

Le Monde de Baller



I bumped into Baller's posts on the Mark Manson forums in 2013. Instantly I could see the posts surrounding relationships and self-esteem were true because a lot of what he had to say resonated with the situations I had in my life. I sent Baller a message and he started giving me personal advice. At times it was pretty messy and brutal but without a doubt it was one of the best things that happened to me. Baller is one of the very few rare people who cut through the bullshit and tell the truth while poor dating columns and shoddy business people continue making men weak. His blog (which was at times private) became a HUGE frame-work in my life and in me becoming a stronger individual. To this day when I see people making posts I suggest people read his blog because the same re-occurring issues come up. Which tend to be the core of their problems. So it doesn't matter how well you can talk to woman. If you're still desperate and weak it will all come falling down in the end and it's for this reason I decided to e-mail Baller for his permission and compile his blog into this Ebook. After asking if he had anything more to add to his blog he said the following:

"Sure I could post about relationships, marriage, and so forth, but that doesn't really

help the guys I'm trying to target. As you know we're talking about men who can barely text a girl without it being an act of Congress sometimes. So I feel like I've said almost everything I wanted to say. As certain trends come up I'll address them but overall the body of work on that blog should help guys who are truly wanting to change." With that said let's get into the posts - **Valentino**

Greetings. Welcome to Le Monde de Baller.

This venue will be about things that resonate with you; elements of the human condition that all walks of life can relate to. One common thread that ties us all is our innate desire to feel love and be loved. Men/women dynamics is the source of so much confusion and angst today for so many people. So whether you're a man or a woman, there will be something here for you...that much I can promise.

You may find some answers here. I may make you laugh, I may make you mad...but I'll always make you think.

I am Baller. Welcome.

[The following was inserted as his final post (as of - 2/3/2015) but I found it fitting to insert it first] - Valentino

FRIDAY, JUNE 27, 2014

Why I Do What I Do

Over the years a lot of people have asked me common questions:

- 1) Why do you do what you do?
- 2) Why are you so hard on guys?

It wasn't that long ago when boys learned how to be real men from their fathers, uncles, and older brothers. They grew up and in turn taught their sons (as well as be a good example for their daughters). 90% of men who come to dating coaches and forums for help is due to the fact that they didn't have a strong Father or father figure. Same can be said for women who have problems with relationships; they never had a solid Father to serve as an example of who they should choose as a boyfriend or husband.

We now live in a society where boys don't have anyone to pass

down the basic wisdom of life that used to be passed down from generation to generation.

I'm very fortunate to have a strong, dedicated, and wonderful Father who taught me integrity, hard work and how to be a good person. I had a mother who loved me unconditionally and supported me no matter what. Yet despite that foundation, I still at times fell victim to the male-bashing, feminist-driven culture I grew up under. So for boys who didn't have my foundation, it is certainly not hard to see why we have lost 3 generations of men.

I've always been taught that if you get to a position in life where you're fortunate enough to be able to help others that you do so. And you do so not for accolades or praise, but because it's part of a bigger karma. I'm paraphrasing this but my Father taught me that the person you help today may end up saving your life or the life of someone you love tomorrow.

I'm hard on some these guys because they've grown up in a world where they've been cuddled; so a gentle approach will rarely work, though at times that is necessary depending on the person or situation. However, most of the time it doesn't shock them out of their comfort zones. For nearly all of them, meeting me is the first time they have heard the cold hard truth.

Children today are growing up in homes that are broken; mentally and emotionally destructive. Some grow up fearful of everything, while others lash out and hurt others and/or themselves; all of them are stunted, entitled, narcissistic, and ill prepared for life. The only solution is with men being strong leaders and Fathers again, who can teach the value of integrity, strength, and goodness. It is truly our responsibility.

Starfish

"Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so, he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down to the shore, picking up small objects, and throwing them into the ocean.

He came closer still and called out *"Good morning! May I ask what it is that you are doing?"*

The young man paused, looked up, and replied *"Throwing starfish into the ocean."*

"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.

To this, the young man replied, *"The sun is up and the tide is going out. If I don't throw them in, they'll die."*

Upon hearing this, the wise man commented, *"But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"*

At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said, *"It made a difference for that one."*

– Loren Eiseley

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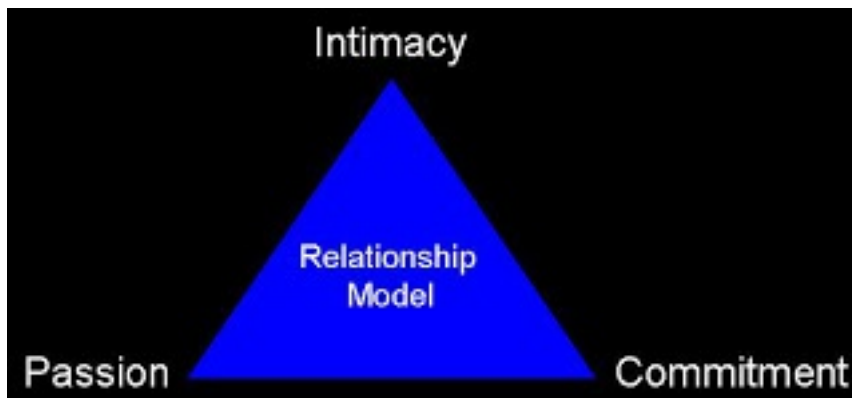
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SUNDAY, MARCH 14, 2010

Balanced Relationship Model

Balanced Relationship Model

***Prologue:** I believe that there are some problems that both men and women face in love, sex, and romantic relationships that are unique to our current society and times. We'll breakdown and address those challenges in other posts on this blog. This particular post focuses on the ideal relationship model that holds true regardless of the times we live in.



An ideal, healthy relationship model is comprised of 3 major components; Passion, Intimacy, and Commitment.

First and foremost you need **Passion**. Women will often describe this as “chemistry” or “butterflies”. Men usually experience passion in the form of great sex and a “can’t get enough of her” feeling. In both cases they feel physically drawn to one another. Nothing else matters except the next time you get to see this person. Both men and women have described this experience as a “drug” and for intents and purpose, passion is an addiction.

(Passion is a necessary fire to start a healthy relationship. This is the probably the main component that most relationships are missing today, but that will be addressed in a separate post.)

The next component you need is **Intimacy**. This is sometimes confused with feelings of passion. But intimacy is where you feel an **emotional connection** with someone; often times you feel as if you’ve known this person before or you’ve met in a different lifetime. Universally people have described it as, “*I was meant to meet this person*”. You feel completely comfortable and close almost immediately upon the first meeting. Time flies by when you’re

talking to each other. You want to spend as much time together as possible.

The third component needed is **Commitment**. This is a sense of loyalty or duty to a single person. You know that you are there for each other through "sickness and in health". Commitment allows you to be free to "be yourself" around this person, knowing that they are with you even when you don't look your best and despite all your flaws. For women, the feeling of commitment is what allows them to feel secure enough to start a family and have children. Commitment is an unspoken trust that the person will be faithful to you.

Nearly all relationships will have all 3 of these major components in varying degrees. However, problems arise when these components are out of balanced.

High Passion, Low Intimacy, Low Commitment

If you have passion, but no intimacy or commitment, then that would be just a physical relationship such as a one night stand. Sometimes women who have affairs with married men will experience this type of relationship. Women may feel some level of intimacy but because passion is such a vital component for men, his desires and appreciation for the sexual satisfaction may come across as intimacy to women.

High Intimacy, Low Passion, Low Commitment

This is basically a very good friendship. MANY men across the world knows how this feels; it's called the dreaded "friend zone". They're always the friend and never the boyfriend. Women will feel very close to these guys but they don't feel any sexual or romantic attraction towards them.

High Commitment, Low Passion, Low Intimacy

This is very common among married couples during the last few years right before a divorce. They are roommates who may be great parents and good domestic partners, but the marriage is basically dead. It's an empty relationship. "Boredom" is the symptom most often described by women. "Lack of good sex" and "lack of appreciation" is what is most often described by men.

Unfortunately this is probably the most common of relationships today among marriages. This is often called "settling"; we are brain washed to believe that commitment is the only component that counts and thousands of people take that advice only to end up miserable and unhappy within 5-7 years. This is also one of the most common mistakes men make today as they offer a high level of commitment to a woman hoping to earn passion; this also leads to the dreaded "friend zone". We will dive into the specifics in separate posts.

Some relationships may have 2 out of the 3 components:

High Passion, High Intimacy, Low Commitment

This is the classic relationship model that defines most extramarital affairs. By far this is the most addictive and destructive of all the relationship types, but also the most satisfying and memorable. Another term to describe this is the "Romeo and Juliet" syndrome. Obstacles such as distance, family objections, or any number of outside forces will make the passion and

intimacy even more intense. Ending this type of relationship is often described as worst than actual physical pain.

High Commitment, High Passion, Low Intimacy

The least common among all the relationship models, this relationship type is when a couple stays together because they have a great sex life. They usually lead separate lives and do not share much other than a healthy sexual relationship and a commitment to stay together. They do genuinely care for one another and love each other but in a "close friend" type of way. With this type of relationship there are usually no children involved and/or the children are grown.

High Intimacy, High Commitment, Low Passion

This is mostly seen in very old couples who have been married for 40 or 50 years. They haven't had sex in a many years but their love and commitment for one another is apparent for all to see.

While this brings many "Awww's" from people, what is most often overlooked is that for the majority of their relationship, this couple had High Passion, High Intimacy, and High Commitment. While age and nature has eventually taken away the need for physical passion over time, it doesn't mean that these couples would have made it this far without it.

Which brings us to the main point of this post: In order to have a healthy balanced relationship, a couple must have all 3 components. Yes, I understand that life challenges (jobs, children, sickness, etc) will affect each of these pillars in one way or another. That's not what I'm talking about. What is vital is that these pieces are there in the beginning of your relationship and that both the man and the woman strive to keep a balance of all 3.

The crucial mistake that people make is to claim that one or more of these components aren't necessary. Unfortunately we have volumes of books, magazines, and talk shows that try to tell us that and it send us all down a path to unhappy relationships.

The second equally crucial mistake that people make is to believe that one component can make up for the other two. For example, women often think that a guy who has high commitment value can make up for the lack of passion or intimacy. Ask any woman who has been in one of those types of relationships and ask her how it worked out.

These 3 components are the framework that all healthy, long lasting relationships are built upon. One isn't more important than the other and one can never make up for the lack of the other two.

TUESDAY, MARCH 23, 2010

How To Stay Young

TUESDAY, MARCH 23, 2010

How To Stay Young

You know why great comedians are so funny? Because their craft has always been to see the truth in our human nature. They're never politically correct, even when that ridiculous movement was the trend. They hold up a mirror that most people find uncomfortable but in that discomfort it creates humor. The greats know how to do that well.

One of my favorite comedians is George Carlin. Here is his brilliant monologue about aging. At the end of his routine I included a list of ways to stay young that's been gathered through various sources; my view on how to keep life from making you bitter, jaded, and depressed.

(Begin)

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half!"

You're never thirty-six and a half. You're four and a half, going on five! That's the key. You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16!

And then the greatest day of your life . . . you become 21. Even the words sound like a ceremony . . . YOU BECOME 21. . . YEAS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk. He TURNED, we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40.

Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 . . . and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday! You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime.

And it doesn't end there. Into the 90s, you start going backwards;"I was JUST 92." Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

- George Carlin

(End)

HOW TO STAY YOUNG

1. Do something active at least twice a week; something that will make you break a sweat.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about computers, psychology, gardening, science, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, friends, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, to the next country, to a foreign country, but NOT to where the guilt is.

10. Have a hobby that is supposedly meant for young kids; comics, video games, board games, ice skate, collect dolls (if you're a woman...don't collect dolls if you're a man, just don't do it).

11. Tell the people you love that you love them, at every opportunity.

12. Spend time with babies and toddlers. A child's laugh is the purest joy on the planet.

Women That Set Themselves Up To Be Cheated On

Women That Set Themselves Up To Be Cheated On

When a man cheats on a woman, whether it is celebrities or someone in our personal lives, it is common practice to put the blame 100% on the man. Is the guy wrong? Absolutely. This post isn't about excusing the cheating man's bad behavior. What this post is about is women (and society in general) excusing other women from all responsibility in the situation.

Most people know who Sandra Bullock is; she's America's sweetheart, funny, pretty, intelligent, and by all accounts a professional that everyone wants to work with. Now of all the people in the world that she decided to marry, she picks Jesses James. A man who was married to a porn star.

(Intelligence or professional success has absolutely nothing to do with decision making when it comes to attraction...we'll get to that in future posts)

When Bullock's friend's found out she was dating him, James said, "*all of her friends, absolutely, like 100 percent, [were] like, 'No way, we're putting a stop to this. This is no good'.*" What most well meaning friends don't know is that when you tell most women not to do something, they want to do it more.

Often times women do not take responsibility for the consequences of their decisions. They pick the guy that is the biggest challenge and then express shock when the inevitable happens. If you read most comments, the general consensus is "*poor Sandra Bullock*", but that is excusing her from her poor decision making. She went after a guy who was notorious for dating extremely promiscuous women. She took on the challenge and got burned. That's her responsibility. Halle Berry had the same problem. Jennifer Aniston also falls into this category.

It would be the equivalent of me dating a stripper and then complaining that too many men gawk at her and that she takes her clothes off too much. Seriously? Would anyone feel sorry for the me? Of course not. What would most people say? They would say "*what did you expect?*" But we don't put that same layer of logic on women when they select high risk men.

There are many reasons why women are naturally attracted to men who can get other women. We'll certainly have several posts that break down the "why". Attraction isn't a choice. People think they have a choice, but they don't. But if women do not take the time to be a bit more self aware and stop making poor decisions that lead to unhealthy relationships, they have to take some responsibility for the consequences when the inevitable happens.

Source Links:

[Sandra Bullock's Friends Warned Her](#)

FRIDAY, MARCH 26, 2010

Women's Worst Enemy: Her Ego

Often times we hear that "men have a big ego". It's actually pretty funny to me to hear women say that. Men have a lot of pride, but honestly, very few men on this planet have a big ego. Growing up, most men experience enough set backs, heartbreaks, and get turned down by enough girls to keep us fairly realistic about the realities of life.

Most women, however, have an ego the size of Texas. Let me explain and offer some examples that if you as a woman are reading should recognize pretty clearly.

We'll take the recent headline that a 4th woman came forward claiming that she had an affair with Jesse James, the husband of Sandra Bullock. Now, at the time of this posting, none of the women have given any interviews so officially we don't know why they're all coming forward now. But let me venture this guess:

Nearly every woman who has ever had an affair with a married man (or even a man with a girlfriend) always believes she is the only one. (I cannot help but laugh when I hear this...seriously, truly laugh!). So in this particular case, Michelle McGee is James' most recent mistress and she believed him when he told her that either:

- A) He is going to or already has left Bullock.
- B) She is the woman of his dreams and she is more special than any other woman he's been with.
- C) How much better, sexier, smarter, etc. she is than his wife.

It'll be some combination of the above.

So come Oscar night and Sandra Bullock wins an Oscar and during her acceptance speech she profusely thanks her husband and more important, he in turn gushes about her. James said in reference to Bullock on Oscar night, *"She's beautiful. She's amazing. She takes my breath away. Sometimes I look at her and I do, I just lose my breath"*

This completely **pissed off** McGee because he probably said something similar to her and now it is obvious he has no intentions of leaving Bullock. Out of hurt and anger, McGee then rats to the tabloids. The other 3 mistresses now see an opportunity to cash in on their story too. Some of them, like McGee, was probably under the impression they were the only

one. More women will most likely step forward in the coming weeks.

If you've ever listened to any of Tiger Wood's mistresses, most of them had the same story and thought process.

So now some of you are reading this and thinking, "*That's THOSE type of women...regular, normal women don't go around sleeping with married men. I'm NOTHING like that*". You don't think so, eh? Before you throw stones, have you never flirted with a married guy or another woman's boyfriend just "out of curiosity"? Or because you thought he was "safe" and "probably wouldn't do anything"? I bet if you think back real hard, you'll know at least one girlfriend from your own life who either slept with a married man or took a boyfriend away from another woman. Just because you technically have never slept with a married man, don't be so quick to conclude that you must be so vastly different from these women.

Of course some women have bigger egos than others. In fact, I've been fortunate enough to have a few women in my life that were on the lower end of the ego scale. However, if you're wondering where you land on that scale, here are some tell tale signs that your ego is probably your own worst enemy:

1. You constantly have drama in your life but you always feel that it isn't your fault, that "bad things just happen to me."
2. You've had several bad relationships and you say things like, "I have bad luck", "I have a bad picker", or "I just attract bad guys".
3. When people warn you against someone or something, you want to do it that much more to "prove them wrong".
4. You tend to love the challenge of men who are taken. You think that if you can make him be faithful to you, then it validates your beauty and sexuality. You feel that he'll be different with you because you're special....he told you so.
5. You compete with women everywhere you go, even your own girlfriends.
6. When in an affair, you refuse to let go because you feel that you're "this close to taking him away from her".
7. It doesn't matter what your close friends or family say about the bad relationship you're in, you know better, you "know him" and you "see the good in him" that no one can see.

The most ironic thing of all is that women who are most susceptible to being involved with a married man are the quickest to ridicule other women for being stupid, naive, and weak. Bullock said this about Tiger's wife a mere 10 weeks ago, *"If I were Elin, man, I would have hit a lot more than she did. She stopped, she was respectable. I'd get the baseball bat, I'd get everything out."* Hilarious.

Regardless of what she says, Bullock won't file for divorce. If she does, she'll be the rare exception and not the rule. She'll make noise about it, then quietly reconcile and give it another try. They'll eventually divorce, but it won't be due to these cheating scandals. She won't leave. Most women in these situations don't. Why? See the title of this post.

Source Links:

[Girl #4 Claims Affair with Jesse James](#)

[Sandra Bullock's Words for Tiger's Wife](#)

[Jesse James Gushes About Sandra Bullock](#)

***Epilogue:** If you're reading this post many years after the time it was written, you may not know or care who Sandra Bullock is. It doesn't matter. Simply replace her and her husband with either a couple you know from your personal life, from your own life, or whichever couple happens to be in the headlines.

As a matter of fact, I wrote the core pieces of this post for my private files about 6 years ago. For this posting I simply changed the names and added a few sentences to fit current events. People making these decisions and entering these type of relationships will always be the same.

WEDNESDAY, MARCH 31, 2010

Nice Guys Will Always Finish Last

Nice Guys Will Always Finish Last

If you're a guy who...

- 1) ...is always the friend but never the boyfriend
- 2) ...treated your girlfriend really well but she broke up with you anyway and now you don't understand why

...then read on because this one's for you.

The basic question that has been debated thousands of times is, **"Do nice guys finish last?"** and I believe that very few people have arrived at the correct answer because the question is asked incorrectly.

The debate isn't **"Nice Guys vs Jerks"**, it's **"Weak Guys vs Strong Guys"**. In a separate post I'll dive into what are the elements of a "strong guy" but for this post we'll breakdown what are symptoms of a "weak guy". In my foundation post ["Ideal Relationship Model"](#), I talked about a core component in any solid relationship: Passion. Most men today have no idea what that is. You can't create passion till you can create attraction and 80% of guys walking around today know nothing about creating attraction in a woman.

When I started to study men/women dynamics, there was very little help out there for guys. Men, young and old, were constantly getting slaughtered in the dating game and left alone, confused, and wondering if they'll ever "just get a girlfriend". Today there are more teachers out there who can genuinely help men who suffered from what I call the "brain washing of men". This brain washing has lead to these [Common Myths Most Men Carry All Their Lives](#).

But regardless of how many books you read or what school of game you subscribe to, there are some basic core issues that you have to deal with if you want to have beautiful, decent, caring, loving women in your life.

These are the most basic of mistakes that a man makes that destroy his chances of ever having a woman feel any sort of sexual attraction towards him:

- 1) You compliment her excessively and frequently. You basically

put her on a pedestal right out of the gate.

2) You try to gain her attraction through buying her dinners and gifts. She may feel some affection and appreciation for you (like a brother), but she'll never ever feel sexual attraction for you.

3) You never want to say or do anything controversial. You are agreeable, considerate, and sensitive to her every need.

4) You are always looking for her approval or permission.

5) You are constantly available. Whenever she calls, texts, or email you are at her beck and call.

