experiences you'd be able to give her. Be sure to check back on this list every day so that you are reinforcing the reasons women should be with you daily.

After that write down a list of 10 things you don't like about yourself. These are the things to work on. Try to set up small daily goals to work on the stuff you're not happy with.

The reason behind this is that the brain moves in directions. You can't all of a sudden decide that you're the pimp of the world. Instead your brain needs to see consistent progress. So if you don't like how anti-social you are, try to make 30 seconds of conversation with a new person everyday.

That way you're actively working on the things you need to work on daily and that gets relayed to your brain as well. Before we move past dealing with anxiety, I want to make a quick note that some anxiety is a medical condition and cannot be fixed by any of these tactics or techniques. If you have major anxiety related to socializing or sexuality, I highly recommend you consult with your physician.

"BECOMING NORMAL"

In the seduction community there is a prejudice against normal guys who don't know a lot about picking-up.

They are derisively called AFCs or average frustrated chumps. The reason people in the community do this, is it allows them to feel a sense of superiority over most other guys.

When guys first get into this stuff, they feel that they somehow are better or smarter than guys who haven't read about meeting women. This can even happen when the newly identified PUAs are still virgins.

Simply feeling they know something other guys don't causes them to feel superior. This is one of the most damaging thinking traps the community has. The reason being is that guys outside of the community tend to get laid a lot more than guys in it, hence why they don't find the community.

This is also unhealthy because it starts to breed separation between guys in the community and guys out of it. In fact, every few months I'll see a thread on a message board about how you should dump all your friends if they're not into picking-up because that's all that matters, which might be the most unhealthiest thing someone could do.

In fact, even referring to people as PUAs and AFCs is weird and gets in the way of becoming a normal guy.

So what is a normal, socially adjusted guy and how can you become one quickly? I've broken it down into a few simple steps:

STEP 1: FASHION, AND GROOMING

The biggest thing I notice with guys I work with is the way they dress. Almost every student comes into a boot camp dressed poorly with below average grooming. This is one of the easiest things to fix. It doesn't even take a lot of money if you shop at second hand or vintage stores.

“The 3 Major Fashion Faux Pas and How to Avoid Them”

1. Clothes That Don't Fit:

This is by far the number one problem with guys' fashion. The way your clothes fit you is WAY more important than anything else. A \$10 dollar T-shirt that fits will look a million times better than an Armani suit that's two sizes too small.

Your clothes should not be too baggy or too tight; instead they should fit and flatter your body type. If you need help figuring out if something fits, take a friend shopping with you. Preferably this would be a friend whose sense of style you admire. But nevertheless, having a second pair of eyes around can never hurt.

2. Colors That Clash With Your Skin Tone:

This is another major problem that guys don't seem to understand. The lighter your skin tone is the more you want to stick to darker tones and avoid pastels. The darker your skin is the more you can wear lighter, flashier colors. If you want to expand the spectrum of colors you can wear without looking like a retard, get a tan.

3. Clothes That Are Out of Style:

A lot of guys go clothes shopping once a year, if that. However, fashion is a dynamic industry. It's constantly changing, which means that if you are wearing clothes from 3-4 years ago, even if they were cutting edge then, you look dated now.

If you need a real life example, all you have to do is try to remember Von Dutch hats and jeans. They were all the rage about 2 and a half years ago and now you never see them.

You want to learn to shop like a girl: instead of going out and spending hundreds of dollars on a complete wardrobe, commit to getting one new item every time you get a paycheck. That way, instead of having a bunch of stuff you may hate 6 months later, you have a constantly updating wardrobe.

One of the best ways to decide on a new fashion is to look at the guys you see with the girls you want and copy that style.

In addition to fashion, grooming is one of those things that everybody has heard a million times, yet many guys still don't pay attention to.

“The 3 Most Important Elements of Grooming”

1. **Hair:** This goes for both the hair on your head and the hair everywhere else on your body. Every guy should have a haircut that suits his face, even if you need to save enough money to go to the nicest hairdresser in your area.

Generally gay guys are a better bet for a good haircut than women as they'll cut your hair to make you look sexy, not safe. Let the hairdresser do whatever they think would look best, even if it is “not you”.

Next, you need to make sure that all of your body hair is neatly trimmed. The most important areas are your eyebrows and nose hairs. I cannot tell you how many students have showed up with near uni-brows and hairs poking out their nose.

Buy some tweezers and pluck those hairs out. It hurts, but will make a huge difference. Also, make sure that if you have a lot of body hair, you keep it trimmed to a uniform length. You don't need to shave it all off, but it does need to look under control.

2. **Breath:** You can have the best game in the world but if you have bad breath, you still won't get anywhere.

I use a three step process to make sure I always have good breath. The first step involves brushing, flossing and using mouthwash right before I go out to meet women.

Next, while out or right before going out, I avoid things like garlic, onions, etc. and finally, I always carry some form of breath freshener. Bottom line, I have met way too many guys I had to offer gum to. There is no excuse for bad breath. If you do all these things and still have bad breath, consult with a doctor as you might have a medical issue.

3. **Scent:** Obviously everyone knows they need to bathe and avoid body odor like it's the plague. So for the sake of completeness I will tell you guys to shower and wear deodorant.

But some guys still cannot manage to smell good. If you have a perspiration problem, try a more medicated deodorant like Certain Dri. You should also pick out and wear a nice cologne.

Smell is one of the most powerful senses we have, so you want to make sure women are telling you how nice you smell as opposed to being grossed out by your odor.

I like Aqua Di Gio, Marc Jacobs, and Dolce and Gabbana. You can go down to your local department store and try a few different ones on. This is also a great opportunity to ask women for their opinions on what smells best on you. Remember different colognes will react differently to your specific skin type, so try a bunch out and find the one that works best for you.

STEP 2: BASIC BODY LANGUAGE AND TONALITY

A lot of guys have very easily correctable problems with their body language and tonality. By simply fixing these few problem areas, you will see a big change in how people react to you.

The most important thing when it comes to having “normal” body language is your posture. You want to make sure that everything you do is related to lengthening and straightening your body. A lot of men have learned bad posture as a result of working at a computer all day.

When you are standing still, imagine that there is an invisible string connected to both your head and your chest yanking both of them up as high and straight as possible. If you are a taller guy, be sure that you don't slouch or do anything to make yourself shorter.

The next most important thing when it comes to basic body language is identifying and fixing all nervous ticks and gestures. These could be anything from facial flinches to talking with your hands. The best way to identify and work on these is to have a friend tape you as you guys are having a normal conversation.

Look for anything that you do more than once that makes it look like you are nervous or uncomfortable. If you want to go a step further, you can look for any movements that are not directly related to the conversation and eliminate those as well.

Always remember that the person who is moving around less has more social power. The more relaxed and comfortable you look, the better your body language will be.

Another huge factor in body language is how much space you take up. In general, there are two types of bad body language. The first happens when guys are afraid to take up space. This is often reflected in closed off, stilted body language.

The other type of bad body language happens when guys are taking up too much space. This looks hard and sloppy. Instead, the right balance is to take up just enough space that you are completely comfortable.

Don't try to take up less space to make others comfortable, but don't take up more space than you need either. Generally in North America, personal space is defined as the area 18-36 inches around you. As long as you stay within that bubble you should be fine.

Your voice is one of your most important tools when it comes to socializing. The most important thing when it comes to your voice is speaking loudly and clearly.

You want to make sure that you speak from your diaphragm instead of your throat. To find out what it feels like, place two fingers on the notch of your ribcage (where your stomach and chest meet) and take a deep breath in. Once you've filled your lungs with air, exhale until your body forces you to breathe. You will feel a contraction as your body begins to breathe again. The muscles that are contracting are your diaphragmatic muscles.

