

## **Contents for How to Pick Up Women in Nightclubs**

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**\* Products to Help You Meet, Date, Attract, and Seduce Women**

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## **Introduction**

Where's one of the best places in your city or town to pick up a woman? You guessed it right. A nightclub. This is where women go to unwind and release their pent-up pressures and emotions, not to mention, meeting a guy like yourself. The nightclub provides an atmosphere of sensual stimulation with all the music, lights, pulsating rhythms, and the erotic and exotic motions of the dancers.

There's an art to picking up a woman in a nightclub and this book will lead you and guide you from the moment you walk in the door until the time you leave. You will learn how to approach the nightclub woman and what to do after you have made contact. You will learn the very important do's and don'ts of nightclub etiquette and what turns women off.

If you're a shy guy, and there's plenty of shy men at nightclubs, reading this book will give you the confidence and the ability to pick up women at nightclubs. Using the methods employed in this book,

your fear of the opposite sex will disappear and you won't be standing on the sidelines anymore watching the other guys picking up women.

You may be a little skeptical of some of the methods used to pick up women in this book. These methods will work for any man that employs them backed with desire and belief. If you don't believe they will work for you, just try them out for yourself and you will be amazed at the results. With practice, you will be picking up more women than you ever dreamed possible.

Let's not waste anymore time talking about what you're going to learn and get down to business and "make it" with the nightclub women.

## **CHAPTER ONE**

### **Selecting a Nightclub**

When selecting a nightclub, you want to select one where most of the women are. To do this, you can try and hit as many nightclubs as possible and check out the action for yourself or you can ask your friends that frequent the nightclub scene. However, what they consider a great place to pick up women may not necessarily be the best place to go. You might also ask the doorman upon arriving, what's the best night for action. Also, while you're there, inquire if they have a ladies night when ladies drink free or get a discount on their drinks. These specials attract females to nightclubs and the more women the merrier.

When shopping around for a nightclub, don't make the fatal mistake of judging a nightclub on the basis of one night. Certain nights can be just an off night when there's not much action or women. This can happen at any nightclub. Don't waste your time going to a nightclub where there's mostly men. The more women there are the chances are greatly increased of you scoring.

You may want to select an exclusive membership nightclub if you can afford it. It would be extremely wise to take an introductory tour before paying their membership fee. Most of these nightclubs will let you have a free night. Some may even charge you a small cover charge for you to check the place out. When you are in, be sure to ask as many guys as possible how the action is, when the best nights are, and the male-female ration.

Conventional nightclubs are just as good, if not better. The majority of people might not be upper-class and rich but this will be to your advantage and I will explain why. An upper-class, high society and jet-setter nightclub woman is usually narcissistic and self-centered and if you don't have money you're just scum of the earth. There are exceptions to this rule but probably not very many.

Your conventional nightclub is your best bet in my opinion. Here you will find a variety of women, the rich and barely-making-it, the sales clerk, the beautiful woman, the secretary, the waitress, the cute woman, and the Plain Jane. They all have the same thing in common and that is to get out on that dance floor and shed their inhibitions and most important of all, to meet a guy like you.

In conclusion, find a nightclub where the greatest number of women are and that you feel comfortable in and keep going there as often as possible. Make an effort to meet as many people as possible, including guys. After all, guys know women and they can introduce you to their female friends. By going to this place often, you will become a familiar face and you will be amazed at the number of friends and acquaintances you will make. So get out there and make the rounds and find you a good nightclub. Just keep going to this nightclub and see if your social life doesn't improve dramatically.

Also, I might add, don't just go to a few nightclubs when selecting a nightclub. Go to all of them so you can make a good comparison as to which ones are the best. Some nightclubs are good only on a particular night. Find out what that night is and make an effort to be there every week.

## **CHAPTER TWO**

### **The Nightclub Woman**

I will describe the different types of women you will encounter at nightclubs.

First, I will begin with the undesirable types which should be avoided if at all possible, because you will just be wasting your time. Believe me, you don't want to waste your precious time trying to pick up a woman you're not going to get anywhere with. Before you know it closing time will creep up on you and you will say to yourself, "I wasted my whole damn night on that woman and here I am going home alone without even at least her phone number."

The following are what I classify as the undesirable types:

#### **The Man-Hater**

Why in the hell these women go to nightclubs I'll never be able to figure out. Because of some negative experiences with the opposite sex and because they have been hurt, they think all men are bastards. These women will just sit there with a stone face, rejecting any glances from the opposite sex. If you approach them and try to start up a conversation they give you a go to hell look that says, "Go away creep."

No matter what approach you use, how good-looking you are, or how friendly you act, you will be rejected. A lot of these women subconsciously gain immense pleasure out of putting down males. Some will even tell you to go to hell or get lost if you ask them to dance or just by trying to start up a conversation.

If you run into this type of woman whatever you do DON'T try to get even with her by putting her down and showing anger towards her. She loves that and there is nothing she would like better than to see you get bent out of shape. By making you unhappy, it makes her happy to see males suffer.

Simply ignore her rejection towards you and move on to the next available woman. Fortunately, you will not run into many women like this. There are plenty of women who want to meet and mingle with the opposite sex.

#### **The Teaser**

Unfortunately you will run into these types at the nightclub and in all areas of life. You have seen them in high school, college, work, strip joints, etc. Just learn to recognize them and ignore and avoid them. I will give you some tips on how to spot them:

1. She wears very revealing clothes. Perhaps see-thru material, exposing her breasts and nipples. She wears very tight clothes also. The non-teaser wears these kinds of clothes to attract the male's attention, but the teaser wears them with the attitude of "You can look but you better not touch." The minute you try to get physical with her or try to make advances toward her, she gives you the big brush off. Showing off her body is just to attract attention and nothing else.

2. While dancing she looks more like an exotic dancer, thrusting her hips back and forth and shaking her breasts at you. She's doing this on purpose to turn you on and fool you into thinking she's an easy lay. The song ends and she says, "Thank you" and disappears into the crowd. Before you know it she's back up on the dance floor with another guy doing the same thing to him. She will do this with several guys, never spending much time with any particular guy. She gets her thrills by turning on as many males as possible on the dance floor, but has no intentions whatsoever of getting picked up or meeting anyone.

3. This is the one that really bothers me. You see this real hot & sexy looking woman flirting with you and really giving you the eye. You try to meet this woman and she tells you, "I've got to go to the restroom," and then she never returns. Or she says, "I've got to go look for my girlfriend," and never returns. Later you see her in another part of the nightclub. She deliberately leaves the scene to avoid making any contact with any man, much less you.

4. This one will really frustrate you. You ask this woman to slow dance and she accepts. Your bodies meet and she starts grinding her crotch into yours. You're getting turned down and begin to get an erection. All this time you're thinking she's horny and wants to get laid. The song ends and she abruptly breaks away and says, "Thank you," then disappears into the crowd. Then you say in your mind, "That damned teaser."

5. This one is known as the big flirt. She walks around flirting with every guy in sight. When a guy approaches her trying to make contact she rejects his advances or makes up an excuse to leave the scene.

