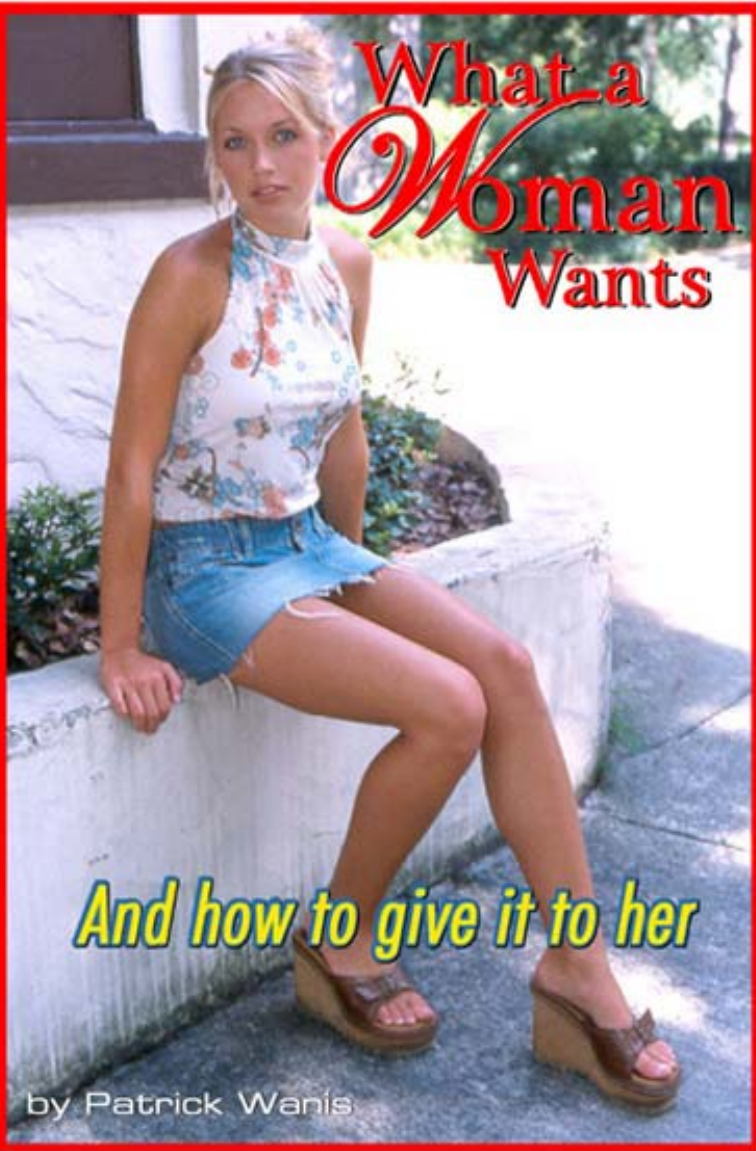




What a Woman Wants

And how to give it to her

by Patrick Wanis

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Second Edition
Revised and Expanded

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by Patrick Wanis

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INTRODUCTION

What does a woman want? What does it take to truly please and satisfy a woman? What is the one thing that a woman is ultimately looking for? How does one connect with a woman at a deep level? What does it take to win over a woman? Are women's attitudes to sex that vastly different from men? Why do women change sexually once they are married?

Many people have asked me how is it possible for a man to know what a woman wants when women do not even know what they want. Women do know what they want. Many women simply do not know how to verbalize what they want. Women are complex creatures. Women confuse men because men are primarily logical ("thinkers") while women are primarily emotional ("feelers.")

Many men believe that women want only love, while men only want sex. False. There is also a long-standing belief that only men enjoy sex. That is absolutely false. Women enjoy sex just as much as men. Women approach sex differently to men and they look for different things when choosing a partner. Women primarily view sex as emotional while men view sex as physical. Women are also fussier than men when it comes to choosing a sexual partner. Women use their own criteria when deciding whom they will or will not sleep with, and men generally have major misconceptions about what are women's criteria.

It is true that women generally don't move as fast sexually as men do, but the Feminism movement has changed the parameters of the dynamics between men and women. Feminism is the belief that women should be liberated as individuals and equal to men. For some women that liberation means they have new views on sex.

Accordingly, there are five types of women with regards to sex:

1. The woman that uses sex to win/please a man
2. The woman that is looking for physical sex
3. The woman that has frequent sex with different partners
4. The woman that refuses to have sex
5. The woman that seeks emotional connection via sex

Some insecure women will have sex with a guy they just met to please him and gain his approval and acceptance. Some women will have casual sex frequently with different partners. Often these women have a history of sexual abuse as children, and as they get older will eventually turn against sex, and loathe it. Some women refuse to have sex. They may have been molested as children (and are anti-sex), or they are saving themselves for marriage. Most women, though, fall into the last category (seeking emotional connection via sex), while a small percentage are looking for fun and adventure without commitment. On any given day, a woman may fall into a different category. In other words, the woman that normally seeks emotional connection via sex, may today, just be

in the mood for plain physical sex, with no strings attached. It is the feminism movement that has made it acceptable for women to seek sex without commitment.

Therefore when you know the techniques, have the right strategy, know what a woman wants, then you can give it to her and win her over at the same time, whether that means sex or a committed, meaningful relationship.

Based on years of research, personal experience, and studies in human behavior, hypnosis and Neuro Linguistic Programming (an advanced communication and mind persuasion technique), I will share with you priceless knowledge, tools and techniques of what women want and how to win them over.

In this book I reveal:

- Amazing secrets about women that will help you to understand what women want
- How to connect with women
- How to seduce women
- The ultimate secret of how to win over a woman
- How to help her achieve the intense emotional state of love and ecstasy
- How to get her to initiate sex

Let's get started.



PICK-UP LINES

What is the perfect pick-up line? There isn't a perfect pick-up line because every woman is different. What may work for one woman will not work for another. Also what you say will vary according to the venue where you meet and the circumstances. Either way the goal is to get her attention and use that to begin the conversation. The opening line may be humorous, gutsy, fascinating, subtle, or it may appeal to her ego (such as a compliment.) The key in almost all situations is, first and foremost, *how you say it*. Later, I cover this in detail in *Hypnosis and NLP and Seduction Strategies*.

A few tips

Avoid opening by talking about her physical features, and instead talk about her apparent qualities, your surroundings or something you both have in common. You can talk about what she is wearing, but not immediately about her body parts. Women want to be complimented and want to know that they are attractive but do not want to be viewed simply as sex objects. Once you have gained her confidence and trust, then you can begin to talk about her physical features. Later in this book I reveal what women want and how to connect with them.

Understand that women generally become defensive when men pass them a compliment. (Later I explain the technique of how to properly pass a compliment to women without raising their defenses.) Nonetheless, there is an inexplicable female trait whereby women don't feel threatened or become defensive when the compliment comes from another woman. In other words, women

want to know that other women find them attractive. Recognition amongst their own is the ultimate compliment for most women. That may be a throwback to childhood when mom would dress up her little girl and tell her how pretty she looked.

Therefore, here is a powerful pick-up line:

- I just wanted to let you know that almost every woman in this room would die to look as good as you

Older women are more comfortable at accepting compliments than their younger counterparts and therefore you might use:

- You could teach other women how to be beautiful

Opening the door

Women are extremely self-conscious, and highly critical of their appearance. Women care more about how they appear, than men care about how women appear. Women want to know and be reassured, by both men and other women, that they are beautiful. Almost all women are insecure about their looks and body, and are almost always seeking positive reassurance and encouragement. Also, few people realize that women are more critical of themselves than men are of women, or that women tend to compete with other women in appearances and fashion.

A woman may ask a man how she looks, which dress he prefers, or “honey does this dress make me look fat, or which dress do you prefer?” Often the man has no idea how to reply, or even worse, he may not even care. This is

a huge mistake on the part of men. Women spend a lot of time and effort getting ready to go out. Generally, they carefully choose which clothes they will wear, how they will do their hair, and what accessories they will add. They may take hours to put on what took days to buy. A woman might say she goes to all this trouble just for herself, to make herself feel good, but she is indirectly saying that when she dresses this way or that way, she feels “good and confident” when in front of other people. She is seeking recognition, acceptance, and compliments from others.

Therefore if you want to win over a woman, regardless of her age, notice what she is wearing and the effort she put into her appearance. Give her sincere compliments. Unless she has plastic boobs, and is showing them off, along with the price tag, do not, in the initial encounter, mention her physical features (i.e. do not mention her breast size or lack of, her butt, or her shape.) Although a woman wants to be reassured about her physical features, her insecurity and self-doubt often get in the way, and thus, when a man who has just approached her, passes her such a compliment, she views him as a player or corny. The key is to wait until you have lowered her defenses and she feels that you are sincere, and not just giving or saying that compliment to get her into bed.

Regardless of whether you have just met her, it is your first date, or you are married to her, acknowledge the effort she has put into her outfit by complimenting her on what she is wearing. Take careful notice of what she is wearing -her shoes, skirt, top, earrings, accessories, and what colors she has chosen. Even in a supermarket, a simple positive comment about a woman’s clothing will open the door to a date and her phone number.

More than just looks

This is the paradox that tortures many women and confuses men: Women want men to notice their appearance, but do not want men to appreciate or be attracted to women only for their appearance. Women want to be seen as beautiful, but don't want men to see them as just "beautiful" or pretty. Women also want to be appreciated for their inner qualities. This is the fine balance that a man must create to win over a woman. In other words, notice what the woman is wearing, how much effort she put into her appearance, and then, move onto her inner qualities, personality, and character. Begin with compliments about her clothing and appearance and then talk about her –who she is beneath the skin. To win over a woman, you must appeal to her mind, imagination, and heart. Later, I discuss this point in detail, and explain further how to truly succeed at doing it.

Below are some sample openers and pick-up lines that work well in almost any venue, and with any age. The process is simple:

1. Compliment her
2. Wait for her acknowledgement
3. Ask a question or go directly to the next step
4. Give a second compliment
5. Wait for her acknowledgement
6. Shake hands and introduce yourself
7. Ask her for her name

It is not as complicated as it sounds, and remember, the way you say it will determine your success. Later, I further discuss the importance of voice tonality, sincerity, and attitude. Also, take notice if she is wearing label or

designer clothes. She paid a lot of money for those, and she wants them noticed.

- I love your perfume (*Thank you.*) What is the name of it? (*Xyz perfume.*) It's gorgeous and very sensual. (*Thank you.*) My name is...What is yours?
- That dress really looks good on you (*Thank you.*) Is that your favorite color? (*No.*) What is your favorite color? (*Red.*) Yes, I can see how red would suit you. (*Thanks.*) My name is...What is yours?
- That dress really looks good on you (*Thank you.*) And I like your boots. (*Thanks.*) It's a great look (or I like your style.) (*Thanks.*) My name is...What is yours?
- Wow. I like your jeans (*Thank you.*) Few women can get away with wearing Seven Jeans, and look good in them. (*Thanks.*) I bet you have a few jealous friends. (She will probably respond with a laugh and big smile. You have just given her a huge compliment and lowered her defenses.) My name is...What is yours? (Now, if you have a sense of humor, and you know how to say it, you could get away with, "I tried a pair of those jeans on, but my hips are just too big!" By showing her that you do not take yourself too seriously, she will warm up to you.)
- I love your hairstyle/shoes/etc...It/they really suits you.
- I really like your style, the way you dress.