6) You never say "No" to anything she asks. You basically "give her the world".

7) You put up with bad behavior from women. They test you with ex-boyfriends, immature demands, emotional mood swings, temper tantrums and you bend over backwards to accommodate.

8) You share "how you feel about her" long before she ever shows any sexual interest in you.

Among all the mistakes that guys make, the last one is the one that puts the nail in their coffin. Even guys with girlfriends do it. There are thousands of men out there that make these mistakes and when the woman says, "*I need some space*" or starts to have less time for him, the first thing he does is....yep you guessed it....tell her how he feels even more! He thinks, "**If ONLY she knew EXACTLY how I felt about her, then she'll feel the same about me.**" And as every woman can tell you, when a man does this, she simply retreats further.

The above 8 mistakes are the most common symptoms all clueless men make, but the underlying disease is [Fear](#). Fear of women. Fear of rejection. You look at a beautiful woman in a coffee shop, at a bar, in a club, at a lounge and you are petrified with fear. You have no idea what to say, your first thoughts are of rejection, anxiety, and you are genuinely worried about what this stranger will think of you. You've made her out to be this perfect human being and therefore you must be beneath her. All this goes through your mind in 5 seconds flat before you even take a step towards her.

And in that situation, what do most men do? Nothing. Absolutely nothing. So after years of no success, if you happen to "get lucky" and land that all important girlfriend, you begin to value her like she is the center of your world...because in

reality...she is. You're [Desperate](#). You fear losing her because you have no idea when the next girl is coming along and you proceed to make all the mistakes that I listed above.

These are the bare bones, basic internal problems of why you aren't successful with women. It isn't because you're not good looking enough, tall enough, rich enough, funny enough, or whatever other excuses you believe. It doesn't matter if you're 15 or 50, these will be the same issues you'll carry throughout the rest of your life if you don't understand how attraction in women really works.

This is not about making you into a jerk, but make no mistake that currently you are **weak**. Deep down inside you know it and all women you come into contact with know it. Each post under the label **"Men's Edition"** will be focused on undoing the incorrect thinking and all the misconceptions that you've been raised to believe.

This is a mandatory book for all men trying to "de-brainwash" themselves from their nice guy upbringing: [No More Mr. Nice Guy](#)

"Let us understand definitively that sexual attraction is not about being a nice guy, it's not about showing her how much you care (at first), it's not about accommodating her whims, it's not about trying to gain her approval, it's not about doing what she says she wants, it's not about liking the things she says she likes, it's not about begging, giving away your power, getting her phone number, dating for a month before sex, trying to convince her logically, or any of the other common misconceptions about romance that are perpetuated in our social programming by Hollywood movies, Disney cartoons and well-intentioned mothers."

~ Revelation,
Chris Odom

*Follow Up Topic: [The 4 Types Of Women That Will Date Nice Guys](#)

Soulmates

"Our soulmate is the one who makes life come to life."

~ Richard Bach

"Soulmates" is a term that is thrown around quite often in movies and books. Human beings have always had the innate drive to form "pair bonds" which, from an evolutionary and biological point of view, is simply aligning with the opposite sex that have the most value. *Value, of course, is different between males and females; those differences will be addressed in a different post.*

Today with men and women roles often times reversed, women are having more difficulty with feeling attraction and finding love. They find themselves in a sea of weird, insecure, needy men who live in a world that no longer raises boys to be men. As a result both sexes are desperately seeking that one special person that seems more elusive than ever.

The idea of a soulmate is as old as time. Plato wrote about its origins in 385-380 BCE:

One story about soulmates, presented by Aristophanes in Plato's Symposium, is that humans originally consisted of four arms, four legs, and a single head made of two faces, but Zeus feared their power and split them all in half, condemning them to spend their lives searching for the other half to complete them:

Primeval man could walk upright as men now do, backwards or forwards as he pleased, and he could also roll over and over at a great pace, turning on his four hands and four feet, eight in all, like tumblers going over and over with their legs in the air; this was when he wanted to run fast ...Terrible was their might and strength, and the thoughts of their hearts were great, and they made an attack upon the gods ... Doubt reigned in the celestial councils. Should they kill them and annihilate the race with thunderbolts, as they had done the giants, then there would be an end of the sacrifices and worship which men offered to them; but, on the other hand, the gods could not suffer their insolence to be unrestrained. At last, after a good deal of reflection, Zeus discovered a way. He said: 'Methinks I have a plan which will humble their pride and improve their manners; men shall continue to exist, but I will cut them in two and then they will be diminished in strength and increased in numbers; this will have the advantage of making them more profitable to us. They shall walk upright on two legs, and if they continue insolent and will not be quiet, I will split them again and they shall hop about on a single leg.'

~ Aristophanes, Plato's Symposium, [1]

Even though I understand the underlining biological and psychological drivers behind why we feel a certain connection or chemistry for another person, I believe in the concept of soulmates. I think if you don't, then you've never met anyone where upon meeting her for the first time you've felt as if you've known her all your life. This person you know you are absolutely destined to meet. Ask anyone who has met their soulmate and they will tell you they had those exact same feelings.

Maybe Plato was right all along; our greatest challenge in life as humans is to find our soulmate. If you look at our day to day behaviors, most of our actions and subconscious thoughts center around finding that undeniable chemistry with another human being. When you find your soulmate, you feel "whole"....as if you've finally come home.

A soulmate isn't one sided. If only one person feels this way, then it's called "desperation" or "lack of options", not divine intervention. But if you've found that person and she feels the same way about you then you owe it to each other to do everything you can to hold onto each other.

Many articles have been written about what and how your soulmate should be, however, it is rare that people talk about what it takes to BE someone's soulmate. So in this post, instead of talking about the other person, I'm going to list out the qualities that each of us should strive to possess to have a chance of being someone else's Soulmate.

These are the factors that I believe are the absolute basic necessities that all soulmates possess:

An Ability for Honest Self Assesement and Improvement: Everyone wants to be "special" in the eyes of someone. However, most people go about it wrong when they have all sorts of unattractive flaws in their personality that they haven't removed, yet they expect that someone somewhere will see them as special anyway. Notice that the people who find their soulmates are actually people who are generally attractive, both physically and emotionally, to the rest of the population.

Physically Attractive: This seems rather obvious, but physical attraction is a core component. Notice that men or women don't ever say they found an overweight, sloppy, negative whiner to be

their soulmate. There is a reason why those who are considered to be "soulmate material" are almost always physically fit and attractive.

Easy Chemistry: When you find your soulmate, you feel completely natural and at ease when you're together. In fact, it feels very unnatural when you're apart. There should be an easiness to your day to day life together. If you find yourself having to force a lot of your relationship and having to struggle through each stage of your relationship, then chances are you aren't meant to be together.

Drama Free Life: While this leans towards women more, sometimes men are guilty of this as well. Anytime you bring unnecessary drama into your relationship, you will eventually kill it. No relationship can survive constant drama. This is why women who constantly seek attention, which in turns causes drama, have such a difficult time finding "someone special" despite their physical attractiveness and abundant options. ([Why Women Fall for Assholes](#))

A Sense of Responsibility and Consideration: In this "me first" and individualistic society, the word "responsibility" is a curse word. Consideration is at an all time low. If you truly want to find your soulmate you have to be willing to be responsible for the other person. This means that you are responsible for thinking about how your actions will affect him or her. This seems simple on paper but it is very difficult for a lot of people today. We don't stop and think, "*How would I feel if the other person did what I'm about to do?*" To be a soulmate to someone, you have to be considerate about how your actions affect them. Soulmates put the other person's needs above their own.

Accepting Each Other's Flaws: Do not confuse accepting someone's flaws with accepting someone's laziness. No one should accept issues in your life that you are responsible for correcting. However, true soulmates accept you for the flaws that you cannot control. Soulmates accept each other as they are. They love each other's strengths as well as their weaknesses.

You Make Each Other Better: Your soul mate will make you a better person. This person will inspire you to be the best version of yourself than you ever thought possible and vice versa.

In the end, there is no roadmap to your soulmate. There is an old adage that simply says, "You'll just know." This isn't something that can be explained unless you've felt it. It's like describing the color "red" to a blind person...you just can't.

But you can be damn sure that if you haven't put in work to improve yourself then even if you met someone who you think could your soulmate, they won't feel the same way about you.

Every man and woman is meant to have one true love in their lifetime. I believe that we can get to a very good version of ourselves on our own but I don't think we can actually reach the pinnacle of our potential till we meet our soulmate. Only when we meet the great love of our life is when we truly take off and achieve the best version of ourselves.

"To find The One, you have to be The One for someone else."

THURSDAY, MAY 13, 2010

Why Women Are Attracted To Assholes

Why Women Are Attracted To Assholes

Out of the many mysteries of why women do what they do, this particular question is probably on top of the list: Why do women fall for assholes and jerks?

To break down this particular mystery, let's define what we mean by "asshole". When we use this term, it can mean any of the following:

- Guys who are rude and indifferent
- Guys who can't stay faithful
- Guys who don't really care
- Guys who lie
- Guys who won't ever commit
- Guys who rarely do what women ask of them
- Guys who seem to be "dead beats" or "losers"
- Guys who treat women poorly

Every "nice guy" has known a beautiful, smart, funny, classy woman who has several "good guys" after her, yet she will give her heart and soul to the guy who treats her badly. It's difficult for a guy to understand why women would go down this path.

However, if you break down women's psyche and the world in which they live in, it is actually not difficult to understand why most normal, attractive, desirable women would fall hard for an "asshole".

We'll first break down what women truly need, then we'll analyze how most men behave around beautiful women, then finally we'll explain why women fall for men who seemingly treat them so poorly.

What Women Truly Need

Women are primarily emotional beings, as oppose to men who are visual and logical creatures. The single most important thing for a woman is that she FEELS for a man. This could be joy, love, hate, anger, etc. It doesn't matter what she feels so long as she feels. They need to feel alive. The more successful and

beautiful the woman, the more she will need and love "drama". Look at the soap operas they watch and romance novels they read. It has little interest to men, but to women they can get completely lost in that world.

The worst thing to do to a woman is to not make her feel at all. In other words, BOREDOM will turn off a woman immediately. Women always need challenges. They love to seduce and chase. Without this element, they will quickly get bored of a man. They'll always feel that something is missing, even if they can't put their finger on it.

How Most Men React to Beautiful Women

What do most guys usually think when they see a beautiful, successful woman? Guys automatically assume that woman must need to be treated like a Queen or a Princess in order for her to even THINK about going out with a guy.

While women say they want a "nice guy", if you look at the evidence and the results, that's hardly ever the case. We all know tons of "nice guys" who are always single and alone. We break this down in more detail for men here: ["Nice Guys Will Always Finish Last"](#). So in reality, if a woman is being put on a pedestal, she is not being challenged and will eventually be bored of the guys who are always willing to bend over backwards for her.

Women do not want a guy to be a doormat. They do not want a guy that she can walk all over.

The Reality of a Woman's World

The life of an attractive woman is vastly different than that of a man's. In a man's world we must chase and risk rejection, even good looking guys must face rejection. In a woman's world she is constantly being chased. Any half way desirable woman knows she can get a man in bed if she wants.

Men everywhere will chase her. The problem is those men will too needy, too available, too weak, and too desperate. They will put her on a pedestal. They will profess their undying love after the 2nd date. They don't make her feel anything. Sure she feels flattered, but once that wears off, she is seeking something else.

Why Assholes Are So Attractive

Unfortunately, in this age of feminizing men, women are becoming increasingly dissatisfied with the amount of mentally and emotionally strong men they have to choose from.

This is where the "asshole" comes in. Yes, the asshole might have tons of qualities that seem negative, but at least he doesn't give in to the woman. At least he makes her chase. He's a challenge and he makes her FEEL. Her friends and family will tell her, *"He's not good enough for you"*, *"He's an asshole"*, or *"You can do so much better than him."* However, the woman will continue to go back to him.

Her reasoning will include one or more of the following:

- You don't understand him; he's not always like that.
- We have something special that no one understands.
- I know he really loves me.
- I just love him and I don't know why.
- He's different, there's something about him that I can't put my finger on.
- He doesn't mean to hurt me.

A woman will always talk about leaving the "asshole", but she will always go back because there isn't enough men in this world that can stand up to beautiful woman and not lay down like a doormat. She misses the drama. She's drawn to it like a moth to a flame.

Healthy Challenge vs. Unhealthy Challenge

So what does this mean? Should all men just treat women poorly? Absolutely not. The idea is to be a man who has his own standards; a man with a backbone who will not bow down to women. A relationship should be about balance. So long as both parties are treating each other equally, then the relationship is healthy.

Most women that read this article will disagree initially because they don't even understand it themselves. If women are truly honest with themselves, they'll admit that most of the time they do things and they don't understand why they've done it. Women are illogical because they are emotional creatures.

Beautiful women tend to go for assholes not because there's something wrong with them. It's due to the fact that they need challenges, it's in their biology. The problem comes when the

challenge takes on a life of its own and it consumes the woman and she loses complete control.

The only way out of that nasty cycle is when she realizes that she doesn't truly love the man. It started off as a challenge that has gone badly and what beat her was her ego. We discuss a woman's ego here in this post: ["Women's Worst Enemy: Her Ego"](#). In her world, she can get any man she wants and yet here is this ONE guy who won't do what she wants. She becomes obsess with the challenge and it transforms into feelings for a man, which for all intents and purposes, is completely destructive to her life.

Women must accept the fact that their attraction triggers are not based on intelligence or logic. Only when they can be honest with themselves can they move onto healthy challenges and not gravitate to ones that are detrimental to their life.

SATURDAY, MAY 15, 2010

Never Listen To What Women Say, Watch What They Do

Never Listen To What Women Say, Watch What They Do

What women SAY they are attracted to and what they are ACTUALLY attracted to are two completely different things. The reality is, women do not understand their own attraction triggers. When a woman says she wants a man that does certain things, she is already attracted to him because he has already shown he isn't a weak, desperate, and needy pansy. If you listen to a woman and try to do those things to create attraction then you'll fail time and again.

If you're a guy who makes it a habit of asking women about what other women really want, then you will be constantly even more confused.

Never Listen To What Women Say....Always Watch What They Do. Before you can really be the kind of man that most women will be attracted to, this is a concept that you have to absorb into every part of your being. Never listen to what women say....always watch what they do. Talk to any guy who has a lot of beautiful women in his life and he'll tell you this is true.

This phrase has saved me countless times. I cannot tell you how many times I've gotten a woman I wouldn't have gotten if I had believed what she said she wanted (or didn't want) initially. I cannot tell you how many women I would have lost had I listened to other's women's advice.

(Before we get to the heart of this post, let me just say that if you're a guy reading this and you're thinking, "So if a woman says to leave her alone, then I shouldn't listen to her, right?"....then I would suggest you turn yourself into the nearest police station because you need more help than what I can offer you in this blog.)

For the rest of the normal guys who are simply having trouble understanding why women say one thing but do another, read on.

There are 2 categories of women out there when it comes to this issue.

Category 1: The Well Meaning Woman. A natural personality trait of a woman is that of a nurturer. We all know how girls react when they see a sick puppy or kitten. They naturally want to make the creature feel better. So if you ask a woman why you aren't having any success with dating, she will always tell you sweet and encouraging things. They see someone who is wounded and vulnerable and they will naturally say things to make you feel better.

Category 2: The Manipulative Woman. This category of women consciously tells guys bad advice that will continue his brain washing. These women will tell guys things that will cause him to stay in his "wussified" state. This way the guy will buy her gifts, treat her like a princess,

and she can walk all over him and he will not say a word. (Fortunately this only comprises of a small percentage of women).

So how do you tell the difference between these 2 categories of women when you are seeking advice? The answer is, "It doesn't matter". It doesn't matter because both are giving bad advice. That is why you NEVER ask women for advice when it comes to dating. Ideally you go to a male friend who is successful with beautiful women and watch how he interacts with girls, ask him what he does and more importantly what he doesn't do. If that isn't an option, then I recommend the following resources because these dating coaches have developed excellent systems in "de-wussifying" men:

1) David DeAngelo is great for getting a basic foundation and understanding. His material and newsletter will really help you if you're struggling with these concepts. Go to his site and subscribe to his free newsletter: <http://www.doubleyourdating.com/>

2) "Models" written by Mark Manson is an insight book to read after you've read some of DeAngelo's material. The book can be found here: <http://postmasculine.com/models>

These books are not magic bullets and they are not meant to be "How To's" because there is no such thing when it comes to women. What it shows you is that everything you've learned about attraction is wrong and more importantly....why it's wrong.

Now let's break down the most common poor advice that women give:

Poor Advice #1: Women want a nice, sweet, humble, honest, considerate guy who shares his feelings freely.

This is the first one because this is the worst one. One question should clear this up for you guys: If this guy is supposedly so sought after, why are these nice, considerate guys almost always universally single and lonely? Notice that men who don't follow this advice always have much greater success with attractive women.

We discussed this topic in more detail here: ["Nice Guys Will Always Finish Last"](#) and here: ["Why Women Fall for Assholes"](#)

Poor Advice #2: One day you will find a girl that will love you for you...don't ever change.

She is trying to tell you something to make you feel better, but she does not realize she is ultimately killing your future success with women.

Let's say that you do not have any marketable skills and you kept being denied for jobs. While it might make you feel better if I said, "*Don't worry, one day someone will hire you, don't ever change*", ultimately I'm not helping your career. An honest friend would tell you, "*You have a lot of good qualities, but you really need to go back to college or learn a marketable skill, improve your resume, and improve your interviewing skills.*" Now you tell me, which advice

would help you increase your chances of getting a good job?

Poor Advice #3: Just be yourself.

This is very similar to poor advice #2 above. I honestly cannot think of another phrase more useless than these 3 little words. I cannot wait till this utterly ridiculous phrase goes out of style. The original intent to this advice is to encourage us not to be something we're not, but in this ultra-sensitive society it's become a mantra to not improve ourselves or to recognize our short comings.

Look, here is the bottom line, we are all naturals at something. Some people are naturally good at music, singing, math, drawing, or sports. Some people have natural personality traits that are universally attractive to the opposite sex. If you're one of those people, then yes, by all means you can "be yourself" and it'll be good enough. But if you're truly one of those people, then you probably wouldn't be reading my blog and you certainly wouldn't be struggling.

So if you're not happy with your dating success or the amount of women that are sexually attracted to you, then this phrase is a mental prison. So no...don't just "be yourself" because your natural self isn't good enough obviously. Instead, learn to be the **BEST** version of yourself.

Poor Advice #4: You are just not looking in the right places.

This one is so ridiculous it is actually quite funny. Let me assure you there isn't a magical Starbucks somewhere that is full of women who gets wet for "nice guys". The only time this statement is valid is if you NEVER step outside of your house. There is no limit to where you can meet women. You can meet women at lounges, libraries, bars, restaurants, school, work, volunteer services, gym, dance/cooking class...the list is endless. Guys who are alone are due to their inability to interact with women, it has nothing to do with where they live or the places they frequent. Their behavior is completely opposite of those which would be attractive to women, but it has nothing to do with "not looking in the right places."

I'll give you an example, I had a friend who went away to college. Over a year later he still didn't have a girlfriend or even dated more than once or twice. He certainly didn't have sex with anyone. He gave a litany of excuses: All the girls are all materialistic or difficult, all the girls have bad attitudes, dating is tough in this particular college, there isn't anyone he wanted to date, etc.

In the following year, a second friend of ours also transferred to the same college. Immediately he dated one attractive girl after another. They went to the exact same campus, hung out at the same bars, and lived in the same neighborhood.

Was my second friend better looking? Richer? Played for the college basketball or football team? Nope, none of the above. Naturally they were quite similar in every aspect, in fact, my first friend was actually more athletic. But my second friend understood all the concepts that

I've wrote about in this blog whereas my first friend refused to accept reality. He held onto a lot of the poor advice discussed here in this particular post and it cost him many, many years of frustration.

Poor Advice #5: Only girls with issues will fall for games, any real woman will want a nice guy.

How many "nice, sweet, sensitive" guys do you know that are dating beautiful, sexy, sweet women? Probably none. Now how many "nice, decent guys" do you know who are with women who they have to cater to, walk on eggshells around, carry their purses, cut their food, wash their car, and do their grocery shopping? Is that what we call a being with a "real woman"? No thanks.

