



Proven Dating Secrets

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"Secrets To Attracting and Meeting Women"

Proven

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A Word on Dating

As humans, we weren't born with the knowledge of how to communicate with others effectively. Most of our communication skills come from our parents.

So in most cases it can be tough striking a conversation with an attractive woman! I know most of us have been in a situation where we want to approach a woman and run away all at the same time!

These days women are more independent, successful and pretty darn smart to say the least. Some men find it difficult to seek the affection or love of the woman they desire because in most cases they feel intimidated.

In order to date attractive women you have to establish dominance and portray higher value. I will explain all this in the chapters that follow. It's all about confidence and becoming the alpha male.

A woman wants to know that she will be safe and secure with you, meaning she doesn't have worry about her safety or survival.

That's why men with money tend to attract more women because that tells the women that they would be secure (financially) if they were with them.

A man that does not want to do this job should not expect to be loved or be in a romantic relationship with a woman.

Strategizing is a good way of getting a desired outcome, seeking the affection or love of a woman is no different, because with proper strategy and careful planning you can effortlessly melt the heart of the hardest woman.

Most of you think that if you spend enough money on a woman that she will finally give in because she thinks your sweet, NOT!

This couldn't be further from the truth!

This actually works against you, because your relationship will be based upon material things, not emotions!

Every man wants to know the secret of attracting women. Most men make it harder than it is. Every day, I hear men complain about how complicated women are. The fact is that not all women are complicated, in which you will soon find out.

In this ebook, we're going to cover:

- What type of women you should going after.
- How to build your confidence up, which is key!
- How to approach women, fearlessly
- What to do on the first date.
- And a bunch of other things to help your game!

So roll up your sleeves and let's get to work!

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5 Things Women Want

If you've ever been in a serious relationship, you've probably asked yourself, "what does she want from me?"

By simply knowing what a woman wants out of a man will greatly increase your chances of meeting more or even meeting the girl of your dreams.

NOTE: Women love a man that is sure of himself.

Now some women are different but the general rules still apply. So you want to meet and exceed her expectations without her saying a word to you.

There are generally 5 things she wants out of you. In most cases those expectations are in this order.

Honesty

A woman can't stand lies and infidelity in a relationship any more than a man does. Honesty and truthfulness from her partner will make her secure and relaxed. A partner who cheats a lot will obviously ruin the relationship.

Commitment

A woman wants you to be willing to share your life with her and to let her be who she chooses to be. She does not want to be taken for a ride and she hates to be dumped after a while. She hates men that are "commitment-phobic".

Women like sure things and if you seem dodgy or not on the same page, it's a major turnoff.

Your Precious Time

A woman wants time with you, she wants to know that you want to spend time with her and she wants to know that you are thinking about her when you are with her. She wants your undivided attention.

How selfish of them, right? 😊 Just joking but be sure your ready to spend a lot of time with your lady. If she's really into, she will do everything she can to spend time with you.

Good Sexual Chemistry

A woman wants a man that knows how to keep the excitement and the flames of desire burning. She wants a man who is physically compatible with her.

Don't feel bad if you can please a certain women, you're just not compatible. I'm being serious; I did my research on this subject.

There are some things you can do to enhance this experience but that would be an entire book by itself.

Overall Satisfaction

She basically wants you to blow her mind by satisfying her mentally, physically and emotionally.

Women are very emotional creatures and they need lots of attention and love.

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Types of Women

Before you begin meeting and attracting more women into your life, you must know the type of woman you are looking for.

Yes, there are plenty of fish in the sea and finding the right woman may not always be easy, especially when most women already have a bunch of pre-conceived notions about men and most think you have an agenda.

You have to choose your type of women, based on certain qualities. In choosing, seek for compatibility instead of physical appearance. The common error most men make is overlooking compatibility in favour of the physical appearance of the girl.

If you succeed in getting a lady that is attractive, that you are not compatible with, after a short while your relationship will be disastrous. So if you are searching for a serious relationship, a thorough filtering is expected.

The right women are out there, but the right women are becoming scarce in today's world, so if you can find one of them, act fast, because every guy is looking for the right woman. Keep this in mind and keep your eyes open; she'll come your way faster than you expect.