6. This kind of experience really blows your mind. You meet a woman and you drink and dance the night away. You think you're really hitting it off good together and you get the impression she will go home with you. You ask her if she would like to come over to your place for awhile. She says, "No." So you say, "Well can I call you up sometime?" She replies, "I don't give out my phone number to strangers." So it ends up you wasted your whole night on this one woman.

### **The Drinkaholic**

This is a woman who uses men to support a drinking habit. She may even come right out and ask you, "Would you buy me a drink?" upon meeting you. Most guys won't say no. After she finishes her drink she will say, "Can I have another drink?" One drink leads to another and before you know it you have dished out a lot of money on her drinks.

This all can be to your advantage or disadvantage. On the positive side, she may go home with you in exchange for buying her drinks. She may get so loaded it may be necessary to take her home and put her to bed. Of course, on the negative side she may just use you to buy her drinks and then blow you off and leave the nightclub or even move on to the next fool who will buy her drinks.

In conclusion, use your better judgment before you start dishing out a lot of money on buying a woman drinks. You could be taken for a ride.

### **The (Dance Only) Woman**

This is the woman that goes to the nightclub to dance only. She's not going there to be hustled, attract men, or go home with anybody. She just wants to dance and have a good time.

In some cases she might be married or going out on her boyfriend. This would explain why she would just want to dance, with no strings attached, that is if she wants to remain faithful.

Although this type may be undesirable initially because of her reluctance to be picked up, don't give up on her. The next night you see her, dance with her again as many times as possible. After you practically become dancing partners you will become more and more acquainted with each other and before you know it she will have other things on her mind besides dancing.

### **Out With the Girls Night**

These are groups of women who come to the nightclub to socialize among themselves. They may be all single, married, or both. They came to the nightclub to have a few drinks and shoot the bull. Some just want to socialize among themselves and don't want to be bothered by any males.

It's rather difficult to pick up women who are in a group like this, much less make contact. Some of them may dance, but after the dance they go rushing back to their girlfriends and just ignore you. If you can determine a woman is part of a group like this and she ignores you and seems like she's just interested in her girlfriends, don't waste your time and move on to greener pastures.

If you find out she's married and with a group of married women, you're really at a dead end street. They shouldn't be there in the first place. I'm strongly against having anything to do with a married woman at a nightclub. It can be hazardous to your health. What if her husband walks in the nightclub and sees his wife with another man? This can only spell trouble. Let me warn you. **STAY AWAY FROM MARRIED WOMEN!**

### **The Gold-digger**

This woman is mainly interested in how much material wealth and money you have. Upon meeting you, she will ask personal questions like, "What do you do for a living? How much money do you make? What kind of car do you have? Do you own your own home? Do you have a boat?"

If you're not a man of financial means, she won't have anything to do with you. She will consider you too low-classed to associate with. If you are a man of financial means, then you will probably hit it off real well with this type of woman. This can have its drawbacks though, because she may just like you for your money and not for yourself. Wouldn't you rather be liked for yourself? I know I would.

This concludes the undesirable types. Now, I will describe the desirable types you will encounter at the nightclubs.

### **The Man-Hunter**

This woman goes to the nightclub with one purpose in mind. To get picked up by you. This is one of the easiest types to pick up because there are no hassles involved. You meet, have a couple of drinks and dance, and she's ready and willing to go home with you. She may come right out and tell you, "I want to make love to you," or "Let's leave and go to your place." An aggressive woman may scare some men but don't let it bother you. Admire a woman who has the courage to go after what she wants.

Some of these women are very active sexually and like to play musical sex partners. They need sex constantly and with a variety of sexual partners. It's always nice to pick up a woman like this, but most likely it will turn into a one-nighter. She wakes up the next day and gets dressed and walks right out of your life.

One possible drawback from picking up a sexually active woman like this is contracting a social disease. Of course, how are you supposed to know she has been sleeping with every Tom, Dick, and Harry. You just have to be careful who you sleep with these days.

These types are usually easiest to spot. They actively flirt and smile at the opposite sex and are extremely friendly. They will stand around the dance floor where they encourage males to ask them to dance. They may even ask you to dance. I really admire a woman who takes the initiative to ask the man to dance. Some men are so shy about asking a woman to dance in the first place.

Also, I might add, these women usually come to the nightclub alone. However, they come with a girlfriend occasionally. Most women are reluctant to go to a nightclub alone in fear that men will think she's an easy pick-up. There's a lot of truth to this and a woman alone will get approached by a lot of males. So, for the Man-Hunter, it's really an advantage for her to go the nightclub alone so she will be approached more frequently.

### **The High and Loaded Woman**

This is a woman who is either high on liquor or drugs or even both. After a few drinks or under the influence of drugs, she will be feeling rather loose and perhaps even horny. Naturally, this is to your advantage because it makes your prey easier to catch.

How do you spot this woman? By simple observation. Her walk will be unsteady, while perhaps bumping into people while she's walking. If she has been drinking heavily, she will make several trips to the restroom. By standing next to the ladies restroom, you can observe who's going back and forth to the restroom. An exception to this is a woman that has a kidney or bladder problem.

If she's under the influence of drugs, her pupils will be very large. If she's loaded on downers, she will walk as if she were drunk and her speech will be somewhat slurred.

Don't come on real strong and act real aggressive with this woman. She may think that you're trying to take advantage of her because she's loaded. Just be nice and gentle with her and treat her like a lady.

### **The Mate-Seeker**

This is a woman who is actively seeking a lover or boyfriend. She's unattached and looking for a relationship. Perhaps in the back of her mind she wants to settle down and get married.

Unfortunately, a nightclub is not the best place in the world to look for a long lasting relationship or a marriage partner. A lot of the men are just out to see how many different women they can screw and don't want to be tied down to any relationships. They have a love them and leave them attitude. The same thing applies to some females who frequent nightclubs.

This type of woman is highly desirable because she's very friendly and easy to make contact with. You can make a very strong impression on this woman by showing her that you're interested in her and care for her. You shouldn't have much problem getting her to leave or go home with you if you play your cards right.

### **The Rich Woman**

She is usually dressed in expensive clothes and perhaps wears a lot of gold and diamonds. She may be a bit on the snobbish side because she thinks she's better than everyone else. If you're on the same level as this woman and well-to-do yourself, you will probably score with this woman. However, if you are not well dressed, dignified, and have a low income, you probably won't even get to first base with this woman.

There's a way around this if you want to do some acting and lying. You can look rich and act rich even though you are not rich. People are judged initially by their appearance. All you have got to do is wear the latest expensive-looking fashions for men and be well groomed. Also, you will probably have to do some lying about your wealth. If you think you can play this role to mingle with rich women, give it a try. Some men will try anything, including lying, to get a woman in the sack.

### **The Shy Woman**

Just like there are many shy men at the nightclub, there are equally as many shy women at the nightclub. The shy woman is easy to spot. Shy women will tend to sit where they won't be noticed, like in the corner or in the back of the nightclub away from all the prowling males.

Some are even too shy to dance, so if you ask this woman to dance and she says no, it may just be because she's too shy to dance and not because she's rejecting you. In this case try to strike up a conversation with her. If this fails, move on.