Later, I explain why the very best pick-up line or opener is a smile, and I outline in detail, how to use the venue, time, and circumstances when approaching a woman.

Pick-up lines to avoid

Never use corny, cheesy pick-up lines that will only serve to make you look like an idiot or a player and will simply turn the woman off. (There is an exception to this rule and later in this book I explain how to use a corny line to your advantage.) Meanwhile, stay away from these sorts of pick-up lines or she will most likely just laugh at you and walk off:

- Excuse me, can you tell me the best way to meet someone like you?
- Can I buy you breakfast in the morning?
- Hi, my name is Chance. Do I have one?
- Do you know CPR? I hope so because you're so beautiful I think I'm having a heart attack!
- Do you believe in love at first sight, or do I have to walk by you again?
- I've lost my phone number. Can I borrow yours?
- Weren't you in the Sports Illustrated swimsuit issue?
- I finally met a girl I can take home to mom. So what are you doing Sunday?
- The world is coming to an end. Have dinner with me.

- I'm doing a poll on where single people like to go. Can you help me?
- If I could re-arrange the alphabet, I would put "U" and "I" together
- Can I have your autograph? I'm your biggest fan!
- Your dad must have been a thief. He stole the stars from the sky and put them in your eyes.

Before I reveal the secret weapons for turning you into a magnet for women, and before you can jump into bed with a woman, you need to know what makes her tick. When you understand what makes her tick then you can use it to help win over that special woman. Once you master the techniques you'll have all kinds of gorgeous women at your door almost begging you for sex.



THE ART OF SEDUCTION

To seduce a woman means to adopt a strategy that encourages her to engage in sex with you. Ultimately, you are seducing her, but she initiates the sex. You make all the initial moves that arouse and excite her. You become the person that knows how to make her feel so wonderful about herself, that she then wants to take it to the next level, and have sex with you. These are the things that you will learn from this book.

First, don't be fooled. Women also seduce men and they do it much more easily and gracefully than men. They also generally have greater success than men because men are not good at turning down an opportunity for sex, and women understand that to seduce a man usually takes an appeal to the man's physical nature, something that is quick and simple. On the other hand, to seduce a woman requires not an appeal to a woman's physical nature but to her heart, mind, and imagination, and that requires effort and know-how.

To seduce a woman is to make her feel as though she's the sexiest, the most beautiful and the most special woman in the world. To seduce a woman requires that you help her achieve that state of intense love and ecstasy and associate that state with you. To adeptly seduce a woman is to lead her to the point where she initiates the sex.

What does it take to seduce a woman? There's an old joke that compares men with women:

How to seduce a woman: compliment her, respect her, honor her, cuddle her, kiss her, caress her, love her, stroke her, tease her,

comfort her, protect her, hug her, hold her, spend money on her, wine and dine her, buy things for her, listen to her, care for her, stand by her, support her, hold her, go to the ends of the Earth for her.

How to seduce a man: Show up naked. Bring food.

Most men who marry soon complain that their wives no longer engage in sex. That happens because the men have forgotten how or have simply stopped romancing and seducing their wives. They expect sex to be on-demand and obligatory. Wrong. If you want to keep having regular sex while in marriage or a committed relationship you need to seduce your woman. You need to romance her and appeal to her heart, mind and imagination. Women are sensitive and emotional. Therefore if you want sex you must appeal to their emotions and do what it takes for them to feel special. Later I explain the psychological and neurological dynamics when a person *falls in and out of love*.

Seduction Tricks and Triggers

The art of the seduction requires a gentle approach and needs to be natural. Most women are quick to spot a player, so your every move needs to be sincere and meaningful. Confidence and establishing rapport is key to success. Once she realizes that you're deliberately trying to get her into bed, she may back off and leave you alone in the dark, unless she was already looking for the same thing and was instantly attracted to you or she was drunk. The goal is to get her to lead you into the bedroom. That is how you master the art of seduction: let her initiate the sex.

Control and seduction

Very few women want their lives controlled by a man, but under certain circumstances a confident, take-charge man can be very alluring to a woman. There are some situations where the woman wants you to be in control, and as you get to know her, she will make it clear when she does and when she doesn't want you to control the situation. There is also a difference between *being controlling* and *being in control*. Being controlling refers to the man trying to tell the woman what to do and when to do it. Being in control refers to self-confidence. Confidence is very sexy and appealing to women. Confidence is the first move in the game of seduction.

Supreme Confidence

There are two approaches that attract women. One is the *supreme confidence strategy* and the other is *sincere nervousness*. Confident men attract women because it makes women feel safe and secure. Women view confident men as being emotionally healthy and strong.

To be confident means you are self-assured. You know yourself, believe in yourself, and respect yourself. You stand tall and you walk as if you are important and in-charge. Do not confuse confidence with arrogance. It is arrogance that is one of the greatest turn-offs for women. Arrogance is "I am better than you." Confidence is "I know who I am and I know what I am doing."

Women also want to know that the man who approaches them believes he is worthy of their love and affection and not intimidated by them. Women who have better jobs than men, make more money than men, or seem to *have it all together* often seem threatening to many men.

Women become successful to be more appealing to men, not to scare them away. Supreme confidence then refers to being secure about who you are and where you are in life right now. You cannot attract, let alone win over a woman, if you are insecure or doubt your self-worth. If you believe that, *“By law men should make more money than women”*, then your ego is in the way and will prevent you from winning many beautiful and successful women. Remember, women respect a man they can't intimidate. The more you believe you are special the more she too, will believe it.

Sincere nervousness

This strategy surprises and sometimes, even shocks most men: Women view it as a major compliment when a man approaches them for the first time and is sincerely nervous. It catches them off guard and their defenses come down. Sincere nervousness is when you approach a woman and you are truly excited with anticipation, and yet you are breath-taken by her beauty, aura, or energy. This appeals to some women because it shows your vulnerability, and is often very refreshing to many women who are accustomed to experiencing the overly confident or arrogant player. There is only one catch to this technique: you can't fake it. You either encounter a woman who has this effect on you or you don't. I believe it is a blessing when you meet such a woman, one who makes you forget about the prepared and rehearsed techniques and strategies, one who simply makes your knees feel like jelly and your heart race a hundred miles an hour. When you do encounter such a woman, just follow your heart and act accordingly.

When trying to win over a woman and connect and bond with her, you need to enter into her world. Make a conscious attempt to think and feel what she is feeling.

Try and see the world through her eyes. Understand her. Feel what she is feeling, laugh with her, comfort her, support her, and encourage her. Let her know that her world, thoughts, feelings and desires are all important to you. Later I outline detailed techniques on how think and feel what she is feeling and how to connect with her world.



THE SEDUCTIVE ART OF CONVERSATION

The key to the art of conversation is to ask questions, listen with sincere interest, and be calm, confident and humorous. Let the girl know that you are sincerely interested in what she has to say. Talk less than she does. Ask many light-hearted questions. Never talk about your ex-girlfriend or her ex-boyfriend when first meeting each other otherwise you are simply bringing up negative emotions from the past, and your goal is to make her experience positive emotions associated with love and ecstasy. Later I explain what you should only talk about.

Sample scenario

You are dining alone at a restaurant and you notice a beautiful woman who also appears to be dining alone. How do you meet her and what do you say? Decide first what your intention is. In this case it is to have her come and join you. Thus you need to approach her and invite her. Don't do it the Hollywood-movie way and send her a note or pay the waiter to ask her for you. Get up and go to her table. That will impress her more than the waiter because it demonstrates confidence and courage. Accordingly, calmly walk over to her table, and say:

"Hello. I noticed you are eating alone and I am also. I know you don't know me and I don't know you and I was wondering if you would join me now?"

The power of a smile

It is important that you speak with a smile and be sincere with your invitation. Few people understand how important it is to smile. Smiling is a form of acceptance

and it lowers the defenses of a woman. Smiling puts her at ease and most of all, you cannot be nervous when you smile. Your words will also sound softer and more palatable when you smile.

Once she is sitting at your table, introduce yourself, ask her name, and then begin to talk about the menu and what she has ordered.

Make sure you remember her name. It is so easy to forget her name and can prove to be most embarrassing and destructive to the conversation and potential connection. Here is a secret on how to remember her name. If you begin with a handshake, then, while still holding her hand, repeat her name back to her. "*Julie it is a pleasure to meet you, Julie*" then you gently release her hand. The reason most people forget someone's name is because of sensory overload. You are watching her (sight) as she shakes your hand (touch) and hearing her voice and name (sound) and subconsciously sensing her perfume (smell.)

By saying her name more than once while you continue to hold her hand, it is easier for you to remember it. You may also want to repeat it in your head once or twice. Also, don't hold her hand for half an hour –she'll think there is something wrong with you. Do it just long enough to absorb her name and do it all with confidence. If you do forget her name and need to ask it, then do so in a light, fun manner. "I think I got so excited when I met you, that I forgot your name." Also make sure to use her name throughout the conversation.

Keep the conversation light, playful, and humorous. Pay attention to her body language and her voice cues. Though it's not always that obvious when to begin a seductive chat, observation will usually give you your best

cues. Is she moving closer to you? Is her head leaning to one side while she looks you in the eyes? Is she stroking her hair or rubbing her hand up and down the stem of the glass or bottle? Is she running her hand along neck or breastbone? Use these cues and signals to tell you when it is time to turn your light conversation into something hot and heavy. Later I explain how to read body language and other cues to help you create an instant bond and connection so that she will say consciously or subconsciously, “I feel like we have known each other forever.”

Here are a few other tips on the art of conversation:

- Use humor
- Make her laugh
- Be lighthearted in your topics of discussion
- Avoid saying negative or unpleasant things
- Be positive and fun
- Listen more than you speak
- Be sincerely interested in what she has to say
- Acknowledge her feelings
- Talk about things you have in common
- Give her sincere compliments

What else can you do?

- Ask her about her dreams and aspirations
- Use imagery in your speech to spark emotion in a woman and appeal to her imagination
- Use the *Seduction Strategies* outlined later in this book to invoke in her the ultimate experience and emotion that every woman yearns for –love and ecstasy

Treat Her Like A Lady

There is a song by Joe Lyrics called *Treat her like a lady* which reminds men of the important things to a woman, the things that make a difference and make her feel special, like a lady. The song asks when was the last time you brought her roses home from work, rubbed her feet when she said they hurt, bought a card to tell her how you feel or you lit a candle for a late night meal? And Joe makes a point well worth remembering when he says, "What you don't do for her, she'll find somebody else who can." That is why it is so easy to pick up a girl with the seduction strategies I outline later -most men don't have a clue about how to treat a woman and inspire her heart and mind.

If you want to win over a woman, be courteous and respectful to her. Show her gracious consideration and appreciation. Show her regard and thoughtfulness. Prize her, treasure her, and cherish her. Make her feel special. Show her and tell her that she is important to you and that she makes a difference to you.

There are many different ways to show her you care:

- In restaurants, select seating arrangements where she gets the best view
- When ordering at a restaurant ask first what she wants
- Walk by her side on the street side of the sidewalk
- Hold the umbrella for her when it's raining
- Always open the door for her
- Protect her
- Make her feel safe and secure

- Women are naturally insecure about their bodies. Reassure her when she is least expecting it.
- Admire and praise her best qualities
- Say something positive
- Body language and touch are extremely important to a woman. Touch her with affection and sensuality at times other than sex.
- Get close to and connect with her family and friends. Women are very close to their mothers and mothers have a great influence on them. If you win over the mother then you will win over the daughter.