Learning real world dating skills will increase your chances of landing beautiful, fun, intelligent women with a great sense of humor. While it is true that some women have a lot of problems, understanding men/women dynamics will help you weed out those types of women out too. You don't need to waste time on women who have issues if you have options.

This statement is generally peddled by fat, angry, bitter women. They like to think they are "real" and any other beautiful girl has "issues".

Poor Advice #6: Only insecure boys play games, real men do not need to play games.

Make no mistake, this is a game. But this bad advice is really just an accumulation of all the bad advice discussed up top. There is no distinction between "real" men and "fake" men....there is only men who get it and men who don't. Men who get it have sex and men who don't get it don't have sex. It's not more complex than that.

Poor Advice #7: If I was single, I would date that a nice guy.

This is an easy one. Girls say this to sound good, nothing more. If a beautiful girl says this, she knows she is at zero risk. She does not have to step up to the plate and prove it. Often times, she gives this advice and goes back home to the guy that is anything but "nice". You've been there haven't you? Nice guys have a lot of girls who are friends, but never a girlfriend. WHY? If this statement is true, then nice guys everywhere would have girlfriends and not girls who are simply friends.

Get used to observing what type of men women actually feel sexual and romantic feelings for. Observe what kind of man that women actually feel "chemistry" for and you'll find very quickly that those men almost never fit anything that women say they want.

The 4 Types Of Women That Will Date Nice Guys

The 4 Types Of Women That Will Date Nice Guys

The following is an excerpt from a letter written into an advice column. This is the type of letter that is far more common than most men think:

"I married for support and security. He married for love. ...

"Many times I wished for my freedom but I hung in there. ... As the years passed we grew apart but stayed together. I felt I owed him to try but I grew increasingly more depressed. Now, his drinking is getting worse. I feel guilty even thinking about leaving. He is a good person and I know he loves me, but I don't think I love him anymore."

The above scenario happens most often when a lifetime "nice guy" finally meets a woman that seemingly wants to be with him. Men who don't understand what actually attracts women physically, emotionally, and mentally will use money or financial security to try to gain those emotions and will fail each time. This post addresses this very real, very common issue.

The most common arguments I've heard when talking about why "nice guys" don't get beautiful, emotionally healthy women are:

- 1) When women get older, they'll appreciate a nice guy.
- 2) Women that don't know how to be with a nice guy must not love themselves.
- 3) These guys just aren't meeting the "right" women.
- 4) Only younger women go for jerks.

Of course none of it has any truth in reality whatsoever and those excuses have as much validity as saying the Earth is flat. The two previous posts, ["Never Listen To What Women Say, Watch What They Do"](#) and ["Nice Guys Will Always Finish Last"](#) explains in detail why women will never be sexually attracted to a guy who bends over backwards for her.

However, we cannot ignore the fact that "nice guys" do get girlfriends and often times they even get married. This post will outline the 4 scenarios that will make a woman want to pick, select, or settle with a nice, stable, and safe guy.

Scenario 1: Women Who Are Overweight and/or Unattractive

If a woman is overweight and/or unattractive, she'll be prone to settle for a nice guy because both parties are desperate.

Here is the big irony: Neither party is truly attracted to the other.

The nice guy isn't attracted to the fat and ugly woman; he still feels he deserves the cute, sweet, sexy woman that every other guy wants. However, he feels those women should look past his needy, pansy behavior and instead see him for what a great guy he is on the inside, yet he won't give the ugly woman the same benefit.

The fat unattractive woman isn't attracted to the wussy, nice guy; she still feels she deserves the challenging, charming, good looking guy that every other girl wants. However, she feels that those guys should look past her fat exterior and instead see her for how beautiful she is on the inside, yet she won't give the "nice guy" the same benefit.

Neither party is willing to make changes that will make them both be more attractive and have better choices, so they have to settle for each other. Sad and morbid, but still true.

Scenario 2: Women Coming Out of Abusive or Volatile Relationships

This is the **most** common scenario where an attractive woman settles for a "nice guy". ("Settle" being the key word here).

At one time or another, beautiful, sexy women will almost always have had a volatile relationship with a really bad guy. He will either be mentally or physically abusive in some way, cheated on her, and treated her poorly. She will have given her all to him; physically, mentally, and emotionally in a way that a "nice guy" will never get to experience.

Once this relationship ends, she will want her next boyfriend to be the completely opposite of the jerk. She may pick that one "friend" that's been patiently chasing her for the last 5 years or some other nice guy that she meets. This is easy because beautiful women always have "nice guys" floating around waiting for her to "see the light".

She'll pick the nice guy because she doesn't have to work in the relationship; all she has to do is show up and he's happy. He'll never speak a cross word to her and will always place her on a pedestal. Once her ego is mended, she'll dump him and he won't understand why. Sometimes the woman even goes back to her

ex-boyfriend who treated her so poorly.

The women who are lucky in this scenario dumps the nice guy and moves on. The women who are unlucky in this scenario will marry the nice guy, have children, and always feel that something is missing. Inevitably these relationships almost always end up in affairs and divorce while the guy is completely lost and confused.

With the "nice guys" in these scenarios, there are no "lucky ones". They either get dumped and don't know why or they get married, get slapped with a divorce they don't see coming, and get stripped financially.

In this scenario the man never knows when to walk away because he is so very desperate.

Scenario 3: Women Who Are Past Their Physical Prime

Women who come to the point where they know they can't compete physically anymore will often times pick a "nice guy" to settle down with. They know these guys have been desperately waiting and working towards finally having a woman see what a great guy he truly is. Women know that these guys will never leave them....and they would be correct.

Men in this scenario, much like in Scenario #2, will forever walk on eggshells and will have absolutely no control in the relationship. They will have to beg for sex, affection, love, and respect...which they will get very little of. They will have to placate to the woman's ever whim.

Scenario 4: Gold Diggers

Although the common imagery of a gold digger are those who hang around celebrities, rock stars, and athletes, there is another level of gold diggers that are less flashy. The typical image of a gold digger is correct, but these "high end" gold diggers are not as common as people imagine them to be. They're usually drop dead gorgeous, charming, sexy, intelligent, and carry themselves well. This is why they have the tools to make a run at men who generally can have any woman they want. Their goals are disgusting, but they hide that well with a good exterior.

Most women can't compete at that level, but they still can be gold diggers. For men who have a lot of experience, these "everyday gold diggers" are not hard to spot because they don't have the polish of their higher end counterparts. But lonely,

desperate guys won't see them coming. These women will search for the "nice, safe" guys because they know these men are desperate and can be controlled. Most "nice guys" have good jobs and have spent their whole life preparing to be a good husband. They're custom made to be taken advantage of by gold diggers because they have so many weaknesses to leverage, plus they lack any experience in dating to discern that they're being manipulated.

In all 4 scenarios above, the "nice guys" are selected because they look good on paper not because the women actually feel any sexual attraction for them. To put it in a way that men will understand, it would be the equivalent of you selecting a fat and unattractive woman because you feel that you have to get married and you know she will cook, clean, and make a good housewife. It doesn't take a relationship expert to know that you wouldn't treat her the same way you would treat a woman who looks like Jessica Alba.

So if you're a young man reading this, you have to ask yourself, do any of the above scenarios sound good to you? If you subscribe to the feel-good statement that *"one day you'll find someone who will love you for you"*, this is what your options will be. This is reality guys; you can see these scenarios clearly in your own world if you just open your eyes.

If you don't take the time to understand men/women dynamics and what women are truly attracted to, then you'll forever be working 110% for 1% of her affection, love, and respect.

Cheating and Affairs

Cheating and Affairs

With the exception of having children, there isn't a single event that can permanently alter an otherwise healthy relationship than having an affair. There have been volumes of articles and books written about the topic of cheating. There have been countless studies done about why people cheat, why men cheat, why women cheat, etc. etc. etc.

Now I can regurgitate those topics and talk about who cheats more and who has more opportunity, but in the end those topics get us no where. The fact is, if a man or a woman wants to cheat because they are sexually or emotionally unhappy or need constant reassurance, then there isn't anything that their partner can do about it.

Instead, what I want to discuss today is something that is rarely talked about: **Responsibility**. Next time when you read a relationship article on Cosmo, Redbook, GQ, MSN, or Yahoo, count how many times the word "responsibility" comes up. We're very good at talking about our "rights" but we never talk about our responsibility when being in a committed relationship.

It isn't your partner's job to be vigilant in keeping you from having an affair...it's yours. What a novel thought, eh? Yes...it is YOUR responsibility in keeping yourself from situations where cheating becomes a higher risk than it has to be. When people cheat, the most commonly heard phrase is, "*I never meant for it to happen*". While that is no excuse, there is some validity to that statement because often times those people actually entered into a situation with no intentions to cheat. But they played with fire and lost control to their emotions and sexual drives.

I'll quote a good friend of mine on this topic: **"We always underestimate human nature and overestimate ourselves."**

Building Blocks of Affairs

Cheating is a lot like dating; rarely do you jump right into sex. You have to spend a bit of time together and form connections, especially for women. The most common forms of date-like activities we do that are building blocks of affairs are:

1) Happy hour after work.

- 2) One on one lunches or dinners with the opposite sex.
- 3) Personal conversations that include topics about hobbies, sex, what you like or don't like in a relationship.
- 4) Trading flirty emails or texts.
- 5) Going to parties without your partner.
- 6) Turning to a friend of the opposite sex when you have an argument with your partner.

This isn't about ignoring people, obviously every one of us interact with people of the opposite sex everyday through work and various social groups. This is about not setting the stages and forming "friendships" that will lead to affairs when the right event or situation occurs. In a separate post we'll address why men and women can't "just be friends".

To put it simply: **Don't behave like a single person when you're in a relationship.**

Events Where Affairs Can Happen

Often times the building blocks that are discussed above will culminate when people are thrown together in an event where they have a long length of time together. These events can be:

- 1) Business trips with co-workers of the opposite sex
- 2) Company conferences or events that require you to be away for several days
- 3) Co-ed trips of any sort
- 4) Vacations without your partner

Events such as guys or girls night out at clubs or drinking heavily in any event should be obvious. If you don't understand why that isn't conducive to a healthy relationship, then you're not relationship material and would be a bad investment of anyone's time.

If the first thing you think about when reading this is, "*You just want people to be isolated!*", then you are the very people who would have an affair and say, "*I didn't mean for it to happen!*", because you don't understand the concept of responsibility. This isn't about isolating yourself, it's about behaving responsibly when you're in situations that cannot be avoided. For example, you may have to work closely with someone that is attractive, but how you conduct yourself is what counts.

What About Trust?

[Trust](#) is a misused word. Asking someone to trust you when

you've put yourself in a high risk situation is the exact opposite of responsibility. You are putting the burden on someone else to deal with your irresponsible behavior.

Trust comes into play when you're in a situation that cannot be avoided but you've already proven that you do what you can to prevent situations that are avoidable. When you ask your partner to trust you, he or she has to have evidence that you have their best interest at heart. If you've shown that you consistently disregard their feelings and your relationship's well being, then what is there for them to trust you on?

Prevention and Responsibility

It all amounts to how much you love and value not only your partner, but how much you love and value the type of relationship you have. If you honestly feel that it's something rare, then avoiding temptations shouldn't be difficult.

Every man and woman knows what is right and what is wrong in regards to being in a committed relationship. There are 2 simple questions that people practically never ask themselves. I promise you that if you and your partner live by these 2 questions, your relationship will be a lot stronger and healthier for it:

- 1) **"If my partner did what I'm thinking about doing, how would I feel?"**
- 2) **"If my partner was in this situation, what would I want him or her to do to let me know our relationship is safe?"**

You don't decide NOT to cheat at 2am in the morning when you're starrng at a hot blonde with her tits hanging out and her hand is on your leg. You don't decide NOT to cheat when you're huddled in a corner of a dimly lit bar with a charming and interesting man.

You decide NOT to cheat the moment that happy hour invite comes in at 2pm in the afternoon. You decide NOT to cheat when you turn down that invitation to go to a pool party because your partner can't be there. You decide NOT to cheat when you tell your co-workers, "no thanks", when asked to go check out the nightlife when you're in Miami for a business trip and instead you go up to your room to call home.

THAT is called **responsibility**.

THIS Will Not End Well....

I laugh my ass off every time I look at this picture.



THIS
WILL NOT END WELL

WEDNESDAY, SEPTEMBER 15, 2010

Rights vs Common Sense

My closest friend, Bruce, used to work at a movie theater when we were about 20 years old. Part of his job was to screen movies at midnight on the day prior to its public release to ensure that everything will play well. As you can imagine this was an awesome perk for his friends. We had another very good friend, Peter, who routinely joined us in these midnight screenings.

Peter would walk into the silent, empty theater and take a middle seat in the center isle. Bruce and I would walk in with our gigantic bags of popcorn and sit right next to him, one on each side, fighting him for elbow space and acting as if every other seat in the house was taken. Peter yelling, "***Do you guys have to sit RIGHT NEXT to me??!!***" echoed through the empty theater every week without fail.

Did we have the right to sit where we want? Sure. But did it make common sense?

Of course this was hilarious to us back then.....actually it's still pretty funny to us today because we haven't grown up mentally very much. But thanks to our ultra-sensitive, politically correct way of thinking over the last 20+ years, our country's collective mentality is just as stunted.

By no stretch of the imagination am I a political person; but the idea of building a mosque 2 blocks away from the horrific site of 9/11 should truly be mind numbing to any reasonable and logical person. Do they have the right to build a place of worship anywhere they want? Sure. But does it make common sense?

I get the arguments - "It was extremist that carried out the 9/11 attacks, not Muslims". "They believed in a warped version of the religion and Muslims should not be punished for the acts of lunatics from their country". No one is saying they can't practice their religion or build as many mosques as they want, but why aren't the Muslim community exercising common sense?

What Are The Positive Gains?

President Obama said, *"As a citizen and a President, I believe that Muslims have the same right to practise their religion as anyone else in this country. That includes the right to build a place of worship and a community centre on private property in lower Manhattan, in accordance with local laws and ordinances."*

What Obama is saying is that they have the right to build it, I'm asking, "Should they?" Is it the right thing to do? Look at it this way, say a Chinese person came into an office building and in the name of Buddha opens fire with a machine gun killing 20 employees. Then a year later I decided that I want to build a Buddhist Temple right next to that office building. Does that seem right or just to anyone? Would I lose anything if I built the Buddhist Temple 10 miles from that office building?

What I want to ask the Muslim community is simply this: **"What do you gain from building the mosque 2 blocks from 9/11 that you would lose if you built it 10 miles from it?"**

Nothing. You gain absolutely nothing. But you'll lose a lot.

I keep hearing that Muslims want the world to know they do not condone the 9/11 attacks. I keep hearing that they want to promote healing and unity. Well guess what? This isn't the way to do it. People like me who never thought badly of the Muslim community will do so now given this decision.

True Healing

This mosque they are planning on building is supposed to be state of the art and luxurious - it's going to have a swimming pool, gym, basketball court, 500-seat auditorium, a restaurant and cooking school, exhibition space, a library, an arts studio, and child care center. And I think that's terrific. But if I were in the Muslim community's situation, I would instead propose that the money be used to build a community center for New York having nothing to do with religion or worship of any kind.

If you really wanted to show the world that you are about unity and healing, why wouldn't you take that money and build a place that would benefit all of New York? Show the world that you mean what you say. As always in life, actions speak louder than words.

Building a mosque 2 blocks from 9/11 is the complete opposite of healing. It leads to things like this: <http://www.msnbc.msn.com/id/39081887/ns/business-careers>

Anyone that knows me personally or even those who have read my blog knows that I am the strongest advocate against political correctness and creating an ultra-sensitive society. This is not about "sensitivity" towards the families of those who died in 9/11; it's about common sense and it's about decency.

We have to ask the question, **"Do you guys have to build it RIGHT NEXT to the grounds of 9/11?"**

THURSDAY, FEBRUARY 17, 2011

Common Myths

Common Myths

"The definition of insanity is doing the same thing over and over again but expecting different results."

~ Benjamin Franklin

In this blog I often refer to the "brain washing or wussification of men". This brain washing is insidious; it's very consistent and amazingly universal. I've worked with guys from all parts of the world and each one of them practically share the same issues when it comes to their fears and misconceptions about women. If you survey any good dating coaches they'll also tell you that they hear the same type of false beliefs.

Like a virus, the following false beliefs have spread to men all across the world and have led countless men down a path of confusion, frustration, and loneliness.

1. There's this one girl.....

90% of men who seek any type of dating advice have "this one girl" that they have been pining for and could never get. There's always "this one girl" in class, at the gym, at the cafe, at work, or a female friend they've known for awhile, etc.

The cold hard truth is: She will never see you as more than a friend. **Never.** Ever.

Ever.

And no....she isn't "special". She is not different from every other girl. You don't have a deep connection. And one day she won't see that you're the best man for her.

You only think she's special because she was one of the very few women you've met that just happened to be nice to you. She was just being polite or treated you like a friend but because you aren't used to any attention from women and you aren't used to seeing real attraction, you think she's got to be the one you've been waiting for.

The problem isn't "that one girl". The problem lies within your own misconceptions about what women are attracted to. You have to first understand that [Nice Guys Always Finish Last](#).

Let's say you're a baseball player and I'm your coach. You come to me one day and say, *"Coach, there's this one pitcher that I just can't seem to get a home run off of, can you help me?"*

I'm going to tell you: *"The problem isn't that you can't hit a home run off that one pitcher, the problem is that you're a crappy baseball player. You can't hit a home run off ANY pitcher. So the solution here isn't to worry about that one pitcher but to work on your entire game. You'll come to practice, you'll go play real games against other pitchers, and you'll improve as a player. Then you won't care about that one pitcher because you'll be hitting home runs off other pitchers consistently."*

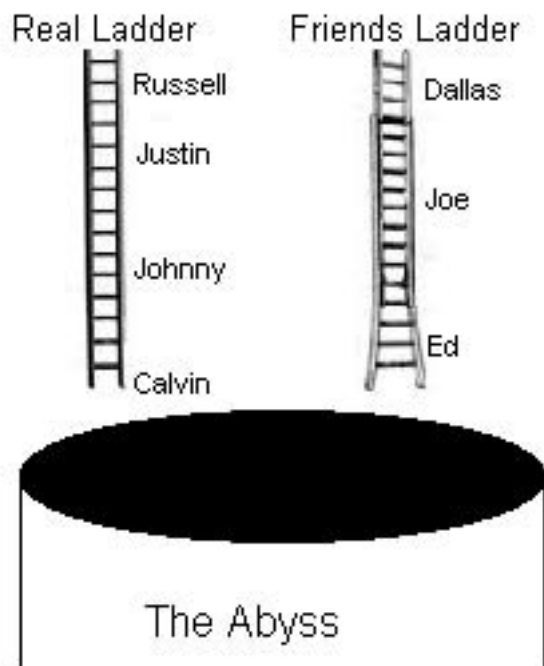
I assure you that if you stubbornly continue to insist that you're meant to be with "that one girl", you'll find yourself watching her walk away with a guy that you'll think is a loser. But he isn't a loser in her eyes because he will understand what you don't at this moment, which is how to relate to women in a way that will spike attraction not mute it.

2. OK...so if I can't get "that one girl" right now, how about if I improve myself and then give it another shot?

The short and simple answer is that once a woman puts you into the "friend zone", you're staying there forever. Once a woman sees that you show her a lot of interest and that you value her more than she values you, she will lose all attraction for you.

For a more detailed answer, I felt that someone already illustrated this much better. The following illustration is The Ladder Theory and a link to the detailed description:

The Woman's Ladder



[The Ladder Theory: The Woman's Ladder](#) (scroll down a bit once you click on the link). His

rhetoric is a little crass but the core material is very true.

3. Where is the best place to meet women?

Similar to the root cause of the two preceding questions, the problem isn't location, it's your ability to attract women. If you have the correct mindset and skills to interact with women successfully, you can literally attract women anywhere; at school, at work, at a bar, at a lounge, at a coffee shop, at a sandwich shop, at a friend's party, at a stranger's party.....anywhere.

Let me flip the question in a way that you'll understand from a man's point of view: Where is the best place for a woman to wear a tight, low cut tank top and short skirt so that you'll feel attraction for her?

Anywhere. Right?

But if a woman is overweight or unattractive, does it matter where she is? Will your level of attraction for her change depending on the venue?

