

5 Easy Ways To Make Beautiful Women Approach You!



Open up!
Tips inside!

No Matter What You Look Like, Or How Old You Are

How To Make Attractive Women Approach You

By Mike Haines

I was in a nightclub recently when a girl came up to me and asked me to kiss her.

She was not very attractive, so I said “sorry I have a girlfriend”

She got mad.

I mean, VERY mad.

It was pretty funny to watch.

Later, I was dancing on my own when another girl approached me.

She said, “my ex is over there, help me to make him jealous”.

I looked her up and down.

She was pretty cute.

So I said, “ok”

I kissed her. She was a really good kisser, so I decided I wanted more.

I led her over to a booth, and sat down on the couch with her sitting on my lap.

We kissed and joked around.

I was pretty drunk and I actually took one of her boobs out and started licking it and playing with it.

The music was so loud that I couldn't hear a single word she was saying, but at a certain point she made me give her my phone so she could put her number in.

The lesson of this story is that women will approach you if they find you attractive

They will approach you if you look like you're **open to being approached**.

And they will approach you, once in a while, **simply because they're horny.**

In the famous words of Hugh Hefner, "nice girls like sex too."

I get approached by women fairly often.

It happens to me maybe once or twice a night when I go out to the bars and clubs.

I also get a large number of **"approach invitations"**.

This is where the woman doesn't directly approach you, but makes eye contact or stands nearby in a way that makes it obvious she wants you to hit on her.

If you add up all the times women either start conversations with me, or "invite me" to approach (which I count as them approaching me)...

Then **I probably get "approached" by about 10 or 15 women a week.**

Now before we go on, let me spell something out:

I am NOT a good-looking guy.

I have a below average body....

A "funny looking" face (some would even say ugly), with a big nose, big ears, and beady little eyes.

And I am not as tall as I'd like to be.

I'm not a "popular" guy with tons of friends.

I work all the time, and can count my friends on one hand.

When I go out to bars and clubs, I go there ALONE (all my friends are boring couples, have kids, or simply no longer like to go out).

And to top it all off, when I go out to clubs I'm typically around 10 years older than most of the people there.

(Hey, I like younger women — sue me)

I'm not "cool".

I'm not interesting.

I'm not handsome.

I'm not high status.

I'm not rich.

I don't have an Instagram account with a million followers.

I don't even have ANY social media accounts at all.

Yet... women approach me.

All the time.

Why?

It's simple.

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There's a "CODE" to being attractive...

It's like a SECRET LANGUAGE..

And when you know how to speak this SECRET LANGUAGE...

...you'll find that you get 10 times the amount of female interest and attention...

Women make eyes at you... flirt with you shamelessly... and approach you on a regular basis.

ANY MAN can learn the "secret language" of attraction.

It doesn't matter if you're bald, chubby, old, ugly, or anything else.

When you know how to crack the attraction code, women will overlook your negative qualities... and feel a strong sexual attraction for you anyway.

Why looks don't matter nearly as much as you think they do to getting approached

Looking your best and presenting yourself well is important. (We'll discuss some powerful tricks to improve your appearance a little later.)

However, looks are just ONE aspect of being an attractive man — and not even the most important one.

What is FAR more important than how you look, is ***how you present yourself...***

Your ***presence***... your ***vibe***.... your ***“energy”*** as a man.

“Vibe” is a weird word for something intangible which we'll discuss more in detail later.

But for the time being, just understand this:

- **Men are attracted to a woman's *appearance* more than anything else.**
- **But women are attracted to a man's vibe more than anything else.**

And you'll be approached by women far more because you have an attractive vibe, than for your looks.

What is “vibe” exactly?

It's hard to put into words, but I'll try to explain it using a little analogy.

“Vibe” as the music of the snake charmer

Have you ever seen a video of a snakecharmer?

It's one of those middle eastern guys who plays a weird instrument (sort of like a flute)...

And there's a snake in a box in front of him.

As he plays the music.... he can make the snake come out of the box and move and dance to it.

It's like he's “hypnotizing” the snake with his music.

It's very weird to watch.

Having an attractive vibe is like being the snake charmer.

And the “snake”, in this metaphor, is the woman.

When you have an attractive vibe....

it has an almost HYPNOTIC effect on the women around you.

When you've got an attractive, charismatic vibe, the women you encounter will do all kinds of strange things with you which they would NEVER normally do with other guys...

Such as:

- stare at you from across the street
- approach you at bars and parties
- kiss you within just seconds of meeting
- sometimes, kiss you immediately without even *saying* anything
- dance with you, “grind” on you and get sexual in front of everyone without provocation
- go home with you within minutes of conversation, because they are simply so “entranced” in the attractive, hypnotic vibe you're putting out there that they can't resist

Now, don't misunderstand me:

Most of what I've listed above will not happen to you right away... but only after you've MASTERED some of the elements that I'll cover in this report.

But this kind of stuff will happen to you, sooner or later. It happens to me on a fairly regular basis.

And the reason it does is that...

Despite being a fairly “ugly” guy, I’ve cultivated a mesmerizing, hypnotic sexual vibe that draws women to me like the music of the snake charmer.

So as we go forward, keep this in mind.