This woman will show her shyness in various ways. Below are just a few examples:

1. While talking to you her eyes will glance off to the side and down towards the floor. Shy women have difficulty in looking at a man in the eyes while talking to him.
2. She may be lacking in conversational skills. She may be rather quiet, speaking in a low voice and not have very much to say. In this case you will just have to pick up the slack and do most of the talking yourself.
3. If she has a nice figure, she may try to conceal it by wearing clothes that don't compliment her body.
4. Upon meeting her she will act very nervous. She may tap her fingers on the top of the table or she may tap her feet. She might even bite her nails.
5. While talking, she may stutter quite frequently.
6. When you pay her a compliment she blushes.

In conclusion, don't pass up an opportunity to pick up a shy woman. Once you break the ice and get them warmed up they can make your night worthwhile.

### **The Egotist**

Unfortunately, these types of people exist in all phases of life and you will see your share of them in the nightclub.



This woman is a stuck up snob and thinks she is hot stuff. She walks around the nightclub with her nose up in the air. If you try to stop her and talk to her, she just ignores you and keeps on walking. This is very annoying to us men. It wouldn't hurt her to be friendly and talk to us men. Also, out on the dance floor she will be constantly looking at herself in the mirrors, if there happen to be mirrors on the dance floor. She loves looking at herself.

The egotists are difficult to approach because they think they are too good for you. Don't let this discourage you though. At least make an attempt to meet her and if you fail there are usually plenty of friendly women you can meet. Myself, I'll take a friendly woman over a snob any day.

### **The Nightclub Regulars**

These are the women that you'll see time and time again at the nightclub. They are what I call "regulars." Their whole life revolves around the nightclub scene. You can find them at the nightclub two or three times during the week nights and just about every weekend.

Some of these women rarely date. Their whole social life is at the nightclub with their nightclub friends, and it may be difficult to pick this woman up. She may just associate and dance with her friends only and consider you an intruder.

If you determine that a woman is a regular, don't let this discourage you. She can be picked up just as easy as any other woman. The key to getting in good with this woman is becoming a regular yourself. This has numerous advantages because you'll become a familiar face to the other regular women. Just keep going to the nightclub as much as possible and make it a point to meet and mingle with the women you see there regularly.

After going to a particular nightclub regularly it will be easy to spot the female regulars. When you become a regular yourself, you'll get to know these women on a physical and intimate basis.

## **CHAPTER THREE**

### **The Nightclub Ego Man**

I will describe what I call the Nightclub-Ego Man that you will see at the nightclubs. If you're one of these men, resolve here and now that you're going to change your ways and discontinue being the Ego-Man.

This is the guy you see standing around, depending on his looks to meet women. He may be very handsome or just thinks he is. He just stands around all night thinking that he's God's gift to women and he waits for women to approach him. He keeps on waiting and waiting, never making the effort or going out of his way to approach and meet women. I don't need to tell you that this type of man is not very successful at picking up women.

Believe me you can't depend on your looks to pick up women. It just does not work that way. You have got to approach the woman and play the aggressor. You can stand around all night and most likely no woman is going to approach you and start up a conversation or ask you to dance. You have got to take the lead. I will agree that there are aggressive women who will approach a man but there are very few of them. I just wish there were more of them because I love being approached by a woman. You'll pick up as many women you want by just being friendly and taking the initiative to meet them. It's really just that

simple, so don't go walking around with your nose up in the air thinking you are so good looking that women will literally fall all over you. I had this problem myself until I wised up and realized what a jerk I was and why I wasn't meeting very many women.

## **CHAPTER FOUR**

### **How to Attract Women with Your Looks**

Do you need to be tall, dark, and good-looking to pick up women in nightclubs? The answer may surprise you but it's a definite "NO!" With a man, a woman's looks are of critical importance. Not so with a woman because they are much more interested in what you're like on the inside than on the outside. Your personality and warmth of character are of paramount importance to them.

Some women even prefer a man who is not very handsome, as they usually have a better personality and warmth of character are of paramount importance to them.

Some women even prefer a man who is not very handsome, as they usually have a better personality and are more interesting. Just like a lot of beautiful women, a real good-looking man will just sit back passively, depending on his looks and are so hung up on themselves they haven't even developed a personality. They're just plain boring and unexciting.

If you do happen to be good-looking it will be to your advantage though. Good looks do attract a woman's attention. Just remember they're more interested in your personality and not hung up on beautiful faces the way you are, as a general rule.

Your hair is very important to your looks. Most women like a guy with long hair over the ears, but not hanging down your shoulders like a hippie. Wearing an afro or getting a permanent in your hair to make it wavy is ideal for the nightclub. It can attract women like crazy, especially if it's thick and full. so be daring and get a permanent and see if you don't get more looks from women. I've been having permanents for three years now and I always get compliments from women in the nightclubs on my hair.

A word about jewelry. The multiple gold chains and medallion around the neck are definitely out now, so don't look like a fool by wearing them thinking it makes you look like a "Macho Man." Just one gold chain with or without a medallion around your neck is sufficient and attractive. Just make sure that it looks expensive and not cheap and tarnished.

If you really want to turn a woman off, go to the nightclub unshaven. Some men just don't take enough pride in their appearance and think they can pick up women looking like a bum. Well, it just doesn't work that way because a woman likes a man to be well-groomed and shaven. The nightclub is certainly no place for a shoddy-looking man.

If you happen to be obese, resolve here and now that you're going to get rid of all those ugly pounds. With the proper diet and exercise, you can trim yourself down to where you won't be embarrassingly fat.

It's a known fact that if you're a fat slob, your chances of picking up women at the nightclubs are pretty slim. Obesity turns most women off. Unless you have a glandular disorder, this also indicates that you don't take much pride in your appearance.

This doesn't have anything to do with looks but it's worth mentioning. Be sure to take a shower or bath before going to the nightclub. I've heard some women complain of men who approach them at nightclubs that smell like they haven't bathed in a week and what woman wants to be around a man that smells like a camel.

Last, and this is very important, DON'T LOOK DRUNK! Nothing is more repulsive to a woman than a stumbling drunk asking her to dance or trying to put the make on her. In other words, hold your liquor so you at least don't look drunk.

## **CHAPTER FIVE**

### **What to Wear At Nightclubs**

Now we come to clothes. This can make you or break you and is very important. Clothes do make the man you know. Nothing will turn off a woman more if you are dressed like a slob. Of course, if she's a slob too, she won't care. A decent woman admires a man that is well-groomed and well dressed. Here are some do's and don'ts of nightclub dressing:

1. Don't wear a three piece vested suit like in the movie "Saturday Night Fever." These went out a long time ago and are out of style.
2. Whatever you do, don't wear a T-shirt with a slogan on it.
3. Try and wear lightweight material that is cool and not too tight. You're really going to perspire out there on the dance floor and you will feel very uncomfortable if you have got on something hot and heavy.
4. Avoid wearing any clothes with glitter material. This is out!
5. Don't go dressed in your Sunday suit.
6. Some great-looking nightclub clothes can be bought at your Army and Navy surplus store.
7. You can get fashion ideas by watching dancing shows on television, looking at men's fashion magazines such as GQ, and looking at how the men are dressed on soap operas.
8. While you're in the nightclub, look around at the other guys and you can get some fashion ideas.
9. Some clothes stores specialize in nightclub clothes. Check them out.