Women's attraction triggers, like yours, never truly "turn off". A woman, especially one who is single or unhappy in a relationship, is always constantly open to meeting men who "get it"....just like you're always looking for a woman with a pretty face and nice body.

Attraction triggers are not dependent on location. Women are attracted to men who "get it" and it doesn't matter where they meet. The fact that you're asking this question already shows that you don't get it. Women can sense that from a mile away.

Location is irrelevant.

4. The desire to want a woman that is physically beautiful and in good shape is "shallow".

This one myth is the bedrock of male brain washing. This little seed took away the one thing that allowed men to be on an even playing level with women. When men were free to feel that they needed, required, and expected women to be physically beautiful, it was the one thing that women had to compete with other women against. This balanced out the game because men naturally knew they had to compete with other men for a woman.

More importantly if men were easily drawn by beauty and felt the desire to pursue it, then women knew that beauty alone wasn't enough to hold a guy. This forced women to develop good character traits in addition to staying in good shape. There was a standard that balanced out the game.

Today, men have built in trip wires to feel they are being "shallow" if they expect a woman to be physically beautiful before dating her or committing to her. Let me ask you, do you even know **why** you feel this way? I bet you that you don't. (*I'll address the common "reasons" how this myth is sold to you in a separate post*).

Beauty is a very real and important attraction trigger for men. This is absolutely nothing that you should ever be ashamed of. Women have their natural requirements that men need to meet in order for them to feel sexual attraction. Men have them too and physical beauty is on top of the list.

NEVER be ashamed to want a woman who takes care of herself physically. You should not only want it, you should expect it. Desirable women take care of their outward qualities as much as their inner qualities.

When it comes to attraction triggers as important as physical beauty, there is no such thing as "shallow". That is a word invented to keep you feeling ashamed of your natural needs and requirements, which contributes to many men feeling ashamed to be a man.

5. I don't want to play games.

And this is why you're losing at the game of dating and relationships.

Girls, by the time they're 8 years old, are already starting to compile data about social interactions. By junior high, socially they're already head and shoulders above boys 5 years older than them. They have better built-in instincts because ever since they grew breasts they understood the power they have over boys and they've had a lot of practice on how to wield that power.

So here you come, at 14 or 15 years old, you look up from your video games and realize you want to have sex. Then after years of no success, at 25, 35, 45, or 55 years old you then say you don't want to play games.

Right.

If you don't understand or refuse to accept that this is a game, then women will gladly play you. And yes...women who say "*I don't want to play games*" are playing you.

6. I just want to be myself.

It is common knowledge that most people are not born to be good public speakers. Obviously there is a small percentage of people who are born with intrinsic talents where it will allow them to be very good public speakers naturally. If one of those rare people express nervousness before a big speech, it would be appropriate for me to tell him to "just be yourself".

For the rest of us we'll need training, practice, constant exposure, and improvement to be good public speakers. This is absolutely no different when it comes to the ability to interact and attract women.

"Just be yourself" is one of the most useless and lazy piece of advice ever uttered. You, at this

very moment, are not your best self. You do not possess the skill to be sexually appealing to women in general. This is why you are where you are.

If "being yourself" is good enough to attract women, then you'd be having sex with beautiful women consistently. You're not. So learn to tune out this advice. It has contributed to your stalemate and lack of growth.

7. I have to make a lot of money to attract women.

Young boys today are raised to be "providers" and not "lovers". (*We'll dive into the clear distinctions between providers and lovers in a separate post*).

This is why so many men find themselves 45 years old, divorced, having no idea what just happened, and being nothing more than a walking checkbook.

This is why many men feel they have to take women to fancy dinners, buy gifts, pay their bills and generally try to buy a woman's love and affection. Many men believe they have to buy their way into a woman's bed. It is such a common myth that it is accepted without question.

Money is an attraction trigger, but not for the reasons you think it is. Money generally equals power, ambition, or both. Power and ambition are huge attraction triggers for women. Money, in itself, is worthless as a real attraction trigger. If I gave a "nice guy", who doesn't understand women dynamics, two million dollars he will get a few women he cannot get today, but they'll empty his wallet and then leave him.

Money, in itself, will not buy you the love and affection you so badly crave. You may get a little more sex, but it won't be anything like the kind of sex that comes from a woman who feels genuine, gut-level passion for you.

You don't need to make a lot of money to have and keep beautiful women in your life. If you make a lot of money, do it because you have a passion to build wealth. But it will be no replacement for understanding women dynamics. Each of you reading this knows at least one guy who doesn't have a dime to his name but can get women that you've always wanted. And you find yourself asking, [Why Do Women Fall For Assholes?](#)

Obviously I'm not encouraging poverty. Whatever career or financial security you want to achieve for yourself should meet YOUR own level of standards. As long as you're reasonably comfortable then money is a non-issue when it comes to women. Money is not a short cut to getting the kind of women you want. You'll be disappointed unless you improve your dating skills along with your bank account balance.

8. Sex is a favor that women do for men.

This one myth is why so many men would rather be locked up in a sealed trunk with rabid rats than face the moment before they have to kiss a woman.

This one myth is why so many men are willing to jump through any amount of hoops in order to have a shot at sleeping with a woman.

This one myth is why the term "getting lucky" was invented.

What's not a myth is that women love sex. A lot. Women have sexual fantasies. A lot. Women talk about sex. A lot. Women love to be kissed. A lot.

But they don't want to be kissed by a guy who feels unworthy. They most certainly wouldn't have sex with him. Men who "don't get it" exude a fear and nervousness that kills any attraction the woman may feel.

Women want to have sex with men who don't have sexual hang ups. Women want to have sex with men who don't think it's a favor. Women want to have sex with men who refuse to allow sex to be used as a form of punishment and reward.

Sex is an exciting, sensual, erotic, and beautiful experience that is a necessary requirement for both men and women alike. Women need it within a different context than men do. And certainly what men get out of sex is different than what women get out of it. But it is still wanted and still desired. If you as a man don't get that, then you'll find yourself begging for sex for the rest of your life.

9. I need to always "be there" for a woman.

Women have an amazing ability to create drama in their life. Nice, desperate guys are always there for women, playing Superman, and trying to fix every problem. Men, who get it, expect that women take care of their own responsibilities. Women say "thank you" to the former and have sex with the latter.

Unless you're in a serious, committed relationship you have no responsibility to "be there" for a woman in the hopes that she's going to want to sleep with you or develop romantic feelings for you. I promise you she won't do neither.

Men who are good with women know when to "be there" and when to let the woman take care of her own problems. Most of you reading this right now don't know the difference. So don't do it. She won't see you as being a guy she'll want as a boyfriend. She'll see right through your agenda and realize that you're weak and desperate because you're inappropriately trying to do too much to earn her affections.

10. She is too beautiful to talk to me.

If you think she's out of your league, then you are absolutely correct, she is.....not because she is so special but because a man who thinks like that is obviously a product of misconceptions, desperation, failures, and insecurities. A man like that is not in any woman's league.

This mindset is an accumulation of many of the above myths resulting in a shell of a man walking around and always feeling he isn't good enough. The moment he sees a beautiful woman every misconception and myth he is carrying fires off at once like a perfectly timed explosion. The result? Crippling **fear** based on years of failure.

Women don't know this of course. They just see the end result: Leering. Starring. Serious faces. Rigid body posture. Maybe a "hi", then the exit.

If you think that a woman is too beautiful for you, then you have a lot of other areas that you need to improve on because there is no one solution for this myth. Beautiful women aren't out of your league, you most likely aren't even playing the game.

11. I need to tell a woman how I feel.

This is an easy one. If a woman hasn't shown any sexual attraction towards you and you feel that telling her exactly how you feel about her will change that....you will be dead wrong. Every time.

The woman already knows how you feel. She knew it from the day she met you. That's why she doesn't have any sexual feelings for you because the challenge was over before it began. Plus she could smell the insecurities you were exhibiting every time she was in your presence.

So you became "friends" and now she will always be referred to as, "there's this one girl..."

If you haven't watched the movie Inception then I highly recommend it because it does a great job in illustrating what happens when an idea is planted in our mind. The great majority of people never question why they believe something and they continue to make the same mistakes over and over again. There is no greater example of this than when it comes to the false beliefs that the majority of men carry about how to attract women.

SUNDAY, MARCH 20, 2011

SUNDAY, MARCH 20, 2011

Knowing When To Walk Away

"Behind every great man is a great woman"

~Unknown

There are many vital things that women, particularly loving, loyal, and good women, bring into a man's life that can make an enormously positive impact. As with most things in life the opposite is also true. Behind the downfall of every man (great or not) is most often times a woman.

I've seen many men's lives destroyed by a single relationship equal to those of drug addicts or alcoholics. This post will primarily focus on when you should walk away from a relationship.

The mentality of most men today, especially the ones who have had little to no success with women, is "**I just want a girlfriend or wife**". Most men have lived with these [Common Myths](#) most of their lives and if they should "get lucky" and land a relationship, the woman becomes the center of his world. He is so happy to not be alone that he will do anything to hold onto her...no matter what.

Due to inexperience, most men don't know when they have driven attraction and challenge out of their relationships. Even worse, most men don't know when they're with a woman with core character flaws. *(In a separate post we'll dissect specific character flaws and how to spot them).*

For the purpose of this post, it doesn't matter if the woman has great character traits or has horrible character traits. The only thing you need to understand and **accept** is that if you see any of these signs in your relationship, she has already mentally and emotionally moved on and/or is preparing herself to move on.

A man will think that the following factors indicate the beginning of her unhappiness but in reality this is at the end of her thought process and the woman is essentially already gone. Unfortunately most men today hold on out of desperation and cluelessness and believe they can resuscitate their relationship, when the woman inevitably leaves, the man is left completely shocked and dumbfounded.

Time

When a woman's attraction drops, the first thing that goes is her time. All of a sudden she is busier than usual and she has less and less time for you. You see her less, you talk to her less, and your conversations are usually less "fluid" even when you do talk.

Often times a woman seems to have less time for you because she is out with friends, spending more time at work, or doing other hobbies. But she really isn't "busy" as she claims. She just wants to spend less time with you.

Once time goes, other things are sure to follow and it all leads to her eventually breaking up with you. You're just too blind to see it because at this point, she has convinced you that she really is just "busy".

Accountability

When a woman's attraction for you starts to slide, her accountability to you and the relationship starts to slide as well. Some examples are:

1. She calls you much less, especially when she is out or traveling.
2. She doesn't return your calls or texts as often as before.
3. She puts herself in situations that jeopardize your relationship such as going to clubs, pool parties, getting drunk around other guys, having girl's nights out and behaving as if she was single, etc.
4. She is no longer forth coming about details of her activities. Women who are faithful and still attracted to you will naturally tell you details about what she did and who she was with because she has nothing to hide. Women love to share but that's one of the first things that go when she is no longer happy in her relationship.

By nature, women who respect you will want to feel responsible to you. Women who say things such as, "*I don't need your permission to do anything*" or have that general attitude is a woman who is on her way out.

Priority

Similar to "Accountability", when a woman is challenged by a man, feels deep attraction, and has her heart into the relationship she will make you her priority. Work, family, or friends won't take priority over you because she naturally wants to give you first priority.

Feminists have helped ruined many happy relationships for women by convincing them that they need to show their independence and not give up anything for a man (*We'll discuss how women have empowered themselves out of healthy and happy relationships in a separate post*). But despite that, women will naturally want to put you first when she's happy in her relationship.

If you find that she's cancelling dates or putting other people's feelings, needs and wants above yours all the time, then your relationship will most likely end very soon.

Misunderstandings

Women who are pulling away from you always seem to have "misunderstandings" that come up. The misunderstandings can come in various forms but the common denominator is that your interest or feelings are put into jeopardy. The main key is that when women explain these "misunderstandings", the excuses are always probable but very unlikely.

The bottom line is it puts you in an unfair position where you're a fool if you believe the excuse but you seem like a jerk if you don't. You're put into this position even though you had nothing to do with her actions or the event.

You'll find that when a woman is attracted to you and committed to the relationship, these "misunderstandings" rarely occur, if ever. The lack of time, lack of accountability and your reduction in her priority list is what causes these "misunderstandings" because you're feeling the slide and she is trying to convince you otherwise.

Sex/Affection

This is a very obvious and basic sign that a woman is starting to withdrawal from you and the relationship. Sex will become less frequent but more importantly, her affection for you will clearly diminish. Her public affection for you will go first. Then even at home whereas before she would lay on you when she sleeps, she'll sleep clear on the other side of the bed. If she gave you massages before, that will be non-existent. If she used to kiss you for no reason, now she only kisses you hello or goodbye. These are of course common indicators but there will be many other small things that is specific to each couple.

These little things women can't hide. Subconsciously they don't want to. All these signs are an indication of her declining feelings for you and a clear indicator of her impending exit from the relationship.

Male Friends

Women who are pulling away will always have an increase in male friends. The fact is, when a woman starts to pull away she will start to put herself in positions to meet other men. They'll claim they're just friends but they're reveling in the attention and deciding who they'll be moving onto next. Of course all the while she'll be keeping you around for comfort and security.

This is usually the last step before she gives you the "I need space" speech. You'll find that women who are about to leave their relationship always display a lot of the traits that are [Building Blocks of Affairs](#).

Common Verbal Cues:

When women are ready to leave a relationship, there are universal physical indicators as we've outlined above. There are also verbal cues that most women express when they're looking to

"let you down easy".

The following are common verbal expressions that women will tell you when they're on their way out. But of course, like most female communication deliveries, it won't be clear to you. The right column in the chart below shows the translation.

**Click on the table for a larger view*

Verbal Cues	Translation
I need space...	I need space without you in it.
I need to find myself...	I need to find myself in another relationship.
I'm confused...	I'm confused as to why I don't feel any attraction for you even though you treat me so well and give me what I want.
I need to do some soul searching...	I need to go out and meet other men.
I'm just too busy for a relationship...	I'm don't want to focus on a relationship with you anymore.
I don't want to neglect you...	I'm going to neglect you really soon.
I think we're just growing in different directions...	I've tried telling you this isn't going to work but you just don't get the hint.
I just want you to be happy...	I want you to be someone else's problem.

Women Will Punish You For Your Weakness

Ask any "nice guy" who has ever been blindsided by a woman leaving a relationship and he'll be able to testify to the cruelty of women. The truth of the matter is, women are only cruel when they feel disdain for you. And nothing brings out women's disdain faster than a man showing weakness; a man who is spineless, a man who cannot stand by his principles, or flat out has no principles at all.

By and large women are pretty nice about it when they leave you the first time. But if you're foolish enough to stick around or take her back then each subsequent break-up will be increasingly cruel. Women will punish you for your weaknesses. They won't consciously think of it that way, but the "heartlessness" that you experience is a direct result from her contempt for your weak willed behaviors and your inability to walk away like a man.

Reasons Why Guys Can't Leave

There is only one single reason why men cannot walk away from a relationship when the woman is showing some or all of those signs above: **Desperation**. In our next couple of posts we'll dive into what contributes to the disease of [Desperation](#) and how a lot of men talk

themselves into staying in the relationship out of [Fear](#) that they won't be able to find another woman.

If you notice your woman showing one or more of those indicators as listed above, she is on her way out and has already prepared herself to leave. Chances are you've stopped being a man and you've displayed too many [Nice Guy](#) weaknesses. The fact that she is leaving is already settled. The only question left is do you walk away with some dignity before she leaves you?

In other words, will your last act in the relationship be that of a strong man or will your final decision of staying out of fear and desperation remind her of why she was right to leave you in the first place?

Recommended Reading

- 1) ["Standards" by Susan J. Elliot](#)

TUESDAY, MAY 17, 2011

TUESDAY, MAY 17, 2011

Desperation

No, she isn't "special".

No, it's not because we don't "understand your special connection".

No, it's not because you feel "it's worth taking the chance".

No, she isn't an "amazing woman". She is only amazing to YOU because you've had little to no success with other women.

Now that we have that out of the way, let's get to it.....

As with most things in life, not doing the right things (usually that means the difficult things) often leads to negative consequences. In this blog we've discussed how [Nice Guys Finish Last](#) and how most men today walk around carrying these [Common Myths](#) that have virtually destroyed their dating life.

Most guys are either too stubborn or too lazy....or both....and they refuse to put in the work necessary to change how they think or behave. There are only two possible end results to this path:

1. Either you're always alone or...
2. You end up "getting lucky" and landing that all important girlfriend that becomes the center of your world.

This post will address the latter and the ensuing acts of desperation that follows.

When you have no understanding of how women's attraction triggers work, you'll end up with one of these [4 Types of Women Who Will Date a Nice Guy](#). She will be the center of your world and your only reason for living because you've had years of little to no success. This creates a vortex of desperation that dominates your entire relationship. The symptoms of this type of relationship are:

- You are in constant fear of saying or doing the wrong things because she may leave you.
- You are ultra-sensitive to her every need; anything she wants, you'll get it or do it for

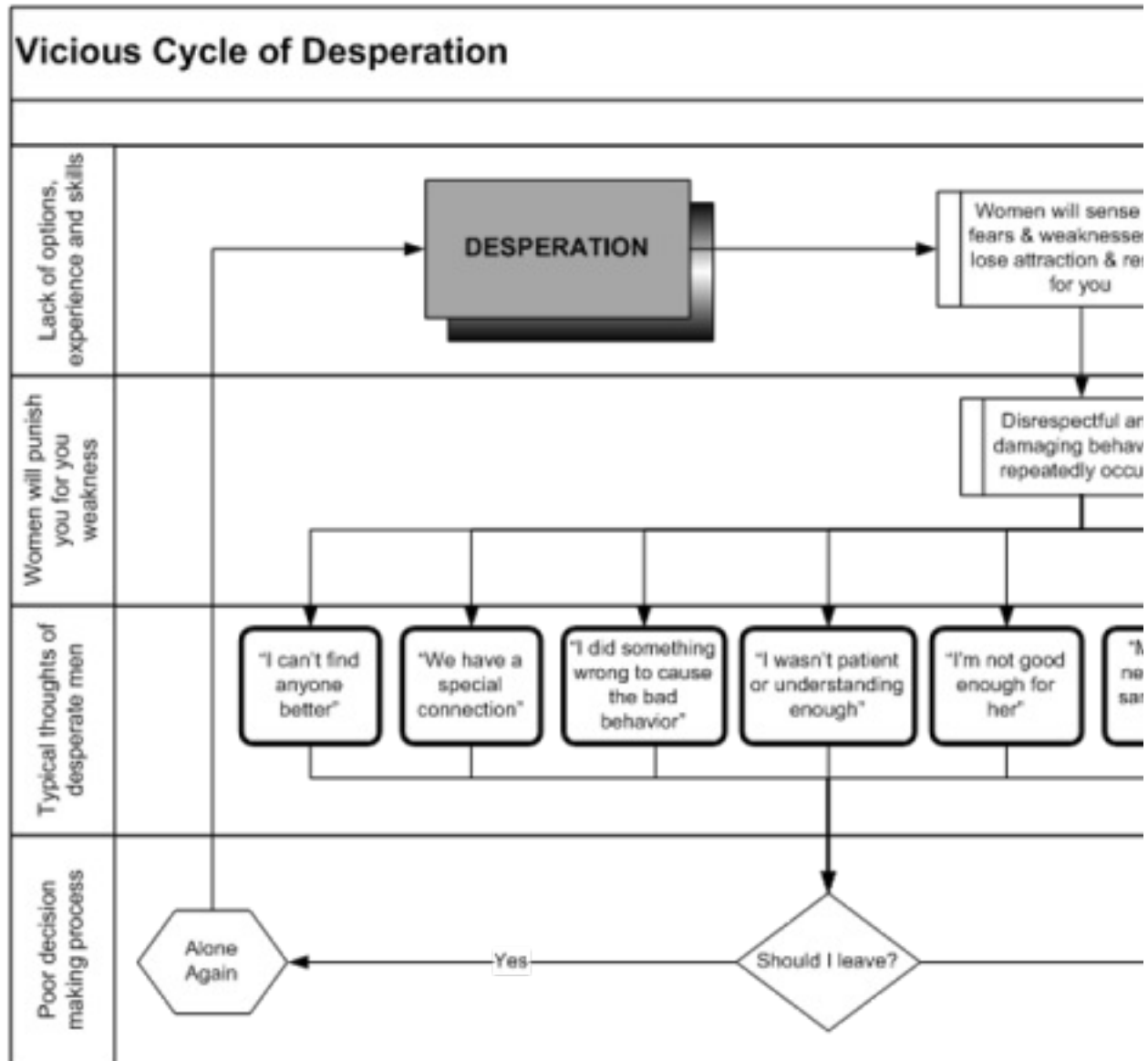
her.