So let's look at the different types of women. In this chapter I will be going over the type of women you should be going after, in the next chapter I will show you the type of women to avoid.

Ms. Tenderoni

A tenderoni is word a came up with a while back. There optimistic women, comfortable with her life and they always have a bubbly and fun personality.

These are the types of women you want! She is an authentic person without any falsehood in her.

She is appreciative, considerate and enjoys your company. If you can find one, you have got a real treasure in your hands so do all you can to get her.

Ms. 50/50

These are women that believe in partnership when it comes to dating. So they will pay for their own dinner and movies.

They truly believe that splitting the responsibilities is the right thing to do, because that puts both of you in equal positions.

Ms. Independent

These are good women but they require a lot of time because in most cases these women are lonely due to the fact that they don't settle when it comes to men.

Ms. Independent has a real life of her own and is happily going in her own positive direction. She's the type who wants a man in her life, but doesn't need a man in her life.

And she certainly isn't looking for men to solve all her problems or blame when things don't go her way.

Ms. Best Friend

Ms Best Friend is another joy to be around. She is the kind of woman you are totally in tune with, you like the same things, watch the same TV shows, and enjoy visiting the same places.

You can spend five minutes with her and think you have known her for years. She is always on your side, laughs at your jokes, and calls you just to say "hi" because she genuinely misses you. She's great just to hang with.

A word of warning, though -- with Miss Best Friend, you have to make your sexual interest known from day one because if she gets it into her head that you are going to be "just friends," it's almost impossible to change her mind.

Ms. Straight to the Point

Ms. Straight to the Point knows how to communicate. With Ms. Straight to the Point, there are no games, no expecting men to be mind readers, no behavior based on ridiculous, female-biased advice from articles in Cosmo or The Rules.

Ms. Straight to the Point will pick up the phone and ask you out. She will do what she says she will do -- not say one thing and do just the opposite.

Although she may be blunt at times, at least you'll know where you stand and you'll never have to spend hours trying to decode contradictory or emotion-based female behavior.

Ms Faithful

Ms Faithful never cheats on you or constantly be on the lookout for a "better deal." When you go out, she won't be scanning the room for other guys, but will keep her attention focused on you, the man in her life.

She's also more apt to stick around if times get tough.

Ms Committed

Ms Committed has no hidden agenda about forcing your hand in marriage. She's happy just to be with you.

So you don't get any, "Where is our relationship going?", or hint-dropping about the future or window-shopping at the jewelry store. She may want to get married at some point, but she's in no hurry -- she thinks that if it happens, it will just happen naturally.

Ms Secure

Ms Secure accepts herself as she is and is comfortable with her good points, as well as her bad. And she feels the same about you.

Ms Secure doesn't need constant attention to shore up a sagging ego, has tons of self-esteem, and is always going in her own positive direction.

Ms Personality

Ms Personality is a great find. She might not be up for first prize in a beauty contest (although she could be), but her intelligence, wit and sparkling presence just light up the room, and she draws people like a magnet.

Her personality is so charming that it easily overcomes any deficiencies she might have in the looks department, just because she's so great to be with.

Ms Low Maintenance

The rarest of the rare, Ms Low Maintenance is the most atypical of modern women. She really doesn't care about how much money you have -- she just likes you for yourself and not for what she can take from you.

She's likely to be a true feminist, and will gladly pay her share of the dating expenses. If you can find Ms Low Maintenance, hang on to her for dear life!

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Women to Avoid Like the Plague

Now we get into the type of women you want to avoid! Yes, some of these women may be very beautiful but it's not worth all the hassle in the end, believe me!

Gold Diggers

Gold diggers are very materialistic and cannot live without the finer things in life. She loves jewelries, designer clothes, expensive cars and she can sleep with a man older than her by 50 years just because he has money.

Money is the deciding factor in whom she dates. She is described as "femme fatale" She spends a lot on herself because her looks are her greater assets.

Spoiled Women

She is flirty, ambitious and spoiled. However, she is very attractive, sexy and exquisite.

She uses her beauty to get what she wants. She uses her sex appeal to manipulate men. She uses her luscious personality to entangle and trap men. She might be playing, the devil's advocate.