The power for your voice comes from your breathing, so it's important to make sure that you speak on the exhale. This alone will make you much louder. You also want to make sure to aim your voice at least one person behind who you are speaking to, much like in martial arts where you punch through the board. This will ensure that everyone can hear you when you're speaking.

There are a few ways to make sure that you are speaking clearly. The first is to slow down the speed at which you talk. Most people speak too quickly, especially when they are nervous.

To eliminate this, you can use an old trick they teach studio musicians. The trick is to slow down your speaking speed by 50% then slow that down by another 50%. This will feel extremely strange at first but it will result in people being able to understand what you are saying much easier.

The next thing you want to do is eliminate fillers. These are things like ums, ahhs, etc. When you feel the urge to use a filler, pause instead. Pauses build response potential, and add an air of intrigue to anything you are saying.

Lastly, you want to work on the actual quality of your voice. Many guys have high pitched or nasally voices. So we want to work on cultivating a voice that is smooth and soothing to the ear. The best way to do this is to sit down and record yourself speaking for 3-5 minutes straight.

Most people do not have a good idea of how they sound and thus say they don't actually sound like that. The way you sound on recordings is the way you sound to women.

Once you've identified what you want to work on with your voice, you should find a passage or paragraph and read it into the recorder while trying to change the sound of your voice.

If you want to have a deeper, sultrier sounding voice, you should read the passage or paragraph while trying to speak in the most extreme deep voice you can produce. From there, it's a matter of calibrating down to a more normal sounding version of that deep voice. The more you record yourself, the easier this will be.

The last thing I want to talk about in regards to basic body language is eye contact. Eye contact conveys a lot about your level of confidence. You want to be able to hold eye contact until the other person breaks it.

Now obviously this is not a hard fast rule, as you can come off like a stalker if you never break eye contact. But in general, you want to hold eye contact for as long as possible.

Another thing about eye contact is the way you break it. As much as possible you want to avoid breaking eye contact by looking down. This is a sign of submission and shows a lack of confidence.

Instead, you want to break eye contact to the side, as if you simply got distracted by something else. When you are speaking to groups of people, it's important to spread eye contact throughout the whole group as opposed to just looking at one particular person. Especially if that person is a girl you're interested in.

STEP 3: COMFORTABLE CONVERSATIONAL SKILLS

One of the most common problems I run into with students is their inability to have a comfortable conversation. I define a comfortable conversation as one where there is no agenda. It's simply socializing.

There are a lot of reasons why I think guys struggle with basic conversational skills, but the biggest one in my opinion, is a lack of practice. Everyday you are presented with a million and one opportunities to practice having conversations.

You have to interact with coworkers, baristas, waiters, passengers on public transportation, etc... But most guys rush through these conversations as quickly as possible to get back to what they were doing. Also, because a lot of us who get into this stuff are naturally introverted to begin with, we never learned how to be good conversationalists.

Here are 11 conversation tips to get you started:

1. **Don't Ask Questions, Make Statements:** Asking questions is like withdrawing money from a bank account. The only problem is that you don't know how much money is in there. When you ask people questions, you are putting the burden of the conversation

on them. You're also putting them under pressure to come up with answers on the fly. Neither of these two factors makes the person particularly comfortable.

So instead, we want to make statements and then use check-ins. It's very easy to turn any question into a statement. Let's take one of the typical, boring, getting to know you type questions like, "where are you from?" You ask that question to gather information about the other person that you can relate to.

If I had a dollar for every person who, when they found out I was from L.A., asked me if I knew someone, I'd be rich. When you ask this question, the only information you are going to get is where they are from.

But, by making a statement like, "You girls look like East coast girls" you'll actually get more information to talk about. What happens here is that if they are from the East coast, they'll be amazed you were able to guess that, and they will tell you where they are from specifically. If they're not from the East coast they'll tell you where they are from and ask why you thought they were from the East coast. So, not only do statements not withdraw money from the imaginary bank, they actually get you more information as well.

2. **Use Check-ins to Make Sure People are Paying Attention:** The idea of a check-in was popularized by Juggler. A check-in is simply a small question to make sure people are relating to what you are saying. Some examples are "you know what I'm saying?" "You've have been there", "Right?" etc.

These will allow you to keep the other person(s) attention focused on you while you speak for longer periods of time.

3. **Observe the Basic Conversational Ratio for the First 3-5 Minutes:** When you are talking to a stranger, or group of strangers, and you have initiated the conversation, you have to remember the 90/10 rule. That means for the first few minutes you will have to do up to 90% of the talking.

The reason behind this is simple: you started the conversation. So the burden of keeping it fun and interesting is on you, not them. You need to let them become comfortable and most people cannot become comfortable with a stranger if they are expected to carry the conversation. So you carry the conversation for the first few minutes.

4. **Don't be Afraid to Share Things About Yourself, Especially if they are Interesting:** In psychology they talk about the rule of reciprocity. Simply stated, because humans evolved as social animals we have a preference towards forming alliances.

Because of that, if someone helps us we are more likely to help them. The same thing applies to sharing about yourself. The more we know about someone else, the more we are going to be willing to share about ourselves.

A lot of guys have a big problem when it comes to this area because they are afraid they are going to come off as an asshole. To which I always respond with: “who do you always complain gets the girls?”

5. **Use Sensory Information and Details:** As guys, we are very factual. We are concerned with the 5W’s of journalism: who, what, where, when, and why. But women process the world entirely differently; they are much more concerned with emotions and one of the best ways we process emotions is through our senses.

When speaking, it’s important to talk about what you saw, heard, touched, tasted, smelled, and felt. By using this type of language, you add richness to your descriptions that women go crazy for.

6. **Use Multiple Conversational Threads:** Multiple Thread Theory was introduced to the community by a guy named Toecutter. It refers to discussing several different conversational topics at the same time, instead of speaking from the beginning through the end of each topic.

This is something that happens naturally when we are speaking to people we have a certain amount of rapport with. For example, when you get together with your friends, you don’t discuss one topic by itself for a long amount of time.

Instead, other subjects come up and the ones that are most interesting at the time get talked about whether or not you had finished with the previous subject. It can seem unnatural to walk up to a group of strangers and speak to them as if you’ve known them for 20 years, but it is effective. Be careful not to do it so much that you end up looking like you have A.D.D.

7. **Don’t Argue:** This can be a big sticking point for a lot of guys. Oftentimes I think people would rather win the argument than get the girl. If you feel like being right is more important, by all means argue. But, recognize that it’s a bad way to get people to like being around you, unless the argument is obviously fake and done for comedic reasons.
8. **Avoid Awkward Silences:** One of the biggest conversation killers out there is the awkward silence. We’ve all been there; you’re talking to a group of new people when all of a sudden you run out of things to say. The silence gets deafening and you quickly excuse yourself – too much embarrassment.

Instead, when you feel an awkward silence coming on, ask a question. One of the most basic rules of picking-up is that saying something is always better than saying nothing. By asking a question you buy yourself time to think of something to say.

9. **Make Sure What You Talk About is Situationally Relevant:** That means not bringing up random topics, or talking about things that happened years and years ago. Generally, you should be able to tell if the topic is situationally relevant by the listener's reactions. If people often remark about how random the things you're talking about are, or ask you why you're telling them this, you are not being situationally relevant.
10. **Don't Brag, Exaggerate, or Force Yourself To Seem Cool:** The harder you try to convince people that you are cool, have high value, etc, the worse it makes you look. A cool guy doesn't have to tell you how cool he is.

If you do have a lot of cool things to talk about, use unanswered questions to get the listeners to ask you about yourself. Saying something like "I'm totally in the wrong business because I hate to fly" is much more effective than telling girls "I'm a traveling comedian". It's not bragging if people ask you about something and it's true.