Remember that big things come in small packages. Buy her small, meaningful gifts. Find out what her hobbies, interests, and desires are. Show her that you are thinking of her often and that you are a thoughtful person. It's the little things that make the big difference, and the more special she feels, the more special she will want to make you feel sexually.



WHAT WOMEN WANT

What are women looking for in a man? This is one of the most asked questions in history and probably one of the hardest questions to answer: Is it a tall, dark, rich, and handsome man? Is it a macho man or a gentle, sensitive man? Is it an intelligent and intellectual man or a physical, sporty man? Is it a spiritual man or a materialistic man?

Let's look at some of the beliefs and myths about what type of man attracts a woman:

Money

Women do want a man that can provide, and it's true that money, wealth, and possessions offer women security. However, some women are gold diggers and unless you are eighty years old and a multimillionaire you probably have no interest in gold diggers. Some women are also attracted to money and possessions because they see it as a guarantee that they will always have an abundant supply of material gifts and things.

Having money attracts the attention of many women, but doesn't guarantee love or happiness for either the man or the woman. If money were the only thing women want then women who are married to rich men would never get a divorce. Furthermore, poor starving artists often win over gorgeous women.

Good looks

Good looks will get a woman's initial attention. The definition of *good looks* is different for every woman. In Africa, the native women find men sexy if they have

uniquely shaped heads –large protruding rear skulls. Some women enjoy buff, well-built men while others prefer a tall, lean men.

Good looks opens the door to an introduction but again doesn't guarantee sex, love or happiness. If it did, ugly men would never have girlfriends.

Power

Women are attracted to power because it makes them feel safe and often subconsciously reminds them when they were little girls and daddy, whom they viewed as all-powerful, would pick them up in his arms and protect them. Power comes in many forms –power at work, a title or position, leadership, or power at home. Confidence is personal power. Power when handled properly may gain a man the respect and admiration of a woman but doesn't guarantee that she will love him.

Fame

Popular men such as celebrities, movie stars and rock stars are huge magnets to some women. Some women become groupies to the stars and celebrities. Often the attraction is ego –the ability to later boast of the conquest. For other women it is the fantasy of the glamorous lifestyle –being popular and recognized wherever one goes, wining, dining, and vacationing in the best places in the world, and most of all, the belief that this glamorous life comes with no price to pay, no work. It almost appeals to the “princess” myth: *He is the Prince and I will be his princess.*

Exclusivity

Some women like men that are hard to get, in some cases married men. Often these women have major underlying issues such as fear of intimacy or fear of rejection.

Therefore they begin affairs with married men or other men that in the long-term are not emotionally available. These women almost always end up being extremely hurt, disappointed, and miserable.

Personality

Some men are left totally perplexed when they see a beautiful woman with a physically ugly man who has no money, wealth, or fame. Personality is the reason behind the attraction. Personality may include humor, wit, creativity, romance, intelligence, intellect and mystique. It may also include character, such as values, honesty, integrity, and spirituality.

What a woman truly wants

So what do women want? Women want a man that knows who he is, respects himself, respects others, and is actively pursuing his dreams. Women want a confident man who has personal power. Let me fill you in on a secret many women don't even consciously know: women generally fall in love with the potential of a man, while men fall in love with a woman the way she is. Women want to know that their man is going to grow, mature, and blossom. Men, on the other hand, want a woman that will stay the same forever –the same hairstyle, same body shape, and the same looks.

Ultimately, a woman wants her man to make her feel special. She wants to experience love and ecstasy with him. She wants him to listen, pay attention to her, and be with her. She wants him to be understanding and empathetic of her feelings. When she makes a mistake or faces challenges, she wants understanding from her man, not loads of advice. She wants him to hold and cherish her and tell and show her that she is the one. Finally, she

wants her man to respect her body and not just touch her sexually whenever he feels like it. For that reason I advise men to let the woman initiate the sex. Again let me repeat that the goal is to turn-on the woman so that she asks you for sex. If you make her feel beautiful she will open herself to you. The worst thing you can say or do is to call or make a woman feel ugly.

Ultimately there is one thing that every woman longs for –the state of love and ecstasy. Later I explain what that state is and how you can help bring about those feelings in a woman.

Communicating with women

Women confuse men because men are primarily logical (“thinkers”), while women are primarily emotional (“feelers.”) This difference creates huge communication gaps between men and women. Men speak from points of logic, cause and effect. Women speak and act from points of emotion, how they feel. Men will be direct in their communication, while women will be subtle. A man who wants to ask out a woman, will say, “Let’s go out Saturday night”, while a woman who wants to ask a man out will say, “I get off work five o’clock Saturday.” Even more amusing, is the guy who doubts himself after the woman has handed him her phone number, and he never asked for it. “Does that mean she wants me to call her?” Yes. Women are subtle. Men are direct: “Here’s my number. Call me.”

Here is another example: a man and woman are driving. They are coming up to a restaurant. The woman says, “Honey, are you hungry?” He replies, “No” and keeps driving. The poor woman was actually hungry –now she will be starving. The man, on the other hand, comes right out and says, “Let’s stop here at this restaurant, because I

am starving!” The situation is even worse when it relates to a bathroom break, and the woman again is subtle, and the man just doesn’t get her message. Now men, being logical, will argue, “Why didn’t she just say what she wanted?” She didn’t because women are subtle. You, the man, must look beyond the words and reach for the meaning of her message or communication. Yes, that may not make any sense to you, the male, but that’s the way it is. Notice, I mentioned three times that women are subtle. I hope that gets the point through, loud and clear.

Touch and body language

The greatest challenge and stumbling block for most men is that they tend to focus on their words and not their actions or body language when they talk and communicate with women.

Regardless of our gender, we all communicate three ways:

- With our bodies -56%
- Our tone of voice -37 %
- Our choice of words -7 %

For example, the words “I love you” can have two opposite meanings.

When someone is mad at you, stands over you with hands on hips, and says sarcastically, “I love you”, you know that person is trying to say to you how much he or she dislikes you. On the other hand, when a person stands close to you, gently looks you in the eyes, touches you on the arm, and with a warm, sincere voice says, “I love you”, you know that person is saying how much he or she cares for you.

Now that you understand how we communicate, and that women put much emphasis on feelings, you need to become aware of your body language, tone of voice, and choice of words. They are tools for communication and the means to make a woman feel a certain way, to feel special or miserable. Thus when you are talking, focus on what effect the conversation is having on her.

Is what you are talking about making her feel special, establishing a bond and a deep connection? Is what you are saying, and the way you are saying it, aiding her to experience that intense emotional state that every woman longs for?

Conversely, look, listen, and feel, how and what she is communicating to you. As already stated, women are subtle, so look beyond the words, and ask yourself, "What is she truly trying to say?"

Ultimately, to win over a woman, your goal is to make her feel special, and to experience the intense state of love and ecstasy with you. Here are some simple suggestions to help her feel good about herself and, in turn, about you:

- Discuss only positive things
- Keep her talking about herself and her desires
- Use her name often
- Compliment her but don't over do it or become overly excited when complimenting her, otherwise she will think that she has you under her thumb or that you are being fake
- Be courageous and confident enough to disagree with her
- Freely express your true opinions with respect
- Avoid expressing so much interest in her that she ultimately thinks you are needy, desperate, don't

have any other interests or goals in life, or are dangerously obsessive.

How to Approach a Woman

Usually women automatically put up their defenses when a guy approaches them. (Later, I outline venues to meet women where they tend to be less defensive.) From the moment you make contact, it's important to set a woman at ease, separate yourself from all the strange men she's met over the years, and make her feel that she has known you forever. How do you get her to let down her guard? Be friendly, smile, and build trust and rapport. You don't want her to know that you are trying to pick her up. Also appearing arrogant or insincere works against you. Later I explain the technique of how to instantly make her feel as if she has known you forever.

How to impress a woman

How do you impress a woman? The answer is simple –be impressed by her. Read that again: be impressed by her. If you sit there and spend the whole evening talking about yourself –your achievements, your car, job, house or how much money you make –you will not win her over. A woman wants a man who will listen, pay attention, and understand her. She also wants a man who is sincerely interested in her. Most of all, she wants to know that she is special, unique, attractive, and worthy. She wants to be cherished and she wants to feel alive. Feeling alive refers to sparking her imagination and helping her experience the emotional adventures she longs for.

Remember most women are deep down very insecure about their bodies and their self-worth. Let them know why they are special, what makes them different and

unique. Most women spend more time getting ready to go out than they do actually staying out. Therefore acknowledge the thought, effort, and time they spend preparing themselves. Sincerely compliment them and notice everything about them from their new nail polish and hairstyle to their shoes and eye blush. It always amazes me how some men can be so ignorant. Men want their woman to look good and yet even in marriage and live-in relationships, men fail to notice their woman's new hairstyle. If you want more sex, notice her more often and make her feel special. Let her know that she is *the one*.

In the initial conversation and meeting, ask questions and let her talk about herself. Keep the conversation focused on her. Ask her to tell you a story so that you can learn more about her. This gives you the necessary information you will need to help her recreate the intense state of love and ecstasy.

Do not make the mistake of talking about yourself in an effort to increase her interest in you. Most men always talk more than the woman on the first date and it bores women and sends the message that the man is not a good listener. If she asks you something, respond with something short and positive. Also, don't drag out the conversation, and remember the key point -you need to call the evening quits before she does. That way you appear confident and interested, but not needy. That technique also helps you to exude a sense of mystery about you.

Gain Her Trust

She may not sleep with you on the first date but that doesn't mean that she won't sleep with you at all. Some women take only hours, some take days or weeks, while others take months before they trust a man enough to

allow him to take her to bed. It all depends on the emotional effect you have on her. Recently I was in Australia and I met a gorgeous girl at the wrap party of the IRONMAN Triathlon at Foster. The following night when we both returned to Sydney, she invited me to her apartment. As we sat on her sofa, she told me how shocked she was at doing this, inviting me to her apartment, given she had only met me the night before. She said she had never before done that. When you understand and master the *Seduction Strategies*, you won't be surprised at what women do that they have never before done.

Of course, every woman is different and you need to learn to adjust your approach according to the woman. If you have known the woman for sometime and you are friends trying the romantic step for the first time, then you might bring fresh flowers but not red roses – they're too formal and romantic. If you want to bring a gift on a first date, keep it simple and thoughtful. If you arrive with an overwhelming gift, you might just scare her off. Ultimately to gain her trust and respect you will need to master the art of patience, understanding, and listening, and paying attention to a woman. Remember, it is not important where you take her physically (the venue) but where you take her emotionally (her imagination and how she feels about herself and you.)

Unless your first date is practically begging you to sleep with her, rushing into sex will actually work against you. If you push her too quickly you are effectively telling her that the only reason you're interested in her is for sex, and if she thinks that sex is the only thing on your mind, the courting is over and often she is out of there. Trust is very hard to attain and very easy to lose. The trick to the seduction game is to pretend that sex is the last thing on

your mind even though it might be the first thing. Understand also that if you are deeply attracted to a woman and you sleep with her the first night, you might end up quickly losing interest, concluding that she is too easy and therefore not such a special catch.