She is gorgeous but dangerous. She tempts and she flirts, just to get what she wants. She knows how to control men and she knows how to play them. She can make a man to fall in love with her.

She can make you cry and basically she can make you into something that you will regret at the end. She's the controlling type.

Complicated Women

These are very attractive women and are easy to get along with. She is friendly and very passionate but when you ask her out, she stalls and never gives you a direct answer.

She asks you to call her but when you call her she will not answer the phone she never makes the right decision. She loves to make commitments that she never keeps. She likes to try and play mind games.

Faultfinders

She is very hard to please and always finds fault in everything that you do. She is never wrong, because she never addresses her own mistakes. She constantly reminds you of your mistakes.

She can pick a fight with you anywhere. She doesn't care what people think about her and always want to have the last say.

Unstable Women

She constantly changes her mind. She is inconsistent, unpredictable and never knows what she wants. Her mind is like the weather, it changes constantly and she constantly has mood swings.

She can be attached to you one moment and detached the next moment. Her emotions are unpredictable.

Ms Know- It- All

She knows everything, she knows about the latest happening in the world of politics. She knows all the actors and actresses in Hollywood. She likes current events.

She will become your "Walking Newspaper". She is more interested in your achievement than in you. She questions your thoughts to the point of being provocative.

Her single-minded enthusiasm will irritate you. She always pursue on intellectual matters. She likes to debate and never stop until everybody will say, "She is smart".

She will tell you about your own duties, responsibilities and your own rights. She will discuss the matter as being the experts. In terms of the law, don't

bother to bug her; she will definitely talk about it without an end. She's the nerdy-nerdy type.

She doesn't want to welcome corrections. She gets irritated, if someone will question her about something she didn't know. She wants to know and she will know. She has the ability of knowing and she has this instinct to know.

Now you know the right kind of women and the wrong kind of women. This is crucial to understand because you don't want to waist all your time on the wrong women.

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Building Your Confidence

If you don't learn anything out of this entire book, make sure you learn how to cultivate unwavering confidence. Women love a confident man!

You could be the darkest dude in the world but if you carry yourself as very confident person you won't have any problems attracting more women and being a player in the dating scene.

But just how do you manage to get confidence?

Most people's confidence is determined by either past events that happened to them or future events that believe will happen.

You must stay in the NOW! Don't think about past things or future things because you don't want either to determine how you live life.

One way that you can use to regain your confidence is to find something that you like to do, can do well, and DO IT! If you have ever wanted to take up a hobby, now is the time.

No matter what type of hobby it is, it will do double duty. It will give you a sense of accomplishment and purpose that will also boost your self esteem.

The more you get absorbed in your hobby, the better you will feel.

People are attracted to others who exhibit confidence in themselves.

In addition to getting a hobby, start to spend some money yourself. Listen to music that you like and sing along. Singing is actually an excellent exercise and can boost your energy level as well as endorphins.

Rent or buy movies that you like and watch them. Treat yourself to entertainment that is happy and will get your mind off of your problems.

Take a trip to the barber and get a new style. The idea here is to get yourself looking and feeling good about yourself. It's sort of taking an outward approach to make you feel better inside.

Get a pedicure, manicure or a massage. This will make you feel good physically...And Yes! It's ok for guys to get these things. Women like a man that grooms himself.

You might want to spend a little money and get yourself a new outfit. This can also make you feel better about yourself.

By spending money on yourself and doing things that you like to do, including hobbies, you will regain confidence that you may have lost from past experiences.

Confidence stems from liking yourself and knowing what you want. You have probably heard this before many times, but you cannot expect anyone else to like you unless you like yourself.

Before you even think about approaching a woman, be sure to do something for yourself to restore your confidence level. (If it was down in the first place)

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The No Fear Approach

You probably have a woman in mind that you want to approach or maybe you don't and you just bump into a woman and you were instantly attracted to her, the first thing you would want to do is to do ANYTHING that will get her talking.

The key here is to not look nervous or fidgety because she will get weirded out. Remember, stay confident and control the conversation.

The purpose of the conversation starter is to build attraction by showing your personality. It's important to NOT show interest in her until she has shown interest in you.

I have noticed that most men find it difficult to approach a woman and initiate conversations with them.