So now that we've talked about how to fix your fashion, grooming, body language, and comfortable conversation skills, you should see a marked improvement in how strangers react to you when you start conversations.

These things alone will help you get laid if you go out and do approaches. But to really take control of your love life, you need to learn a few more things.

"THE SECRET TO CONSISTENT IMPROVEMENT"

One of the reasons that I wanted to get this Ebook out there, is because of stories I've heard from guys all over the country.

It's very often the same story, perhaps some of you reading this right now can relate. A guy finds the community, either by reading "The Game", watching the VH1 show, or simply doing a Google search. Then they read up and perhaps even try out some of the techniques.

They start to see changes in the way women react to them when they're using these tactics and techniques. Some may even see some initial success. But there are so many unanswered questions about what to do next, so they take a boot camp or a one-on-one.

At the boot camp they get to see that this stuff does actually work, as well as get told what they are specifically doing wrong. You get advice like "don't lean in", "talk louder", or "touch more".

Perhaps you even get some phone numbers or make-outs. And, if you're lucky, you'll even leave with a grasp on what your current sticking points are, and how to work on them.

Then you go back to your city and regular life.

If you're like most guys you struggle with approach anxiety and being able to go out enough. But if you go out and follow the advice you got at boot camp, you fix your first set of sticking points. And then the problem appears because you weren't taught to recognize the patterns of social interaction.

When you are interacting with a girl or a group, there are only so many things that can actually happen. These are often referred to as contingencies. The path to consistent improvement requires that you recognize and solve the patterns you consistently see.

This is where sticking point analysis comes into play. In my opinion this post by Captain Jack is one of the most important in the history of the community. Here is the original sticking points analysis post in its entirety.

STICKING POINT ANALYSIS:

Early on when I wasn't getting the types of results I wanted, I decided I needed to take a more systematic approach to my development. In my area, there were no other PUAs that I knew of, so after the boot camp I was basically alone.

I had to become my own best teacher by systematically using my in-field experience combined with my analysis.

So, I developed this "Game Improvement Plan" ...

The FIRST realization is that the purpose of your Game Plan is to get you laid consistently by the type of women you want.

The SECOND realization is you can't go out with the purpose of getting laid.

The THIRD realization is every action should be judged on its overall (GLOBAL) purpose rather than its immediate effect.

Take “number closing” as an example. Most guys feel great when they number close. But, are they really any closer to the Global goal? They could be, but probably not. But, “Time Bridging” is a better solution because it puts you closer to the Global goal. (It is, of course not guaranteed but is much better as a local option than the phone number alone.) A dichotomy? Yes and no.

Your focus needs to be adjusting your behaviors until you can run through your Game Plan with an unconscious smoothness.

When your Game Plan is not getting you what you want, you need to focus on something else ...

- What to change
- What that change should be
- How to create the change

[This is what I call “Sticking Point Analysis” and I credit it with my last 18 lays.](#)

I learned early on I needed to have more than a Game Plan; I needed a method for IMPROVING the Game Plan if I was ever to get to where I wanted to go.

Once you understand the basic courtship process and start running your Game Plan in the field you will start to notice where your surges are failing. You’ll notice patterns. They are failing in the same places quite often.

Step 1: identify your sticking points

Sticking points limit the entire system’s output. (The system being your Game Plan and the output being lays.) Therefore, we have to stop focusing on getting laid and instead focus on fixing the sticking points.

Step 2: decide how to fix the sticking point (sp)

Now that you have identified the SP the next step is to find possible solution(s) for fixing that sticking point. Pick one way to fix it and commit to 10 tries with that solution.

Step 3: subordinate your game plan to the above decision.

Redesign your Game Plan to implement the fix for that SP.

Step 4: elevate the sticking point.

With your redesigned Game Plan you will go out and start hunting for opportunities to break the SP. You will subordinate everything to working on your SP. That means you will EVEN give up a lay opportunity for a chance to work on Sticking Points. (Unless you haven't yet had 2-3 lays from the Game – in which point I say take the lays as it will give you a better Global view and a nice boost of confidence.)

There will come a time when you break that SP.

Step 5: this is a continuous process. Go back to step 1.

My suggestion is to work on 3 SPs at a time. Experience has shown me that every set will not present you an opportunity to work on an SP. However, if you have 3 then you have a good shot at getting a few repetitions per night.

~ Captain Jack ~

By implementing sticking point analysis and testing out different solutions you will be able to improve forever.

“BRINGING THE SCIENTIFIC REVOLUTION TO PICKING-UP”

“In the history of science, the scientific revolution was a period when new ideas in physics, astronomy, biology, human anatomy, chemistry, and other sciences led to a rejection of doctrines that had prevailed from Ancient Greece through the Middle Ages, and laid the foundation of modern science. According to the majority of scholars, the scientific revolution began with the publication of two works that changed the course of science in 1543 and continued through the late 17th century: Nicolaus Copernicus's *De revolutionibus orbium coelestium* (On the Revolutions of the Heavenly Spheres) and Andreas Vesalius's *De humani corporis fabrica* (On the Fabric of the Human body)”

Wikipedia Entry on The Scientific Revolution

One of the things that really amazed me when I started to teach picking-up was how little science there actually was in the “Dating Science” field.

So last year when I wrote the original version of this Game Acceleration Doctrine, I wanted to start the scientific revolution in picking-up. Much like Copernicus’ research about the Earth revolving around the Sun blasted away ideas that had been accepted without any proof, I aimed to do the same thing to the exaggerations, marketing hype and outright lies that have been taught in the SUISC for the last five years.

My goal in creating “12 Months to Mastery” was to create a scientific approach to the first year of learning how to pick-up. I wanted to make sure that everything I taught could be easily verified and duplicated by my students. And, I wanted to make sure that we kept extensive evidence to document the progress of each and every student.

Everything I teach follows the basic principles of the scientific method. This means that I only teach things that are based on gathering observable, empirical, and measurable evidence. This is also why we place such an emphasis on students tracking their approaches and the different tactics and techniques that they are trying.

“THE IMPORTANCE OF TRACKING”

The one major difference between what I do in my training at Sinns of Attraction and what every other major pick-up company does is the way we track our students’ progress.

This was something that I had always done because it allowed me to see if I was having more of my interactions end in phone numbers, make-outs, and lays.

I know there are guys reading this Ebook right now, who have been trying to get better at picking-up for a long time. Maybe you've taken a boot camp or two; maybe you've just studied a bunch of DVDs, audios, and ebooks. I know what it's like when you're struggling and don't know what you're doing wrong.

It can be so frustrating to struggle with all the variables of the game. In fact when you're out there alone, you sometimes even think you're doing everything just like you read about it, or watched it on DVD. You may even think there is something "wrong" with you that makes the material not work. But, my guess is you don't keep detailed logs tracking your approaches and what you're working on.

If you don't have a way to scientifically see the results (or lack thereof) then you can't do anything to fix the problems.

That's why it's so key to keep a journal. In my private coaching group we ask every student to keep a journal and we review it during every phone consultation.

I can't reveal all the secrets of how we track progress, but I'll give you guys some basics.

The first thing you have to track is how many approaches you are doing. You need to track this in terms of a few things: the type of set (mixed, single), the venue, the type of opener, etc.

Then you want to make sure you keep track of your approaches over a weekly and monthly basis.

The pattern you're looking for here is related to approach anxiety. If you go out and you consistently are doing as many if not more approaches than the last night you went out, you're dealing with your approach anxiety well. However, if you notice that your patterns of approaching are sporadic or, even worse, a downward arching trend, you almost certainly have approach anxiety issues.

Next, you want to track how long the conversation goes. This is really, really important. The length of the conversation directly relates to the sticking point of running out of things to say. This is one of the biggest complaints students make when they come in for training. They don't know how to keep the conversation going.