- You are easily hurt by anything she says that remotely shows she doesn't feel about you in the enormous way you feel about her.
- You feel that you are the luckiest man in the world to have her, even though you have had very little experience with other women to compare her to.
- You constantly think about how she feels but she rarely, if ever, takes your feelings into consideration.
- You put up with bad behavior from her such as unreasonable demands, temper tantrums, and using other men to make you jealous. Even though you don't feel this is right, you talk yourself into putting up with it and you end up making excuses for her.

These symptoms are indicative of a man who fears losing the woman because he does not know when the next woman will *"give him a shot"* again. This is the very core definition of **"Desperation"**. When this happens, regardless of what the woman does, the man will never leave her. In fact, in most cases, the woman ends up leaving and the guy devotes all his time to getting her back...without any success.

The saddest, most pathetic level that a man can reach is when he is in a position where losing her CANNOT be an option. When a man reaches this point in his life, he has lost the very essence of being a man. When a man reaches this low point, everything else in his life will eventually fall apart.

The diagram below illustrates the thought process that men have when they're in a relationship based on desperation. *Click on the chart for a larger view:*



In an earlier post we discussed about [Knowing When To Walk Away](#). However, if you're in a desperate state of mind as illustrated in the chart above, then you're going to stay no matter how much the woman shits on you because you have no where else to go. □ That is a special kind of hell that is absolutely unnecessary because life doesn't have to be that way.

Throughout this blog there are posts here that will help you understand why you've ended up in this position and how to undo the brain washing that's plagued you for so long. Only when you stop doing what you've been doing and learn to interact with women differently will you find success with beautiful and loving women.

Immediate Course of Action

- 1) Cease ALL contact
- 2) Burn ALL possible contact information
- 3) Cease ALL contact IMMEDIATELY

- No, you don't need "closure"
- No, she doesn't need you
- No, there isn't a misunderstanding
- No, you can't be friends
- No, you're not going to "leave it up to her"
- No, you're not going to answer if she reaches out to you and makes you feel guilty

So once again...burn all contact information and cease all communication....not tomorrow....**NOW.**

Recommended Reading

- 1) [How To Fall Out Of Love](#)
- 2) [Getting Past Your Breakup](#)

WEDNESDAY, JANUARY 18, 2012

WEDNESDAY, JANUARY 18, 2012

Fear

"Limits, like fears, are often just an illusion."

~ Michael Jordan

In our last post we discussed how [Desperation](#) is the cause for most of men's failures when it comes to women and the bad behaviors they put up with in relationships. This post will discuss the creator of that desperation: Fear.

Fear leads to desperation.

This is one of the most complex topics because fears are learned at such a young age that it is imbedded in every facet of the psyche. It is so ingrained that to unravel it takes a considerable amount of time and success to counter all the years of conditioning.

Fear is the seed of male brain washing. Fear is the basic driver for why [Nice Guys Always Finish Last](#) and why so many men don't know [When To Walk Away](#) from bad relationships with toxic women. Each guy who has problems with dating or relationships suffer from some level of fear. While the symptoms may manifest itself differently depending on the personality of the guy, fear is the foundation of most of the problems men have with women.

One book that I feel is mandatory reading for every guy today is, [No More Mr. Nice Guy](#). This book goes in-depth about how men today are raised to be subserviant to women. The author, Robert Glover, goes into how that not only affects their interactions with women but it also prevents them from integrating properly into normal society. As a result many men walk around in constant fear that they're not good enough. He has some excellent exercises and strategies on how to reverse this mindset. **I highly recommend this book.**

From a relationship and dating stand-point, here are some typical fear based thoughts that men have:

1. She is too beautiful and is out of my league.

2. I think that sex is strictly a favor that women do for men.
3. I'm afraid to kiss a woman because she might be offended.
4. I'm too old.
5. I'm too young.
6. I'm not rich enough, handsome enough, tall enough, funny enough, social enough, "insert characteristic of choice" enough for women to like me.
7. I'm not good enough for women unless I take care of their every need, buy them things, be understanding, patient, compromising, flexible and never argue with them even when my own needs aren't met.
8. I need to always apologize to women whenever they throw a tantrum.
9. I better not say anything too risky or else I might offend women.
10. I don't want women to think I'm just like every other guy who only wants sex.
11. I don't want to disagree with anything a woman says or does.
12. I care about what women think of me and would be devastated if they don't approve of what I'm doing or saying.

These fears become so ingrained that it becomes a part of your existence. Your actions or lack thereof stems from these unrealistic fears. Fears like these may result in men suffering from:

1. Depression
2. Sexual Dysfunction
3. Extremely Negative Outlook
4. Anger and Violence Issues
5. Heavy Drinking or Drugs
6. Trouble Sleeping
7. Deep Seeded Hatred Towards Women

If there is one thing I want you guys to take away from this post is that ALL of your internal fears are completely and utterly **FALSE**. None of what you think about how you fit into this world is true.

You are a man. You are born to be the leader in a romantic relationship. You have the right to have beautiful and good women in your life. You have the right to have expectations and standards. If you let fear rule your life, you'll just end up taking whoever comes along. A real man's life is not ruled by anyone. He doesn't need anyone's approval. People seek his approval.

Don't ever let anyone tell you that you can't do something or be somebody. Don't ever let anyone tell you that you are less than someone else or that you're not worthy of a passionate and happy life. Don't let your irrational fears and perceived weaknesses be an excuse. **There are no excuses.**

We all have areas in our life that needs improvement. A key factor in being a strong man is recognizing those areas and doing everything in your power to strengthen those weaknesses. If you aren't happy with an area in your life, then go out and learn how to improve on it and don't stop till you're happy with the results. Anyone can be good at anything if you put in enough effort and willpower. Any weakness can be overcome or lessened with hard work.

Every fear that have kept you from succeeding with women are false. 100% false. It is completely up to you how much work you want to put in to overcome those fears and find success. If you don't want to put in the work and want to take shortcuts then that is something you need to own up to, but don't make excuses and claim that you're "unlucky" or how other guys "have it easier". Everyone pays their dues, one way or another.

Here is what FEAR really means:

F.alse
E.vidence
A.ppearing
R.eal

You have a lot more control over all aspects of your life than you think. Whether you are 15 or 50, it is never too soon or too late to strive to be a stronger man. It is this internal strength, will power, and clarity that all women, from all walks of life, will be innately attracted to.

"Back in high school and college, when I wanted to ask a woman out, I would first spend several weeks thinking about her. I would imagine what it would be like to be with her. My fear, self-limiting beliefs, and lack of skills prevented me from just approaching her and asking her out.

When I finally got up the nerve to approach the woman I had been obsessing about, I would wait until the last minute, walk up to her awkwardly and blurt out something like, "I don't guess you would want to go out with me tonight, would you?" She would usually respond with a look of surprise and say something like,

"Oh, I already have plans for tonight." Then I would feel foolish, retreat, and never talk to her again. When I did succeed getting a girlfriend, I would hang on to her forever because I didn't want to repeat the process of having to start dating all over again."

~ Dr. Robert Glover, author of [No More Mr. Nice Guy](#)

THURSDAY, FEBRUARY 16, 2012

THURSDAY, FEBRUARY 16, 2012

Bachelor and Bachelorette Parties

The bachelor and bachelorette party; a rite of passage. Everyone does it, right? Like smoking in the 60's, bell bottoms in the 70's, mullets in the 80's, and jeans that hung down to your knees in the 90's....if everyone is doing it then it must be the right thing to do.

To celebrate the start of a marriage and life-long commitment by arranging a bachelor/bachelorette party is like going on a drinking binge before going into the 2nd trimester of a pregnancy because hey...this is the last time you'll be able to drink for awhile. Makes perfect sense to me.

Here is a story from a man who wrote into a message board asking for advice after his fiancé attended a bachelorette party:

My fiancée had a bachelorette party weekend with a bunch of girlfriends. They went to Florida to hang out on the beach. We have always talked about how we both hate the traditional expectations of these things - strippers, being decorated with plastic penises, dares, etc. I never told her what she should/shouldn't or could/couldn't do this weekend, but we both have always agreed that any kind of intimate contact with the opposite sex is cheating.

Anyway, I found out that her weekend was full of the kinds of games and dares we always said we didn't like. No big deal. But one of the dares was to make out with a guy. She did. They kissed, her sitting on his lap, for about 10 minutes.

I found out because she started telling me how they did have some of the "ritual stuff" but she didn't do anything like kiss someone. I was surprised they did all of the games and stuff because she had told her best friend/maid of honor she didn't want that, but I wasn't upset. She's not a good liar though, and I could tell she wasn't telling me everything. I must stress that she is usually very honest with me. More than anyone I've ever known.

Anyway, talking to a friend of hers, the truth inadvertently slipped. I confronted my fiancée who said it did happen and had just been too afraid and ashamed to tell me.

I am hurt, angry and I feel betrayed. I have been cheated on in the past and she knows how important issues of trust are. We are supposed to get married in one month and I am not sure what to do. Part of me wants to call it off. I'd like to say "it was a mistake" and let it go with the understanding this kind of mistake can't happen again. But I feel like my trust has been shattered. Any thoughts on this?

Raise your hand if you'd like to be in this guy's situation. Anyone? Doesn't that sound like a lovely conundrum to be in? Of course in actuality this is an easy decision, you call off the wedding faster than she can say, "I'm sorry, I didn't mean for it to happen". But that is easier said than done when "she's never given you any reason to doubt her"....sound familiar?

Notice that he said, "...she is usually very honest with me. More than anyone I've ever known". They even both agreed as to what is appropriate and what isn't. All good intentions? Most definitely. But "good intentions" are only as worthy as your behaviors that support those good intentions. Otherwise you're exactly the same as those "immoral" people that you so quickly point fingers at and judge.

It would be easy to just chalk this up as her not being ready to be married or that she is just a slut with no morals. And she may be all those things. But I don't think so. I think more than likely she just got caught up in a haze of alcohol, bad girlfriends, and men giving her attention. She put herself in a position that is designed to attract and lure men so the result should be no surprise to anyone.

Bachelorette Parties

As a guy who has picked up a lot of women at clubs, bars, and lounges, I can tell you unequivocally that the first group of girls I will always hit first are bachelorette parties. The easiest and fastest pickups I've had in my life are from bachelorette parties, whether they were single, in a relationship or married made no difference. The reason being that women by nature are social creatures and are more prone to group dynamics.

In other words, even if a woman has the best of intentions, if the group is participating in behaviors involving other men, she will still go along with it at least to some degree. I've seen firsthand how women simply "go with the flow" in situations like a bachelorette party.

And yes...they always tell me, "*I never do this.*"

Bachelor Parties

Here is the ugly truth about bachelor parties: Every guy in there is looking to either get laid or get a blow job. Yes, ladies...even YOUR guy who "isn't like that". If you're about to get married and you're alright with your fiancé going to a bachelor party then you're naïve and foolish. The ONLY reason a man will come back from a bachelor party without cheating on you is because he couldn't or didn't know how to make it happen, but rest assured the desire and intention was there.

When a man walks into a venue full of beautiful, half naked women designed to attract him physically and mentally, he checks his commitment, morals, and love for you at the door. This is 100% true across the board, regardless of whatever reasons you might want to give about how your man "isn't that shallow".

Here is why men attend bachelor parties, depending on their relationship status:

The Groom: His intention is to have sex and will be looking for an opportunity to present itself.

Married or in a Long Term Relationship: His intention is to have sex and will be looking for an opportunity to present itself.

Single: His intention is to have sex and will be looking for an opportunity to present itself.

When a man gets into the car driving towards the venue, his intentions are already set and he is now only looking for opportunities that may be presented once he arrives. When a woman arrives at the venue, opportunities will inevitably be presented that may change her previously good intentions that she had in the car.

In either case you end up with the same destructive results for your relationship.

Last Night of Freedom

Besides the obvious pitfalls of the actual night of the parties, the attitude of this "tradition" is a horrible mentality to take prior to getting married. What you're saying is, "*Once I'm*

married I can't have fun anymore. Once I'm officially committed then my life is going to be boring and mundane."

If that is how people view marriage it's no wonder that within the first 5 years both spouses gain weight, stop being considerate, no longer "date" each other, and become complacent. You've already put yourself in the mindset that marriage is a prison and that your single life was so much better.

Marriage should be a celebration of love, joy, and hope. The night before your wedding should not be "your last night of freedom", it should be the evening before your life truly begins.

Camaraderie

The most common reason (excuse) for having a bachelor/bachelorette party is that this is a time to celebrate with your friends. I wholeheartedly agree with that; I think that there should be a celebration because this is a momentous event in your life.

But let's be honest here, there are many different ways you can celebrate with your friends without doing the traditional bachelor/bachelorette activities. In fact, almost any other way you choose to celebrate would not put your relationship in jeopardy like the way a traditional party would.

Instead of choosing one of the other ways to celebrate, many people decide to involve activities such as clubs, strippers, heavy drinking and dressing provocatively that is meant to put them in a position to hook up with the opposite sex.

There should absolutely be a celebration because this is such a happy moment in a couple's life. But to arrange a party that is designed to tear apart the very relationship it is celebrating is completely foolish and asinine.

In no other area of our life do we adopt this backwards attitude. The night before the 1st day at an important, career-making job you get enough rest and make sure you're sharp. You don't go out and booze it up and get 3 hours of sleep.

The night before a child moves from the 2nd grade to the 3rd grade, his parents may walk him through some 3rd grade level

work so he is best prepared. They don't give him Kindergarden work because "he will never get to do that type of work again".

In all aspects of our life, before an important milestone we always try to go into it with the best possible preparation. We never prepare by regressing. Yet when it comes to marriage, the single most important decision of our life, we have a tradition that encourages....almost forces us....to regress to behaviors that presents the highest chance of destroying that union before it even begins.

How you begin something often times determine how successful you will be at it. If you're making a life long committment then honor each other and your relationship. Follow your integrity and respect for each other instead of blindly following the masses to participate in a corrupt tradition designed to tear apart your bond.

(This article is also posted on Yahoo
Voices: <http://voices.yahoo.com/bachelor-bachelorette-parties-10977868.html?cat=49>)

Using A Unique Skill To Pick Up Women

Using A Unique Skill To Pick Up Women

For the purpose of this post I'll use magic as the "unique skill". However, you can replace magic with singing or composing a song, writing poetry, painting, drawing or anything of that nature.

As a magician, one of the most common questions men ask me is, "Can you teach me a trick that will help me pick up women?" On message board forums one of the most frequently asked questions by teenage boys is, "What is the best trick to ask a girl out to prom/dance/date?"

I'll start by answering both questions, I'll explain why, and then help you understand what you need to do so that you don't have to ask those questions anymore.

The Answers

"Can you teach me a trick that will help me pick up women?"
I would if there was one that existed. There is not a single magic trick that will make women feel attraction for you. You may garner some interest but it won't be sexual or romantic attraction. Once the trick is over, she'll walk away.

"What is the best trick to ask a girl out to prom/dance/date?"
None. There isn't a magic trick will make a girl want to say "Yes" to a prom, a dance, or want to date you. In other words, if she will not say "Yes" without a magic trick, even if you performed a really good illusion for her, she still won't change her answer.

Explanation

The reason why a magic trick or doing something romantic won't make a girl feel any sexual attraction towards you is because you're approaching it from a mindset of [Fear](#). When a woman feels attraction for you then doing things like a magic trick will be appreciated and valued. However, the biggest mistake men make is they try to do romantic or cool things in order

to **evoke** attraction and that never works. It'll only make you look desperate.

Attraction for women is based on your social value as a man. The core values are:

- 1) **If other women are attracted to you.** Are you popular with other women in your social circle or the venue you're in? If you're not then women will not want you. Have you ever notice that men who have women already can always can get attractive women easier?
- 2) **If you have no fear of them.** Are you overly concern about what women think of you? Are you displaying needy behaviors? If you reek of fear then no matter how romantic or creative you are she'll still not feel any attraction for you.
- 3) **Are you comfortable in your own skin and in any social situation?** Here is the acid test: If you were at a social gathering and you couldn't do a magic trick, would you still be to interact with women and men in such a way that will make them want to hang out with you?

If you have the above "popularity" then not only will you NOT have to do a magic trick to ask a girl out to the prom, she'll be hoping you'll ask. That's true attraction. Same thing with women in any venue outside of a school setting; if you have the above social value than a woman will easily want you to come up and start a conversation with her without having to resort to magic tricks.

Don't ask a woman if this is a good idea

If you ask a woman advice on this topic you will almost always get the wrong advice. When a woman tells you that doing something such as a romantic magic trick, telling her how you feel, or giving her flowers is a good idea, she is imaging it coming from a man she is **already attracted to mentally, physically, and emotional.** If you follow her advice and try to use those same things to try and generate attraction you'll find that it will completely backfire and make the woman actually retreat from you.

For this and many other reasons, this is why you should Never listen to what a woman SAYS she is attracted to, but instead WATCH what she is attracted to.

Your real problem and how to resolve it

Your real issue here isn't how you can craft the perfect magic performance to get her to say "yes" to the prom. Your real issue here isn't finding that mind blowing magic trick that will make a girl want to give you her phone number and go out with you. Your real issue here is that you don't understand how female attraction triggers work.

Fortunately there are several posts on this blog that addresses your core problems. Read the following 3 posts and start working on yourself as a man so that you're attractive to women in general and you will not need to rely on gimmicks and tricks. Once you remove the brain washing that pretty and sexy women are superior to you and start behaving like a normal, social, and interesting man, you'll find that those same women will naturally be drawn to you.....and that will be real, not a magic trick.

1. [Common Myths All Guys Have](#)
2. [Why Women Are Attracted To Assholes](#)
3. [Why Nice Guys Really Do Finish Last](#)

THURSDAY, APRIL 5, 2012

THURSDAY, APRIL 5, 2012

Hardships

"There has never yet been a man in our history who led a life of ease whose name is worth remembering."

~ Theodore Roosevelt

When you guys start off on this journey to "get more women", many of you probably find out that it isn't really about that. Many of you quickly discovered that your life in general probably needs a pretty big overhaul.

You also quickly discovered how difficult this overhaul can be. If you haven't had a lot of experience in dating, you're probably shocked as to how difficult even getting a simple date can be.

Fail safe routines, secret female attraction triggers, easy to implement attraction gambits, and turning your sex life around in 30 days....well....those shortcuts start to sound pretty good. *"Just tell me what to say to make her like me. Just tell me what to do to get sex"*. Men ask me that all the time such as [this post here](#).

There is an old Asian parable that goes something like this:

There are Lotus flowers that grow around an area with volcanoes. Typically Lotus are very sensitive plants and can only grow during certain times of the year. When the conditions aren't perfect they die off quickly.

However, throughout the years people have noticed that the Lotus that grew near the heat of the volcanoes and survived were able to weather harsh conditions. So as the Lotus that weren't near the volcanoes died off quickly as the seasons changed, the ones near the volcanoes survived and actually were more brilliant in color.

The Lotus flowers that figured out a way to grow under the heat of the volcanoes thrived even in poor conditions during other times of the year.

The single biggest problem with the way boys are raised today is mental and emotional weakness. Parents are friends instead of life coaches and guides. Single mothers have become the norm. Fathers are either a bad example or non existent.

We have encouraged a society of ultra sensitive people who are offended by every single little thing. We have encouraged entitlement instead of hard work. Words such as strength, will power, fortitude, values, morals, ethics, and integrity have no meaning.

So now these boys grow up to be adults, but not men. They expect immediate gratification and are completely incapable of handling rejections of any kind. Like those sensitive Lotus flowers, once the conditions aren't absolutely perfect, they simply wither away. Fear, not courage, have become the driving force behind men today.

The difficulties you are facing right now is something that you should have gone through growing up. Hard times are meant to toughen you up so you can weather life's hard conditions. We don't prepare boys to be men anymore. Difficulties with women is just a symptom of a much larger problem.