How do you gain her trust? It all comes down to patience. A man cannot show that he is interested in sleeping with a woman from the start. Connect with her, bond with her, become her friend first, and then you can tease her and gently lead her in the direction of sex. This will give her a sense of security and she will ease up to the idea of having sex with you – when she just can't stand to be without it any longer. Remember, the idea is to let her initiate the sex, not you. Later, I cover just how you help her to experience those emotional states of love and ecstasy so that she will want to initiate the sex.



WHAT WOMEN DO NOT WANT

Maybe you don't have the body of Arnold Schwarzenegger or the face and eyes of Brad Pitt or Tom Cruise. Maybe you are short, overweight and even slightly ugly, but those are not the things that automatically turn off women.

Fortunately for men, women look beyond just physical appearance in men. Women are not necessarily looking for the best looking guy in the room. Many women simply want a man that has class, confidence, etiquette, intelligence, and most of all, a man who makes them feel special – a man who can move their heart and mind. A guy may have looks that would make Brad Pitt envious, but if lacks personality, finesse, intelligence, wit, and soul, the moment he opens his mouth, his eligibility can become the pits.

Remember, everything that you do counts in large amounts. Women notice everything you do and they look at the whole package when considering whom they'd like to sleep with. So, if you want to win a woman's heart and respect or even if it's just sex you're after, then beware of these huge turn-offs:

Physical turn-offs

- Bad breath
- Body odor -not wearing deodorant
- Stains and wrinkles on clothing
- Holes in underwear, undershirt or socks

- Dirty fingernails
- Long fingernails
- Stained yellow teeth

Behavioral turn-offs

- Being easily intimidated by successful women
- Constantly talking about yourself
- Not listening to what she has to say
- Checking out other girls
- Making sexist remarks about her or other girls
- Always walking in front of her
- Constant complaining about every aspect of your life
- Being overly sarcastic or macho
- Laughing out loud at everything
- Not introducing her to people you know
- Not explaining to her how you know people you run-into
- Insulting women and ex-girlfriends
- Being vague with your answers
- Talking only about sex
- Yawning without covering your mouth
- Burping
- Clearing phlegm from your throat (loudly and incessantly)
- Picking in or around your nose
- Nervous ticks (i.e. nail biting, constant fidgeting)
- Chewing with your mouth open
- Blowing your nose loudly and in public
- Scratching your private parts
- Poor eating habits
- Frequently checking your watch
- Whipping out the Chapstick just before kissing her

- Refusing to apologize or admit when you are wrong
- Not accepting responsibility for your actions

The last point is probably the most important of all. Maturity is responsibility. Women want a strong, confident, mature man who can accept responsibility for his decisions and actions.

We all have bad habits of some kind but if you want to meet a girl and win her over, then you need to lose those bad habits now. If you want to appear sexy to a woman, then work now on changing your bad habits. If you truly like the girl and want a happy and fulfilling long-term relationship, then change those bad habits now.



WOMEN AND FALLING IN LOVE

When I first was performing stage hypnosis shows on cruise ships, I made friends with the restaurant manager, an extroverted and highly popular man from Greece. One day he came to me in a state of despair. He said, "Patrick, you have to help me. I can't get over my ex-girlfriend. I want to stop loving her." I replied that there was nothing I could do and explained to him that hypnosis is not a control technique. I told him I was never taught to use hypnosis to make someone stop loving someone, but he wouldn't take no for an answer. His persistent desire to change encouraged me to try, and after two sessions, the hypnosis succeeded and he was free of his emotional attachment to his ex-girlfriend. The experience taught me much about human behavior. I was able to assist him because under hypnosis I helped him to focus on the pain that he was experiencing with his ex-girlfriend and the pleasure he would receive by letting go of her and finding someone new.

Many clients come to me today for hypnotherapy for various behaviors they want to change. A common complaint I hear is, "We've fallen out of love" or "I miss my ex, he was the only person that made me feel so special and in love." Although these complaints appear at opposite ends of the spectrum, they are directly linked. I explain to my clients that, "Whatever you feel when you are with the other person is not created by them but by you." In other words, your girlfriend, boyfriend, husband, or wife doesn't and can't make you feel anything. You give permission to feel and experience something that

already exists in you. They don't put feelings in you; they spark the feelings that already exist in you.

If you are still skeptical, then think about how two people can respond differently to the same experience: one guy hits on a girl and she rejects him and he is devastated. His friend then approaches the same girl and she rejects him too and he laughs it off. The girl didn't perform voodoo or hypnosis on either of the guys -they chose how to respond and feel about her choices.

Furthermore, how is it possible that two people who were madly in love now claim they have fallen out of love? The answer is simple. The love already existed within you and your partner helped to inspire and invoke those feelings in you. As time passes, and you begin to have repeated negative experiences with him or her, eventually you stop associating pleasure and love with him or her and you associate pain and negative feelings with him or her. The conclusion then is that the emotion exists within you, for it is an emotional and physical state you create. Let me also distinguish here romantic love from unconditional love. Romantic love has nothing to do with caring about the other person. Romantic love is about receiving -"the way I feel when I am around you." Unconditional love is about giving -kindness, compassion and acceptance. For the purposes of this book we are speaking here only of romantic love and ecstasy.

Therefore the way to a win over a woman is to help her experience that intense state of love and ecstasy with you!

When she internally associates that feeling of love and ecstasy with you, then she is yours and she will believe that she is in love with you and that you are the man of her dreams regardless of your looks, money, job, or

house. When she associates you with that emotional state, then the both of you will enjoy regular and incredible sex and lovemaking. And the both of you will enjoy regular and incredible sex and lovemaking for as long as she continues to associate you with that emotional state.



WHERE TO MEET BEAUTIFUL WOMEN

Beautiful women are everywhere -at the gym, work, in bars, coffee houses, movie theatres, libraries, the supermarket, airport, and next door. However, avoid the singles bars and nightclubs where the music is so loud no one can hear you and the place is over run with drunks. It is true that drunken women tend to be more open sexually but you usually can't get them out of the venue and if you do, they often vomit on the way to your car. Also, if you meet a woman already drunk, she probably enjoys that state of drunkenness and you will end up with her being drunk on most dates with you. Further a woman who enjoys getting drunk often has problems too deep and complex for you to handle.

When you seek out venues to find women decide first what kind of woman you want to find. If you are seeking just the physically perfect woman, then the venues are obvious. If you are seeking a woman who also cares about her mind as well as her body, then the venues will be unique. Remember, if you are looking for a woman to date long term, consider also her values. A successful match will be a match between your values and hers.

Be open to new possibilities. Look outside and beyond your ideal woman and type. Don't just look for the woman that is similar to mommy. Explore new types of women; for when you do encounter a new kind of woman, the experience might be adventurous and exhilarating. Remember, every different type of woman sees the world through different eyes and therefore the way she responds to you sexually, physically, mentally,

and emotionally will be unique and she may just turn out to be the woman of your dreams without your having expected it.

Be aware that nightclubs and bars are full of women but these venues are the worst venues for picking-up women. Inexplicably, these women hang out at these venues but are almost always on the defensive, expecting guys to try to pick them up. Before women enter the venue they are expecting corny lines and losers. The landscape is also dramatically changing and many women today are now engaging in dramatic displays of sexual dancing and grinding with their female friends, almost appearing to be lesbians. These women are using the clubs and bars as a way to tease men while still getting men's attention, recognition, and approval. For some women, it is their way of feeling confident about their body, thus reclaiming their power over men. Accordingly, these women temporarily feel unafraid and undeterred by men's vanity, men's criticism of their physical features. Furthermore, it is a way for women to safely compete or neutralize the competition with other women because while they are dancing sexually with other women, the woman's looks, weight, body shape, and dress do not matter. Instead of being judged on their physical features, these women are hoping to be judged by their sexual prowess on the dance floor.

Therefore do not waste your time to trying to pick up these girls. While some of these women may involve you in the dance, they are after the superficial attention only. And the only way you will get their attention, is if you can compete with them by dancing sexually, but you must be able to do it well and stand out, otherwise you will simply make a fool of yourself. Also, do not expect to take any

of these women home; most of them are just out for the fun and adventure.

Therefore, look to other venues where women are not playing games and are less defensive, thus allowing you the opportunity to make an introduction. Also look for venues where you can get the woman on her own, away from her judgmental and critical friends. A woman will always act differently on her own versus when she is in front of her female friends. When she is on her own, she is less defensive and more open to new possibilities than when she is in front of her friends.

Determine what kind of woman you are looking for and choose the venue accordingly:

- Physically beautiful and in-shape women
Gyms, fitness & yoga classes, the beach
- Physically active women
Hiking clubs and groups, track meets, marathons, swimming and diving groups and clubs
- Models
Fashion shows
- Women with depth, intelligence and intellect
Libraries and bookstores
- Women who are spiritually minded
Look to the appropriate workshops and seminars held by various churches and non-denominational groups
- Women who share your religious beliefs

Single's events at your church, synagogue or congregation

- Professional women
Upscale restaurants with attached bars
- Independent women
Restaurants (hospitality staff), book stores
- Fashionable women
Upscale shopping malls
- Self-employed women
Coffee shops and networking breakfasts and events
- Artistic and creative women
Galleries, art shows, Open Mic Nights, theater, ballet, dance shows, independent film festivals

Remember, wherever you are, except maybe in a male gay bar, the opportunity is there for you to meet a beautiful woman.

PHEROMONES: SECRET WEAPON

The word pheromone is derived from the Greek words *pheran* (to transfer) and *horman* (to excite.) Pheromones are found throughout the animal kingdom and are the most primal form of communication.

Human Pheromones are naturally occurring chemical substances released through our sweat glands. They can directly stimulate a person's sexual behavior.

The Pheromone (5-Alpha-Androst-16-en-3-one) sends a powerful signal of attraction, sexual feelings, and desire. In other words, pheromones are the "chemistry" we share with a love partner. We are attracted to the pheromones of others, as ours attract them.

Pheromones are invisible and almost undetectable to the traditional sense of smell. When an adult man or woman inhales them, they send out a natural chemical signal of sex appeal or social acceptance that makes the wearer compellingly attractive.

A good example of the incredible power of pheromones in the animal kingdom is the dog. When a female dog is "in heat", it drives male dogs crazy with sexual desire, even from great distances, using only their natural pheromones.

We now produce only minimal amounts of this, nature's original primal scent - we still respond to this signal - but when we shower daily to remove unacceptable body odor, we also remove these important pheromones, which are

released, through our sweat glands. In essence, it renders us genetically invisible to others.

The powerful effects of human sex pheromones have been well publicized and substantiated for many years. Many research studies have documented the undeniable fact that pheromones can trigger powerful sexual responses.

Doctors also use pheromones as a mood enhancer and natural hormone producer. Commercially, pheromones are used to help break down social barriers and help create a feeling of "friendliness" for those working with the public. In an article in *The Sunday Times*, one study revealed, "Minute quantities were used on a chair in a dentist's waiting room. Women patients made straight for the chair."

When the pheromone 5-Alpha-Androst-16-en-3-one is secreted, it dictates sexual behavior and attracts a willing partner.

Studies in Pheromones

One study published in the journal *Physiology and Behavior* (March 2002), found that adding pheromones to a woman's perfume dramatically increased a woman's sex appeal to men.