Making yourself look as good as possible is an important ingredient to getting female interest and attention, and being approached by women who find you attractive.

Don’t let anyone tell you otherwise.

But there is a much bigger part of this which is not as obvious as looks are — and that’s your VIBE.

THE “RELAXED, CHARISMATIC VIBE” IS THE KEY TO BEING APPROACHED

It’s hard to “define” vibe in a single word, but here are some rough definitions.

Your vibe is:

- the way you walk into a room
- the way you look at her
- your posture and body language
- the way you move (slow, deliberate gestures and movements)
- being relaxed and loose
- being carefree
- feeling as comfortable in a loud, intimidating nightclub as you would standing in your own bedroom in your pajamas
- being completely at ease around people
- being able to project “smoldering sexual intensity” with your eye contact, body language and other non-verbal cues
- having a relaxed, easy-going demeanor

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The vibe of an attractive man is hard to put into words, but you “know it when you see it.”

Vibe is an intangible quality about a man, where just by looking at him, women can tell immediately:

“This guy gets laid. He’s at ease with himself and women. And he has no problem getting sex whenever he wants it.”

This is the essence of attraction, for a woman.

It’s all about the man’s demeanor and presence — and what these things indicate about him, namely that:

- he is successful with women
- he is at ease, relaxed and loose
- women naturally gravitate towards this guy and he has sexual relationships with them easily

When a woman gets this “feeling” from you, she will either approach you, or make it so obvious she wants you to approach her that even a baby could figure it out.

So how do you cultivate this charismatic, magnetic vibe?

There are basically two parts to having an attractive vibe:

- (1) internal (biological)

(2) external (skill, practice)

It's very important to understand BOTH of these aspects of being attractive — as one on its own will not work.

I'll give you an example.

There's lots of little tricks and techniques I can teach you to make you come across as more attractive.

For example: body language techniques, walking techniques, eye contact techniques etc.

These are all EXTERNAL. They're "learned". They're not innate to you. They're SKILLS which you get better at with practice.

However, there is a DEEPER ELEMENT to being attractive — and this is something I can't teach you.

It comes from WITHIN YOU.

It's part of YOUR BIOLOGY as a man.

Your might even say it's your "essence" as a man.

To give a simple example of the importance of biology:

You could have all the tricks and techniques for appearing attractive in the world.

However, if you're suffering from a mental illness due to a chemical imbalance in your brain, then it won't work.

If you're sick... unhealthy... or otherwise disordered and *out of balance* in your biological system, no amount of learned techniques and tricks will plaster over the problem.

Attractiveness = Health

Health = Attractiveness

This is a very important concept to understand.

Being attractive and being healthy are not two different things. They're the exact same thing.

Being attractive to women isn't its "own thing". Rather, it is an emergent property of *health*.

But not health in the very limited way we usually use the word in the West (mere absence of illness). I'm talking about a more "holistic" definition health.

Essentially, health is balance.

Your body is an exquisitely complicated and elaborate system.

It is composed of many different parts, which all must be working together like a well-oiled machine.

If even one part of your overall "system" is out of balance, it can throw everything else out of balance.

Everything matters. *Everything is connected to everything else.*

BUILDING THE ATTRACTIVE VIBE, PART 1: SEXUAL ENERGY

SEXUAL ENERGY is at the root of your life force, health, attractiveness and "magnetism" as a man

The key to "health" in the sense I'm talking about here is something called ***sexual energy***.

In the West, we don't really have a concept of "sexual energy".

Yet in the medical and philosophical tradition of the Far East (such as Taoism and Tantra), they have very well-defined concept of "**male sexual energy**"

What the Taoists and many long-established Eastern teachings say is that your power, health and attractiveness as a man is derived from your sexuality — that is, from your "sexual energy".

What is sexual energy?

Sexual energy is literally your semen ("fruit", or "seed"), as well as very fine substances produced by the sexual organs such as hormones and pheromones (e.g. testosterone).

Sexual energy is what makes you attractive to women and makes them want to approach you

Let me bottom line it for you:

Knowing how to harness your sexual energy is THE biggest key to becoming the kind of attractive man who gets female interest everywhere he goes.

If you take just ONE thing away from this report — this is it.

Unfortunately, in the West we have so far had very little concept of the vital importance of sexual energy in a man's life.

Not only do we not realize how important sexual energy is to the overall functioning of a healthy body and mind...

We often think that sexual energy is somehow a “BAD” thing... something that we need to “get rid of” in order to be healthy.

And so today, the average man in modern society wastes his sexual energy through excessive masturbation. He masturbates (usually to porn) once, twice or even three times a day.

When you ejaculate, sexual energy (semen) vacates your body.

This produces a pleasurable and relaxing effect in the short term.

However, too much masturbation can have a tendency to make you weak, lethargic, tired, lazy, anxious, unenergized and depressed.

Does not masturbating make women more attracted to you?

Yes — in my experience, and the experience of dozens of guys I've coached, this is undoubtedly the case.

There's some science to back this claim up too:

For example, one study found that men who abstained from ejaculation for just 7 days experienced a 145% increase in their testosterone levels.¹

Testosterone, if you didn't already know, is the hormone which makes men, *men*.