Generally this relates back to basic social skills from learning how to talk about yourself in an attractive way, becoming a better story teller, learning to solve the question dilemma, building social comfort, and vibe. In our training logs, we find that if guys have more than 3/10 of their

interactions last less than 15 minutes, they almost all have a major problem with running out of things to say. The worst part about running out of things to say is that you may be leaving perfectly good interactions.

In fact, it's amazing as a teacher how many students I watch leave perfectly good interactions where they haven't done anything wrong because they didn't know what to say next to move the interaction forward.

Imagine for a second how many times that's happened to you. It sucks right?

Tracking is how you notice your sticking points, and unless you know what you're doing wrong with women there is no way to fix it.

It's funny how much time guys will put into reading newsletters, ebooks, and reports, yet they don't take the time to write up what happened when they went out to practice their game.

Another thing to track for is isolation. Did you get into a private conversation with the girl you were attracted to?

Now a big mistake students made when we first started tracking the 12m2m guys, was that they would track isolation but not whether or not they attempted it.

You have to track whether or not you're attempting it! Isolation is a direct reflection of your attraction game. If you are trying for isolation and not getting it, you are not getting the girls properly attracted, so now you can zoom in to the attraction phase as the root of the problem.

Do you guys see the value of tracking yet?

But the question now becomes what do you do with the information once you've tracked it?

"PATTERN RECOGNITION: THE SECRET SAUCE OF PICKING-UP!"

The idea that all sticking points happen in a repeatable and predictable sequence is a little-known secret that explains why some guys get good fast while other guys struggle for years. When you apply this secret you'll literally take YEARS off your learning curve.

I remember before I took my boot camp I had been doing a ton of approaches and had only gotten 8 lays. I had no idea what I was doing differently when my game worked.

It was sooo frustrating! I felt like I had no control over my results whatsoever.

Sometimes I would go out and nail an approach and feel awesome and other times I would get rejected and feel like such a loser.

It was then that I actually decided to take MASSIVE action by taking some live training. The first pattern I ever learned was called The Mystery Method. Perhaps you've heard of it. 😊

While the original Mystery Method I learned was probably 75% wrong, it was better than nothing. Most importantly it gave me a clear, although incorrect, vision of what the process was supposed to look like.

As I tracked my results I noticed I had a major problem with qualification. I simply didn't do it.

The next pattern I noticed came from recording myself doing approaches.

When I fixed patterns my game exploded!
I went from 8 lays in my life to 8 lays in the next month alone.

In 2005, when I was training to be an instructor, I recorded over 100 approaches and kept track of what girls I went on dates with from the phone numbers I got. Of the 30 dates I got from 57 phone numbers, there was a noticeable pattern.

Of the girls who ended up coming on dates with me, I had talked to each one of them for more than 20 minutes. Of the 27 girls that didn't meet up, only 3 of those conversations were more than 20 minutes. A great pattern emerged: having around 20 minute conversations made phone numbers become solid. My phone-flaking dropped after that from about 50% to almost nothing.

Then, as I was working with "12 Months to Mastery" over the last year, a ton of patterns started to emerge.

When one of my students was struggling with escalation issues, we talked a lot about forcing the girls to blowout by escalating sexually on every set. The first month his blowout rate stayed around the same on his tracking sheets. He didn't get laid.

The next month after our phone consult where I gave him that advice, his blowout rate tripled from around 2 out of every 10 sets to about 6 out of every 10 sets. But he also racked up 4 lays and his first two SNLs of his life.

This happened more and more as students got to the point of their game where they needed to work on their escalation game. In fact, it became one of the stages of first year learning that I'll be teaching later this year.

A very predictable pattern emerges. As guys get better at opening and social comfort, their rate of blowouts will drop to almost nothing.

Coincidentally, this is also where a lot of guys FAIL.

They get really good at opening, but they don't know where to go after that. Some guys even take it a step further and are able to get make-outs, but they still don't get laid. Most instructors at other companies fall into this category. In fact, there is a super well known instructor who even posted a report of how he ALMOST had sex with a Playboy Playmate.

The problem is something I like to call: "The Blowout Fallacy"

When you first find the SUIISC, one of the terms that are thrown out there a lot is the idea of being blown out. It is fancy nerd speak that means the girl rejected you.

Most guys NEVER actually get blown out.

Instead, what happens is the guy either runs out of things to say, or the girl(s) doesn't give him anything to work with and eventually he leaves the interaction. Other times, the girls may start a conversation amongst themselves.

If the girl(s) did not come right out and reject you or leave the interaction, it is NOT a blowout.

And if it's not a blowout, it means that you almost certainly could have practiced more in that interaction.

A lot of guys live in constant fear of being blown out; they think that blowouts are the enemy. In reality, blowouts actually help you save time. Once you can start and maintain conversations with at least 7 out of every 10 girls you approach, you actually will need to get blown out more in order to get better.

This is EXTREMELY counterintuitive for students, as the traditional wisdom in the SUIISC is that blowouts are the result of something you did wrong. What they fail to account for is the difference between sexual attraction and intrigue based attraction.

Just because a woman is talking to you, laughing at your jokes, and touching you, does not mean she is sexually interested. She may be acting polite; she may be interested in what you're saying; she may even just be bored. But until you actually make a statement of interest or attempt to physically escalate the interaction, you don't know if she's actually sexually interested. The good news is that by "going sexual" on a girl, you get a really good idea of whether or not there is sexual attraction. The bad news is that you will also get more blowouts when you go sexual on girls that are not sexually attracted to you, or you'll mistime or misuse sexual escalation.

The result is you will actually get more blowouts and more lays. Then, as you become more adept at what I like to call sexcalation, the blowouts will return to a normal level, usually around 30%.

But, a student has to be willing to ruin interactions in order to gain a skill set.

Most students are not willing to do this, and thus they stay stuck in the second stage of learning, being able to open and hold conversations but ultimately going home alone.

The frustration from this drives 95% of students out of the Game in the first year.

There are at least 10 more patterns I've identified that predict success or failure, but we don't have time to get into all of those in this Ebook, because I want you to avoid the next peril that guys find themselves falling victim to in the first year of learning to pick-up.

“INFORMATION OVERLOAD AND THE PARALYSIS OF ANALYSIS”

One of the other major problems guys run into within the seduction community is the plague of information overload. When you first find the community it can be overwhelming.

There are literally hundreds of thousands of pages written on subjects ranging from approach anxiety to dealing with other guys. There are also hundreds of hours of videos on topics ranging from “Cocky Comedy” to avoiding flakes. You can even download audio straight to your iPod.

But here's the problem: the more information you have in your brain, the more tempted you will be to go into your head when you're talking to girls.

That's why it's so important to understand the principle of “small chunking”. Small chunking simply refers to breaking all of the information you take in into small actionable steps that you can work on in the field. This is especially important in learning to pick-up because of the other factors that affect you when you're out meeting girls.

The first, and most important, is the adrenaline release that happens when you first start approaching. As much as we can tell you to stop being a pussy, there is a real physical sensation that does happen when you are putting yourself under the social pressure of approaching women you are attracted to.

In fact, there was a study done in 1998 at UCLA that concluded that when people are placed under high stress social situations, a part of their brain called the Anterior Cruciate Cortex fires. This firing is very similar to physical pain in terms of the effect it has on the body. Having that

part of your brain firing and telling you to get yourself out of the situation can make it very hard to remember anything.

The other problem with taking in too much information is that it can leave you paralyzed as you try to figure out what the best possible way to approach is. Should you go direct or indirect? Should you tease or compliment? Should you try to demonstrate high value or amuse yourself? Should you break or build rapport?

The options out there are limitless and there is no shortage of bad or untested information. So it's crucial that you take in information only from high quality sources.