Try to select way-out or unusual clothes. These will immediately catch the eye of women. By wearing an unusual and unique outfit and being amongst people in ordinary clothes, you will find yourself the center of attention. This is what you want to do and that is, attract a woman's attention.

Try to select sexy-looking clothes. By wearing sexy- looking clothes you will be sending out a message. The message being that you yourself are also sexually stimulating.

Selection of eye-catching colors is very important in attracting attention. The human eye notices color and form simultaneously. If both your colors and form are unusual, strong, and simple, the human eye must take notice to them. The impression will be strong and quick.

Don't go to extremes though, in your selection of clothes and colors. Wearing weird clothes that have too strong and conflicting colors will have the opposite effect in attracting attention. You will repel and you will be labeled as some kind of weirdo.

One last item on dressing that really turns on and attracts women. When buying pants, buy them tight in the crotch area. Wear boxer type shorts or even nothing underneath and this will create that "Bulge" look. You will be amazed at the women that will stare at your crotch. Of course the more endowed you are the bigger showing you're going to make.

It's a known fact that women also look, at a man's body just like we look at a woman's body. So, why not give them something to look at, like a bulging crotch.

## **CHAPTER SIX**

### **Getting Ready and Psyched Up**

Psyching yourself up and making preparations before going to nightclubs are very important. Be sure and get a good night's sleep before you go out. At least seven to eight hours will be sufficient. Eat a good steak dinner with your choice of vegetables prior to going out. This will put a lining on your stomach if you do a lot of heavy drinking and besides that, it will make you feel good.

If you don't have any music that they play at nightclubs, buy as many as you can afford. There is a reason for this. A couple of hours before you leave, play your nightclub music, or if you have a nightclub radio station, turn that on. The purpose of this is to get you in the mood for dancing and the nightclub scene.

If you drink, and most guys do, while you are relaxing and listening to the nightclub music, drink you a few beers or mixed drinks. Also, taking a hot bath is very relaxing. It's a lot cheaper to drink at home than it is at the nightclub. So try to do most of your drinking at home if you want to save some money.

While you are relaxing, picture in your mind picking up some beautiful woman at the nightclub. Actually see yourself talking to her, dancing with her, holding her close while a slow song is playing. Feel her body next to yours, feel her lips touching yours, feel her caressing your neck, and feel her crotch grinding against yours. See yourself leaving the nightclub and taking her to your place or hers.

You are probably wondering what's the purpose of creating all these images in your mind. These images will register in your subconscious mind and when you get to the nightclub your subconscious mind will give directions to your conscious mind to act them out. Don't be disappointed if this does not work the first time because it takes repetition for this to soak into your subconscious mind. Also, all day long on the day you're going out, keep telling yourself over and over, "I'm going to pick up a woman tonight." You will be amazed at the results. This will also help you develop a positive mental attitude and build up your self-confidence.

About thirty minutes before you leave, practice dancing in front of the mirror and looking as sexy as you can. Develop that "I want to make love to you," look in your eye. Also, practice smiling in front of the mirror. I'm talking about a nice warm friendly smile, not a phony smile showing all of your teeth.

If you have got a cute and sexy smile, use it on women. If you don't have a nice smile, you had better invent one. A good smile can literally melt a woman. This makes them feel loved and appreciated. So practice that sexy smile of yours, because it's going to do wonders for you when you approach those women in the nightclub. Before you know it you will be picking up women with just your sexy smile alone.

When approaching a woman, always turn on that smile of yours. If you approach her with a real serious and nervous look on your face, you just might frighten her. Just a warm, friendly, and relaxed smile will do wonders when it comes to picking up women in nightclubs.

## **CHAPTER SEVEN**

### **A Few Words about Drugs**

I do not advocate the use of drugs and I'm not writing this to promote the use of drugs. I'm merely going to expose some the nightclub drug scene and how men use drugs to pick up women.

It is a known fact that some men take drugs before going to a nightclub to get high. Why? Some use drugs to calm them down so they will not be so uptight. Others use them to help them get into the music and as a crutch to make them feel good.

It's really sad that some men have to take drugs before going to a nightclub to feel good and to have a good time. Believe me; you can have just as good of a time doing a little social drinking. At least it's legal.

The following is a WARNING from the author: PLEASE DON'T TAKE DRUGS BEFORE GOING TO A NIGHTCLUB! Why? It will hinder you from meeting and picking up women. Women are turned off by men who appear drunk or on drugs. You need to be at your mental and physical best when approaching and meeting women.

Also, don't use drugs to pick up women. Some men will try to lure women out of nightclubs to do some drugs and try to seduce them when they are more vulnerable. Don't try this! The women you try this on could be an undercover cop. Also, you could be charged with rape if you take advantage of a woman when she's messed up on drugs.

To make a long story short. Don't use drugs. It's not worth it!

## **CHAPTER EIGHT**

### **Nightclub Hot Spots**

As a general rule, it is best to arrive early at a nightclub so you can check out the action. If you arrive late, sometimes most of the women will be taken up. Of course there are some nightclubs that do not get going until after midnight. Most women start coming in from 9PM to 11PM, as a general rule. The female shift workers (waitresses in particular) start coming in after 11 PM. Ideally, the best time to arrive is around 9 PM. This way you can see what comes thru the door and size up your prospects for the night.

Don't worry about getting a table in the beginning because you are going to be on your feet hustling. However, if there is a female prospect sitting at the bar, by all means go and sit beside her and strike up a conversation.

When the action starts picking up there's going to be favorable places to be standing while approaching the women.

Some guys like to stand around by the door and approach a woman as she comes in. This does not work too well because of the following reasons:

1. When they first walk in they want to go to the restroom to use the bathroom. After all, when nature calls you tend to be in a hurry and don't care to stop and talk to a stranger.
2. They want to go to the restroom to look in the mirror to make sure they look attractive.
3. They want to cruise around the nightclub to see if any of their friends are there.
4. They want to walk around to check out the available men.
5. They want to go straight to the bar first to buy a drink.

So you see it's really not a good idea to stand around and approach them as they just walk in. You can go ahead and try it but you will have a lot more success in other areas of the nightclub which I am about to describe.

One of the best places to stand is by the dance floor, especially if you dance. It's even better if the path to the ladies restroom goes right by the dance floor. There are women who purposely stand around the dance floor to get asked to dance. This makes it quite easy to ask them to dance and make contact from there. Also, some women like to get a table near the dance floor so they can be asked to dance. I consider the area around the dance floor the best place to make contact.

Another area that is excellent is around the entrance to the ladies restroom. Every woman will go to the restroom at least once and many times if she's been drinking heavily. It's usually not a good idea to approach them before they go into the restroom because they are usually in a hurry to go to the bathroom. There is a way around this though, by simply saying, "Can I talk to you when you come out of the restroom?" Normally it is better to approach them when they are coming out of the restroom.