High testosterone is correlated with muscle mass and strength, as well as with psychological factors like your mood, confidence and overall feelings of well-being.

¹ <https://www.ncbi.nlm.nih.gov/pubmed/12659241>

Testosterone is also involved in the production of substances known as “sex pheromones”.

A pheromone is a chemical you emit in your sweat which makes members of the opposite sex attracted to you

There is evidence that sex pheromone production in men is related to testosterone.

Hence, not masturbating (which has been proven to raise testosterone) increases your pheromones — invisible chemicals which travel through the air, making women attracted to you.

Q: “Isn’t this all just theoretical pseudo science?”

A: I realize that what I’m saying here about sexual energy, masturbation and attraction might seem strange to you.

My advice is:

Don’t believe anything I’ve said here until you’ve proven it for yourself.

The way you can do this is with the following exercise:

1. Don’t ejaculate for a period of at least 14 days
2. During this period, don’t watch porn, and try to not even touch your dick.
3. This will require self-discipline, and you may “fail” and give into temptation several times and have to start again. This is ok, and is a sign you have a healthy sex drive. However, if you give in, then you must start the experiment over.

After around 14 days of not masturbating (letting sex energy accumulate inside you), you’ll generally notice a few things:

- you have a *much* higher sex drive, and are horny all the time
- women are much more attractive and appealing to you
- you feel greater confidence and motivation to talk to girls
- improved mood and feeling of well-being
- greater feeling “vitality” and healthy aggression

- more motivation and energy at work
- more strength and power at the gym
- higher ambition and creativity
- women stare at you and flirt with you far more often

This is the natural result of controlling and harnessing your sex energy.

It makes you a more “masculine” and attractive man, across many different dimensions (physical, sexual, social, career, etc)

You may not notice women approaching you right away after just 2 weeks of doing this.

However, you will probably notice that women DO pay more attention to you than they did previously.

If you commit to doing this seriously, after a week or two you’ll occasionally catch girls staring at you, making eyes at you, or subtly inviting you to approach them with their body language.

This is not a guarantee — but it’s something I noticed after doing this experiment. And I’ve heard similar experiences from hundreds of other men.

(Google “nofap” or “benefits of not masturbating” to read stories from the growing number of men who are learning how to harness sex energy)

Sexual energy is at the base of the “Attractiveness Pyramid”

So far we’ve talked about the importance of harnessing sexual energy, and I’ve given you a practical way to start doing that.

However, there is more to being approached by women than just having a strong sexual energy.

As we talked about earlier, sexual energy is at the root of having a “relaxed, charismatic vibe”.

It’s the internal (biological) aspect to having an attractive vibe.

However, there is another side to the attractive vibe, and this is the stuff that is external (in other words, *skills* you have to actively practice and learn).

This includes things like:

- body language

- eye contact
- how you move
- how you walk
- the way you look at women
- your demeanor and presence

For the time being, just understand that at the ROOT of attractiveness (and at the root of all these behaviors) is healthy and balanced sexual energy.

Your sex energy is what makes you magnetic and charismatic to women. It is, in reality, what makes you a *real man*.

Without a healthy amount of natural sexual energy in your system, nothing that follows will work.

So don't skip over what we just covered as if it's irrelevant — it's the MOST important part, the foundation for everything that follows.

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BUILDING THE ATTRACTIVE VIBE, PART 2: MOVEMENT AND GESTURE

Have you ever watched the TV show *The Wire*?

It's a show about the drug gangs in Baltimore. If you haven't seen it, I'd STRONGLY recommend it. It's one of the best TV show ever made.

One of my favorite character in the Wire was a dude called Marlo Stanfield.

In the show, Marlo is a young, ruthless drug lord, who rises to the top of the Baltimore drug trade by crushing his enemies.

If you watch Marlo's scenes in the Wire... you'll notice that he almost NEVER MOVES.

Or when he does move, he moves very slowly and deliberately.

Here's what Jamie Hector (the actor who played Marlo) said:

"I spent some time around some people who had lived the life, and I focused a lot of my research on how the character moves.

He moves the way a king might move, or the way any leader of men might move. Marlo wastes nothing: he's very economical... he wastes no actions."

A king, a boss or an overlord moves slowly... because **his time is his own**.

Slaves, workers and subordinates rush around from place to place, because *their time is not their own*.

Which one of these do you think is more attractive to women?

Which one of these do you think women respond to better?

That's right — women want to be with the KING.

Not the servant.

The first rule of attractive body language:

"An alpha male is never in a hurry."

When you move quickly... when you rush around from place to place... you are unconsciously sending a signal to other people that you are a SLAVE.

A subordinate.

A person whose time is not his own.

When you move SLOWLY...

When you use only SLOW, DELIBERATE gestures in everything you do...

You are sending the signal that you are a KING...

A dominant authority figure.

An alpha male.

And people respond to you as such.

Slow reaction times

Here's another great example of this, also from fiction:

Watch Clint Eastwood in those old Western movies.

Watch how he moves.

You'll notice he moves very slowly. And he has very slow *reaction times*.

For example, if a gun goes off, everyone else in the scene quickly turns their heads to see what happened.