Initiating conversation with a woman is a big challenge for most men, some are unsure of how to do this in a respectful manner without sounding rude to the woman; some can hold their own once the ball starts rolling; some cannot converse with a woman at all because they are too shy or timid while some find it hard to communicate at a casual level with other people (men and women inclusive) but feel very comfortable talking about topics such as football, politics, science, religion etc.

The most important thing to keep in mind when approaching a woman is that first impressions are priceless and are established within the first three seconds after you introduce yourself.

This means that there is no room for error and you should also know that chatting up a lady is not like in the movies where you can just walk up to a girl and drop some cheesy one liner: then they are in your bed the next morning.

Don't use pickup lines because they make the lady feel cheap and it destroys conversation. It's hard to think of what to say afterward.

Instead, start with innocent small talk, and you will have a base to build an interesting conversation on.

A trick that never fails to work is to focus all your attention and energy of the creature before you and behave as if nothing else exists in the world.

Focus on what the woman needs and not what you need. For instance women are a creature of drama, and will prefer a soap opera to a sport game.

Women sense and are turned off by insecurity, so make sure you look and act confident. Groom, dress, move, and pursue like a man who is secure with women and with himself. Be yourself don't fake it.

Start by first talking and later making friends with the person you think is special. Most people don't like to jump straight into a relationship, especially girls.

Find a reason to talk to the person. Make sure that they want to talk to you. Just talk about something that keeps the conversation going.

Be yourself and don't lie just to get to a special person's heart. If they find out later and you're in the middle of a deep relationship or maybe a time when you really need that person, they will leave for good.

Let the person know that you like them. Beyond the cheesy sending a note through a friend, talk to them about something you both have in common.

If you are meeting the woman for the first time strike a conversation with her and let her know that you admire her and would want to know her better, introduce yourself and ask her for her name and number, if she is interested in you she would ask for your number, if she doesn't don't despair she might be the shy type or the type that believes it is a man's duty to do the chasing.

Tell her that you would call her but don't tell when. Make sure you call her as promised her and ask her for a date. If after the first date two dates what

you expected was not what you got or you find out she is not the kind of woman you would want to have a permanent relationship with.

Let her know that you could just be friends or break it off don't toy with her feelings. Because if you go on a date with a woman more than twice, she concludes that you are having a permanent relationship with her.

If you have known her for long, maybe you have been friends for some time and you just realize that you want more than friendship, let her know the level you want your friendship to get to.

Don't nurse your feelings for her in secret or assume that she wants the same thing. She might be romantically involved with somebody already or she might not want more than friendship with you.

Probably she wants you too but does not want to cross the boundary of friendship. Talk with her, tell her how you feel. Act fast before someone beats you to it.

The First Date

Dating is a way of seeking to satisfy a basic human need for companionship, friendship and a close association with others. Dating encompasses more however, because these needs can be fulfilled somewhat through ties with family members.

Dating is therefore a quest by individuals to establish a relationship or association with someone of the same or opposite sex, to satisfy longings of a deeper nature.

To begin to fulfill those basic but much desired longings, a 'first date' must be arranged. At first thought, a 'first date' seems simple and self-explanatory – the first date between two individuals.

While that's always the case, a first date could also be the first time ever someone is going on a date. It could also be the first of a type of date – such as a blind date. And a first date could also be the first time that someone is about to begin dating again following a breakup, illness or other event.

Whatever the situation, there are some common features and things to observe on that all important 'first' date.'

Among the things common to first dates is anticipation. Anticipation is what embodies or generates the feeling of excitement that is felt before the date actually takes place.

The thought of being with someone and of engaging in a fun activity such as dinner, going to the movies or for a walk, should create a good feeling and therefore cause some level of excitement.

Having some anticipation about a first date will also help you to evaluate the experience after it is over.

Anticipation about a first date will also likely lead to having some expectation of what the time together should be like.

Whatever activities are engaged in, you will be looking to learn about your date.

And based on your values, your likes and dislikes, the qualities you want in a partner, you will have some hope or expectations that this first date will reveal some of those qualities and other positive attributes.

Expectation and having some anticipation about a first date are therefore important because it establishes a measure or means of identifying what is or may not be acceptable to you.