The study found 74 percent of women who wore their regular perfume with the added pheromone saw a significant increase in three or more of the following types of intimate behaviors with men:

- Frequency of kissing
- Heavy petting and affection

- Sexual intercourse
- Sleeping next to their partner
- Formal dates with men

Only 23 percent of women who had a placebo added to their perfume reported an increase in the above. Researchers say those results show it was the pheromones that made the women more sexually attractive to men. The study also showed that there was a strong correlation between increased frequency of masturbation and pheromones.

ABC News conducted an experiment of their own to see if pheromones really do work. They took a set of identical twins and applied pheromone to one twin and plain old witch hazel to the other one. They took the twins to a bar and had them switch places throughout the night, so no one would realize they were two different people.

The results were amazing. Thirty men approached the twin wearing the pheromones, while only eleven men approached the sister wearing witch hazel. The use of pheromones appears to have tripled the success rate.

Sussex Medical Research based in the United Kingdom, recently completed extensive research on the human sex pheromone, Pheromone99. One hundred and fifty-two single men took part in a study looking at the effects of Pheromone99.

A massive 81% of men wearing their regular cologne mixed with the pheromone saw an overall increase in the number of times they were approached, kissing, petting, and increased sexual pleasure.

During the study, one man reported he had found it very awkward meeting women and was rarely approached. However since wearing the pheromone, he was approached almost every time he went out socially.

Another man reported he slept with a woman and engaged in sexual intercourse four times a week while wearing the pheromone, compared to less than one night a week before the study.

How to use Pheromones

When buying pheromones, ensure that it is a human pheromone. Some pheromones are made from monkeys. Therefore, unless you want to attract female monkeys, use only human pheromones. You can mix the pheromone with your own fragrance or after-shave.



HYPNOSIS AND NLP

When I was a child growing up in Australia I would take the overnight train to visit my grandmother who lived in another state. I would take this thirteen-hour trip on my own about four times a year. I would always meet people on the train and sometimes chose to continue a friendship afterwards.

One day I realized that I was doing something special. Without thinking about it, I would automatically talk and act differently with every person I met and would always make an instant bond and connection. If I sat next to a man who was rough and macho, I would be the same. If I sat next to a woman who was soft-spoken and witty, then I would act the same way. What I was doing was mirroring and matching the person with whom I was speaking. I would match their tone of voice, their body language, and the way they expressed themselves. When I did this and every time I did this the other person would say, “I feel like I have known you forever.” When I got into my teen years, my natural technique became a fantastic way of picking-up girls. What I didn’t realize at the time was that I was doing something that many years later would be made into a science which I would go on to study, called Neuro-Linguistic Programming™ (NLP.)

NLP was formulated by Richard Bandler and John Grinder who spent years methodically studying and dissecting the techniques of three key therapists who seemed to have phenomenal success in helping their clients to change. The one thing all the therapists had in common was the innate ability to induce trance states in their clients without a formal technique. They were able

to connect and communicate with the deep recesses of the minds of the client and accordingly affect change.

NLP was specifically created to allow us to do magic by creating new ways of understanding how verbal and non-verbal communication affect the human brain. As such it presents us all with the opportunity to communicate better with others, and to learn how to gain more control over what we considered to be automatic functions of our own neurology.

Ultimately skillful use of NLP can help you to become more persuasive and influential than you already are, and with anyone you meet. NLP and hypnosis are closely linked because they both access the subconscious mind and both induce trance state to some level.

Understanding, mastering and applying these techniques can help you to win over a woman by:

- Building instant rapport
- Accessing and recreating in a woman the emotional state of love and ecstasy
- Linking that state to you.

I said earlier that the concept and feeling of “falling in love” or “being in love” is an emotional state created by each one of us. We associate and link these wonderful feelings to a person and then we say to that person, “I am in love with you” or “I have fallen in love with you.” When you help or influence a woman to experience those emotions with you, then she loves you and says, “You are the man of my dreams.” However, to get to that point doesn’t have to take weeks or months. It can almost be done in an instant when you know how.

Let me explain. In my stage hypnosis shows I hypnotize a group of volunteers and then make suggestions. I may tell them that on the count of three they will:

- Laugh uncontrollably or
- Be drunk or
- Speak in Martian or
- Be very sexy

They are able to experience these states of laughter, drunkenness, or sexiness in an instant. They don't have to do anything to prepare themselves. How are they able to do it? They are recreating experiences they have had before or they imagine the experience with such intense emotion that it feels real.

That is the goal when meeting a woman, to help her to re-experience that wonderful intense emotional state of love and ecstasy and then she is yours – as long as she associates that state with you.

How to build instant rapport

I mentioned earlier that we communicate through body language, tone of voice, and content of words. When you can match almost completely the way a person communicates, he or she will instantly feel connected to you.

Now let's look at how people express themselves in language. There are five representational systems:

- Visual (seeing)
- Auditory (hearing)
- Kinesthetic (feeling)
- Gustatory (tasting)

- Olfactory (smelling)

For example a visual person would say, "That looks great." An auditory person would say, "That sounds great." A kinesthetic person would say, "That feels great." A gustatory person would say, "That leaves a sweet taste in my mouth" and an olfactory person would say, "That's smells great" or may simply take in a deep breath and say, "That's great."

When we communicate we use all the systems to some extent and according to our mood, but most of us primarily use one system. In fact, eighty per cent of the population is visual.

Breathing and speaking

When you meet a person pay attention to their voice and breath. A visual person will primarily speak in a slightly high pitch and breath shallow and quick. An auditory person will breathe around the mid-chest and will speak rhythmically. A kinesthetic person will breathe deep and speak with slow pauses.

Once you determine what system the person is using to speak, you can then speak the same way, breathe the same way, and use the same kind of adjectives as her. Gestures and hand movements will also vary according to the representational system a person uses.

Keeping it simple

There are many other clues and signs to help you understand how each woman expresses herself, how she thinks and communicates, and how she views the world. This study can take a long time. Now let me give you the easiest and fastest way to connect with a woman and

build instant rapport: match your behavior to the behavior of the woman with whom you are communicating. This is known as matching or mirroring of behavior. Once you properly match and mirror her behavior, something extraordinary happens. You automatically begin to use her representational system (visual, auditory, kinesthetic, gustatory, or olfactory) and you automatically speak and breathe the same way with the same tone of voice. Once you are doing that, she will feel like she knows you and has known you forever. The similarities create an instant bond and connection. From there, you can then lead the conversation your way. This is known as leading.

Let me give you an example. When two people (male or female) are having an engaging conversation, you will notice how their bodies mirror each other. Next time you walk into a party, look carefully at the people interacting. Notice their body language. If it matches, they are getting on well. If it doesn't match, then they won't be getting on well.

Mirroring and matching

The key to mirror her and create that instant bond is to gently and subtly assume her body posture and rhythms. If you do it too quick and harshly, she will think you are making fun of her. It needs to appear natural.

For example, let's say the woman you have just met is sitting with her legs crossed and her head high and when she speaks she gestures with hand movements up and down. If you sit next to or opposite her, do the same as her, carefully cross your legs, and keep your head high. Instead of making exactly the same hand gestures as her, you can move your head up and down in time to her hand movements. I concede it sounds ridiculous but I

can assure you when done properly the results are phenomenal. It simply takes practice to get it right and make it appear totally natural.

From there you can lead and begin to work on recreating that intense emotional state of love and ecstasy in her and then link it to you.

How to access and recreate in a woman the emotional state of love and ecstasy

Now that you have made your introduction and built rapport and a connection with the woman, the next step is to help her recreate the emotional state of love and ecstasy.

This is achieved through metaphors and indirect suggestion laced in a simple story. Let me give you an example of how this works.

Julia is an expert in pastries and people come from all over town to try her lemon cake. Her ability to preserve the natural tartness of the lemon is amazing. Before mixing the ingredients, Julia will take five or six of the most sour and most bitter lemons she can find, cut them up, and squeeze their pungent juices drop by drop onto her tongue.

Most people would only place a few drops of these extremely sour lemons on their tongues but Julia continues letting the sour juice squirt into her mouth and fill her mouth completely. She says she can instantly feel her tongue swell up from the sour lemons as the sourness of the juice penetrates all the pores of her tongue and her mouth is filled with the pungent juice.

She is aware of the sour sensation on every part of her tongue and she can feel the tingling sensation from the juice of these extremely sour and bitter lemons. She even likes to swallow some of the sour juice, which extends this pungent feeling into the muscles of the back of her throat.

Now, how does your mouth feel? Are you puckering your lips? You probably experienced both an emotional and a physiological reaction to the story of Julia tasting the sour lemons. The goal in telling you this story is for you to internalize and personalize the story – responding as if you were experiencing the things that Julia was. I wanted you to think about the lemons and to experience the sensation of having your mouth start to pucker and quite possibly start to salivate (which you may or may not have detected.)

In my stage hypnosis shows, I can simply tell the hypnotized volunteer to taste the sour lemons and he or she does. This is known as *direct suggestion*. Now if you could deeply hypnotize a woman then you could just tell her what to do, and as long as it is not against her will, she would do it.

Indirect suggestion on the other hand has a similar effect but is done through a story, and so it bypasses the radar of the conscious mind and goes right into the subconscious mind – where lasting change can take place. Thus by offering positive and inviting suggestions that their subconscious mind wants to accept I can influence their behavior and so can you.

Therefore, to help a woman recreate the emotional state of intense love and ecstasy, tell stories, or have her tell a story about her deepest emotions, and then add to it with sexual metaphors. For example, re-read the lemon story

and you will notice how it is purposely laced with sexual metaphors (squirt, juice, squeeze, fill, penetrate, tingle, swallow.)

How to link and anchor her emotional state of love and ecstasy to you

Now that you understand how indirect suggestion works, you need to create the story that will bring to life those feelings of love and ecstasy and then you can anchor those feelings to you. That means she thinks of you when she experiences those wonderful feelings. Remember earlier I explained that ‘falling in love’ is a state she creates internally and for her to fall for you, all that is required is to have her associate you with those feelings, and then she will believe that you and only you create those intense feelings. That’s the same process that happens to every woman when she falls in love.

The ideal way is for her to tell you a story that relives for her powerful, positive emotions and appeals to her imagination. Thus after, and only after you have built rapport and you sense that she has a deep connection with you, you may begin to ask questions that encourage her to tell you a story. For example, you might begin with, “I was wondering (or, If I were to ask you) what is your favorite vacation spot (or most wonderful experience?)

Now that she is telling you her story she is also gently going into trance as she relives that wonderful experience. Extract information from that story and keep it moving, intensifying the feelings and adding sexual metaphors. For example, if she says her favorite vacation was at the beach in Florida, you might respond with:

“Yes, imagine the wonderful security of those long palm trees while the sun gently caresses you and the warmth spreads... all over your body.”

Once you know that she is starting to truly feel it, then you move onto the next level of associating and linking her wonderful experience to you (anchoring.) You might say:

I am wondering while you sit there listening to the sound of my voice and thinking about that wonderful time with your heart pounding to that, and you begin to open and feel the heat deep inside, that excited feeling all over. Can you feel it... now, ...with me?