But Clint's character will wait a few moments, then very slowly turn his head to look around at the disturbance — if he even looks at all.

An alpha male has slow reaction times.

When you're in a restaurant, and you hear a glass smash, watch how you react.

Do you get startled and quickly turn around to see who smashed the glass?

Don't.

Be like Clint Eastwood.

Wait a moment, then slowly swivel your head around slightly to look. Or better yet, *don't even react at all*.

You might not think this seems like much, but it is precisely these kinds of subtle signals that women are looking for to determine a man's value in the social hierarchy.

Never let yourself be startled. By anything.

One final example of slow reaction times to really hammer the point home.

I recently saw a viral video of some (real) Russian soldiers in some kind of warzone.

They're standing around, and suddenly there's an explosion nearby. A bomb of some kind goes off.

Everyone runs for cover into a nearby building.

But one of the soldiers just stands there leaning against a car, completely unmoved.

As the explosion flashes off camera, he squints to look at it while taking a deep drag on his cigarette.

His body language shows he's completely unperturbed by the possibility of death.

Gradually things calm down and everyone comes back out from cover, while this guy is still just standing there smoking indifferently.

Who do you think women want to fuck? Which kind of guy do you think makes them wet?

The guys who ran for cover at the first sign of danger? Or the rugged veteran who stood there unmoved, smoking his cigarette as he watched the explosion with total indifference?

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BUILDING THE ATTRACTIVE VIBE, PART 3: THE POSTURE OF AN ALPHA MALE

Stand up straight with your shoulders back. Chin up. Eyes looking straight ahead at all times.

Slumped shoulders, eyes looking downward is a signal of submissiveness and weakness — both in the animal kingdom and among humans.

When an animal is beaten in a dominance challenge by another animal, the body language of each animal changes.

- The animal who won stands fully erect, eyes looking straight ahead.
- The animal who lost slumps down, eyes looking at the ground.

You can see the same thing happening with Olympic athletes.

When you win, it causes a physiological response in your body (a release of testosterone) which makes you stand tall—proud and erect.

When you lose, it causes the opposite effect. Your body releases cortisol, and you slump down and adopt a submissive, defensive posture.

Most guys who get rejected think they're being rejected because of their looks.

The reality is they're much more often being rejected because they have LOSER BODY LANGUAGE.

And women don't want a loser. They want a winner.

What's so insidious about this is that the very experience of being rejected will actually REINFORCE the guy's loser body language.

Because he's not aware that his body is "sending signals", he doesn't try to control it.

And so when he gets rejected, he becomes even more slumped in his posture, even more "defensive" — causing him to get rejected even more. The process becomes a vicious cycle.

How to have winner body language (the #1 hack for posture that gets you approached by women)

- Go to your mirror now.
- Stand the way you normally do.
- Now turn sideways so you get a "side-view" of yourself.
- Look at the "ridge" that extends from your neck to your shoulder.
- If you're wearing a shirt, this will be the "seam" of your shirt which goes from your collar to the top of your sleeve.
- You'll probably notice that this ridge is slanted forward slightly.
- Stand up straight and move your shoulders back until that ridge is completely straight.
- **That's the position you should be in at all times, whether standing, sitting or walking.**
- It will feel weird and slightly uncomfortable in the beginning, but after a couple weeks of making it a habit, this will become your natural posture.

I cannot emphasize enough how important this one “trick” is to attracting women and being approached.

I always thought I had “good posture”.

But when I found out about the “mirror trick” described above, and started holding my body that way, **I noticed an instant and dramatic improvement in how many women showed interest in me, approached me, or subtly invited me to approach them.**

Here are two other important benefits of standing and walking in this way:

1. It adds about an inch to your height

If you don't believe me, take out the tape measure and try it.

2. It makes your chest look bigger and fuller

Here's a little secret I learned from bodybuilders.

You don't need to do a hundred sets of bench press every day to have a “big” manly chest.

You just need to have a *decently developed* chest, and then hold yourself with excellent posture. This will create the illusion that you have a huge chest and broad shoulders.

Again, try it yourself and you'll see.

This simple posture technique takes just seconds to do, yet it immediately makes your physique look dramatically better.

Your chest looks bigger. Your shoulders look wider. You appear taller.

It's almost like “waving a magic wand” and becoming 50% better looking in seconds.

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BUILDING THE ATTRACTIVE VIBE, PART 4: “WALK LIKE A MAN” TO GET 10X THE FEMALE ATTENTION

Back when I was unsuccessful with women, I used to know a guy who got laid with smoking hot girls all the time, despite the fact that he was not good-looking, and was actually kind of a weirdo.

I couldn't understand how this guy did it. He wasn't handsome, rich or tall. Yet somehow he had this MAGNETIC PULL over the opposite sex.

So I started to observe him, and study his habits, in an attempt to find out what he was doing.

One thing I noticed about him was that **he always walked incredibly slowly.**

To give you an idea of this, imagine your normal walking speed.

Now imagine slowing it down to just 20% (i.e. imagine walking everywhere at 1/5th of your current speed)

When I say this guy walked slowly, I mean he moved so slowly that he practically *wasn't even moving at all.*

This looked silly to me at first, but as I said — this guy got laid with the HOTTEST girls, and always had attractive women hanging off him.