Whether or not you take a 'wait and see' approach, you must have some ideas about what you desire, or have certain preferences.

The extent to which your date shows any of the traits that you prefer can set the tone for future dates, or be an indicator of what potential the date has to become a part of your life.

Though important, expectation and anticipation about your first date has to be managed so that it doesn't have a harmful or negative effect.

This can happen if you are so filled and overwhelmed by what you are thinking – what you are expecting and anticipating – that you expect exactly that to happen.

You would then fail to see and to appreciate the true personality of your date.

If that happens, then the purpose of going on a date will have been futile and useless.

For the first date, it's best if you simply ensure that the person meets certain of your basic expectations on qualities such as having acceptable behavior, being courteous, mannerly, and exhibiting appropriate behavior and mannerisms in public.

While it will therefore be virtually impossible for you to not have a high level of anticipation about your first date, you have to make sure it is managed so that it doesn't become overwhelming and prevents you from enjoying the moment and discovering aspects of your date's true personality.

You therefore don't want to have so much anticipation and expectation that it obscures the purpose of your first date.

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Becoming Mr. Right

Becoming Mr. Right is all about showing your woman that you can satisfy her every need. You don't have to break a bank to impress her.

If she expects you to break the bank before you can get her or make her happy then she is not worth your time, effort and money. There are many good women out there. Leave her!

It actually takes little things applied correctly to make most good women happy. Follow these strategies and you would never go wrong.

Give Her Gifts Sparingly

Giving gifts is a good way of showing your woman that you appreciate her, because that is what she really wants from you. When buying her gifts put some thought to it, don't only give her gifts on her birthdays, Valentine's Day and on other known holidays.

Surprise her with a gift from time to time. Buy her things that she likes, it might just be something she mentioned that she likes during the course of your conversation. Something you feel would make her smile.

It is not the cost of the gift that matters to her but the fact that you thought of her and that made you to buy something for her. It can be something as

simple as her favorite flower, candy, chocolates, bath goodies or pricey gifts like jewelry. Something you are able to afford.

Take the time to wrap the gift, and get a card. This seems silly; of course a gift is just as good if it isn't wrapped. However, giving a wrapped gift and a sentimental card will make her feel even more like a queen to you.

You can even give her pampering gifts like manicure/pedicure gift certificate or massage products or give certificates. Let her know you are thinking of her give her something special not generic.

Good Communication

This is a very important tool in a relationship make out time to communicate with her, call her when you promise to call, call her when she does not expect you to call, send her romantic text messages and if you are a good writer, write romantic poems.

Be attentive, listen to her don't always do the talking learn to listen to her. Make the effort to sit down across from her after a long day to discuss work, friends and your relationship... Don't force the topic toward the relationship.

Concentrate on her, do not only look at her focus on her: her eyes, her body language and her voice, let her know that she has your undivided attention.

Notice when she is happy and when she is sad try to make her happy. Let her know at all times that you care her.

Communication is how we get to know each other. The ability to listen is a great tool, and in case you're wondering, no, it's not the same thing as hearing.

If you're out on a date and getting your lady to open up is like pulling teeth, ask her about her interests and things you know she's passionate about. She might just need that little push to get going, and if talking about her passion for photography is what does the trick, just make sure you're all ears.

By being an attentive listener, it'll encourage her to open up and chat away, and she'll gain your trust.

And if you prove that you're listening, getting her to be quiet might become your next problem.

Things to Keep in Mind When You're on Dates

Going out on dates is actually a must in every relationship, whether you have been married for fifty years or just starting. Our focus is really on the man that has just met a woman he is interested in and a man that has just indicated his interest in a woman he has known for some time.

Though, a married man can still use any or all of these ideas to woo his wife because the wooing never really stops.

When planning a date, men often think that there are certain things that they should and should not do.

Women are individuals, though, and what turns one woman on may be very off-putting and aversive to another. By following a few simple guidelines, you can make sure that everything goes smoothly and happily for both of you.

WARNING: If you are on a budget, decide on how much you want to spend and stick to it. Decide on an affordable activity and location, decide on an affordable place to dine out or you can as well have a picnic in the middle of your living room, with a nice bottle of wine, candles and the music of your choice can even do the trick if you play the game well.