This is a sample mini-script only. It is deliberately vague and therefore appeals to the subconscious mind by appealing to her imagination. It is read with a soft, smooth voice. You emphasize the underlined words, and then on the words “feel it now” you touch her and then finish with the words, “with me.” In reality you are almost commanding her to “feel it now with me” and by touching her that feeling is now associated with you. Now she thinks that you are the man of her dreams because she is experiencing those emotions of love and ecstasy with you!

Ten minutes

Hypnotizing (putting someone into a trance state) doesn’t take long at all. In fact, both on stage and in a clinical situation, I can deeply hypnotize a person in three to five minutes. Therefore you will need to continually practice this technique (understanding and assimilating all of the principles above and the *Seduction strategies* found in the next section.) Use each experience as feedback, refining and adjusting your approach (voice, body language, sexual

metaphors, and words.) Once you have completely mastered this technique and the ability to access the deep recesses of a woman's mind (her subconscious), it should only take you ten minutes flat from the time you get her attention and build a deep connection to the time you win her over.



SEDUCTION STRATEGIES

Now that you understand the basic steps and process required to win over a woman, let's look at all the strategies necessary to seduce a woman.

Act now

Don't wait for the right woman to come along. Don't believe that saying that "if you *just be yourself*, your dream girl will just magically show up." Don't wait for the dice to roll and come up with your number. Act now. Take charge of your life. You won't find a woman by sitting down or talking about it. Act now.

Successful communication

Decide what you want to achieve from each interaction and communication, i.e., what is your intention? What action do you want this person to take? What do you want her to feel? In NLP we say, "*The meaning of your communication is the response you get.*" If you want her to believe that you are important, then act as if you were important. I have had people come up to me in nightclubs asking me if I was the manager because of the way I walked and the energy I gave off in the room.

Physiology

Earlier I mentioned that fifty-six per cent of our communication is done via body language, thirty-seven per cent is our tone of voice, and only seven per cent is the content of our words. In the example of when I was in a nightclub, the people who thought I was the manager had never spoken with me before. They thought I was the manager because of my body language. Put your body in the state you want to feel. You cannot be depressed when

you put your head up, chest out, and shoulders back. That's why the army has its people do it.

Tonality

People pay many dollars a minute for phone sex, not realizing that the woman on the other end is not the perfect 10 and is most likely a couple of hundred pounds overweight. The success of the sex lines is the tonality of the female –the way she uses her voice. Decide what feeling you want your woman to experience. Do you want her to feel that you are warm and friendly or sexy and suave? Use your tone of voice accordingly. The tone of my voice is critical to my success when I am hypnotizing people. I may make my voice smooth and as sweet as honey or I may make it punchy and authoritative.

Supreme confidence

Earlier I mentioned that supreme confidence is the number one seduction strategy. Your mind set and the way you feel about yourself is critical to your success. You must like, accept, and approve of yourself before you approach any woman. You can't encourage a woman to feel good about herself if you don't feel good about yourself.

Attitude

It is said that your attitude is more important than your aptitude. Stop accepting second best and begin right now to believe that you deserve the best –in all areas of your life. Believe that you are special and worthy of any woman's love, affection, and sex. With that attitude you will succeed no matter what.

No begging

Remember you will never win a woman over when you are begging or pleading for her to accept you, approve you, or give you her number. Women are attracted to confidence and to a man who believes he is special. If you believe you are special and worthy, then so will she. Confidence, courage, poise, and strength are masculine qualities. Have self-respect.

Nothing to lose

What would you do if you knew you couldn't fail? What holds us all back from taking risks is fear –often the fear of failure or rejection. If you truly understand that you have nothing to lose when you approach a woman, then you will have no fear. Remember you don't have the woman anyway (not yet) so you have nothing to lose.

Don't take it personally

If she rejects you, move on. Don't sit there and fight a battle you can't win or that isn't worth winning. No matter why she rejects you, do not take it personally. If you do take it personally, you will destroy your confidence and you will end up focusing on your failures instead of your successes. By adopting the approach that the rejection is not personal, you will have greater success. Be a bulldog.

Bitter girls

Not every single girl will respond the way you want, and for many different reasons. Some girls are so tortured, cynical, and unhappy inside that they are not open to any new possibilities. Some girls have lost their passion for life and hate all men. Some girls hate themselves. When you meet this type of bitter girl who acts ugly, ignore her and walk away immediately. Do not let her negative energy

rub off on you. Seek out the girls who are passionate for life.

Never give up

Dating success is also a numbers game. Be compulsive and tireless in your pursuit of women. If she doesn't respond to you, then simply assume that you were wrong about her, that you made a mistake, and move onto the next girl. Do not let her rejection of you become a truth about whether you are special or worthy.

Succeed by first failing

No one has ever succeeded in anything without first failing many times. Thomas Edison had over a thousand failed inventions before he came up with the light bulb, the transistor, and the radio. The goal is to use your failures as feedback –learn from each experience how you can improve on the next attempt.

Be humorous

Laughter lowers a woman's defenses. It puts her at ease with you and boosts your confidence. If you both share the same sense of humor then you have a chance of a successful relationship. Her response will also be an indicator if you want to be with her or not. If she is dry, unhappy, and unable to laugh, run for your life –unless you want to be her therapist. Show her that you are fun to be around. Women are always attracted to men who can make them laugh.

Be flexible

Earlier I told you never to use corny pick-up lines. There is one exception: when the situation demands that you do use a corny line. That situation is when you have only a bare moment to talk to her and get her number and you

need something bold but light. That is when I recommend you use a corny line. However you should only do this if you know how to carry it off so that the girl clearly knows you are joking and you both laugh. You must be able to laugh at yourself so that again she sees you have a sense of humor.

Don't take it seriously

If you view meeting and picking-up girls as a serious do-or-die project, you will fail miserably. View it as fun, as an experiment. Each girl is a potential match or mate for you. Don't be attached to the outcome. The less you appear to be chasing sex, the greater the chance is of your getting it.

Focus on her

It is a common mistake to automatically focus on your feelings when you meet a beautiful woman and neglect what she is feeling. One of the keys to connecting with a woman is to focus on what she is thinking and feeling. Listen carefully to her and as I mentioned earlier, see the world through her eyes. Match her behavior, bond with her.

Impress her

Remember if you want to impress her, be impressed by her. Don't monopolize the conversation trying to impress her with who you are, what you have, and what you do. Ask her questions and tell her stories that engage, inspire, and access her subconscious mind. Tell her stories that inspire her imagination and make her feel good.

Don't ask for her number

Of course you want her number but the goal is to get her to volunteer it. If the both of you are having fun and she

likes you then you might say, “let’s get together again and have more fun” or “Let’s get together and hang out.” Now she has the option to say yes, when, and how. By allowing her to make the move she feels less threatened and more in control. The only time that you would come out and directly ask her for her number is when you only have a bare moment and you need to be bold or you will miss out. For example, at an airport, I had spoken with a girl for just three minutes, when my ride showed up. I had to act quickly if I wanted to speak with her again; I just asked her, and we swapped numbers.

Compliment without emotion

Unless you are a raving queer, (like the character Jack in *Will and Grace*), don’t become emotional when complimenting a girl. The goal is to say it with such confidence that her response doesn’t matter to you –you are simply making an observation. For example in a club, I spotted a very pretty girl and as she walked past me, I said, “Wow. I really like your dress.” I said it calmly and without emotion. It worked she stopped and we chatted.

Ask questions –show sincere interest

Expressing genuine interest in the girl is a compliment. Ask her questions and listen with intent. Let her know that you have a sincere desire to get to know her, her interests, her hobbies, her desires, and what makes her tick. Just be careful that you don’t overdo it by becoming like a reporter from *Sixty Minutes*.

Mirror and match

As explained earlier, the key to quickly establishing rapport and trust is to mirror and match her behavior. That means if she talks softly, you also talk softly. If she leans in, you gently lean in without her realizing, or she

will think that you are making fun of her. If you master this technique, she will feel as if she has known you forever.

Pacing and leading

Pacing and leading refers to making statements about the current 'reality' for an individual before directing her attention somewhere else. In other words you identify the truth of the situation and then you make a leading statement. For example, it is an obvious and undeniable truth when you encounter a woman in a supermarket to say, "I know we are in a supermarket and we don't know each other. You don't know me and I don't know you. I know you are here to shop." Now you lead her in the direction you want by saying, "You have wonderful energy and you seem like the person who like to have fun. My name is...let's have a coffee."

Keep the phone call short

When calling to set up a date, keep the conversation short. You are closing the deal. Set a date, time, and place. Be specific. Don't be fooled by, "Can you call me back to confirm?" That means she is waiting for a better offer than yours. End it right there and say, "Thanks, but it seems you are not serious and I don't believe in wasting anyone's time. Have a nice day" and then hang up and move on. (Also don't talk to her for hours no matter how you well you get along otherwise she will view you as a telephone friend, and it decreases her motivation to see you since she can speak to you on the phone anytime, and for hours.

Put the ball in her court

If you have set up a date and she calls to cancel, the simplest response is to say, “Well since you cancelled, I’ll let you set up the next date. I am interested in seeing you so call and we’ll go out.” Do not resort to arguing, debating, or trying to humiliate her. That is only a waste of energy and is negative. If you already feel lousy, don’t make her feel lousy. Again, focus on what you want and move onto the next date or girl. If a woman rejects you when you try to pick her up, just courteously move on, unless she has been deliberately rude and you need to show self-respect. In that case, say something simple and effective, “It’s obvious that you are unhappy inside and no matter what you do, you cannot stop me from being happy. Good luck.” And then walk off.

It’s OK to walk away

Remember that it is important to maintain control and self-respect. If you meet a girl and no matter how beautiful she is, you realize something about her that is a huge turn-off (she’s schizophrenic, she’s being mean and nasty, or you quickly realize her personality is not so attractive) it’s OK to walk away. Incidentally, do it quickly. The same applies to a relationship. If you have talked about it and she is still treating you like crap, then walk away. You will earn more self-respect and build your self-esteem. The longer you stay in a destructive, unhappy relationship, the greater the damage will be to your self-esteem.

Get a life

Despite your obvious excitement when she does call and leaves a message, take your time to return the phone call. That way she thinks you are busy, important, and have a life. In the beginning of the relationship, if she suggests a

particular night for a date tell her you are not available that night and offer an alternative. That creates mystery and she will think that you are popular and in demand. Her interest in you will rise. If she asks why you are not available, say, "I have already had this night planned." If she asks, "What are you doing?" answer with "I am going out with friends." If she asks any more questions and you hardly know her, run away because she is the controlling, suffocating type.

Take charge

Take charge, show sincere interest in her, keep her interested, and let her know that you are confident by being the first to call the evening quits on the first few dates. However, don't say that you are tired and don't appear to be boring. The same applies to phone calls -be the first to hang up. If you appear overly eager and a pushover, she will lose interest in you.

Show your emotions

Do not be afraid to show your true emotions. Be masculine. Show anger when necessary but don't throw a tantrum or sulk. Stand up for yourself. If she treats you with less than respect, let her know immediately and let her know that you will not accept that sort of treatment. If she rejects you because you displayed courage, self-respect and strength, then be happy it ended now because it would never have succeeded anyway.