So I decided to try a little experiment.

I started walking slowly everywhere I went. (I would even leave the house for 20 or 30 minutes early to give me the time to do this without being late)

Immediately, I noticed that I got 10 times more female attention than ever before.

It was shocking. I couldn't believe that something as simple as the speed at which I walked could have such a dramatic effect over women's attraction to me — but it did.

Women are continually assessing men based on subtle behavioral cues — what you might call “micro communications” — and by first becoming *conscious* of, and then *improving* your micro communications, you can become much more attractive to women.

Changing how you walk is one of these micro communications.

Try this experiment:

1. Do the “sexual energy” technique described earlier (don’t jerk off at all for 2 weeks)
2. During the same period, leave the house for work every day 20 minutes earlier than usual.
3. As you’re walking to work.... **Slow your walk down to a crawl.** Walk at around 1/4 of your normal speed. I’m talking SLOW... So slow that you’re barely moving. This will feel very weird at first, and you’ll be self-conscious. Force it anyway. Walk SLOWLY. (Remember, an alpha male is never in a hurry.)
4. Look at the faces of the people who are coming towards you. Try to always see their face before they see your face.

Your eyes should be looking straight ahead at all times.

Whenever a person appears in your line of sight, look at their face.

Examine it.

Don’t be creepy. Just glance at their face for a solid 2-3 seconds then look past them.

If it’s a woman, and she looks back at you, hold eye contact with her until she looks away.

If she doesn’t look away, keep holding eye contact until she breaks it.

VERY important rule of attraction: Never be the first to break eye contact with a woman.

If you do this exercise right, you’ll notice that some women make eye contact with you and then look away, while other women will make eye contact and then continue looking into your eyes without looking away

This is a “female approach”.

Women almost never approach men directly — even men they’re attracted to.

Women are terrified of rejection (imagine your own fear of rejection then multiply it by 10. That's how much women fear rejection).

And they are socially conditioned to think that it's the man's role to initiate. Hence, a woman might really want to approach you, but her fear of seeming "un-feminine", desperate, pathetic, etc, will hold her back.

Yet women DO approach men they find attractive. They just do so in a more subtle, understated, "feminine" way.

They use what I call the "approach invitation" — namely, staring into your eyes for 2 or more seconds without looking away.

When a woman looks into your eyes without looking away for more than 2 seconds, this is her way of saying "you're attractive, please approach me".

This is the single most common form of female approach — the "approach invitation" through extended eye contact.

If you do the slow walk exercise EXACTLY as it's laid out above (especially the first step), you'll notice you get far more female interest and "approach invitations" than you ever had before.

Don't believe something so simple could work?

Try it.

It will change your life.

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BUILDING THE ATTRACTIVE VIBE, PART 5:

BECOMING “UNSTIFLED”

What is “stifling”?

To be *stifled* is defined as:

1. to be unable to breathe properly; to suffocate.

Example: “those in the streets were *stifled* by the fumes”

2. to restrain a reaction or stop oneself acting on an emotion.

Example: “she stifled a giggle”

In the context of **social dynamics**, most people are “stifled” in the sense of feeling:

- ill at ease
- nervous
- tense
- self-conscious
- inhibited

Have you ever gone to a nightclub and felt extremely nervous, self-conscious, and intimidated by the environment?

If so, you may have thought that was something unique to you... like a personal weakness.

In reality, almost EVERYONE feels this way in nightclubs and bars... including popular, good-looking men and beautiful women.

It's the reason people drink alcohol — to reduce the feeling of nervousness, tension and anxiety they get while standing in a bar.

We call this feeling of “tension” ***being stifled***.

The opposite of being stifled is ***being unstifled***.

In other words:

- being loose
- feeling at ease
- being relaxed
- being as comfortable in a loud, intimidating nightclub as you would be standing in your own bedroom

RULE: In social environments, women always gravitate towards the men who are the most unstifled

In other words:

The men who are the most expressive, uninhibited, and relaxed.

The reason for this is fairly obvious.

If you can be relaxed, loose and playful (and even a bit silly) in an environment which is intimidating and stifling for other men...

It demonstrates to her that you are probably a **socially dominant male** with good genes... and she becomes attracted as a result.

The more stifled you feel and act, on the other hand, the more you send the subtle signal that you don't feel "safe", secure, or at ease — which is a reliable sign of social inferiority.

If you want to be approached by women in bars and clubs — you must master the art of making yourself unstifled

That is the bottom line.

I've fucked more hot girls from one night stands I met at clubs than most guys have even slept with in their entire lives.

And let me tell you something:

I still feel fear every time I walk into a nightclub.

Particularly if I'm on my own (which I usually am, due to my friends having no interest in clubbing).

Now let me tell you something else.

The ONE thing that determines whether I pull a girl when I'm out is whether or not I'm able to get UNSTIFLED in the first 1-2 hours.

If I can get myself unstifled (loose, relaxed, playful, at ease, comfortable), then I become a GOD in that environment.

Women approach me. I approach women. I make out with multiple different girls and leave with the hottest one.

Everyone's a winner.

If I can't get unstifled, however, I end up being that loser standing in the corner alone nursing my drink, then going home alone.