So yes...the next few years for you is going to be tough. It will be ugly, frustrating, and you're going to feel that you're taking 3 steps forward and 2 steps back...sometimes 4 steps back. But I promise you that if you never stop pushing, never stop learning, and never stop getting up and fighting, you'll get there. It's impossible not to.

These hardships...doing the difficult thing instead of taking the easy shortcuts...will give you an aura that makes women say, ***"There is just something about him...."*** Weak men never give off that vibe. That vibe can't be taught, you can't get it from a book, a forum or a blog, a bootcamp, or a DVD. You have to earn it. There are no shortcuts.

This video is a commencement speech given by Admiral William H McHaven, commander of the US Special Operations and former Navy Seal. This 20 minute video is worth every second of your time and is better than anything I could ever write.

Do yourself a huge favor and listen carefully:

<https://www.youtube.com/watch?v=pxBQLFLei70>

WEDNESDAY, MAY 16, 2012

WEDNESDAY, MAY 16, 2012

Strategies That Will Ensure Your Failures

Men today spend a lot of time, energy, and money in an attempt to be able to date beautiful women. As a result it is very common for men to be in a constant search for that silver bullet or that one BEST STRATEGY that will unlock the mysteries of dating women. We have said time and time again that there is no such thing.

With over a decade of coaching men through this nice guy epidemic, I have found that most men deploy 1 of 3 strategies that will all but ensure their continued struggles with women. Before we get into the strategies, I would like to first offer some definitions:

Mindset

- Understanding women's attraction processes and psychology
- Removing the "nice guy" brain washing
- Removing your shame in what you want as a man
- Removing your limiting beliefs about yourself
- Overcoming your irrational fears and anxieties about women
- Developing true self worth and self esteem

Approach

- Good body language when talking to women
- Good facial expression when talking to women
- Good tonality when talking to women
- Having interesting, challenging, and entertaining topics of conversations
- Knowing how to talk to a group of women (2 or more)
- Good social awareness on saying the right thing at the right time (calibration)
- Knowing when to physically escalate
- Knowing how to have a normal conversation
- Being genuinely interested in what a woman is sharing with you during a conversation

Lifestyle

- Dressing well
- Being physically fit
- Having interesting hobbies
- Getting a good education
- Having a good career
- Having financial security

- Having good friends
- Knowledgeable about fun places to go in his city/town
- Well traveled or interested in traveling
- Well read

3 Common Strategies

Men are most likely going to deploy 1 of the 3 strategies below. Each strategy will offer a different type of negative result(s).



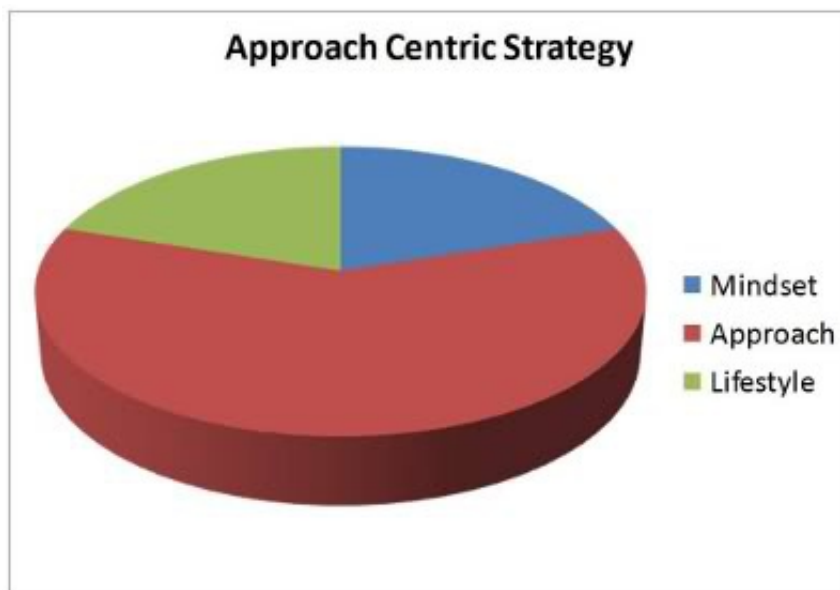
A man deploying a
"Mindset Centric" strategy will display the following factors:

1. Analysis Paralysis. He will read a ton of books on dating and self improvement, post on a bunch of forums and participate in lengthy discussions, but he will very rarely approach women.
2. He will know a ton of principles and theories on what he is SUPPOSED to do but he will not know how to EXECUTE on any of them because he lacks actual EXPERIENCE.
3. He will have done very little to improve any facets of his lifestyle.

4. He will go around asking dating coaches, *"Do you think this is true?"* about concepts or strategies that he learned or heard from other dating coaches. He wants to get a 100% consensus before he takes any action. Most of the time he is trying to find loopholes to not believe something because it's either too difficult or goes against his "nice guy" beliefs.

5. Often times even though he learns a lot about attraction principles, he will still not do the most important mental work of all, which is his own self worth as a man.

Results: This man will end up confused with the enormous amount of seemingly conflicting information in his head. He will make himself even more anxious in actually talking to women. Often times the man ends up just as alone as before he started reading about women and dating.



A man deploying an **"Approach Centric"** strategy will display the following factors:

1. He will talk to many women but will experience mostly rejections. Women will often say to him, *"I have a boyfriend"* or smile and say, *"Thank you"* and leave.

2. He may get phone numbers but the women will be non-responsive to texts and calls. He

will rarely get them out on a date or be able to generate any romantic or sexual interest.

3. He will experience a lot of flaking even when women agree to a date.

4. He is only focused on dating being a "numbers game" with no understanding of how women's attraction processes really work. Even if he has read a few books, he has not absorbed any of the principles about female psychology.

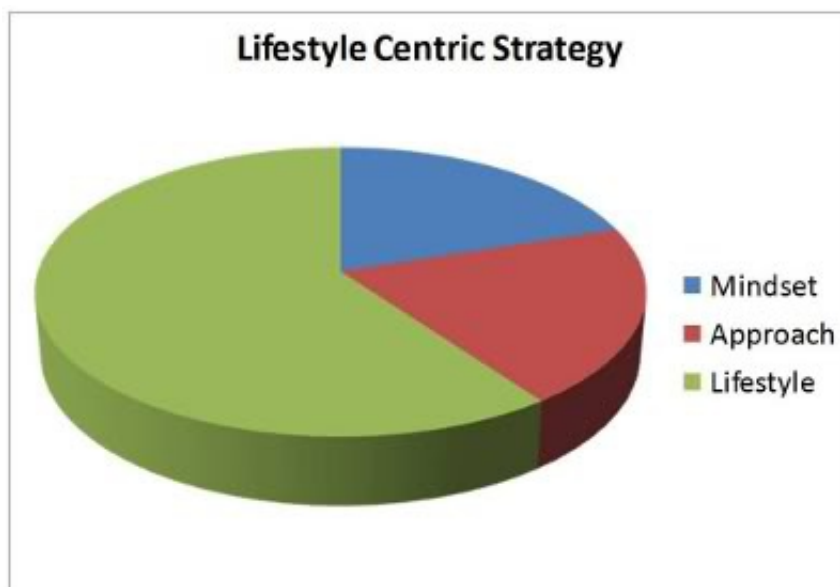
5. He has not done any work on his own insecurities, limiting beliefs, or fears. As a result, his vibe repels most women in all of his approaches.

6. He may spend hours at a public venue only to approach 2 women.

7. He will usually lack sexual vibe in his interactions with women.

8. Often times, even though he is heavily focused on approaching, he has not really developed good body language and a polished routine to be able to generate even minimal attraction.

Results: This man will end up very frustrated because he feels that he has to approach hundreds of women to get one date. It takes a huge toll on his pride and self worth. Eventually this inefficiency will lead him to either give up or simply take what comes along.



A man deploying a "**Lifestyle Centric**" strategy will display the following factors:

- 1) He will expect that having education, money, and being fit should mean that women automatically should just have sex with him.
- 2) He will be very frustrated that men who he deems less of a "catch" than he is are able to date women that he cannot.
- 3) He will have interesting hobbies, but he will still not be able to date the type of women he really wants.
- 4) He will usually have no problems getting phone numbers and going on the first couple of dates, but will struggle when it comes to sex and having a girlfriend.
- 5) He will have very little understanding of what women emotionally need to feel sexual and romantic attraction for a man.
- 6) He will not know how to talk to women in such a way where she will be intrigued by him. He believes that he should just be able to show up and women should be approaching him.
- 7) He will feel that his only value is monetary.
- 8) People in his life will say things such as, *"He has a good job, decent looking, and seems like such a nice guy, I wonder why he never has a girlfriend?"*
- 9) Often times even though he is focused on having a good lifestyle, he will spend a lot of time being very lathargic in most areas of his life. He leans more talking about what he is "going to do" rather than what he has done.

Results: This man will end up with a heavy entitlement complex and will come across very bitter and resentful at women for not wanting him.

Men who do not approach their issues with women from a holistic standpoint will end up:

- 1) Angry with women.
- 2) Feeling horrible about themselves.
- 3) Taking any attractive woman that comes along, which will usually lead to a relationship

based on [Desperation](#).

Obviously the most healthy and effective method would be a strategy that balances all 3 areas equally. In the beginning this is a lot of work. Most men are lazy and don't want to put in the time. However, the irony is that if you put in the work up front, eventually each of the 3 areas will feed the other and the whole process actually becomes easier.

Read the following, "[Solutions](#)", to implement some suggested tasks that will help you get out of the hamster wheel you're currently running in.

THURSDAY, JUNE 28, 2012

THURSDAY, JUNE 28, 2012

Staying Attractive In Long Term Relationships

"If you met her today, would she still date you?"

This blog focuses a lot on helping men be able to interact and date women in an attractive way. Eventually most men want to be in a relationship with the right woman, hopefully their [Soulmate](#). They work on shedding their [Nice Guy](#) ways, they learn to understand that their [Desperations](#) are based on unrealistic [Fears](#) and they start to approach women, risk rejection, go on dates, and in doing so they will eventually get into a serious relationship. So one of the questions I get without fail is ***"Now that I'm in a relationship, how do I still stay challenging, interesting, and attractive?"***

Here is some context to the question:

Men who are brain washed with the nice, pansy guy mentality have always put women on pedestals. They'll fear talking to women, they won't know what to say, and most of them are either lonely and/or always in the dreaded [Friend Zone](#). Once they learn how to overhaul their entire mentality and become strong, dominant men they find that they have options with women that they never had before.

Unfortunately, due to their lack of experience with dating for most of their lives growing up, they didn't have many opportunities to be in actual relationships. So they lack real life context in how a relationship is supposed to be. But through this improvement process, they do quickly learn that having other women in their lives, having a sense of mystery, having interesting hobbies, a cool lifestyle, being challenging, and maintaining a level of control over your emotions is highly attractive to women universally.

However, when you're in a long term relationship, once you get to know the person, a lot of the mystery, intrigue and general surface-level attraction enigmas slowly disappear. This is normal and obviously cannot be avoided. So men ask the question, ***"Now that I'm in a relationship, how do I still stay challenging, interesting, and attractive?"***

Men usually ask the question because they still do not understand the core concept of attraction when it comes to

women. They only understand it from a surface level point of view. They still see being attractive as a "trick" or some sort of ploy. They still don't understand that deep, core-level attraction and respect is about the type of man you are. Yes, all the things that you've learned that women are naturally attracted to are true, but emotionally healthy women don't enter a serious relationship with you based on those surface attraction traits, they are in a relationship with you because they love you for the man that you are and continue to be.

Another very popular question I get that relates directly to this is, **"When can I stop 'playing the game' now that I'm in a relationship?"** Some men ask this out of not understanding attraction (similar to the first question above) and others ask it out of laziness.

Let me ask you this...

When is it alright for your girlfriend or wife to gain 50lbs? (pregnancy not withstanding)

When would it be alright for her to be in sweats all the time and stop wearing sexy lingerie?

When would it be alright for her to stop dressing up for you and wearing make up for a night out on the town?

When would it be alright for her to stop being loving and supportive of you?

When can she stop doing all those things, be fat, and for you to still love her and want to build a life with her like the way you do now?

The answer is of course, "Never". There is never a time she can let herself go and stop being the woman you fell in love with because that is her responsibility. For her to do so would be disrespectful to you and her conveying that she has now taken you and your love for granted. If she were to do some or all of those things above, your attraction for her and ultimately your love will definitely diminish.

So if it is never alright for a woman to let herself go physically or emotionally, which are the source of your attraction for her, then why would it be alright for you to let yourself go?

You will always need to stay attractive, even if its not in the same way that you do when you first started dating. Here are ways that you still maintain your attractiveness throughout your

relationship:

1) If a woman stays physically attractive, she will ALWAYS have choices in men. Whether she exercises that or not is irrelevant but she knows the options are there. Obviously if you want to have a healthy relationship, picking up other women is not the way to go. But it doesn't mean that you let your attractive traits become stagnant. It doesn't mean that you don't keep up your clothing style, your fitness, and your ability to be able to converse with women.

A woman will always care about how people (especially other women) view their man, just like how you'll always care how her body looks. It is your responsibility to still be attractive to women in general so that your woman will be proud to be with you.

2) It is your responsibility to stay interesting. Read and learn about new things. Pick one thing per year and try to learn and get good at it. Don't be stagnant and do nothing but watch sports and play video games.

3) If you have a passion, get better at it. If you don't, then definitely find one. When you're in a long term relationship it is highly important that you have at least one passion that has nothing to do with women. Your woman cannot be the only center of your world. You have to have something else that you love that you are passionate about. If you don't know it, then try different things in your community till you find it.

4) Don't stop dating your wife or girlfriend. Go out and be social so that she still gets reminded from time to time why she is with you. Don't be the wallflower guy who sits in the corner and taps away on his phone.

5) Treat your wife as you would a mistress. If that sounds foreign to you, then I highly recommend reading ["Kosher Sex" by Shmuley Boteach](#).

The most important question you have to ask yourself every 6 months is, **"If she met me today, would she still want to date me?"**

In other words, if you met your girlfriend or wife today, would you still have the attitude, lifestyle, and skill to interact with her in such a way that makes her want to go on a date with you? If the answer is no, then you've let yourself go and you're doing your relationship a disservice. Being in a relationship does not mean you stop improving and evolving as a man. Contrary to popular belief you're not "done". If you adopt this

mentality, then not only do you not have to worry about your woman losing attraction for you, she'll love you even more because every day you will solidify her decision in joining her life with yours.

MONDAY, JULY 30, 2012

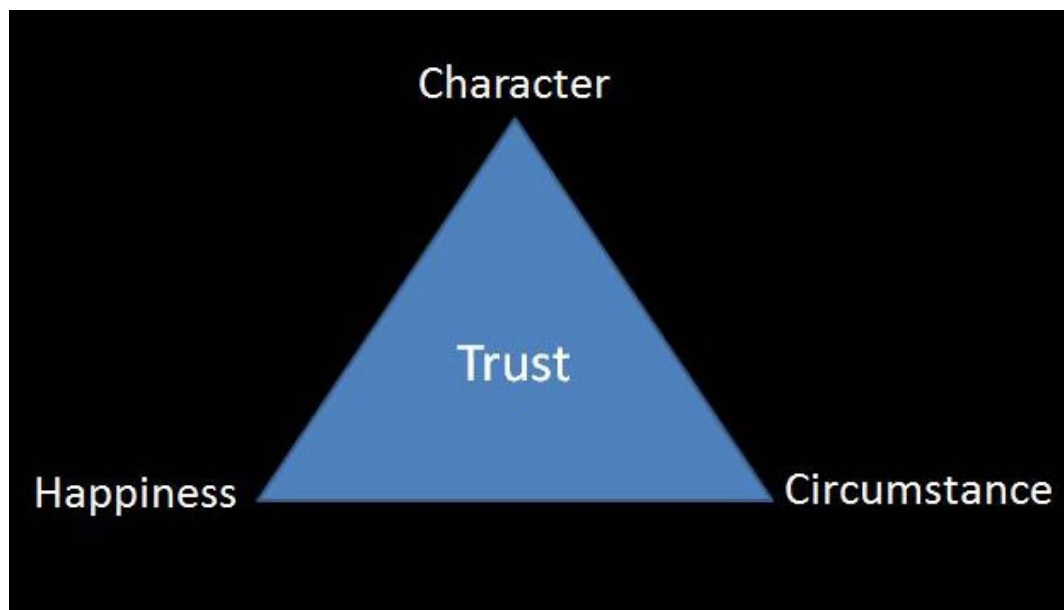
MONDAY, JULY 30, 2012

Trust

**Chances are, if you're reading this article, then you might want to read this first: [Knowing When To Walk Away](#) and then ask yourself honestly if your girlfriend or wife is displaying any of the behaviors listed there.*

The word "Trust" is often misused when it comes to men and women dynamics. Most experts will tell you that trust is the cornerstone of a good relationship but they rarely address what conditions need to be present before that trust can and should be given. People trust their partners all the time and get burned. I think those people will tell you that simply giving your trust to someone has very little to do with the actual outcome of your relationship.

The purpose of this post is to identify when a man can fully trust a woman.



As a man, how do you know when to trust a woman? "Trust" meaning to make a commitment to her and know that she will have your best interest at heart when she makes decisions.

A man needs to have standards; women won't respect you if you don't. However, no one can tell you what those exact standards are as this is something only you can build through experience in dating. You have to know what kind of woman you want to share your life with long term.

Whatever standards you choose to live by, if you want to trust that a woman will do right by you and your relationship, I believe it must be comprised of the following 3 criteria:

Character: A woman's character is by far the most important of the 3 criteria, although this is the one area that is discussed the least. If a woman doesn't have good character, the other 2 points below won't matter. What you consider "good character" may slightly differ depending on your upbringing but I think for the most part we can all agree on the following:

- a. Loyal
- b. Supportive
- c. Doesn't constantly seek attention from men
- d. Considerate and thinks about your needs before her own
- e. Loving and sweet natured
- f. Family oriented
- g. Empathetic and Sympathetic
- h. Not materialistic
- i. Demonstrates a sound set of morals and values

If you have a woman that embodies these characteristics then you have a very good foundation with which to build a healthy and loving relationship. While there may be other character traits that are important to you, these are the minimum ones that are necessary before you can consider trusting a woman fully.

Happiness: This is the area that most therapist, counselors, and every article on the web likes to focus on. The general consensus is that if a woman is emotionally, mentally, and physically happy in your relationship then she won't want to put herself in a position to have an affair. That assumption is only partly true as it also depends heavily on her character and morals.

Criteria for happiness may differ slightly from woman to woman depending on her expectations

but I believe that in general the following aspects are necessary for a woman to feel satisfied in her relationship:

- a. She respects you and looks to you as the leader of the relationship.
- b. You make her feel loved and protected.
- c. Your sex life together is active and exciting.
- d. You don't get complacent and let yourself go physically or in the way you present yourself when you're out in public.
- e. You don't let the relationship become boring. You still "date" her.
- f. You don't let yourself become boring. You are still constantly learning new things, taking up new hobbies, and improving yourself in general
- g. You still stay attractive to women in general which makes her proud that she is with you.
- h. You are a rock in the storm. You know when to just listen and when to step in and take care of a problem.

In other words you ask yourself from time to time, *"If I met her today, would she still want to date me?"*

Women will always have something to complain about in a relationship, even if deep down inside they know they are very lucky. They need something to bring to the table when they get together with their girlfriends for dinner. It's really like a sport to them! But in general if the above areas are fulfilled, a woman won't do anything to put her relationship in jeopardy.

Circumstance: This is the area that most men will focus on the most. Circumstance is essentially opportunity. The following are the most common factors that have no place in a respectful, healthy relationship:

- a. She spends a lot of time one-on-one time with male colleagues/friends.
- b. She goes to clubs/bars and dresses and behaves as if she is still single.
- c. She takes girls' weekend trips to places that are known for hooking up such as Vegas or Miami.
- d. She keeps in contact with her ex-boyfriends.

If you allow her to consistently put herself in these circumstances, then it will be no surprise that eventually she'll cheat on you. It's not about morals or ethics at this point, it's about human nature. As the old saying goes, *"If you hang out a barber shop long enough, you'll eventually get a haircut"*.