Set your standards

There are many times when a girl will cancel at the last minute, or will not do what she said she would do, such as calling you back. Maybe she is a flake, she was genuinely busy, or something else happened. Give her the benefit of the doubt but also evaluate her, and set your

standard, with a short email or voice mail message. “Jenny, I hope you are OK. You said you would call back Monday, and I didn’t hear from you. I know you are a person who keeps her word. Are you OK? My number is ...” You have just indirectly told her that you expect her to keep her word, be courteous towards you, and that you won’t let her get away with being a flake, unreliable and flighty. If she returns the message with a brief apology and explanation, then she has good values and is worthy of your time, effort and energy. If she doesn’t return the message, you have just found out what she is truly like. Forget her.

Focus on what you want

Keep your mind always on the intention and goal. Focus on what you want and what you want to feel. You get more of what you focus on so focus on the good, the pleasure, and joy of your desired result. If you focus on failure you will inevitably fail.

Mental picture method

Visualize and feel yourself being confident. Recall a past experience of success and constantly relive the confidence. Dream of success. Then before approaching a woman, recall those feelings of confidence and success. Now approach her. Most men collapse when approaching a woman because they recall feelings of past failures and rejection.

Believe it

If you see it, feel it and believe it, then it will come true. Spend five minutes every morning and every night visualizing and emotionalizing what you want, such as the woman of your dreams and supreme confidence. Go through the motions. Imagine yourself approaching a

beautiful woman and succeeding with her. Repeat this daily and nightly with intense emotion. Remember you get more of what you focus on. So focus on success.

It's not about you

Inevitably, there will be women and situations that will totally confuse you. You made a great connection with her, she was obviously attracted to you and excited around you, but then failed to call you, return your call, or is blatantly avoiding you. It's not about you! Some women are so accustomed to loser guys, or guys that treat them poorly, that they feel you are too good to be true and they become skeptical, or scared of being hurt and let down. Some women return home after a date with you, only to sink back into their issues of low self-esteem, low self-worth, and depression. One woman said to me, "Why would someone with your intelligence, wit and good looks be attracted to someone like me?" She couldn't see her own beauty. How sad. When you encounter such a woman, let her go, and remember, it's not about you. Don't take it personally. She has the problem or issue. Don't make it yours.

Game over

You will, no doubt, encounter the game players. These are the girls who play hard to get, make themselves unavailable, or ask for "time and space." Despite their outward appearance, whatever they might say, or even what vibes they give off, they ultimately want you to chase them, or reassure them. Usually their motivation is insecurity, self-protection, or even revenge. I believe in reassuring women of their self-worth, uniqueness, and importance to you, but I also advise against playing games. Even if you don't lose the game, you will lose your self-confidence and self-esteem. And remember, she can

only play the game with you, if you agree to the rules. In other words, cut the game off by refusing to play it.

Saying Goodbye

Once mastered, the tools I've shared with you are truly powerful. Use them wisely and respect the women you meet. If you both have a one-night stand, then show her your confidence, self-esteem, and maturity. Spend the night with her and take her out for coffee or breakfast the next morning. That behavior also demonstrates to her that you like yourself and respect both yourself and her, and she may just come back for more, one day!



THE KISS: MASTER IT AND GET WHAT YOU WANT

The kiss can open or close the door to a woman's heart and body. Many guys think they can kiss, when in reality they can't. A kiss just isn't a kiss. To most women, a kiss is the ultimate tool used in foreplay.

What's in a Kiss?

A good kiss can relieve tension, instill a sense of calm and peace, stimulate the brain, and boost self-esteem. A passionate kissing session can create a sense of euphoria and stimulate the sex drive. Kissing also creates incredible intimacy, a sense of well-being and full-bodied pleasure and a deep bond and connection. Kissing also helps to create in a woman the intense state of love and ecstasy.

Kissing is nature's way of opening the door to the sexual experience and it has the power to lift a woman out of the mundane and the ordinary and take her into moments of the extraordinary.

How to handle the initial kiss

Try a gentle lip kiss. See and feel the way she responds to your kiss. If she is gentle with her kiss, then build gradually with passion. If she is slightly aggressive, then also be aggressive. In other words, let her show you how she wants to be kissed. Maybe she wants to you to take charge or maybe she wants to ravish you. Let her decide, but do it in a way that you do not appear or come off as wimpy or weak. Follow her lead, and then when the moment is right, you take the lead.

How to kiss passionately

Women long for passionate, meaningful kisses. Passion refers to excitement, enthusiasm, absorption, enthrallment, and feeling. The secret to great kissing is to vary the emotion in the kiss. You might begin with a gentle kiss, and then make it slightly forceful, or a truly soft kiss and then a strong, firm kiss. Maybe a short kiss followed by a long kiss or even a gentle bite on the lips. The key is to put feeling in whatever kiss you give. Make her feel as if it is the first time she has ever been kissed. Keep it fresh and new. Also, gently caress her face and touch her hair. Use your hands to increase and intensify the erotic pleasure of the kiss and moment.

How to French Kiss

As with all kissing, the secret to great French kissing is responsiveness. Sometimes you lead and other times you let her lead. You might want to try these techniques: flicker the tips of your tongues, rotate your tongue in circular motions, play chase back & forth, suck her tongue, or gently bite her tongue.

Who women want to kiss

Extensive research has revealed that women yearn to kiss a guy who is clean, has beautifully full and shapely lips, is attractive, and possesses a great smile and nice teeth. Most of all, women long to kiss a guy who knows how to kiss - passionately and sensually.

MEN AND KISSING

Men generally don't give a lot of priority to kissing. They view kissing as a means to an end. They use it to get to sex. And that is true. Women love guys who know how to kiss. And yes, one thing leads to another. Men enjoy kissing with their eyes open, which drives them wild when the woman also looks into their eyes.

WOMEN AND KISSING

Women want slow, long-lasting kisses that may or may not lead to sex. Women view kissing as a form of love and affection; as a way to connect sensually with their man. In studies it was found that when a man placed pressure on the woman for the kissing to lead to sex, it took away from the enjoyment of the moment. That means if you are a guy who wants the kissing to lead to sex, then you need to be so passionate and expert at kissing that it truly turns the woman on and she then initiates the sex. Kiss her in a way that leads her to believe that all you are interested in is the kiss, its passion and sensuality. Drive the woman wild with passion and excitement so that she takes it to the next level. Remember, the key is to get her to initiate the sex, and passionate kissing is one way of achieving that goal.

Kissing and sex

Be aware: for women, the kiss is critical, and the way you kiss is highly critical. A woman may already have decided in her mind that she is going to have sex with you, but once she finds out you're a bad or a mediocre kisser, she is most likely to immediately change her mind. She may even decide that she will *never* have sex with you. Remember, to win over a woman and to seduce her, you must appeal to her mind and imagination. If you can't kiss her in a way that truly moves her, then she imagines that you will be exactly the same way in bed –boring and dead. Unlike men, women don't have sex for the sake of sex; they want great sex, meaningful sex.

What kisses women want

Most women enjoy kissing in public. They want to know that you are proud and unashamed of being with them and displaying how you feel towards them. For most

women, kissing in public is a way for men to show their women that they are special and cherished, “the one.” Those women that don’t enjoy kissing in public usually tend to have a hang up about sex and are mostly unable to express themselves sexually. Therefore unless you truly like the woman, don’t waste your time. Find a woman that can freely express herself sexually and sensually. Women like being kissed all over, not just the lips. Women particularly enjoy being kissed on the neck, ears, and eyes. Now let’s talk about where they truly like being kissed...

- **Lips**

While the lips seem the most obvious, guys tend to forget them and go straight for the kill. Even while kissing her all over, keep coming back to her lips.

- **Ears**

You can give great pleasure to a woman and turn her on by gently blowing, licking, sucking or kissing her ears. Also appeal to her mind and imagination by whispering into her ears. Tell her how beautiful she is and how much you love her.

- **Neck**

Women love to be kissed on their neck because it is symbolic of them giving themselves to you, of letting go and surrendering to you. Also try breathing on the nape of her neck; it will give her goose bumps.

- **Throat**

Kiss up and down the throat while she throws her head back. The throat and the neck are the most vulnerable areas. It is her way of saying, “take me.”

- **Breast**

Be gentle and passionate. Don't directly kiss the nipple. Slowly kiss around it and all over the breast so that the woman gets truly excited.

- **Nipples**

Kiss with variety. Begin with soft kisses, occasionally tug and pull. Find out what she enjoys the most.

- **Wrists**

A woman's wrist is an erogenous zone. Gently rub and press your nose and lips against her wrists. Use soft sensual kisses, caressing her wrists.

- **Behind the knees**

This area has many nerve endings and is therefore very sensitive. Gently lick or nibble on the back of her knees. Use soft gentle nibbles and sweet, soft, butterfly kisses.

- **Ankles**

Kiss her ankles while you firmly hold the other side with your hands.

- **Calves**

Kiss all over the muscle and along the length of the leg.

- **Thighs**

When kissing the thighs you are teasing her and exciting her continually. Kiss along the contour of her thighs.

- **Inner Thighs**

By the time you arrive to kiss her inner thighs she will already be excited, and kissing her here now will drive her even wilder than before. Firmly yet gently hold

her legs with your hands. By taking control, you display your confidence and masculinity, and you make her feel safe to just let go and give into you. This is ultimately what almost every woman wants, to feel safe and secure enough with you to let go and freely express herself. When she can do this, it leads her to experience deep and intense orgasms.

- **Feet and Toes**

For some women, having their feet and toes kissed can be the greatest turn-on.

- **Buttocks**

Even the women who are conscious of the size of their buttocks (and that is almost all women) enjoy being kissed here. Occasionally and very gently bite down on the buttocks.

- **Perineum**

This is the area between the posterior vulva junction and the anus in females. It is one of the most sensual areas of a woman's body. Only the expert and experienced guys know about the power of this area. It drives a woman wild when you kiss her here. Again, hold her body in a way that makes her feel safe and secure enough to let go with you.

- **Vagina**

Yes, the vagina is not just for penetration. Women go wild when you know how to kiss them here. Kiss her both inside and out, and do it with passion. If you feel it is dirty, she will too, and it will take away from her enjoyment. Remember, if it is clean enough for penetration, then it is clean enough for kissing.

- **Anus**

If you know how to kiss a woman in this area, you will surprise her with extraordinary ecstasy.

Remember, the above is just an outline. Use your lips to seek and explore all over a woman's body. It is full of sensual and erotic areas. Use your kisses to drive her wild and excite her passion for you, then she will almost beg you for sex.

THE TOP EIGHT WORST KISSES

Here, now, are what women feel to be the kisses that shoot down their libido and are ultimate turn-offs.

Deadly Breath

If your breath smells so foul that it could kill, then don't expect to be able to win over a woman. You need to regularly brush your teeth or use mouthwash. You can also use peppermint or spearmint breath spray. Also, seriously consider ending habits of smoking or chewing tobacco, which not only spoil your breath but also spoil your health.

Boring me to death

If you are kissing the girl in the same manner for almost half an hour, you are probably boring her to death and that's why she isn't getting turned-on. Vary your kiss: the intensity, the type of kiss, the emotion, the speed and the duration.

It's flooding

Are you drooling and slobbering all over your girl? Kiss her! She's not a dry garden in a time of drought. Don't water her. It's understandable if you get excited when kissing but try swallowing before kissing her.

Silence

Unless she has asked you to "shut up and just kiss me", talk occasionally by saying sweet and complimentary things. Talking sensually will excite and please her beyond belief, particularly when you whisper in her ear.