Becoming UNSTIFLED is the key to the kingdom when it comes to getting approached by women.

When you're totally unstifled and having FUN, women want to be around you. They gravitate towards you. They approach you.

When you're stifled, women ignore you. They walk past you. They don't approach you, and if you approach them, they blithely reject you.

Why is this?

It's very simple:

Women are extremely stifled themselves.

Women suffer from high levels of social anxiety.

They feel self-conscious and nervous, pretty much all the time — but especially in a sexually charged, judgmental atmosphere like a hot nightclub.

This applies just as much to beautiful women as it does to unattractive ones.

The only difference is that beautiful women attempt to "cover up" their feeling of being self-conscious by putting on a "blasé, aloof" attitude.

In fact this persona is simply an act — a fake personality she puts on to hide the fact that she (like everyone else in the world) feels insecure and self-conscious.

Women are stifled, but they don't want to be.

They want to feel free — loose, relaxed, at ease, unself-conscious, having fun.

And so they naturally gravitate towards MEN who are already in this state...

So how do you “unstifle” yourself?

There's a lot of different ways to do it.

Drinking alcohol is an obvious one...

Don't go overboard with this however.

Being visibly drunk is very unattractive to women, and will not lead to good results.

However, a little alcohol in moderation can be great to loosen up.

Just don't become dependent on it.

Another GREAT way to loosen up is with DANCING.

There's a saying: **MOTION CREATES EMOTION.**

The more you move around, the better you'll feel.

Always be moving.

At the very least — just tap your foot on the ground in rhythm to the music.

Dance to the music.

It doesn't matter if you don't know how to dance. Just dance anyway.

Don't be self-conscious.

Really get into it.

Note: you may have noticed that what I just said — “always be moving” — contradicts something I said earlier about always moving slowly or not at all, having slow, deliberate gestures etc.

To clarify: “always be moving, dancing, etc” applies in a bar or nightclub environment. Using slow, deliberate gestures, and moving very little, applies to your ordinary day-to-day life.

It’s a paradox, I know. But unfortunately many elements of attraction are paradoxical, and you just have to deal with it.

I’ve found that if I spend even just 10 or 15 minutes having a drink and dancing to the music, I quickly start to feel much more relaxed in the environment.

When you dance, it makes you feel self-conscious.

But that’s actually a good thing.

You want to get rid of self-consciousness, and the way you do that is by “exposure therapy”

For example, one thing I like to do soon after I get to the club is dance to the music *in a place where no one else is dancing*.

This is innately uncomfortable. It feels awkward.

I feel like everyone is looking at me — and they are.

But then my brain starts to realize, “Hey, everyone is looking at me, but it’s ok. Nothing bad is happening. I’m not dead. This is fine.”

And so my feeling of self-conscious goes down.

Understand?

Exposure therapy.

Talk to people. Talk to everyone — guys, girls, the bar staff, the bouncers, everyone.

You don’t need to get into a long conversation.

Just make it short and sweet at first.

For example, I'll often walk up to a pretty girl, give her a compliment, and then just walk away.

Or I'll walk up to woman, give her a hi-five and then simply walk away.

I won't even try to "pick her up"

I don't care how she reacts.

I'll typically do this to around 2 or 3 girls when I get to the bar.

Some girls will respond really well. Others will be bitchy and closed off.

But again — I don't care.

My only concern at this point is to get myself RELAXED... to get myself into a peak "state" of feeling loose and at-ease in that environment.

And one of the best ways to do that is talking to strangers.

For me, this works well because I'm naturally **introverted**.

So even something as small as giving a girl a compliment and walking away gives me a big bump of adrenaline.

Again, it gets my brain to realize: "ok, you approached that girl, and maybe she didn't respond well, but you're not dead. **This is a safe environment and you are ok here.**"

So you do these little things.

- You dance like an idiot.
- You approach a few girls and give them compliments.
- You exchange some banter with different people and with the staff.
- You have a few drinks.
- You're tapping your foot to the music. You're getting into it.

All these little things start to add up.

They become like the tiny snowball which gathers momentum and gets bigger and bigger until it turns into an avalanche.

Soon you start to feel very good in that environment.

(I sometimes call this state "god mode" — it's a feeling of being totally "on".)

You've got a big grin on your face. You've got a loud, booming laugh.

You're talking to everyone and everyone is talking to you.

You're having a blast.

And this is where the magic happens.

You'll start to notice that women are looking at you more and more.

Why? Because you look like you're "free". And they want to feel "free" too, so you are attractive to them.

This is the state I've been in whenever I've gotten approached by girls.

It takes a while to warm up to it.

But once you're there, you feel like a million dollars.

You have a "glow" about you that other people can sense.

You feel good.... and they want to be around you because they want to feel good like you do.

You'll notice when you do this that women will often "hover" near you.

They might dance close to you, follow you around the bar, or stand nearby in your line of sight trying to get you to approach them.

As we discussed earlier, these are **approach invitations** — a sort of "soft approach" which women favor to avoid risking rejection.

You'll also get "eye contact approaches" as discussed earlier, where certain women will meet your gaze when you look at them and not look away. These are also approach invitations.