Here are a few things to look for when determining whether the information you're taking in is high quality.

Can the person giving advice demonstrate this in the correct environment? There is a difference in the way you will try to attract, date, and seduce women in different contexts. There are specific intricacies to day game, night game, strip clubs, etc... It's very important that all tactics and techniques are quantified as to where they have been effectively implemented, and that the guy giving advice can actually do it.

Are OTHER people having success with this person's advice? There are a ton of guys out there who are AMAZING with women. Much better than any of the famous pick-up artists you've heard of. The problem is they don't know how to break down and explain what they do to help others. A lot of the time it's not even their fault, as they aren't sure of WHY what they are doing works. There are even many teachers in the community whose systems only work for them. Does the guru offer a money back guarantee? Every teacher worth their salt offers a full money back guarantee. Anyone who isn't willing to do that is probably up to something.

One of the most important things you can do when you are getting started with this stuff is to pick one system and stick to it for the first 6-18 months. This is hugely important so that you can avoid becoming an information junkie. To understand why this is important I'm going to tell you the story of T.

T is a guy I met in Dallas through Captain Jack. He is a guy who has constant revelations. In the 18 months I have been in Dallas, he's gone through 6-7 different systems for getting girls, from Mystery Method to Speed Seduction.

In this time, he's also quit the community 3 or 4 times. One day he admitted to CJ that he hadn't had sex in over 10 years. He keeps looking for the magic pill that's going to fix him, but the dirty little secret of the community is that there is no magic pill.

His problem is that he doesn't recognize that there is a learning process to picking-up. And much like learning any type of skill, the first few months are going to be the pain period.

“PEAKS, VALLEYS AND PLATEAUS”

When guys get involved in the SUISC, they expect that they will be on a road of constant improvement. In fact, many guys expect to get results as soon as they read an Ebook. Unfortunately this is not the way that ANY type of learning actually works.

In the learning process, there are going to be times where you can do nothing wrong. In my own life, I have had at least 10 different nights where I have taken a girl home that night and also met 2-3 other girls I ended up sleeping with.

I’ve also had nights where I talked to one girl and took her home. These are what are referred to as peaks. Peaks occur when everything that you have studied starts to gel and come together. You may have heard this type of phenomenon referred to as “unconscious competence”.

Other times it’s referred to as being in “the zone” or “flow”. Peaks are a part of the learning process, but unfortunately they will never be “the norm.” In order to avoid tons of frustration and annoyance you have to learn the other side of the learning process, the Valleys.

Valleys happen when NOTHING you are doing is working. They could be caused by some sort of stress in your life, they could be caused by a misunderstanding of the information you’re trying to implement, or simply not having “it” that night.

The important thing when it comes to a valley is that you try to recognize what the problem is as quickly as possible. Generally, the problem is going to be one of three things:

Lack of motivation: Some nights you just don’t feel like doing approaches, even though you’re already out. On these nights you can try to force yourself to do the approaches anyway, but it’s going to be difficult and your sub-communications are going to suffer.

If you find yourself out on a night like this, don’t be afraid to head home or simply enjoy a night out with your buddies. One of the things people don’t realize is that you only have a limited amount of willpower. What that means is that you cannot always motivate yourself on willpower alone. When you already have to deal with approach anxiety, loud club music, groups of drunken girls and guys, and more, it’s asking a little too much to also have a lack of motivation.

Lack of Focus: When you are not focused on what you want to happen that night, you are dooming yourself into a valley.

When you are practicing your game, it is imperative that you have a focal point for each and every night you go out. It doesn’t need to be overly ambitious like “take a girl home”. It can be as simple as approaching 2 mixed groups, or practicing teasing every girl you talk to. But, you

must have a focal point; otherwise it is WAY too easy to sit around and make excuses and half ass your approaches. By focusing on what you're trying to work on, you will be able to make progress even when you are not getting results.

Lack of proper state management: One of the most important breakthroughs in the pick-up community in the last few years has been the implementation of proper state management techniques.

In fact here's a link to a special video I made for the "12 Months to Mastery" students in which I explain state control and give the guys an assignment to develop their very own state management techniques.

Here's the link: http://www.youtube.com/watch?v=COfUk...e=channel_page

Lastly, let's talk about plateaus! As George Leonard explains in his amazing book, "Mastery" most of the time you put into anything will be spent on the plateau.

The plateau is the period of time where you are going through the motions of diligent practice, but not getting the results you want. In picking-up, most of your time will be spent here. Every time you break through a sticking point another one will arise. There is no finish line. You will be dealing with women and relationships for the rest of your life.

By recognizing that you will never be finished with your learning in the game, we gain a huge amount of freedom. You can take a lot of the pressure off of yourself once you realize that you have the rest of your life to get good at this. That's why it's so important to break everything down into small chunks and focus on the fundamentals. The better you build the base of your skill set, the better everything else will work as you become more and more advanced.

“QUESTIONS TO GET YOU STARTED THE RIGHT WAY!”

No matter where you are in your development, it's never too late to get back on the right track. The key to getting on the correct path for learning is to ask yourself the right questions. The following questions are key to your development as they allow you to find a proper baseline for your game.

Let me explain. One of the major reasons that guys struggle when they are trying to learn this stuff is that they don't understand what their baseline is. A baseline is a rough idea of what reactions and results you are getting. Remember when a few sections ago we talked about pattern recognition and sticking points analysis? These questions are designed to figure out what the patterns are in your social interactions.

1. How long have you been in the community?
2. What products have you tried in the field?
3. Describe a usual night out: how many sets do you open, what do you open with etc...
4. What problems do you encounter in set?
5. How do your sets usually end?

“CHANGING THINGS UP”

Once you’ve established your baseline and you know what you need to work on, you have to start testing out different variables. This is what I did with every instructor I have ever trained with, as well as with all of my long term coaching students.

In fact, I’ve included in part of a training log with a guy who is now the lead instructor for a very well known pick-up company. My text will be in red, the student’s text is in black.

Training Log: 8/16/2007

Name: XXXXX XXXXXXX

Sticking Point: Approaching Mixed Sets.

External Problem: I can approach mixed sets but I freeze right after opening.

Internal State: I feel uncomfortable because I’m expecting the guys to be cooler than me.

Hey dude,

These sticking points are pretty commonplace for where you’re at (1.5 years in). Make sure you get the sets in this week because we should be able to make some good progress here.

Possible solution # 1: Come up with an opening stack. Put together something like an opener, an observational transition and a social question to make sure that you have at least 3-5 minutes of material and avoid the freeze up.

Possible solution # 2: Make a rule. Set a rule that you aren’t allowed to approach all girl sets until you have approached at least 3-4 mixed sets. You can also set a rule that says you have to stay in the set for at least 3 minutes before you can eject. The key here is progressive desensitization. The more you can put yourself under this social pressure, the easier this will get.

Possible solution # 3: The “Ignore the Guy” drill. To really put yourself under a tremendous amount of social pressure, approach a mixed set but only talk to one girl. If you can, cut the guy out of the set with your body language. You can do this with a back-turn or by stepping directly in front of him. If this exercise is too easy, try approaching the set with a direct opener and ignoring the guy as he gets pissed.

Possible solution # 4: Approach the guy in the set and try to just talk to him. Make it your goal to make friends with the guy. This is where you can really do a lot of rapport building and complimenting. Remember you can always talk to guys about girls, alcohol, sports, money, and

partying. XXXXX, you shouldn't have a problem with stuff like that. Just treat it like we're hanging out in a bar.

Like always, remember to implement the 3/12 system so you get a proper reading on which one of these is going to work best for you. My style is a lot more aggressive than yours, so 3 usually works best for me. But you're a lot nicer, so my guess is 4 will be what works best for you. But we'll find out.

Sticking Point: 9s and 10s.