Take her on a planned date, to dinner at a place where she has mentioned that she likes or on a surprise date to a good place you have tried and you think she would like.

You can invite her over to your place for dinner or Sunday brunch; make it special by preparing something you think she would like or something she has mentioned that she likes.

Take her to watch movies, if she likes movies. If she likes sports you can go and watch a sporting event together.

Take her to the Olympics, just kidding; you can go on a drive together to a predetermined spot. Serenade her sometimes by singing a love song outside her window. Go to a coffee house and read poetry to each other.

Call your local radio station and make a request for her favorite song or any love song to be played and make sure she is listening, by first sending a text message to her asking her to listen to the particular radio station at the said time.

Enjoy the outdoors; picnic in your local park or at your local beach; host a candlelight dinner in your own backyard, patio or terrace, use the stars as your backdrop and candles to create intimacy.

You can watch the sun go down or the moon come up together. You can also visit the Museum or National Park together

It is exciting to try new things, but don't go too far outside of either of your comfort zones. It doesn't really matter how much money you spend, or how gallant you are. In the end, it's a man's sensitivity and compatibility which really impresses a woman.

Be Sensitive

A little bit of generosity goes a long way. This doesn't necessarily mean monetary generosity.

Perhaps your woman has been having financial problems, or perhaps she's been having difficulty with a relative or her boss. If you lend a compassionate ear, she will come away with a good impression of you and the date you had together.

Listening is a skill many men have difficulty with, but it is one of the most important skills any man can possess. If her openness makes you feel uncomfortable, just nod and smile.

Try to find areas where you have something in common.

Chivalry

Be considerate; always show kindness and courteousness towards her. Open the car door for her, offer to drive her (and drive safely, so as not to frighten her).

Always pay for the first date.

Be punctual when picking her up. Be kind to waiters and cab drivers Women appreciate a man who is respectful, as it says a lot about how he will treat her and whether or not he respects women in general.

Some people find this practice outdated. Be awesome at anything; if you are smart, show it off, if you are funny, make her laugh, or if you are good at sports, give a demonstration.

Let her know how you are different.

Pay Compliments

Pay attention to positive traits, features and character about her. It does not have to be complex, it may even be simply letting her know that you love the way she is dressed or her hair is styled.

Tell her things like "You have such beautiful smile" State your compliments by looking her straight in the eye this emphasizes the sincerity of your compliments.

Body compliments should be avoided in the initial stage of your interaction but compliment do compliment on her later and always in the relationship.

Compliment her on her brains, jokes and talents and be very sincere!

Final Words

Never compromise your morals. If the person you are interested in is not interested in you, then you should move on.

Some people are very polite and you may not realize immediately that they aren't interested.

But, given time, it should become apparent. In the meantime, take it slow, and even if you are head over heels, don't reveal this right away, at least until you are sure they are genuinely interested in you, too, or they could use your attraction to their benefit.

Usually it is best to reveal one's feelings step by step, not much more nor much less than the other has revealed.

However, people have very different ways for showing that they are or are not interested, so do not break up, or step it up, without talking things through as to where you're both headed.

If you feel like you need time to decide, do not hesitate to talk.

Never be forceful. If you ever pressure her to do something she doesn't feel comfortable doing, she won't be shy to say goodbye.

Forcing her to do what she doesn't want to do is rude.

Try to continue doing your normal routine, with them in mind, rather than changing your whole life around them.

Hopefully they will want to have a relationship with YOU, not a clone of themselves or a tag along.

The most important thing in dating is to be conscious of your date's feelings and reactions.

If she's a high-powered lawyer or a free-thinking intellectual, she may feel that your chivalry is an attempt to deprive her of her independence.

However, if she's pleased at your holding the door for her, keep up the gallantry.

A lot of guys choose women who are "arm candy" -- good-looking trophy girlfriends who bolster their status among other men or counteract their own insecurities.

That's all well and good, but if you find a woman who makes you happy, regardless of looks, age or social status -- or what any other guy thinks -- then you have definitely won at the mating game.

For more information on Dating Guides go to <http://CasanovaSeduction.com>