And yes, if you master the art of becoming unstifled, you'll even get the occasional woman who strikes up a conversation with you out of the blue, starts dancing with you, playfully smacks you on the ass, or even asks you to kiss her (like in my story from the beginning).

These more "overt" approaches aren't as common, but they do happen from time to time and it's nice when it does.

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[8]

HOW TO BECOME THE PHYSICALLY ATTRACTIVE MAN WHO GETS APPROACHED FOR HIS LOOKS

Many people who teach “attraction” will tell you that your looks don’t matter AT ALL.

This is an outright lie.

Women DO appreciate a man who looks good and takes care of himself.

And they are more attracted to men who are, for example, well-built and muscular, rather than flabby and weak.

If you want to become attractive to women — attractive enough that they approach you — then you should do everything in your power to increase your physical attractiveness.

There’s a term for this that has developed in the online men’s community.

They call it “**Looksmaxing**”

Looksmaxing means what it sounds like: you do everything you can to “max out” your looks.

For example:

As I mentioned earlier, I’m kind of a funny looking guy.

I’m DEFINITELY not any woman’s idea of “handsome”

The genetics of my face are such that I’m NEVER going to look like a model or a famous actor.

That being said, I lift heavy weights nearly every day.

I eat an exquisitely healthy diet.

I take care of my appearance, and wear stylish clothes that make me look good.

And so despite being “ugly” as a baseline... all of these little things actually add up to making me look pretty decent when I’m at my best.

That’s looksmaxing.

You can do it, too.

I've already talked about some easy things you can do to quickly improve your appearance in this report — posture, body language and even movement all fall into this category.

However, by far the most powerful way to improve your attractiveness is to lift weights.

Don't get me wrong here.

You do NOT need to be a body builder to be approached by attractive women (though it doesn't hurt).

What you do need is to be generally "fit", and to have a decent physique.

This doesn't require you to spend a hundred hours in the gym to get six pack abs.

Your abs aren't even visible in your clothes anyway — so this is completely unimportant.

Here's what WILL make a big difference in how women perceive you:

- V-shaped upper body
- Broad shoulders
- Thick chest
- Relatively fit
- Excellent posture
- Thick neck

Get those things down and you're gold.

Unless you're picking up women at the beach, or at pool parties, they are generally not going to see your body until they've already decided to become sexually intimate with you.

Chiseled abs are therefore completely unnecessary.

What is important is to have a **healthy, masculine body shape**.

Broad shoulders are very attractive to women. (And she'll be able to see this no matter what you're wearing)

One of the reasons men wear suits (and typically "look good" in a suit) is that the shoulder pads make your shoulders appear bigger.

But don't be reliant on wearing a suit. Do exercises that build your shoulders and it will dramatically improve your appearance no matter what you're wearing.

The men who are rated most attractive by women are those who have the "v-shaped" upper body.

In other words, broad shoulders, and a relatively slim waist.

You don't have to as lean as a teenage boy to attract women (in fact, in my experience women *prefer* a meatier guy, even if he is a little on the chubby side).

However, you do have to have a slim waist RELATIVE to your shoulders.

If you're slightly overweight — here's the good news: it's much easier to build your shoulders than it is to lose belly fat.

A lot of guys go on diets hoping to lose belly fat and get "shredded".

And because this is generally quite hard to achieve, they often give up quickly when they don't make progress fast enough.

Well...

Forget about all that shit.

As long as you're not SERIOUSLY overweight, most women won't really care if you've got a bit of a belly — *so long as you've got broad powerful shoulders, a thick chest and excellent posture*.

There's a guy I know who's a good example of this. If you saw him without his shirt on you'd say he's chubby — or even "fat".

Yet because he lifts weights regularly and has broad shoulders, a thick neck and a meaty chest — when he's wearing a t-shirt he looks “built”, and women approach him regularly.

Lift weights

I can't recommend this enough.

Lifting weights will change your life.

It does more than just make you look good.

It will also:

- increase your **testosterone levels, confidence and energy**
- cause your body to emit **sex pheromones** that attract any woman who gets within a few feet
- completely **destroy social anxiety and depression** (Don't believe me? Try it. I used to suffer from moderate to severe depression, but lifting weights completely cured it)
- improve your **mental health** (the body is the mind and the mind is the body)

Lifting weights will radically improve your life in a hundred different ways — getting more girls is just one of them.

You'll feel good as you go about your day, you'll have more energy at work and in play, you'll have rock hard erections every morning.

Don't do this for women, do it for YOU.

No need to get fancy. Just do the basic lifts: deadlift, squat, bench press, weighted pull-ups, and military press.

Additionally, I'd also recommend doing neck curls to thicken your neck, and dumbbell front raises to really isolate your shoulders.

Women appreciate a guy who's in good shape — but their standards aren't even that high.

Even lifting regularly for a couple months will yield massive improvements in your physique and overall energy and confidence — and you'll get a LOT more female attention. Trust me.

Overcoming physical disadvantages

I don't care who you are — there's probably something about how you look which you're ashamed of or insecure about.

Maybe you're insecure that you're balding (or bald)

Maybe you've got bad facial genetics like me (e.g. hook nose, weak chin, undefined jaw, etc)

Maybe you're shorter than you'd like to be.