External Problem: I can get attraction with hot girls, but have a lot of problems with them. I stale out, can't get them to accept escalation, run out of things to say, and over neg.

Internal State: I feel like these girls are not even sexual beings. I don't feel like I deserve them and I feel like they understand that they are cooler than I am. I feel like they don't like me even when I am getting IOIs. The speed of the conversation even feels faster, and I know I should be talking but I can't.

Possible Solution # 1: Progressive desensitization. The more you approach these girls the easier it will get. The speed of the interactions will slow down the more you do it. An easy thing you can do is pick the 4-5 hottest girls in the club and approach them first. Think of it as a warm up for your later approaches as these probably won't go well at first.

Possible Solution # 2: Pinging for qualification as soon as you can. When you have attraction you have to remember to push the interaction forward. You can do this by either throwing out a large qualification hoop like "Why are you special?" Or you can use a smaller hoop and build up.

Possible Solution # 3: Mix disqualifiers with physical escalation. If you're having trouble getting your advances accepted, you may want to blend disqualifiers in as you escalate. Saying something like "You know we could never be together" while stroking her face or pulling her into you should create some better results. Also be sure to keep her swinging between validation and devalidation. Don't ever let her know she has you completely or make her feel like she can have you.

Possible Solution # 4: Come up with a structure for conversational escalation. This is where things like "Strawberry Fields" and "The Question Game" come into play. You need to create a framework so that when you have attraction, and you need to escalate, you don't have to try and freestyle. Trust me; I know what it's like. You don't need a whole routine stack, but you should def have a few waypoints. I'd say use strawberry fields to set sexual frames, pick a few hoops for qualification and then question game once you're in comfort. You can also do identity conveyance and talk about random subjects you're passionate about. Remember, your game works on less attractive girls, there's nothing that's going to change that with hot girls.

Honestly XXXXX, these seem like inner game motivated sticking points. It's like you don't see your own value. You're still stuck in the old school paradigm of assuming that you're of lower value than the girl and that she won't like you just for you. You might want to try dropping all game and seeing if you can get attraction just from walking up and introducing yourself. If you can do that, hopefully it will be enough to convince you that there's not much of a difference between the hotter girls and the less hot ones.

The reason that I included this in the Ebook was to show you guys how many different things there are that can be altered to produce different results.

By changing any of these variables you can produce different results in field. Hopefully this illustrates why it's so important to be able to recognize patterns and know where your baseline is. The more aware you are of what your usual results are, the more you'll be able to identify and isolate the changes that actually lead to results.

“THE DIFFERENCES BETWEEN CORRELATION AND CAUSATION”

Because the science of dating is less than 10 years old, there are a lot of theories that are widely accepted that are not necessarily correct. Think about all of the ideas that were widely accepted in the first ten years of other sciences.

For hundreds of years people thought the world was flat and that the sun rotated around it. The problem was that all of the evidence that supported these theories was based on correlation, not causation. You can see the same phenomenon in the pick up community.

For example, let's look at Mystery and his concept of “peacocking”. Peacocking means dressing in an outlandish manner in order to attract attention.

While this can be an effective technique for some people, it doesn't translate well for everyone. The reason is there are correlating factors that are not represented in the final conclusion. Let's look at Peacocking a little more closely.

Mystery peacocks and gets attention from girls that he turns into successes.

Mystery draws the conclusion that since this works for him, it must work for everyone.

However, he is missing two major pieces of information that explain why this technique works for him: namely his identity and his ability to justify the peacocking. Because Mystery presents himself as a superstar daredevil illusionist, his fashion choices automatically become congruent. He is even helped by media portrayals of magicians like Criss Angel.

Meaning that without qualifying himself, Mystery is able to explain why he dresses the way he does. Now, were Mystery called out on his identity by someone who didn't believe him, all he would have to do is a few simple magic tricks to prove himself.

On the other hand, let's contrast this with the real life story of a guy named N. N took a boot camp with Mystery and I back in 2005. He was a computer programmer who Mystery advised to peacock. N went out and immediately bought a ton of peacocky clothes: fishnet shirts, and couch coats galore. He then started to go out 4 nights a week.

After about 3 months we ran into each other at, of all places, Saddle Ranch. He was dressed in the old school uniform of the community. A long flowing coat that looked like something a medieval king would wear, a flashing LED belt buckle that said "I lie to girls" and a 4-inch high, pair of New Rocks with flames on them.

I asked him how things had been going for him since his boot camp. He told me he was pretty stressed out about how little progress he had been making. I asked him how most of his sets were ending and he shared something that changed my entire way of thinking on peacocking.

He said that most of the interactions he was having weren't going past the opener. He would use an opinion opener and then the people in the group would ask him why he was dressed like that.

He had tried a variety of cocky, funny responses, but ultimately they would always ask him what he did. I watched this happen a few times that night and it became obvious to me in one interaction. With a little bit of coaching from me, he had ended up in isolation with a fairly cute girl. I had told him to try to get her number by setting up a date, when I heard her say the following: "Well if we do hang out, what are you going to wear?"

She couldn't imagine herself with someone who dressed that outlandishly. Had he been dressed like a normal person, he NEVER would have gotten this objection. And because he couldn't justify his image, he lost the girl. This is an example of a piece of correlating information that can make a negative impact on students, despite it working for certain guys.

Let's take a look at another example. There is a guy out there named Brent who runs a company called Absolute Power Dating. This guy advocates a system for meeting women that involves going out to a bar, talking to every girl there for a few minutes, then giving her his phone number and telling her to call him if she wants to come to an after party. I have watched him do this and I can tell you that it does work for him.

What I've left out is the fact that Brent looks like a male model, is independently wealthy, and has the social connections of a celebrity. He also prefers Cougars (older, more aggressive

women, who are ok with a purely sexual relationship). In fact, Brent is so good looking that my friend Cameron says he changes the game by his looks alone.

For him, this model for meeting women is extremely effective. And he truly believes that it is his method that is bringing him the success, not his natural advantages. For the average looking, middle class, non-connected guy, however, running this type of game is akin to shooting yourself in the foot with a bazooka.

You have to learn to separate correlation from causation as you're learning to pick-up, or you will find yourself chasing your tail for large periods of time.

“ARE YOU LEARNING THE RIGHT WAY FOR YOU OR FOR SOMEONE ELSE?”

Within the ranks of teachers in the seduction community, there are a ton of guys with a lot of game. However, there are not a ton of guys with a lot of teaching/coaching experience outside of seduction.

What this leads to is a bunch of guys trying to teach other people to learn the way they learned. On the surface, there doesn't seem to be anything wrong with that notion.

After all, “what one man can do another man can do”. But what's being overlooked in that pithy quote is the fact that people learn differently based on a variety of factors.

“THE 2 MOST IMPORTANT FACTORS FOR LEARNING”

There are two major factors for learning that are not mentioned by most teachers in the seduction community.

The first is representational systems. A representational system is the way you make up your maps of the world. This is one of, if not the most important factor for learning.

Many of you may remember being classified in grade school as a visual or auditory learner, meaning you learned better either by seeing pictures (like a diagram of a castle you have to build with LEGOS) or through being given specific verbal directions (like being told to put that yellow piece on the blue piece).

What was missing there was the third category of representational systems: Kinesthetics, or touch. People who are kinesthetic, learn best from trying things out. They are the type of people

who will do a drill wrong 4-5 times until they master the physical intricacies of it. It is vitally important to figure out how you learn best, in order to get good at picking-up.

If you are a visual learner, listening to audio tapes or sitting in a seminar room is not going to do much for you. If you are an auditory learner, watching guys talk to girls won't help you too much because you won't know what they're saying. And, if you're a kinesthetic learner, then you'll benefit the most from getting out there and going through the motions as much as possible.