However, while it's easy to focus on just "Circumstances", it is a common mistake to not take the previous 2 factors into consideration. If you only focus on this area it can end up causing other issues in your relationship. You cannot get into a mindset where you won't allow her to go anywhere or do anything without you. If you do then it will cause her to feel distrusted, accused, unappreciated, and will create a resentment that will be equally as damaging to your relationship.

Part of happiness for a woman is that she feels valued and bonded with her partner. If she is constantly under a microscope then you'll end up pushing her away from your relationship, which of course defeats the entire purpose of having standards.

Scenarios

Here are 3 of the more common scenarios where the advice, "*You just have to trust her*" has zero impact or usefulness:

1. Bad Character, Happy In The Relationship, Controlled Circumstances

This scenario happens to a lot of men who are [desperate](#) and will take whoever comes along; unfortunately often times this involves women with bad character. The women in this scenario will usually be one of the [4 types of women who will date nice guys](#). In this situation a man will bend over backwards to make sure she is happy. He'll do pretty much anything she wants in order to keep her in the relationship. He'll also be very vigilant in where she goes, but that won't make a difference because women of bad character will always find a way to get involved with other men.

In this case, all the advice in the world about making sure your woman is "happy in the relationship" won't make a bit of difference.

2. Good Character, Not Happy In The Relationship, Seeking Circumstances

This scenario is probably the most unfortunate because it started off on the right path with the man choosing wisely. In all likelihood, this relationship should have been able to go the distance.

This is also the most common scenario as it is easy for men to start taking women for granted, getting complacent, and in general stop paying attention to the health of the relationship.

If a woman is unhappy she will gradually put herself in situations that will lead to affairs. If she has good character then it'll take awhile but no human being can stay miserable indefinitely. This is when the common workplace affairs happen or she starts to talk to an ex-boyfriend because she is so unhappy in her relationship. This is also when a lot of emotional affairs on social media can occur. She is consciously or subconsciously looking to feel wanted, loved, and alive.

In this case the man is so blind that he won't even notice that she is drifting away because he hasn't been paying attention for a long time, which was the root cause of this scenario in the first place. This is the only scenario where the many articles in women's magazines and on the web have any validity; if she is happy then she won't stray on you.

3. Good Character, Happy In The Relationship, Opportunistic Circumstances

This scenario is the easiest of the three. You've got a great woman and she's happy. Now you just have to have the courage to draw fair and appropriate boundaries. Unfortunately men today are afraid to put their foot down and stand up for themselves. Men are taught to put their own needs and self worth aside and are made to feel bad if they draw a line in the sand. They are told they are jealous, controlling, and insecure. So therefore they suffer silently and let their wife or girlfriend put themselves in situations where infidelity can easily happen.

A woman with good character won't seek out to have an affair on purpose, especially if she is happy. The affair will always start off innocently enough and often times you'll hear women explain that "*they didn't mean for it to happen*". Most women today were raised in a time when behaving as if you're single while still enjoying the benefits of a stable and loving relationship is the norm. This doesn't mean that all women are cold hearted users, as a lot of angry, frustrated men like to say. In fact, I believe a lot women have very good character but they also have developed very [bad habits](#).

In this case it is very important that you establish boundaries that you feel are respectful for you and your relationship. You have the right to say, "*I don't feel what you're doing is appropriate and I won't tolerate this type of behavior in a relationship*". If you've picked a woman with good character and you've done your part in making sure she is happy in the relationship, she'll clearly see that you are trying to proactively keep the health of your relationship strong.

If a woman cannot abide by fair and reasonable standards of behavior then either you shouldn't be with her or she most likely falls under the first scenario above.

I'll be the first to admit that being involved in this field for as long as I have and seeing some of the atrocities that people do to one another has negatively affected my own ability to trust completely. However, I will now be the first to tell you that it is vital to the bond of your relationship that you have a healthy amount of "Trust" for each other.

Summary

- If you want to have healthy, loving, long term relationships you must first and foremost pick women who possess good character. You don't have anything if you don't have that.
- It is your responsibility to ensure that she is loved, protected, and happy in your relationship. Don't get lazy.
- You must have a standard of behavior that you believe in and that you share with her. Don't be afraid to stand up for your boundaries.

If you have these ideals in place, then you can fully trust that no matter what challenges life brings to your relationship, she will stand by you and with you through it all.

Strategies That Will Ensure Your Failures -...

Strategies That Will Ensure Your Failures - Solutions

In a previous post titled, "[Strategies That Will Ensure Your Failure](#)", we outlined the most common techniques men use that all but ensure they spend years running in a hamster wheel when trying to improve their dating life. This post will offer some suggestions on how to get off that wheel.

Re-read that post and be **extremely and brutally honest** with yourself as to which strategy you fall into. You may fall into more than one of those areas and if so then you should read the recommendations for each one.

Mindset Centric Strategy

"Theory without practice leads to an empty idealism, and action without philosophical reflection leads to mindless activism".

~ Elias & Merriam

For those that fall into the Mindset Centric problem, you are one of the many men who suffer from mental masturbation. Here is your task list:

- 1) Stop talking about what you think should be done; that includes dating forums, emailing other guys, or just sitting around and talking about it.
- 2) Set a goal to start a conversation with 2 new women per day for 90 days. You know MORE than enough to start a conversation. It's now time to put it into action. Whatever you've read, whatever you think you know, I promise you that when you start actually talking to women it will be nothing like how you **think** it is. Don't make excuses. I assure you that in 90 days you will find that the reality of talking to women is very much different than what you've read or whatever DVD you've watched.
- 3) Pick a new wardrobe style. Whatever your style is now, it is most likely boring and drab. Pick up a GQ magazine, Esquire magazine, and/or this [Style Guide](#). Start dressing like an interesting man. Clothes are important. Don't argue. Get over it.
- 4) Find one hobby or sport that forces you to be around other people. Public speaking is a great way to get you out of your shell. Join a club that will force you to stand up and give presentations. Join a team that will force you to work with other guys and develop a camaraderie. These are things that men grew up learning how to do. Somewhere along the way you missed out on these things and this is one of the reasons why you are so lacking in social intelligence.
- 5) Twice a month plan a happy hour and/or arrange for a group of people to go out to dinner. Start to create events and be the host instead of sitting around and wait to be invited. At this point in your life, no one is going to invite you because you don't have anything positive to

offer to the social interaction yet.

6) Stop reading dating forums, dating articles and anything dating related. Read books and magazines that have nothing to do with dating. Preferably read things that are pop culture based. Chances are you aren't very in tune with what is mainstream and you have very little to talk to people about that are fun, light hearted, and sparks immediate conversation.

7) You're never going to be "ready". Leave your comfort zone and do what your fearful, pansy voice in your head tells you that you cannot. In a year after you've had **consistent real world experience**, only then go back and read anything dating based. You will see things completely differently.

Approach Centric Strategy

*"Theory without practice leads to an empty idealism, **and action without philosophical reflection leads to mindless activism**".*

~ Elias & Merriam

For those that fall into the Approach Centric problem, you talk to a lot of women but never analyze or learn from your mistakes. Here is your task list:

1) Stop trying to fit your interactions with women into a specific "school" or "theory". There is no such thing as one dating system out there that has all the answers. Stop being a fan boy and instead be a renaissance man who learns from everything and everyone.

2) If you don't know what to say, then create some pre-determined talking points so you have a basis to launch interesting conversations. Not knowing what to say should never be an excuse.

3) If you vomit at the mouth pouring your feelings out, then shut up and be more mysterious. Stop answering every question as if you're on trial.

4) If you don't express your sexuality enough and/or you're ashamed of it, then make your intentions known early and boldly.

5) If you're already too touchy, feely then lean back and show some constraint.

6) Learn from your mistakes. Stop being just an approach machine and having no regard to the quality of your interactions. Stop trying to get to the "number close". That's not success. All you're collecting are flakes.

7) If you're approaching a lot of women and getting very little dates or sex, then chances are you're giving off a very safe, non-threatening, non-sexual energy. You create no mystery, challenge, or sexual tension. Start talking to groups of women instead of seeking out women sitting by themselves. Right now you have no social value to women, that's why you're getting rejected. They don't feel any need to compete for your attention.

8) Pick a new wardrobe style. Whatever your style is now, it is most likely very "safe" with no edge to it at all. Pick up a GQ magazine, Esquire magazine, and/or this [Style Guide](#). Start dressing like an interesting man. Clothes are important. Don't argue. Get over it.

9) Find one hobby or sport that forces you to be around other people. Public speaking is a great way to get you out of your shell. Join a club that will force you to stand up and give presentations. Join a team that will force you to work with other guys and develop a camaraderie. These are things that men grew up learning how to do. Somewhere along the way you missed out on these things and this is one of the reasons why you are so lacking in social intelligence.

10) Twice a month plan a happy hour and/or arrange for a group of people to go out to dinner. Your social life is probably lacking quite a bit. You have nothing interesting to talk to women about after you get past the first 2-3 minutes. Start to hang around different types of people to expand your social circle. The best way to do this is to be a host and show people a good time.

11) Start to calibrate your interactions. Stop repeating what doesn't work. Women dream about being approached **well** by an interesting and attractive man. What you're doing now is admirable but you're a nuisance. You're not giving a woman a fun, challenging, and exciting journey. You're just an interview machine asking women questions they've been asked thousands of times by other guys.

Lifestyle Centric Strategy

"Don't be a walking checkbook".

~ Me

For those that fall into the Lifestyle Centric problem, most areas of your life is good and you have a lot of interesting things to share, however, women still aren't sexually attracted to you.

If your lifestyle is good but you're still working very hard to get the type of women you want and desire, then chances are you're hiding behind your career and hobbies. While on paper you seem like a man that women would love to date, once they get to know you they find out how little self worth you really have. You don't lead a relationship. You're just there to "woo her" and not much else.

Here is your task list:

1) You grew up thinking that you have to buy women's affection. Stop throwing money at women to earn their time and affection.

2) Stop bragging about what you do or what you have.

3) Find men who are successful with women. Observe how they behave around women. Talk to them about how they think about women. I assure you it will be very different than how you think.

4) Read the following posts:

[Nice Guys Always Finish Last](#)
[Why Women Are Attracted To Assholes](#)
[Common Myths](#)
[Fear](#)

5) You're angry that even after you've "done so well" in life that women still don't want you. You feel entitled to beautiful women. Yes...you've done well in life but you've neglected your most important task as a man and that is to learn how to lead women in a relationship; not to lead with your money, but with your courage, integrity, and standards in life. Things that you can't buy and that can't be taken away from you. When you put yourself beneath women by feeling as if you're worthless if you're not throwing around your wealth, then you're not a leader, you're a servant.

If you're failing with women in your life, chances are you fall into one or more of the above categories. Whichever category you fall into, it is important to balance the various parts of your life. Most importantly, your fears (whatever they may be) are bleeding out of your pores whenever you interact with women. It is that unattractive aura that women instinctively pick up on that is causing you to experience so much frustration. You can't run from them. They always catch up to you.

Stop being stubborn and start taking an honest account of your mental and emotional inventory. One of the most attractive traits a man can possess is his ability to have the humility to admit when something isn't working and the courage to make the necessary changes.

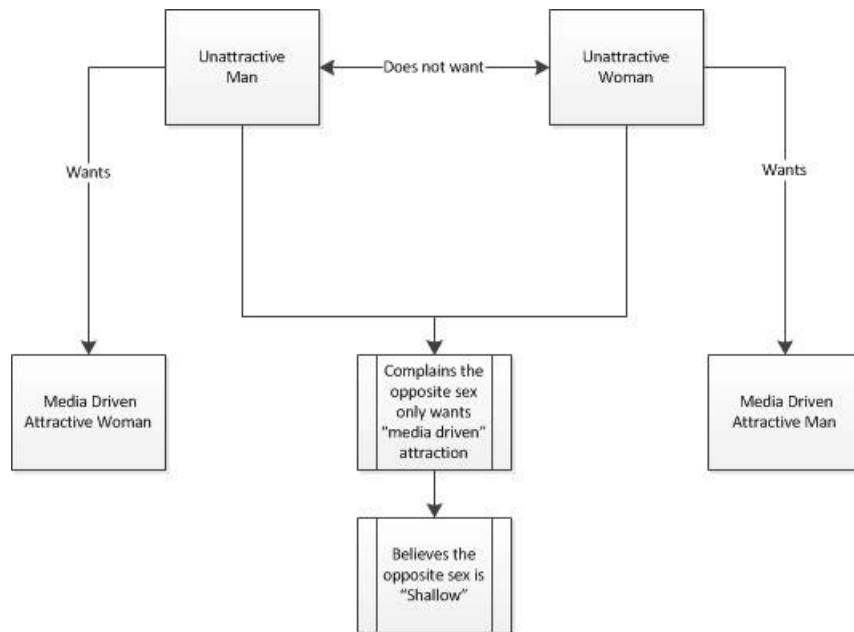
Posted by Baller at [12:42 AM](#) [3 comments](#) 
Labels: [Men's Edition](#)

WEDNESDAY, SEPTEMBER 26, 2012

[Irony and Hypocrisy](#)

One thing that unattractive men and unattractive women have in common is their complete and utter blindness to their own hypocrisies.

Click on the chart below for a larger view:



Posted by Baller at [9:26 AM](#) [0 comments](#)

Labels: [Love and Sex](#)

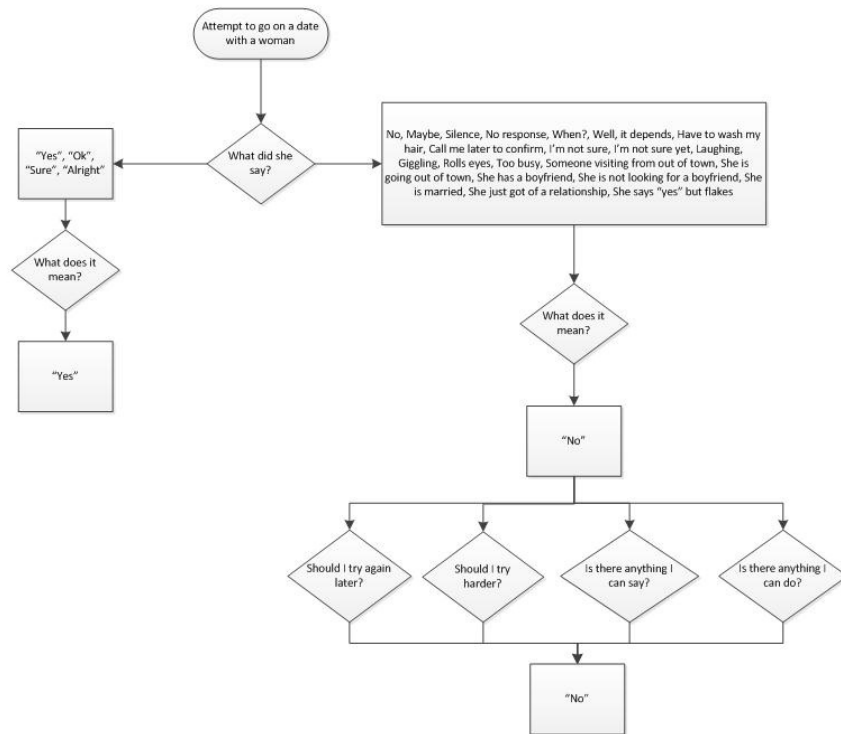
MONDAY, SEPTEMBER 17, 2012

[Asking a woman out on a date](#)

This is actually one of the easiest and simplest thing that men should be able to do. Yet, out of all the questions posed by clueless, fearful men this one gets probably asked the most.

So since some men like to mentally masturbate through their dating life, which ironically leads to more actual masturbation....here is a nice, technical flowchart to answer one of the most often asked questions.

Click on the chart below for a larger view:



THURSDAY, NOVEMBER 8, 2012

THURSDAY, NOVEMBER 8, 2012

The Love of a Woman

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

~ Lao Tzu, 6th Century BCE

Love is not a construct of "society". It is not a meaningless chemical in your brain. It is not a system designed to oppress women. It is not an institution forged to suppress men.

It is never old. It is never new. It is a constant regardless of how much we think we know and how much we think we've changed. It is independent of technology, of social movements, or political decrees. It doesn't change with the changing of the times.

Love is as real and powerful as any of our other human emotions; often times even more so. Love is not a "nice to have". It is essential to our emotional, mental, and physical health.

Family, friends, interesting hobbies, and a good career are not suitable substitutes for romantic and sexual love.

On this forum I rarely discuss loving, long term relationships because the men that this blog is geared towards are not ready. They are too desperate, evoke too much fear, and are generally not attractive to women.

Nevertheless it is important to remember why we spend so much time undoing the "male brain washing" and why it is so vital for men to get back to their natural roles as strong, dominant leaders.

There are very few things on this planet that is as satisfying than receiving the unyielding love from an amazing, beautiful woman. It trumps sleeping with multiple women, 3-somes, being "the man" at a club, showing off to your friends, or any other archetype that men generally try to strive for.

When you can put your Trust in a woman wholeheartedly, you find out what real strength truly is. When you live your life for someone else and stop living only for yourself, then you truly understand why men and women are put on this Earth together.

Men and women need each other. There is no such thing as 100% happiness being alone. That is simply a defensive mechanism people project onto each other after years of frustration in the dating world.

Achieving this level of intimacy is hard for men today because they aren't the type of man that will attract women who possess awesome character traits. They draw the high maintenance and high drama women. They get jerked around and eventually develop a hatred for women.

No matter what you do as a man, you will never know how high your strength can fly till you feel the enormous love of a woman. No matter where you go as a man, you will never know how deep your courage can flow till you return that love, not out of scarcity.....but out of choice.

Every day you don't face your fears and every day you make excuses is another day where your window to find true happiness closes. When you meet your [Soul Mate](#), will you be ready to be hers?

WEDNESDAY, DECEMBER 19, 2012

WEDNESDAY, DECEMBER 19, 2012

26 Acts of Kindness

- Charlotte Bacon, 2/22/06, female
- Daniel Barden, 9/25/05, male
- Rachel Davino, 7/17/83, female.
- Olivia Engel, 7/18/06, female
- Josephine Gay, 12/11/05, female
- Ana M. Marquez-Greene, 04/04/06, female
- Dylan Hockley, 3/8/06, male
- Dawn Hochsprung, 06/28/65, female
- Madeleine F. Hsu, 7/10/06, female
- Catherine V. Hubbard, 6/08/06, female
- Chase Kowalski, 10/31/05, male
- Jesse Lewis, 6/30/06, male
- James Mattioli, 3/22/06, male
- Grace McDonnell, 12/04/05, female
- Anne Marie Murphy, 07/25/60, female
- Emilie Parker, 5/12/06, female
- Jack Pinto, 5/06/06, male
- Noah Pozner, 11/20/06, male
- Caroline Previdi, 9/07/06, female
- Jessica Rekos, 5/10/06, female
- Avielle Richman, 10/17/06, female
- Lauren Rousseau, 6/1982, female
- Mary Sherlach, 2/11/56, female
- Victoria Soto, 11/04/85, female
- Benjamin Wheeler, 9/12/06, male
- Allison N. Wyatt, 7/03/06, female

"If you do good, you'll feel good"

~ Ann Curry

On the morning of December 14, 2012, an evil monster walked into an elementary school and sprayed bullets at children and teachers. 20 children died, all between the ages of 6-7 years old. 6 adults also died in the unspeakable tragedy.

There are so many things wrong with America. We didn't get here overnight.

Ann Curry proposed this [26 Acts of Kindness Campaign](#). I urge everyone reading this blog to take time out from thinking of

your own problems to help someone else.

You may think your life sucks. You may feel lonely. You may feel hurt. You may feel angry. But I assure you there is some one that you see every day that is worse off. Reach out and focus on something beyond yourself.

For those of you who don't have any children or children in your lives, you may not fully appreciate just how evil this is. You may not understand the inhumane amount of pain this is for the parents and families of these children.

Whatever your situation is in life, take this campaign and do 26 Acts of Kindness for a friend, a family member, or a stranger. The opposite of love isn't hate...it's indifference.

Please don't sit on the sidelines and be indifferent. You have no idea if your small act of kindness can change someone's life for the better.

[26 Acts of Kindness Campaign](#)

MONDAY, DECEMBER 24, 2012

MONDAY, DECEMBER 24, 2012

We Have Lost Our Way



Street side memorial for the 20 children of Sandy Hook Elementary

"Destroy the family, you destroy the country."