## **CHAPTER NINE**

### **How to Flirt**

While you are cruising the nightclub, keep your flirting eyes out for the woman that comes in alone. She is usually the easiest to meet and pick up. She is there for a reason and you can be the lucky guy to fulfill that reason.

Also while walking, keep that sexy looking gleam in your eye. Literally try to melt women with your eyes. If you make eye contact with a woman, make sure you give her a friendly smile and if she is close enough to you, simply say, "Hi." That is all it takes and with practice it will come easy.

If you make eye contact with some woman across the way from you and she turns away, don't give up on her. Try to make eye contact again and smile at her. If she smiles back, approach her immediately. This is an opportunity that must not be passed up because it's an open invitation for you to come over and introduce yourself or ask her to dance.

Whatever you do, don't stare at a woman. This is impolite and nobody likes to be stared at. Just look at her long enough to make it quite clear that you see her and then immediately look away. What you are saying with your eyes when you look at her this way is, "I know you are there and I would not dream of invading your privacy." Just keep looking at her off and on until you establish some meaningful eye contact and exchange smiles.

What really amazes me are these guys at the nightclubs that don't even flirt with women. They just stare into space or look down at the floor. If they do accidentally catch the eye of a woman, they look away as quickly as possible and let it go at that. They just don't know what they are missing and what they are missing out on is picking up women.

So my friend, if you're like this, make it a point to stop staring into space and start flirting with women. Flirt with every woman in sight. It's a lot of fun and you will be attracting more women than ever before.

## **CHAPTER TEN**

### **How to Use Body Language to Attract Women Like Crazy**

You can attract more women than you can handle just by simply using the art of body language. Step by step I will guide you in the usage of successful body language using the following methods:

1. Develop a graceful, arrogant sort of walk. A walk that is free and easy with fluid movements. This kind of walk transmits a sexual message which will turn a woman's head.
2. When leaning against a wall or whatever, thrust your hips forward, with your legs apart. This position also transmits a sexual message.
3. While you are standing or especially when leaning, hook your thumbs in your belt just above your pockets and point your fingers down toward the genital area. Because of the fingers pointing toward the genital area, this sends out a sexual message to a woman and you will be amazed at how many women pick up this signal.
4. When talking to a woman, let your eyes linger on her throat and her breasts. Also, while talking to her, wet your lips with your tongue. By using these two techniques, she usually will feel rather uneasy and excited.

In conclusion, try these methods of attracting attention from women and see if they work for you. They have worked successfully for a lot of men I know.

Remember, the more techniques you use to attract a woman, the more women you're going to be picking up and that's the name of the game.

## **CHAPTER ELEVEN**

### **How to Recognize Female Body Language That Says She's Available**

The following are some body signals and bodily movements that indicate a woman is available and approachable:

1. A woman sitting with her legs open.
2. A woman sitting with one hand touching one of her breasts.
3. She protrudes her lips and thrust her breasts forward.
4. A woman with a sexy walk, with her hips moving to and fro like the waves of the ocean.
5. She uses strong and sexy smelling perfume.
6. Sitting with her legs crossed in a manner to reveal her thigh.
7. Standing with one hand on her hip with her hip thrust forward.
8. A woman wearing a low-cut dress, exposing her breasts.
9. Standing with her head cocked slightly at an angle, one foot behind the other, hips slightly thrust forward.
10. A woman sitting with her arms crossed can indicate that she is frustrated and not having a good time and would welcome you approaching her.

In conclusion, keep your eye open for all these body signals and movements. With practice you can recognize these easily and it will help you to determine which women are available.

By being able to determine that a woman is available in advance, your success ratio in scoring will improve and you will move right in for the kill when you see these signals.

## **CHAPTER TWELVE**

### **How to Recognize Body Language That Means She's Interested in You**

The following body signals and bodily movements will indicate that a woman is interested in you after meeting you:



1. Of course, if you do make eye contact and exchange smiles, this usually means that she is interested in you.
2. She sits uncomfortably close to you.
3. Her hand or thigh carelessly brushes up against your thigh.
4. A woman exposing her wrist or palm to you.
5. While talking to you, she twiddles her hair, rearranges her clothes, or pushes her hair away from her face.
6. While talking to you, she strokes her thigh, wrists, or palm.
7. While talking to you, she blinks more than usual, fluttering her eyelashes.
8. While talking to you, her eyes are brighter than normal. She maintains eye contact and her pupils get bigger.
9. She sits with her legs crossed and pointed towards you.
10. She sits in a very straight position, displaying poise and good posture.
11. While conversing with you, she licks her lips.
12. Eyebrows raised and then lowered, then a smile, usually indicate interest.
13. While conversing with you, she rests an elbow in the palm of one hand, while holding out her other hand, palm up.
14. She touches your arm, shoulder, thigh, or hand while talking to you.

In conclusion, look for these body signals and bodily movements. They can be very helpful in evaluating how she feels about you. If you see she's really interested in you, really turn on the charm and give it your best efforts to score.

## **CHAPTER THIRTEEN**

### **How to Recognize Negative Female Body Language**

As you probably know when someone is sitting or standing with their arms crossed across their chest, it usually means a person does not want to be approached and probably doesn't care to listen to what you have to say. This is how most psychologist interprets the crossed arms.

Don't let this mislead you though. When you see a woman with her arms crossed she just may be frustrated and lonely and just not having a good time. However, if she has a stiff and tense look on her face and she is sitting in a stiff manner with her legs tightly crossed and she purposely averts her eye

when you try to catch them with your own eyes, you're probably better off not even trying to pick this one up.

A limp or hanging hand usually means she is bored, restless, or just tired. It can also indicate frustration or disgust.

For various reasons, some women do not want to be noticed. They may feel unattractive or even ugly or may not be dressed properly, lack self-confidence, and may feel inferior. They will just stand around shyly or bashfully on the sidelines staring at the ground or watching everyone else having fun. These women may have such a bad complex that they purposely do whatever they can to make themselves less noticeable, such as dressing plainly, wearing little or no makeup, and wearing a non-becoming hairstyle. In essence these women are saying "Just leave me alone; find someone else to talk to."

The really sad part about women like this is that some of them are really attractive. They just have a complex they can't get rid of. If you want to invest a little time, you could help them get over this complex. It might be worth the effort.

## **CHAPTER FOURTEEN**

### **How to Successfully Approach Women**

Quite simply, all it takes to meet a woman in a nightclub is to just walk up to her and start talking to her or by asking her to dance. There are a lot of guys who just stand around all night scared to approach a woman or think they will be approached themselves. Believe me I know from experience you will rarely meet any women standing around waiting for them to make the first move.

You have to make the first move and it comes quite easy after you practice at it. Enough about shy men at the nightclub. I'm devoting two chapters on the shy nightclub man and how to overcome this problem.

You're probably wondering "What do I say when I approach a woman?" Here are just a few simple opening lines which work well. Feel free to make up your own.