That's why with my coaching program, I make it a point to cover EVERY representational system. Every month you get written lessons, audio interviews, field reports, video lessons, and drills, to make sure that every type of learning is accounted for. But for now, let's zoom in on the different types of representational systems and how to maximize learning for each system.

To determine what type of learner you are, try taking this test at:

<http://www.vark-learn.com/english/page.asp?p=questionnaire>

Visual learners learn best when information is associated with images and represented graphically. If you use the visual style, you prefer using images, pictures, colors, and maps to organize information and communicate with others. You can easily visualize objects, plans, and outcomes in your mind's eye. You also have good spatial sense, and an accurate idea about people's personal space bubbles.

If you're a visual learner, you may find yourself saying some of the following phrases frequently: "I see what you're saying", "let's look at it from a different perspective", "I can't quite picture it". Visual learners will benefit the most from using things like flash cards and color coded systems for information.

In terms of learning techniques, visual learners will learn best by taking notes and making lists. This is especially important when you watch or read any pick-up material.

The notes are what you actually are paying for when you come to a live training. When I went to my first boot camp, I took over 56 pages of notes (front and back) that I looked at every week for over a year and a half while I was actually teaching for the company.

And EVERY time I looked at the notes, I found something new. That's why I recommend that every student breaks his wrist taking notes during the seminar portion. Visual learners will benefit the most from reading information out of textbooks as well. If you have classified yourself as a visual learner, you will get the most from live, in-field demonstrations either on video or in the real world.

Visual learners should stay away from seminars, interviews and straight lectures. It can be very helpful for visual learners to use techniques like mind mapping to organize their thoughts and plan out long term strategies.

Auditory learners make up somewhere between 20 and 30% of the population, making it the rarest form of learning style. Auditory learners learn best through listening.

They may exhibit an uncanny knack for knowing what the person is trying to say through the subtlest shifts in a person's vocal tonality. They do not tend to retain information they read particularly well. Auditory learners tend to be more talkative, as they learn through having things explained and attempting to explain things to others.

Auditory learners often find themselves drawn to music. It is not unheard of for them to find themselves humming, singing, or tapping along to a song in their head with no prompting. They often use phrases like "that sounds right to me", "I hear you loud and clear", or "that rings a bell".

When it comes to learning, auditory learners are going to get the most out of interviews and lectures. Auditory learners will benefit the most from asking questions and discussing topics.

Often times what seduction community teachers take as a student being disruptive by asking too many questions, is simply an auditory learner trying to make sense of things. Auditory learners will not get as much out of reading textbooks, and should instead be encouraged to try books on tape.

If an auditory learner is forced to do most of his learning through text, they should read the text aloud, as well as follow the text with a finger to make sure they don't skip words or phrases.

It can also be helpful for auditory learners to ask themselves questions or discuss the points they just read with a friend. In a classroom setting like a boot camp, auditory learners should make sure they sit up front to make sure they can hear everything clearly and easily.

The last type of representational system for learning is kinesthetic or touch based learning. A kinesthetic learner benefits the most from hands on instruction, and physical involvement in the learning process. Kinesthetic learners typically learn best by doing.

They are naturally good at physical activities like sports and dance. They enjoy learning through hands-on methods. They typically like how-to guides and action-adventure stories. They might pace while on the phone or take breaks from studying to get up and move around. Some kinesthetic learners seem fidgety, or have a hard time sitting still in class.

Kinesthetic learners often have a tendency to speak with their hands or use lots of body language in communication. Kinesthetic learners often say things like “that doesn’t feel right to me”, or “I have a bad feeling about this”.

When it comes to learning to pick-up, kinesthetic learners are going to benefit the most from actual field work and specific drills. Another tactic that can really help kinesthetic learners is mental rehearsal. By going through a mental movie and imagining all the physical sensations of a pick-up, kinesthetic learners can get a better sense of what the experience is going to be like than any other type of learner.

Kinesthetic learners want to stay away from seminars, audio products, and videos, unless they are interactive and allow for them to practice along with the video. The kiss of death for kinesthetic learners is long periods of sitting still.

The next secret to learning is figuring out the type of learner you are philosophically.

In George Leonard’s brilliant book, “Mastery”, he talks about the three types of learners: the dabbler, the obsessive and the hacker. By learning which one of these categories you fall into, you give yourself a much greater chance for success.

Let’s look at the three types of learners in depth and the specific problems they may encounter in learning to pick-up.

The Dabbler:

A dabbler in the pick-up community approaches everything with an uncommon enthusiasm.

He loves the ritual of getting started, and is eager to buy and show off his collection of products or new pieces of clothing guaranteed to get a woman’s attention. In the beginning, he goes out often and is excited to do approaches. He may even become one of those guys who have to approach everywhere, just because he now knows he can.

But as soon as the initial high wears off and he stops making progress, his enthusiasm wanes. He starts to rationalize that the girls he’s meeting are not really quality, or that he doesn’t want to run routines anymore, or that he needs to work on his inner game.

It’s around this time that the dabbler will go one of two ways. Either he will become a seminar and product junkie and bounce from program to program looking for the elusive magic pill that will fix what’s wrong with him, or he will drop out of the community and will continue to be unfulfilled romantically.

In order for a dabbler to succeed, they need to recognize that there is a learning process to picking-up. As long as they can stay focused and set small short term goals, they will continue seeing enough progress to stick with it.

The Obsessive:

The obsessive is much like the dabbler in that he starts with an uncommon amount of enthusiasm.

But unlike the dabbler, he has a steely determination to get good at this. These are the guys who list their goals as becoming “Master Pick-Up Artists” or being able to get every girl they talk to.

The obsessive throws himself into learning how to pick-up full bore. He lets all of his other relationships fall by the wayside, as he spends all of his time either reading, practicing, or talking about picking-up. Obsessives tend to make progress the fastest through sheer will and effort.

They work harder than anyone else and make up for any lack of natural advantages through practice. Obsessives are extremely results oriented. When teaching a boot camp, I can always tell who the obsessives are, because they want consistent reassurance that they are making progress.

Obsessives tend to stay in the community forever, yet never seem to get any better. These are the guys who brag in their signatures about the number of approaches they’ve done, or who become well known contributors on the various message boards year after year.

Obsessives need to be particularly careful about how much information they are taking in and from what sources. Because obsessives think that more information is always better, they can get trapped in the paralysis of analysis when they get out into the real world.

In order for an obsessive to succeed, they need to closely monitor their field time, and limit the amount of information they’re taking in. Obsessives need to make sure they pick a system and stick to it; otherwise, they run the risk of becoming a keyboard jockey.

The Hacker:

The hacker is a completely different breed from the dabbler and the obsessive.

After the hacker has developed a decent amount of competency, he is willing to stay in the same place indefinitely. In the pick-up community, these are the guys who go out strictly to have fun.

They don’t really study the material or pay particular attention to what they’re doing as they approach. Sometimes they go out and do approaches, other times they just hang out.

Sometimes these are guys who “just want to get a girlfriend” so they go out enough to meet one girl who is interested in them, and then they hang onto her for a few months before getting out of the relationship and having to start all over, yet again. Hackers tend to buy products and then not finish them.

These are guys who will seem to have some knowledge, but once you talk to them you find out they’ve simply studied a little bit from a few sources. Some of these guys don’t even do cold approaches, preferring to practice their game on female friends, girls they work with or, most notably, college classmates.

If you’re a hacker, you have a great advantage over the dabbler and the obsessive. Because you’re not as focused on results, it will be easier for you to be unattached to the outcome of success. This is the perfect headspace to learn the game.

Unfortunately, you will have to balance that out with the disadvantage of not being particularly motivated to work on your game. This is where making sure you have three or four sticking points to work on at all times can really help. You can take your time getting good at the game, as long as you are making progress along the way, instead of just stagnating.