Crocodile Skin

Women want soft sensuous lips to kiss. They don't want to be sandpapered each time you kiss them. If you have dry scaly lips similar to the skin of a crocodile, then use some sort of lip balm.

Rough ride

While some women speak of how sexy a man looks with a five o'clock shadow, the reality of the feel of that stubble on a woman's face is far from sexy or a turn-on. In other words, shave.

I can't breathe

French kissing is fine and welcomed, but don't suffocate the poor girl with your tongue. And don't become so crazy with your tongue that she thinks you are a contract killer, out to end her life.

DOA

Another complaint by women is that some men just kiss with their lips while their body is stiff as a corpse. Put

feeling into your kisses and use all of your body. Caress the woman all over while kissing her.

Remember kissing is a path to a girl's heart and is wonderful and fun form of communication. The best kisses will leave your girl panting, wanting more, and will lead her to initiate sex with you.



APHRODISIACS

The term aphrodisiac refers to something, such as a drug or food that arouses or intensifies sexual desire. The word aphrodisiac dates back almost five thousand years and comes from the myth of the Greek goddess of love, Aphrodite, who it is said sprang forth from the sea on an oyster shell. That may also explain why some people think oysters are an aphrodisiac.

The ancient Egyptians, Greeks and Romans all used various foods as aphrodisiacs. For example, to enhance sexual desire, some ate foods shaped like sexual organs such as bananas, asparagus, and carrots.

Types of aphrodisiacs

Aphrodisiacs are separated into two categories:

1. External stimuli. These are the things what we see, touch, hear, and smell that affect our sexual thoughts, emotions, and behavior
2. Internal. These are the things that we eat or drink that affect our sexual thoughts, emotions, and behavior (food, alcoholic drinks, drugs, love potions, medical preparations)

Aphrodisiacs were first used as a remedy for sexual anxieties, fears of inadequate performance, and the need to increase fertility. Procreation was an important moral and religious issue and therefore aphrodisiacs were used for male and female potency.

Aphrodisiacs and the six senses

The ultimate way to turn-on a woman is to influence all her senses -sight, sound, smell, touch, taste, as well as her mind and imagination.

There are hundreds of aphrodisiac products that are recognized for their ability to influence the various senses and arouse sexual desire in both men and women:

- **Food**
Anchovies, oysters, caviar, licorice, chilies, curries, chocolate, frog legs, ostrich meat, truffles, tomatoes, cucumbers, asparagus spears, hazelnuts, strawberries, candied red rose petals
- **Drinks**
Alcohol, and various herbal aphrodisiac teas
- **Fragrances**
Perfumes and colognes containing musk or pheromones
- **Prescription products**
Viagra®, DHEA and other hormonal formulas
- **Natural products**
Virilplant®, Ginseng, Miura Puama, Damiana, Periwinkle, Henbane, Mandrake, Catuaba
- **Spices**
Cloves, horseradish, Jasmine and so forth (the complete list is included below)
- **Miscellaneous**
Rhinos horn, deer sperm, essential oils, crystals, flower essences, music, mysticism, and gemstones

Aphrodisiac spices

Few people, particularly men, realize that there are spices that turn on women.

Cayenne pepper

Cayenne stimulates circulation of the blood. Little red and green Mexican chilies have the same properties.

Celery

Some researchers believe that the male hormone androsterone, which is also found in celery, attracts women. The Romans dedicated celery to their god Pluto, god of sex and hell.

Cloves

Cloves are recognized as one of the most powerful natural aphrodisiacs. Cloves are also effective against mental and physical fatigue, memory loss, and colds.

Coriander

Coriander is a potent aphrodisiac for women. Its dried seed has an effect of ecstasy, joy and excitement. The dried seed can be soaked in wine. Take care, because too much has the opposite effect.

Ginger

Ginger excites the senses. Taken in small and reasonable doses, it causes healthy hot flushes. In excessive doses, it irritates the intestines.

Horseradish

The pulp of horseradish has an aphrodisiac effect on men and women.

Jasmine

Spanish jasmine is the often used to perfume liqueurs. Be careful, because jasmine seeds are poisonous.

Mustard

Mustard stimulates the sexual glands. There are three kinds of mustard: black, white, and yellow, from India.

Musk

Musk is a brown substance extracted from a gland below the skin of deer from Southeast Asia. Musk is highly aphrodisiac. Pound it to a powder and lightly sprinkle it over food. Too much musk can cause dizziness.

Nutmeg

Nutmeg is a strong aphrodisiac for men and is not very effective on women.

Oregano

The liquid extract of Oregano is a potent aphrodisiac.

Saffron

Studies have proven that saffron has similar effects to hormones. Saffron stimulates the erogenous zones. Be wary because excessive doses of saffron may cause uncontrollable laughter.

Thyme

Thyme is a nerve tonic with aphrodisiac effects.

Vanilla

Vanilla in liquid extract form is believed to help reduce inhibitions and combat sexual weakness. Vanilla seems to act upon the central nervous system and its odor indirectly stimulates sex.

Aphrodisiac Food

Almost every culture has its own menu of food and delicacies designed to arouse sex and increase fertility. The list is not always that inviting: boar gall bladder, rhino horn, camel hump fat, and jackal bile. It was believed that the *genitals* of highly sexed animals had magically potent effects. The French believed that bull's testicles are an aphrodisiac while the Greek physician Hippocrates recommended soup made from the penis and testicles of a stag.

Foods that look like *sex organs* have a power to spark the sexual imagination. These include asparagus, bananas, carrots, cucumbers, oysters, mussels, scallops, king prawns, and snails.

Foods that represent seed or semen also sparked the imagination and belief that they possessed sexual powers. These included bulbs, eggs and snails.

Other foods that were believed to be aphrodisiacs include anise, basil, carrot, salvia, gladiolus root, orchid bulbs, pistachio nuts, arugula, sage, sea fennel, turnips, skink lizard meat, and river snails. However, be careful because it was also believed that dill, lentil, lettuce, watercress, rue, and water lily lower sex drive.

Foods that encourage a woman to eat with her fingers may also help to arouse her sexually because it reaches the deep recesses of the mind as well as her imagination. The Encyclopedia Britannica states that:

... the psychophysiological reaction that a well-prepared meal can have upon the human organism. The combination of various sensuous reactions - the visual satisfaction of the sight of appetizing food, the olfactory stimulation of their pleasing smells

and the tactile gratification afforded the oral mechanism by rich, savory dishes - tend to bring on a state of general euphoria conducive to sexual expression.

If that sounds overly scientific the best example of the power of the link between food, sex, and eroticism is in the 1986 movie, “Nine and a half weeks” with Kim Basinger and Mickey Rourke. The most memorable scene is in the kitchen when Mickey uses almost every item of food in the refrigerator as foreplay and eroticism, from honey and cream to strawberries and chilies. Mickey blindfolds her. Passionately and seductively, he feeds her food and drink, pouring and rubbing them all over her face.

The movie illustrates one important point: you need to use your imagination and be creative so that you can appeal to a woman’s imagination and turn her on.

Aphrodisiac actions

I mentioned earlier that many married men do not understand why they are not having regular sex with their wives, and I said that is because these men are failing to make their wives feel special and cherished. I also said how important it is to compliment your woman. However, even if you compliment your wife or girlfriend daily, that by itself is not sufficient. You need to adopt other techniques, strategies and actions that will be aphrodisiacs to your woman, thus encouraging her to want to have more sex with you. Also, as mentioned earlier, women are generally “feelers” and men are generally “thinkers.” That means women make decisions based on what they feel, on pure emotion, whereas men, make decisions based on logic, cause and effect. Therefore, appeal to a woman’s feelings.

Thus, to win over a woman and seduce her, you must appeal to her mind, imagination, and heart. Appeal to her emotions, not her logic. This is the ultimate aphrodisiac for a woman: make her feel special. To succeed at this, and continue making her feel special and cherished, in a committed, long-term relationship takes effort, thought and creativity.

Men want lots of regular and exciting sex, they want to be admired and treated like a king by their women. That takes work, ingenuity, and resourcefulness on the part of men. Men also want their women to look good, at their best. Therefore, you need to free up your woman so that she can spend more time and energy looking good and feeling good, and more time to give you attention and admiration. You also have to work for it. Remember, if your woman feels good and special around you, then she will go out of her way to make you feel good, and yes, sexually.

To make your woman feel special, think outside the box. Here are some additional surprise ways to excite her passion for you:

- Cook for her –women love men who can cook
- Do her laundry
- Share the chores
- Freely communicate your feelings verbally, physically, and with respect (communication is also an aphrodisiac to women)
- Pay attention to her and seek to understand her
- Hold her occasionally without trying to make it sexual
- Freely experiment and try a few new things to keep her satisfied

- Spend some quality time doing some serious foreplay
- Be intimate with her
- Let each other know what pleases you or turns you on
- Sexy talk can also be great foreplay and a wonderful way to excite her
- Make sure your bedroom is tidy and your sheets are clean
- The most important room in the house is not the bedroom but the bathroom. Women can handle a messy bedroom but not a dirty bathroom. The ultimate turn-off for a woman is an unclean bathroom.

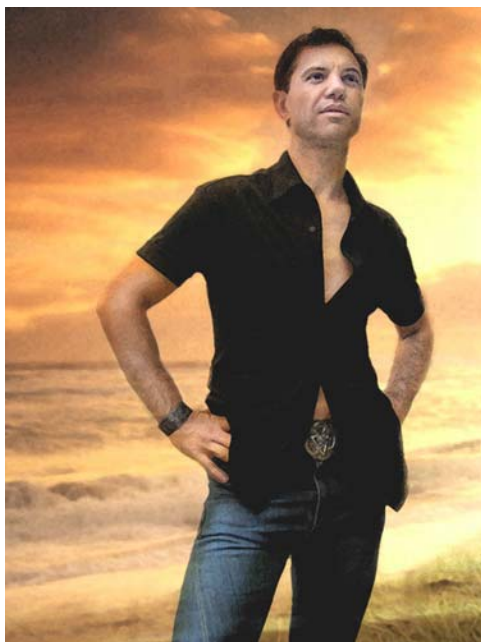


FINAL WORD

Now you know how to win over a woman. And now that you have an insight into women, what they want, and what is important to them, you can combine that knowledge with the techniques I have given you to connect with a woman at a deep level, make her feel special, and help her achieve the intense emotional state of love and ecstasy with you. Remember, when you make her feel special, truly special, she will initiate the sex and will do anything and everything to please you!



• ABOUT THE AUTHOR



Originally from Australia, Patrick Wanis is a celebrity life-coach and an expert in human behavior and relationships. He is an international speaker, clinical hypnotherapist, and Neuro-Linguistic Programming practitioner with degrees in communication, human behavior and journalism. He has appeared on television and radio and teaches around the world and is trainer to the international modeling agency, Alpha Model Group. Wanis has coached and worked with various celebrities such as Hulk Hogan. More than four million people have read Wanis' books in English and Spanish. [Click here.](#) Visit him at www.patrickwanis.com

Patrick Wanis



What does a woman want? What does it take to truly please and satisfy a woman? What is the one thing that a woman is ultimately looking for? How does one connect with a woman at a deep level? Why do women change sexually once they are married?

Australian hypnotist Patrick Wanis reveals amazing secrets about women, what they want, and how to win them over!