1. "Hi! My name is\_\_\_\_\_."
2. "Why are you flirting with me?"
3. "What's your name?"
4. "Excuse me, but I find you so attractive I just had to meet you."
5. "That's a pretty outfit or dress you have on."
6. "Where do you have your hair done?" (A woman with an attractive hairdo).
7. "Are you a model?" (This is quite a compliment to a woman).
8. "Would you like to dance?"

9. "What kind of drink is that?"

10. This one works real well. Try it and see for yourself. "Excuse me for being so forward, but I could not help but admire the way you danced. Where did you learn to dance like that?" This lays the foundation for starting a conversation. Then you can ask her, "What kind of work do you do?" and so on. Then you can ask her to dance.

Many men feel very uncomfortable when approaching the opposite sex. You're just going to have to resolve here and now to put away all your shy ways, fear of rejection, and other restrictive barriers that keep you from meeting women you don't know. You must assume responsibility for making social contact with women. No matter what technique you use to approach women and no matter how often you use these techniques, you're going to feel a certain amount of discomfort. This is only natural. You must bear the responsibility for meeting others, despite this discomfort.

If you have difficulty in approaching women, try this exercise. Force yourself to meet and approach ten women each time you go to a nightclub. Your goal doesn't have to be necessarily ten women. You can make it any number you desire. Make it a realistic number though.

The main thing is setting that goal. This gives you something to work for and something to accomplish. Look upon this exercise as just practice. Practice for building your social skills for meeting women. Gradually, your difficulty in approaching women will disappear. Try this exercise. It really works!

One point you must remember. Most women want to be approached at the nightclub. That's what they are there for. To meet a guy like yourself

## **CHAPTER FIFTEEN**

### **Nightclub Fast-Dancing**

If you don't dance you'd better learn, because most women go the nightclub to dance and have a good time. You don't have to invest a lot of money in private dancing lessons either. Many cities offer inexpensive dance classes with groups, or perhaps you have a female friend who will teach you.

You don't have to learn anything real fancy. Just basic free-style nightclub steps will be sufficient. Besides, in a lot of nightclubs the dance floor is so crowded there's just not enough room to do any of the sophisticated nightclub steps, especially on the weekend.

When approaching a woman to ask her to dance, whatever you do don't fondle her, paw at her body, or put your arm around her shoulders or waist. This turns most women off when a stranger starts pawing at her body. It degrades her and makes her feel like a piece of meat in a meat market. Just simply walk up next to her and say with a smile, "Would you like to dance?" If she says no, just say, "OK." You might also say, "Thanks anyway" or even better, "How about later?" Don't stand there and aggravate her by arguing with her as to why she won't dance with you. Just go on to the next girl and so on until you find someone to dance with.

Also, look for a woman tapping her feet or moving her body to the beat of the music. This usually means that she is anxious to dance. If she's dancing with herself while standing, this also means she's dying to dance.

Don't forget to dance to the slow songs, even though they don't play too many at the nightclubs. Don't pass up these good opportunities to get some instant physical contact with a woman.

So now you're out on the dance floor dancing to a fast song. While you're dancing with her, make eye contact. Just catch her eye and hold it momentarily, then look away. Repeat this process until you start getting a smile out of her or at least a look of interest. Of course, now some women won't look at you while you're dancing. They don't focus their eyes on anyone in particular and look at their feet, or the floor, or they're busy trying to show off in front of everyone else. Some women are self-conscious about everybody watching them, so they don't make much eye contact. Anyway, try to establish as much eye contact as possible. This will be to your advantage.

While you're dancing this first dance together, be sure and make some verbal contact no matter how loud the music is. The first thing you should say is, "What's your name?" After she tells you her name tell her yours. Now you have become formally introduced, just by dancing. Also, make a comment on how nice she looks or compliment her outfit or dress.

So now this first song is coming to an end. When it ends don't hesitate and look at her to see if she wants to dance to the next record. Just turn away from her while continuing to dance and look at her out of the corner of your eye to see what she is going to do. You see, by hesitating at the end of a song, you force a direct confrontation on whether to dance to the next song. If you just keep on dancing into the next song, taking it for granted that she wants to dance again; you'll be more successful in keeping her out on the dance floor. The longer you dance with her the better your chances of getting to know her.

Now we get to the part when you finish dancing. This will usually end in these following ways:

1. She stops dancing and says, "Thank you."
2. You're both hot, sweaty, and exhausted from dancing and mutually agree to leave the dance floor.
3. Either one of you develops a cramp and has to leave the dance floor.

This is very important! After you have finished dancing whatever you do, don't let her get away after thanking you for the dance. Just simply say, "Can I join you for a drink?" Also, you could say, "Can I talk to you about something?" After this statement, she will say, "Talk about what?" Then you say, "I'll tell you when we sit down." After this, just start making conversation. Also, if she doesn't have a table and she is just standing like yourself, just say, "Can I talk to you for a little while?"

So, what you do after you finish dancing can determine the future of your whole night and whether you're going to score or not. What I can't figure out are these guys that dance with a woman and don't even look at or talk to her while they are dancing and when they finish, he says, "Thanks" and just walks away. Needless to say, you don't meet any women this way.

So when you have finished dancing, move right in for the kill. Don't even hesitate; just proceed immediately with determination that you're going to make contact with this woman.

## **CHAPTER SIXTEEN**

## **Nightclub Slow-Dancing**

Let me give you a few pointers if you're slow-dancing and by all means try to dance to every slow dance because of the physical contact involved.

As in fast dancing, immediately start introduction procedures. Open up by saying, "My name is \_\_\_\_\_. What's yours?"

When slow-dancing try to hold her as close to your body as possible. Gently now! Don't squeeze her like an octopus. When moving your right leg, gently brush her inner thighs. While dancing, gently squeeze her hand and see if you get any response. If you do, continue with the next step. Start rubbing her back with your hand. At this point if she starts rubbing your shoulders, neck, or chest and starts grinding her crotch against yours, you're on your way. At this stage of the game it's time to try and kiss her. Begin kissing her neck and work your way up to behind the ear, then the ear lobe, then kiss her on the lips. If you've gotten this far, chances are you're going to score tonight, if not later for sure.

If you have tried all these moves and you do not get any response, don't be concerned about it. Some women are reluctant to show any affection towards a total stranger. This is quite common, so don't jump to conclusions thinking that she's cold or not interested in you.

Whatever you do, don't give up on a woman who does not respond to your physical advances while slow-dancing. Just follow up with your conversational skills and get to know her better and get her to like you. Perhaps then she will loosen up when she gets to know you a little better and becomes interested in you. If you employ good pick-up techniques, you shouldn't have any problems.

## **CHAPTER SEVENTEEN**

### **How to Talk to Women**

Now I will teach you the art of conversation after you have made contact. Let me tell you what not to do first. Don't make the mistake of coming on with a lot of B.S. about yourself. Don't try to make a big impression by bragging about yourself or your material possessions. The trick to the whole art of conversation is becoming interested in her, rather than trying to get her interested in you.

People aren't interested in you. They are interested in themselves-morning, noon, and night. This is an important fact to remember. After all, why should she be interested in you unless you are interested in her first?