Or perhaps you're an older guy who likes younger women (nothing wrong with that...), but feels insecure that you'll come across like the "creepy old pervert".

Here's the good news:

Almost every “physical disadvantage” you have is completely NEGATED when you're in good shape.

Examples:

Baldness

Being bald looks bad... if you're in bad shape. But if you're well-built and muscular, and have a clean, aerodynamic buzz cut, that's actually a good look, and many women not only find it attractive but even *prefer* a guy who looks like this.

(For example, Jason Statham, who is dating Rosie Huntington Whitely, one of the most beautiful women in the world. Statham is both bald AND shorter than her, but he's in great shape, and that makes a big difference.)

Bad facial genetics

As a guy who was always “ugly” facially, I’ve been ASTONISHED at how much my face improved when I started lifting weights.

Doesn’t make sense, right?

You’re working out your BODY — how could that change your *face*?

But it does. The reason why has to do with hormones.

Lifting weights increases your testosterone. And over the long-term (months and years) elevated levels of testosterone can change your facial structure.

You get a more prominent brow (like a caveman), which makes your eyes look deeper and more “sunken” — which basically makes you look more dominant and handsome.

If you’re “ugly”, you probably think there’s nothing you can do to change it. It’s just your “genes”

Well — as these pictures show, you’d be surprised how much your facial aesthetics can improve when you start lifting.

Height

Again, being short looks bad if you’re flabby/fat, or if you’re skinny with narrow shoulders.

But if you’ve got a fit, powerful body, then you can still look good even as a very short guy.

I’ve encountered a number of very intimidating men who were several inches shorter than me.

The fact that they were shorter than me did not change the fact that they were

(a) well built

(b) very dominant personalities

Ever seen a short guy who was very broad and muscular and just by looking at him you could tell he could kick your ass? I know I have.

These also tend to be the type of short guys who you see with very attractive women (sometimes even with women who are taller than them)

It’s not a coincidence. Women will overlook the fact that you’re short — but only if you’re DOMINANT enough to make up for it.

Age

Being an “older man” is not the disadvantage it may seem.

Many women PREFER older men.

In fact, there is an entire subsection of younger women (late teens and early twenties) who have a FETISH for older men (guys in their fifties and even sixties)

Women are very aroused by the FORBIDDEN and TABOO.

The fact that it’s so “dirty” and “naughty” for a cute, innocent teen girl to get railed by her “dirty old man” maths teacher is precisely what makes this fantasy and others like it so popular with many younger women.

Age can be turned to your advantage, but only IF you are “young in spirit”.

As discussed earlier, if you’re an older guy, you can be very attractive to women — but you absolutely MUST maintain high testosterone levels.

In my experience, many hot women actually PREFER older men.

The reason you don’t see that many old guys with hot girls, however, is because unfortunately most older men don’t take maintaining healthy testosterone levels as seriously as they should.

This means — at minimum, lifting weights, eating a healthy diet, and keeping yourself in peak physical condition for your age.

If you’re over 45, it may also be a good idea to look into Testosterone Replacement Therapy.

Make no mistake: women LOVE older guys.

What they DON’T love is being with a guy (young OR old) who:

- doesn’t have the stamina to satisfy her in bed
- lacks vitality and energy
- lacks a strong sex drive / sexual passion (a woman wants to feel DESIRED by her man!)

The good news is that all of these problems can be solved by getting in great shape, and by maintaining healthy testosterone levels.

Then she can enjoy the benefit of your maturity and wisdom, while also enjoying it as you fuck her six ways from Sunday and have more stamina than the so-called “young studs” she’s dated (who came after 2 minutes).

HOW TO MAKE HER APPROACH YOU:

SUMMARY OF KEY POINTS

The female approach

- It is rare for a woman to “directly” approach a guy she’s attracted to due to fear of rejection and social conditioning (though it will happen to you from time to time)
- More commonly, she will approach you in a subtle way — it’s more of an “approach invitation” than an outright approach
- The most common forms of female approach: (1) the hover, (2) holding eye contact with you for more than two seconds

What makes women attracted enough to approach you:

- Attractive “vibe” (80%)
- Physical appearance (20%)

The “vibe” which causes women to approach you / give approach invitations

- Sexual energy (Nofap)
- High testosterone
- Slow walk
- Slow, deliberate gestures and movements
- “An alpha male is never in a hurry”
- Never break eye contact with a woman first
- Relaxed
- Loose
- “At ease” in any environment

Additional key to the attractive vibe (for bars, clubs and other high stimulus environments)

- Unstifled

- Loud, booming voice and laugh
- Talk to everyone (exposure therapy)
- Dancing

Physical attributes of the attractive male

- V-shaped upper body
- Broad shoulders
- Narrow waist (*relative* to shoulders — you don't need the stomach of a teenage girl)
- Thick chest (can be massively improved with good posture)
- Lifting weights = the key to the kingdom
- Excellent posture will dramatically improve your appearance in seconds ("straight ridge" mirror trick)
- Every physical flaw you have is negated when you're fit and muscular (bald, old, ugly, short, etc all become irrelevant if you're in killer shape)