“A RECAP OF WHAT WE’VE LEARNED”

Ok, so let’s review what we’ve learned up to this point.

We figured out that to get success with women, no matter what system you want to use, you need to come from a baseline of being a normal, socially adjusted guy. You have to get rid of, or at least manage, both social and sexual anxiety.

We talked about developing a game improvement plan based on sticking points analysis.

We talked about the three types of starting points guys come into the SUISC from.

We discussed the importance of the first year of learning to pick-up. We discussed why it’s so important to track your results and recognize the patterns behind the information.

We talked about Valleys, Peaks, and Plateaus during the process of learning.

We talked about avoiding information overload and the differences between correlation and causation.

And lastly, we discussed figuring out what type of learner you are and customizing the type of information you take-in towards that which will give the best possible results.

The next thing I want to touch on here is goal setting.

“SETTING REALISTIC GOALS FOR LONG TERM SUCCESS”

One of the most important parts of my job is helping students figure out exactly what it is they want from this part of their lives.

Contrary to popular belief, in both mainstream society and the seduction community, there is no wrong answer to what you want. Since I’ve been in the community over 5 years, I’ve seen the flavor of the month goal change almost as many times as the seasons.

First, everyone wanted to be a player; in fact, to even suggest you were interested in one specific girl would result in being ridiculed and told that you had one-itis.

Then for awhile after “The Game” came out, everyone wanted to have a girlfriend to prove how normal they were, and then it was threesomes and so on and so forth. The point is there is no shame whatsoever in any goal with women or relationships that you have.

When you’re setting your goals, make sure that you aim for what you think would make you the happiest, not what you think is going to impress a bunch of names on an internet forum.

If you think you want to date 7 different girls at the same time, go for it. If you want to find happiness with one special girl and get settled down, that’s great too.

Remember the most important person in any relationship that you get into is always going to be you. You’ve got to make sure that you are happy with the situation before you can make the other person(s) happy too.

Before I give you some specific exercises to help you set your own goals, I want to address the difference between a goal and a wish.

The reason I want to designate the difference here is that I meet a lot of clients who come to me with a list of “goals” like this: “I just want an 18 year old lingerie model girlfriend with a genius level I.Q who supports me financially while we have sex all day and she brings other girls over too.”

A goal is specific, targeted, realistic, and achievable within a certain amount of time. Goals take into account where you are now and how much work it will take to get to where you want to be.

Wishes on the other hand are daydreams that don’t get you any closer to actual success. Wishes tend to focus on perfect situations or results. Tony Robbins has a great saying about perfection.

He says perfection is the lowest possible standard we can set for ourselves because it gets in the way of setting real goals.

Let's talk about goal setting. The first step for setting any goal is establishing where you are now, or your baseline.

Obviously the goals of a guy who can't even go out by himself to the mall are going to be different from a guy who can approach and get phone numbers, but endlessly flakes.

So the first step of goal setting should already be done for us by now. Once you have a baseline, you have to ask yourself one of the most important questions you will ever ask yourself about this area of your life.

“What is your ultimate goal for picking-up?”

The reason we have to determine your final goal for picking-up is so that we can work backwards and determine all of the stages you will have to go through to get there.

It would be very nice if you could just decide to get a perfect girlfriend and then have one. But again, life doesn't work that way. So you have to figure out what you ultimately want your life with women to look like.

Do you want multiple relationships or just one? Do you want to go on a lot of dates or sleep with girls the first night? Do you want threesomes or some other type of alternative sexual fetish?

Figure out what will ultimately make you the happiest in this area of your life and then write it down. There is tremendous power in writing things down, as it makes you accountable for your actions. That way, at the very least, every time you see that goal you'll feel a little guilty for not working on it.

After you figure out what your ultimate goal is, you need to backwards engineer how to get there.

This is what we do in my coaching program for each client. It's important to realize that there will be different stages of development that you'll go through while trying to reach your goals and you should learn to recognize them.

It's also important to realize that in anything you do, the process of success also includes time on a plateau.

Another great tip for goal setting is to set short, medium, and long term goals. A short term goal should generally be something you can work on every day or at least a few times a week. This could be something like: “start a conversation with a woman I’m attracted to everyday”. At their longest, short term goals should last no longer than two weeks.

My personal favorite short term goal, while teaching, is make-out week, where, for an entire week, the student has to try to make-out with every girl he approaches regardless of the circumstances in order to learn make-out intuition.

Medium goals are usually goals that take between 1 and 3 months to accomplish. This could be anything from getting your first same night lay, to building a routine stack. This should take a little time, but be easy to finish if you put in the work.

Lastly, long term goals are anything that will take over 3 months to achieve. This is stuff like getting threesomes, finding a great girlfriend, etc.

A lot of guys, once they set their ultimate goal, simply focus on that and ignore the short and medium goals. This can lead to a lot of frustration and annoyance as they struggle in-field, making little or no progress towards their goal.

Instead, we want to always have a short term goal we’re working on, as well as a medium one. In the coaching program, we teach how to use these goals to build on each other as much as possible; but, for here I’ll just make the point that all of your goals should be somewhat interrelated or at least not contradictory.

“A QUICK RECAP OF PRINCIPLES FOR LONG TERM SUCCESS IN THE GAME”

What I’ve attempted to do in this PDF is get you thinking about how you’re working on your game differently than you did before. Here’s a quick recap:

No matter where you are in your development, there is still time for you to get the success with women you always dreamed of.

No matter what system of game you want to use, you must become a socially adjusted, normal guy who can manage his anxieties.

The two types of anxieties you are going to be dealing with are social and sexual anxiety. Before you should even think about meeting women, you need to get your fashion and grooming completely taken care of.

You need to correct your body language, vocal tonality, and develop comfortable conversation skills before attempting any “pick-up” material.

You learned the value of pattern recognition and how to use sticking points analysis and baseline variations to keep improving forever.

We talked about how to avoid information overload and the paralysis of analysis.

We learned why it’s important to figure out the difference between correlation and causation when figuring out what’s going to work best for us.

We learned how to figure out what kind of learner you are philosophically and representationally to maximize the information that gets taken in.

We learned the importance of goal setting to consistent improvement.

If you just follow these suggestions, you will be well on your way to increasing your success with women and dating while reducing your stress, frustration, and worry.

“SKYROCKET YOUR SUCCESS WITH WOMEN”

As you probably know by now, in the past year I’ve greatly reduced the amount of personal coaching I offer. In fact, lately the only way to get personal coaching from me has been to be part of my 12 Months to Mastery Program or to pay me a small fortune as a private client.

But the good news for you is that I'm going to be re-opening the doors 12 Months to Mastery later this month. That means that everything I have covered with all of my former students who went on to become instructors will be shared with you over the course of an entire year. And now that I have everything codified, you'll have the opportunity to make the same progress in a year that previously took almost 3!

This program is certainly not for everyone; it will be intense and we will be working very closely together. Since I will be working with each client individually, the program will have a very real limit on the number of people accepted, and it won't be sold at bargain basement prices either.

In the next few weeks, I'll be releasing new details about the re-opening of "12 Months to Mastery" as well as TONS of amazing content that will really improve your game. All of these will lead up to a special Game Acceleration tele-conference event where I'll reveal the last few pieces of long term success in the game.

You won't want to miss this, as they're not what you think they are or anything you've ever heard from anyone else.

Stay tuned,

Sinn

P.S. What did you think of the Game Acceleration Doctrine 2.0? Please let me know what you think by heading over to www.sinnsOfAttraction.blogspot.com and leaving a comment.

P.P.S. If you found this information helpful and you know anyone else that would benefit from it, please pass the GAD along to them. I'm sure they'll thank you for it later!