It is very important that when you're talking to a woman that you face her and look her squarely in the eyes. When talking or listening to her, don't look off to the side or at the ground. Maintain constant eye contact. This gives her a feeling that you care about what she has to say.

During your conversation encourage her to talk about herself and her accomplishments. Find out the things she's really into such as sports, hobbies, cooking, art, music, etc. and really zero in on those subjects. This will make her feel closer to you while she's pouring her heart out about her favorite

subjects. Just concentrate on talking only about her and forget about yourself. While she's talking, listen intently, while looking into her eyes. Also, while she's talking, acknowledge her with statements like "Oh year," "Is that so," "Wow," "You're kidding." Also, while talking to her, wear a pleasant smile on your face.

To sum it up, the secret to getting a woman to fall in love with you is to talk to a woman about herself. Try it and see how she will rattle on and on talking about herself.

Now I cover some more important areas of conversation.

Try and spice up your conversation a little bit with things of a sexual nature. After all, women are just as sexually obsessed as we men are. Don't be afraid to tell her that she has beautiful breasts or a nice ass (just be prepared for possible rejection because some women will be offended by these comments). Women don't go braless and wear revealing clothes just for the hell of it. They are doing it to turn some man on. They want you to take them to bed. Also, don't be afraid to tell her that you would love to make love to her. This really turns them on. Of course, you're going to run into the type of woman that finds sexy talk repulsive. Don't worry about it. You're not after the real goody-goody type anyway. You want a woman with no mental hang ups and a healthy sexual attitude.

Remember to be nice in your conversation. Don't say anything mean or try to cut her down. Nice guys will finish first when it comes to picking up girls. Be warm, charming, and pleasant.

Also, all during your conversation call her by her name as much as possible. Her name is music to her ears and to her it's the sweetest and most important sound in any language. This will make her like you. Now, don't forget to say her name often!

Let me tell you about the aggressive conversational approach that doesn't work. Initially, after just meeting her, you ask her to go to bed with you or to go to your apartment. I just can't understand why many men will rush, push, and expect sexual favors too soon based on some inflated image of their own masculinity or of what "real" conversation is all about. All they can think about is GET LAID NOW!

One of the most common complaints I hear from women at the nightclubs is that men want to go to bed right away. Sex is a private and delicate event for many women. It is more precious, emotional, and personal to women than men.

Expecting sex immediately after just meeting puts unnecessary pressure on yourself. It pays in the long run not to rush or expect sex too quickly or easily.

Of course, there are women who will go to bed with you at the drop of a hat, but you won't run into many of these types.

So take your time and offer sex with gentleness and quietness. Don't force or demand sex. Let it happen naturally, with the two of you exchanging two willing bodies.

If possible, use your hands, and particularly the tips of your fingers, when talking to a woman. The light touch of your fingertips transmits electrifying signals to the other person which will support your thought messages with physical touch.

When touching her while you're talking, be sure it's in a subtle way. Don't do it in a way that would indicate a sexual advance because it may work against you. Just do it casually, like a touch over her hand or on her knee. She will notice these little gestures and slight touches and this will make her feel closer to you.

Finally, your voice is very important when talking to a woman. Don't talk in a boring monotone voice. Put emotional emphasis on each and every word you say. Be sure and speak up and don't mutter your words quietly.

## **CHAPTER EIGHTEEN**

### **How to Pick Up Women Using Self-Hypnosis**

With proper understanding and proper application of self-hypnosis, this method of picking up women can be highly successful.

First of all let me explain what self-hypnosis is and what it can do. You must understand the relationship between the conscious and the subconscious mind. For the purpose of explanatory purposes consider the mind being made up of two parts, the conscious and the subconscious.

The conscious mind directs all reasoned action.

The subconscious mind controls your automatic responses.

The conscious mind has been referred to as the "Mind of Man." With the reasoning power of the mind man can direct his own destiny if he so desires.

The subconscious mind responds because of conditioned instincts. A good example is when you hear a sudden and loud noise and it makes you jump. This is not through reasoning of the conscious mind, but from a conditioned fear in your subconscious mind.

The subconscious mind has no powers of reason, so everything it accepts it is perceived as truth. It accepts and acts upon any fact or suggestion given to it by the conscious mind. While in a state of self-hypnosis you will practice picking up women at the nightclub successfully, even if you're a shy guy. All this will register in your subconscious and when you get to the nightclub your conscious mind will just simply act it out.

With repeated practice of picking up women in your mind while in a state of self-hypnosis, picking up women will become automatic. You will feel relaxed and natural when approaching women and not nervous and tense. Everything you do will have already been practiced over and over in your subconscious mind.

To avoid any confusion, let me explain that you will not be picking up women while in a hypnotic state. You will simply be in a light hypnotic state while in the privacy of your home while practicing self-hypnosis. During actual practice of picking up women you will only trigger your subconscious mind to act out the things you have fed it to do. This is a natural process and as normal as walking. It's not harmful and every day you practice the use of the subconscious mind in your daily activities.

There are many good books on how and why self-hypnosis works, so I won't go into great detail on these areas. The main thing I want to do is teach you how to use self-hypnosis to pick up women at the nightclub.

### **How to Achieve a State of Self-Hypnosis**

Now we will learn how to achieve a state of self-hypnosis. First of all and most important of all, you must believe that self-hypnosis works, is safe, and have no fears about it.

Choose a room that is quiet and dimly lit. Make sure that you will be undisturbed, because you need total quietness and concentration. You may choose to sit in a comfortable chair or lay in your bed. What I personally feel is more relaxing, is lying in the bed. The most effective method is inducing self-hypnosis upon retiring for the night.

Have no fears about inducing self-hypnosis because you're not going to do anything you don't want to do and you won't stay in a hypnotic state if you desire to come out of it.

The directions that you give to yourself don't have to be spoken out loud. You can give your commands silently in your mind.

The following is an example of a method to induce self-hypnosis:

Before retiring at night, turn the lights out and lie down in your bed and find a comfortable position. Close your eyes and repeat the following to yourself:

I am now going to relax every single muscle in my body, starting from my toes to my head. Start with the right leg first, from the toes to the hip. My right toes are very relaxed... They feel very heavy and limp... This feeling is now spreading to my right ankle... Now my right foot is totally relaxed and limp... Repeat the same procedure for the left foot... Now both feet are totally relaxed... Heavy and limp... This feeling is now spreading to my right calf... My right leg is totally relaxed from my toes to my knee... This feeling is now spreading to my left calf and relaxing my left leg from the toes to the knee... Both my legs are totally relaxed and limp from the toes to the knee... This relaxed feeling is now spreading to my right thigh... Now my right leg is totally relaxed from the tip of my toes to my hip... Now I'm relaxing my left thigh too... So both my legs are relaxed and limp... Heavy and relaxed... So relaxed... So limp...

Now I feel my right hand getting heavy... So relaxed and so limp... The fingers are getting heavy... Limp... So relaxed... My right hand is now totally relaxed and heavy... This relaxed feeling is now flowing up my right arm to my shoulder... Now I feel my left hand getting heavy... Limp... So relaxed... My left hand is now totally relaxed and heavy... This relaxed feeling is now flowing up my left arm to my shoulder... Both of my arms and hands are completely relaxed... So limp... So heavy... I am now going to relax my body... My hips... My back muscles... My stomach... My chest muscles... My shoulders... They will relax all at the same time...