~ Vladimir Llyich Lenin, 1st Leader of the Soviet Union

We have lost our way. The United States of America have been going down a terrible road for quite some time. A great nation like ours hardly ever gets taken over from external forces; it almost always implodes from the inside.

The mindless horrors from the [Sandy Hook Elementary School](#) shooting is just the latest symptom of a much deeper problem our country is facing; we have created a nation that is eroding from the inside out.

America is a very young country. We are the equivalent of an adolescent and like an adolescent, we think we know better than everyone else that have come before us. But we do not. We may be more advanced in technology, agriculture, and human rights, but we have lost our way when it comes to human nature.

We have lost our humanity as a nation. This is why Eastern philosophy, such as Buddhism and the Yin/Yang concept, that are thousands of years old are now finally making their way into our field of psychology and therapy. The solutions to the problems that we have created for ourselves have already been answered by much wiser nations thousands of years ago.

We are an adolescent that refused to listen; we thought we knew better and our children and citizens have paid the price.

1) Somewhere along the way we told ourselves that appropriately spanking our children is

"abuse" instead of discipline.

2) Somewhere along the way we told ourselves that we need to be our children's "friend". We stopped being parents. We stopped guiding and teaching with wisdom and love.

3) Somewhere along the way we told ourselves that we cannot let our children go through anything difficult; that we need to give them only praise. As a result they grew to be adults who possessed no tools to deal with any adversity or [hardships](#).

4) Somewhere along the way we told ourselves that we should give our children anything they wanted. As a result they grew up to be adults who feel they are **entitled** to happiness and success instead of working for it.

5) Somewhere along the way we told ourselves that we needed to focus on materialism. We thought that throwing toys, video games, mobile devices, clothes, and cars would make up for our lack of love, time, and devotion to our children.

6) Somewhere along the way we told ourselves that we didn't need Fathers.

7) Somewhere along the way we told ourselves that men were stupid, incapable, shallow, evil, rapists, and that all problems of the world were caused by them. This is what boys of the last 30 years heard while growing up. As a result they grew up to be fearful men, weak boyfriends, overwhelmed husbands, and absentee fathers.

8) Somewhere along the way we told ourselves that being a loving and giving woman was negative. We convinced ourselves that feminine traits were weak; that honoring your husband was a form of "oppression" and that a woman needed to be just like a man. So women de-valued themselves sexually, behaved like men, and suppressed their natural, beautiful feminine qualities. As a result women moved from one unhealthy relationship to the next, often times dragging their children through instability and misery.

9) Somewhere along the way we told ourselves to celebrate single motherhood instead of teaching our young women how to avoid it.

10) Somewhere along the way we told ourselves that it's perfectly fine to have reality television and it's "stars" raise our children. As a result we have a generation of young adults who are self-centered, disrespectful, drama-ridden, and unable to take responsibility for their own problems.

11) Somewhere along the way, we told ourselves that men and women shouldn't have roles. This created a nation of confused, frustrated, and resentful husbands and wives. As a result we have very few healthy and strong marriages. Once that core broke down, our ability to be good parents also collapsed.

12) Somewhere along the way family values became "old", "backwards", and "conservative" instead of simply "values".

13) Somewhere along the way being "tolerant" meant only being tolerant of anything that is

deviant. As a result, if you wanted to hold true to family values that have been passed down through the centuries, you were labeled as "uneducated" or a "hateful".

14) Somewhere along the way we became so "open minded" that our brains collectively fell out.

15) Somewhere along the way we started to care more about the criminals' rights than the victims' rights. As result the criminals were given media headlines and notoriety, which in turn created more copy cats because it is far better for them to die an evil monster than a loser nobody.

16) Somewhere along the way we told ourselves we needed to save everyone. That everyone, no matter how disturbed and how many times they broke the law, deserved endless chances. As a result thousands upon thousands of innocent people have lost their lives needlessly because criminals were allowed to continue to walk among good citizens.

17) Somewhere along the way we lost our common sense and allowed war machines to be easily accessible because we didn't want to "intrude on anyone's rights".

18) Somewhere along the way we become terrified of "offending" everyone and every group. As a result we became too paralyzed with fear to do what was right because it was too hard.

America is the young, rich, spoiled adolescent that no one could discipline. We are not "progressive". We are not "enlightened". We are currently in the "dark ages". We are a lost nation and we have done it to ourselves.

Changing our current environment starts with each of us individually. Are we paralyzed with fear? Do we simply go along with what is trendy and what is politically correct? Or do we have the courage to stand up for what is right...what has always been right...and live our life by a standard that is higher than what is acceptable today?

Do you have the emotional fortitude to withstand the criticisms? Do you have the mental strength to handle the ridicule? If you do not, then you will pass on those weaknesses to your children.

Our only salvation is that we raise our children, not under the current modern day principles, but under the time tested values that have come before us. We need to look back to the past if we have any hope of a promising future.

MONDAY, JANUARY 21, 2013

MONDAY, JANUARY 21, 2013

[Why Men Aren't Attracted To You](#)

My blog here focuses mainly on the ills that affect men. While I have a few posts that attempt to help women understand why their relationships are suffering, there are certainly other authors and blogs that do a much better and thorough job.

For women it is rare when men are not sexually attracted to them. The only group of women who have a hard time with this are the ones who have let themselves go physically (ie: overweight and/or dresses like a PE teacher all the time). The more common challenge for women is finding the type of man that will want to commit to a relationship. The next few links below will help you understand why you're having such a difficult time finding a happy and healthy relationship.

There is a site that is the opposite of mine in that it focuses mainly on women's challenges and once in a while touches upon men's issues. The site is called, "[The Rules Revisited](#)". The author, Andrew, presents many well written articles that are geared towards "de-brain washing" women that have been raised under attraction-killing, feminist dogma. He clearly explains why you've continually sabotaged your own chances for passionate and fulfilling romantic relationships. His post titled, "[Misconceptions](#)", does a good job of listing the basic misconceptions that causes a lot of confusion for women today.

In a separate website this article, "[Why Some Women Aren't Wife Material](#)", briefly breaks down some of the main reasons why a man can be with a woman for many years and not ask her to marry him, but will turn around and ask his next girlfriend within a matter of months.

As a woman today you're probably not used to hearing how you've gone about dating all wrong. The women who I've witnessed have the most drama filled relationships or no relationships at all, are the first to yell "sexist" or "misogynist" whenever they read any advice that suggests they're not relationship material to most men.

So, if you're a woman who is dead set on being militant then you are welcome to continue being alone or unhappy. However, if you're a woman who truly wants to be married to a great husband and build a life and family full of love and happiness, then the

following 2 books are all you really need to understand what you've been doing wrong:

- [1. "Why You Aren't Married....Yet" by Tracy McMillan](#)
- [2. "Why Men Marry Some Women And Not Others" by John Molloy](#)

Here is a reader testimony from the 2nd book. I can't tell you how often I've heard this type of regret from women today.

A slap in the face and a wake up call

i wanted to read this book after it was made fun of recently at a magazine for feminists and women who generally agree that there are a lot of things to life than getting a man. being alone for so long and not being able to pinpoint exactly why, it picked my curiosity. i read it and i've lost track of how many times this book has made me cry. it was all right there how i sabotaged my own life against having a mate. now that it's easier for me to be kidnapped by terrorists than to find a man i realize (with the help of this book) all that i did wrong: the long years spent studying while my friends were out partying and getting boyfriends, the dead end jobs where there were no available men, the long hours working odd shifts, the occasional unavailable man (mr. right now), the "a little too-casual" appearance, waiting for the one that got away to come back (he never will), the many requirements that no man seemed to fulfill... i'm alone with no prospects of getting married and it's all my fault.

sister, i don't want to sound like if you don't have a man you're a loser but i'm telling you: my money and my graduate degree don't keep me warm on saturday nights. eventually your friends are married with kids and you find yourself making every night a blockbuster night with your cats. even my gynecologist told me to hurry up if i wanted to have babies. it's probably too late for me but save yourself. find balance in your life. if you want to get married in your thirties you have to start looking hard for prospects when you are in your late twenties because you'll be amazed when one day you open your eyes and realize that all men seem to have poof! dissapeared. i wish i had read this ten years ago. oh, all this coming from a "feminist"... somebody who was very proud of her "independence". a feminist that is very educated and very lonely...

[Source link](#)

TUESDAY, FEBRUARY 5, 2013

TUESDAY, FEBRUARY 5, 2013

[Sharing vs Oversharing](#)

I've seen and heard the same complaint hundreds of times; women sharing their horrible date stories because men cannot seem to keep their emotions in check and their mouth shut on the first couple of dates. They think spilling their guts is being "honest" or "vulnerable".

This is a terrific article on achieving that simple balance between [Sharing vs Oversharing](#).

THURSDAY, MAY 2, 2013

THURSDAY, MAY 2, 2013

The Age Excuse

It never fails to amaze me how many excuses men come up with to explain why they aren't successful at life, especially their dating life. This will be the first in a series of posts discussing all the various and bullshit excuses lonely, bitter men conjure up in their mind.

The Age Excuse

The 49 year old man says he can't meet beautiful women because he's too old and younger women only want young, vibrant men. He wishes he was younger.

The 39 year man says he can't meet beautiful women because all the women he wants are married or has a boyfriend. He wishes he didn't have to work all the time in an office.

The 29 year old man says he can't meet beautiful women because women around his age want an older, more financially establish man. He wishes he was in college again so he could do it differently.

The 19 year old man says he can't meet beautiful women because all women in college are immature and only wants to party. He wishes he was older, working and making money so he can meet more mature women.

Meanwhile other men who are between the ages of 15-75 are meeting, dating, and having sex with women. But of course, THOSE men must just be "lucky".

WEDNESDAY, NOVEMBER 27, 2013

WEDNESDAY, NOVEMBER 27, 2013

[The Metz Family: Why My Kids Are NOT the Center of My World](#)

This is hands down one of the best posts and articles I have read....anywhere. If more boys were raised by a mother like this and in a 2 parent household, you wouldn't need blogs like mine.

[The Metz Family: Why My Kids Are NOT the Center of My World:](#)
Wait, what did she say? Yeah, you read that right. This blog post is a bit of a rant and it's a bit all over the place. My kids ar...

FRIDAY, MAY 2, 2014

FRIDAY, MAY 2, 2014

Online Dating

One of the most common questions that men ask is, "*Should I try online dating?*" Everyone knows a friend's cousin's sister's co-worker's niece who found true love on Match.com and therefore it must work!

Many moons ago when online dating first started and Match.com was the only game in town, I told men right away that online dating is a complete waste of time and energy. Same with speed dating in any form (which also gained popularity around that time) or any quirky dating events that is design to get people together. My reasoning back then in 1995 is the same reason I'll share today:

People (especially men) come to online dating as a final front tier...almost as a last resort. When boys and girls are growing up, they don't think, "Gosh, one day I hope my profile will match perfectly with another profile and our profile photos will lock eyes".

Online dating is for people who haven't had much success out in the real world....a "I guess I have nothing to lose" mentality. Now, generally speaking if someone doesn't have success in real life, there is something wrong with them. For women its most likely physical (hence why so many fake or old photos online) and/or a drama-filled life that chases men away. For men we've outlined the various reasons why here on this blog: [Fear](#) and [Common Myths](#).

So men will resort to online dating because they somehow think women will fall in love with their personality. Of course what is really happening is they're avoiding working on being able to conversate with women, display attractive qualities, dress better, workout, overcome fear, understand how to lead and seduce, etc. etc. Now EVEN IF....EVEN IF....they can somehow hook a woman via email and go on a date or two....guess what happens when they meet in person? ALL that stuff that the guy hasn't work on will still kill it for him.

Same with women; they think if a man falls for her personality, that when they meet, maybe her being 50 lbs. overweight won't matter. Well you guys tell me....does it matter? Of course it does, so why do you think a woman will overlook all the

shortcomings that you haven't worked on just because she met you online?

So all online dating does is delay the inevitable; even if you could buy a little time, all the stuff that you haven't worked on, that forced you into online dating in the first place, will still come back to bite you when you meet in person. The best example I now use is that show on NBC called, "The Voice".

For those who have never watched the show, the concept is simple: 4 superstar coaches sits in a chair and it's turned away from the stage. The coaches don't see the artist but only hear their voice. If they like what they hear, they hit a button which turn their chairs and the artists gets selected. The idea is that looks don't matter...only your voice does.

But here is the problem - there comes a time when after the coaches narrows down their team, that America votes and then eventually a champion is crowned. The Voice has been on for 4 seasons now and nearly every one of the top 20 contestants in each season are all attractive. No one is fat, no one is dorky, everyone has a unique style.

The point is, all those other people who complained that they never got a shot because the music industry cares about their looks and not just their voice believed that the show The Voice is different. It's only different for a brief time...all it does is delay the inevitable. Once the buying public sees them, they won't get enough votes to stay on the show and they'll go back to obscurity, which supports the reason why record companies never gave them a shot to begin with because they knew these artists wouldn't have a big enough general appeal.

In dating...in business...in entertainment...in life - everything matters. And when you think you've found a short cut to avoid the pain of improving yourself, it's simply fool's gold and all you're doing is delaying the inevitable.

General rule of thumb: If you're successful at online dating, then most likely you won't need it. If you need it, then most likely you won't be successful at it.

There's this girl...

There's this girl...

Whenever I receive an email or read a forum post that begins with, "*So I have this situation and there's this girl...*", I don't bother reading the many paragraphs following that sentence.

Every guy thinks his situation is so very unique, when the reality is he is just like every other [Weak Guy](#) that has carried a ton of [Myths](#) around with him most of his life.

He is simply [Desperate](#) and all the little details that he thinks are important are actually completely useless. Of course he will know every nice word she has ever said to him, how many minutes since the last text, exactly which Tuesday she said something that possibly could indicate that maybe she might be thinking of going out with him one day in the not-so-distant or distant future.

So this post is to answer all the questions that a guy would have in a situation of this nature. They are as follows:

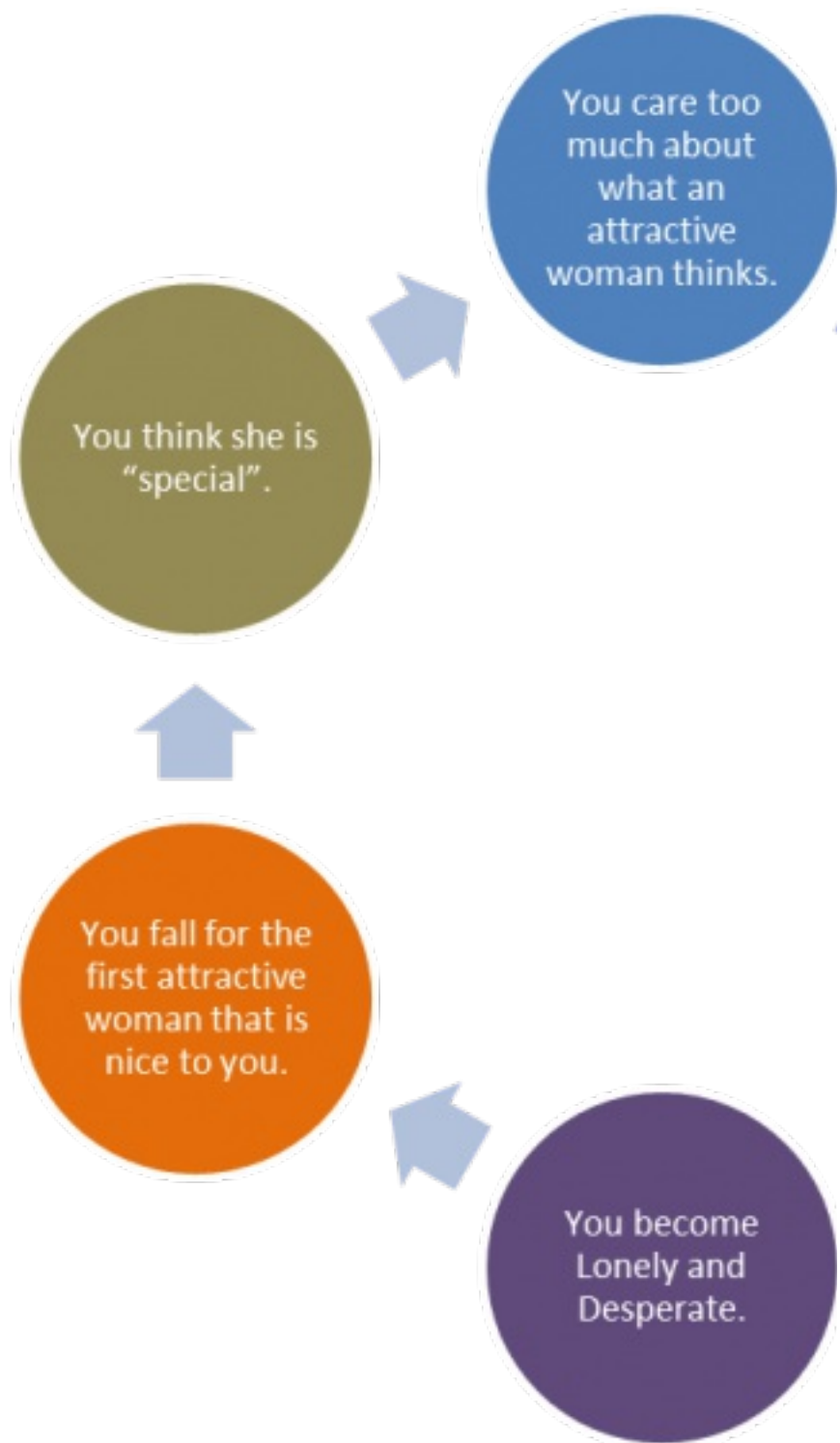
Answer #1: No.

Answer #2: Definitely No.

Answer #3: Hell No.

The chart below will help facilitate why this problem is so common today and it has nothing to do with the girl in question and everything to do with how the guy is simply chock full of [Fears](#).

Click on chart below for a larger view:



Posted by Baller at [5:05 PM](#)

FRIDAY, JUNE 27, 2014

FRIDAY, JUNE 27, 2014

Why I Do What I Do

Over the years a lot of people have asked me common questions:

- 1) Why do you do what you do?
- 2) Why are you so hard on guys?

It wasn't that long ago when boys learned how to be real men from their fathers, uncles, and older brothers. They grew up and in turn taught their sons (as well as be a good example for their daughters). 90% of men who come to dating coaches and forums for help is due to the fact that they didn't have a strong Father or father figure. Same can be said for women who have problems with relationships; they never had a solid Father to serve as an example of who they should choose as a boyfriend or husband.

We now live in a society where boys don't have anyone to pass down the basic wisdom of life that used to be passed down from generation to generation.

I'm very fortunate to have a strong, dedicated, and wonderful Father who taught me integrity, hard work and how to be a good person. I had a mother who loved me unconditionally and supported me no matter what. Yet despite that foundation, I still at times fell victim to the male-bashing, feminist-driven culture I grew up under. So for boys who didn't have my foundation, it is certainly not hard to see why we have lost 3 generations of men.

I've always been taught that if you get to a position in life where you're fortunate enough to be able to help others that you do so. And you do so not for accolades or praise, but because it's part of a bigger karma. I'm paraphrasing this but my Father taught me that the person you help today may end up saving your life or the life of someone you love tomorrow.

I'm hard on some these guys because they've grown up in a world where they've been cuddled; so a gentle approach will rarely work, though at times that is necessary depending on the person or situation. However, most of the time it doesn't shock them out of their comfort zones. For nearly all of them, meeting me is the first time they have heard the cold hard truth.

Children today are growing up in homes that are broken; mentally and emotionally destructive. Some grow up fearful of everything, while others lash out and hurt others and/or themselves; all of them are stunted, entitled, narcissistic, and ill prepared for life. The only solution is with men being strong leaders and Fathers again, who can teach the value of integrity, strength, and goodness. It is truly our responsibility.

Starfish

"Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so, he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down to the shore, picking up small objects, and throwing them into the ocean.

He came closer still and called out *"Good morning! May I ask what it is that you are doing?"*

The young man paused, looked up, and replied *"Throwing starfish into the ocean."*

"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.

To this, the young man replied, *"The sun is up and the tide is going out. If I don't throw them in, they'll die."*

Upon hearing this, the wise man commented, *"But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"*

At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said, *"It made a difference for that one."*

— Loren Eiseley