Now I will take a deep breath and hold it... I will release it very slowly... My entire body is now relaxing... I am taking a deep breath, slowly... My body is totally relaxed now... I feel so relaxed and limp... I am now breathing slowly and evenly... My neck is now feeling very relaxed and limp... My head is becoming so heavy... So very heavy... The muscles in my face are growing limp and relaxed... From my neck to the top of my head is completely relaxed... My body is totally relaxed... And so heavy... So relaxed... Every muscle and every nerve in my entire body is completely at ease.



The preceding procedure doesn't have to be done word for word. The idea is to relax your body one part at a time until your entire body is relaxed.

After giving instructions to each part of your body to relax, be sure and pause until you feel it working. Be sure and don't will your body to relax. Your conscious mind comes into play when you will your body and this defeats your purpose.

When you have reached the state of total relaxation over your entire body, open your eyes. Pick out an object above eye level. A good focal point would be where the wall joins the ceiling, a light reflection, a picture frame, etc. At this moment you will try to get your eyelids to close involuntarily on a specific count. You can use the count of three, ten, or whatever numbers you so desire. If upon completion of your count, you have an uncontrollable urge to close your eyes, you are in a state of self-hypnosis. This is the very first test in determining whether you have reached a state of self-hypnosis. When counting, go very slowly. If your eyes do not close upon completion of the count, start over again. They may close the first time you try it and then again it may take you anywhere from five to fifteen minutes. With practice every night, the time required for eye closure will decrease.

Let's say you attempt to get an eye closure but the text fails to work. The reasons you don't get an eye closure are usually the following:

1. You are not taking enough time to relax. Being in a totally relaxed state of mind is very critical.
2. You are not in a right psychological state of mind. Perhaps you are worried about something or your mind is cluttered with emotional turmoil.
3. Your conditioning process has not been sufficiently established.

If you are beset by any of these problems, just take more time to enter a good state of relaxation and tell yourself you are going to be in a very beneficial and pleasurable state of mind.

If all else fails and this is very important, if you can't get eye closure voluntarily, then close them voluntarily and go ahead with the desired post hypnotic suggestions as though you were actually in the hypnotic state. Here are some suggestions as to how to achieve the eye closure test:

When I complete the count of ten my eyelids will become very tired, heavy, and watery. Even before the count of ten is completed it may become necessary to close my eyelids. When I do, I will fall into a deep state of self-hypnosis. I will be totally conscious, be able to hear everything, and be able to give my subconscious mind suggestions. The following doesn't have to be repeated word for word, just the form is important.

One... My eyelids are becoming very heavy... Oh so very heavy... Two ... My eyelids are growing very tired and watery... Oh so very tired and watery... Three... My eyelids are becoming very watery... Oh so watery... Oh so watery... Four... I can just barely keep my eyes open... Five... My eyes are beginning to close... Six... My eyelids are beginning to close more and more... Seven... My mind and body are completely relaxed and totally at ease... Eight... It is now becoming impossible to keep my eyelids open... Nine... It is now impossible to keep my eye lids open... Ten... My eyes are now closed and I am in a state of self- hypnosis and I can give myself the post-hypnotic suggestions I desire.

Now using visual imagery, you will mentally picture yourself picking up women at nightclubs. Picture in your mind and tell yourself the following suggestions after you have reached a state of self-hypnosis and achieved eye-closure.

1. Before you leave, you look in the mirror and see a very handsome, sexy, and charming man. You have a very charming smile on your face and a sexy gleam in your eyes that can literally melt a woman.
2. I'm going to pick up a woman tonight and have the time of my life.
3. You walk in the nightclub and see all these beautiful women just dying to meet you.
4. You start walking around checking out the action. As you're walking, several women notice you and your eyes meet.
5. You see a beautiful woman who catches your eye and you approach her.
6. You ask her to dance and while you're dancing you look into each other's eyes and there's a powerful magnetic attraction between you.
7. You introduce yourself while dancing and ask what her name is.
8. When you're through dancing you ask her if you can join her for a drink. She says, "Yes."
9. You join her at her table or stand with her if she has no table.
10. You start conversing with her about herself and you start hitting it off real well together mentally.
11. A slow song comes on and you ask her to dance.
12. While slow-dancing, you hold her close and your crotches are rubbing against each other. A heat of passion begins to build. You kiss her on the neck and then on the lips.
13. The song is over and the mission is accomplished. You have made initial physical contact and it will be smooth sailing the rest of the night.
14. Well it's getting close to closing time and you ask her if she would like to come over to your place for a drink. She accepts your invitation.
15. After you get to your apartment you fix her a drink, turn the lights down low, and put on some soft music.
16. You start kissing and caressing her and one thing leads to another and both of you end up in bed making mad passionate love to each other.

Lastly, just let your imagination run wild and visualize anything you want to happening to you at the nightclub and when you get a woman to your place. Visualize even a couple of women picking you up!

In conclusion, these suggestions should be carefully thought out and planned beforehand, so you will know what to tell your subconscious mind.

## **Post Hypnotic Suggestions**

After you have completed these suggestions for picking up women in your subconscious mind, give yourself a post- hypnotic suggestion that the next time you induce self- hypnosis you will enter a deeper state more quickly. Using this technique say to yourself:

The next time I practice self-hypnosis... I will fall into a deeper and more relaxed state of mind... Relaxing my body will come more quickly... And easily... The next time I go to the nightclub, my mind and body will be totally relaxed and self-confident... My mind will be at ease... The mental pictures and suggestions I have just experienced... Will come into play... And Picking up women will be easy as pie... I know these positive suggestions and mental pictures will work for me... At the count of three... I will open my eyes... I will feel completely relaxed... At the count of three... I will feel totally refreshed... I will feel wide awake and alert... I will feel a renewed source of energy.

This concludes the procedures for inducing self-hypnosis and with practice you will be amazed at the results. You will be picking up more women and doing it more easily. It will just come naturally to you. Happy hunting!

## **CHAPTER NINETEEN**

### **How to Pick Up Women Using a Hypnotic Sleep Tape**

Within you is the ability to pick up or meet any woman you desire. It is only awaiting the stimulation of your desire to spring forth and brings you whatever woman you want.

You have the key to that door. Only you can unlock it. ONLY YOU. And for you a hypnotic sleep tape can be the first step in unlocking that door.

The Potentials Unlimited Tapes of Bradenton, Florida offers a self-hypnosis tape containing complete instructions on how to give yourself suggestions, along with detailed procedures for entering a state of self-hypnosis.

Using it you will be guided into a state of hypnosis with key phrases and statements so you can utilize this level of mind anytime you choose. When you have reached a good depth, there's a quiet space on the tape where you can enter your own suggestions into your subconscious mind. Then, after a bit, you're gently guided back to awakening consciousness.

At the end of this chapter I will tell you which suggestions to enter in the quiet space on the tape and how to order this tape.

### **How Hypnotic Sleep Tapes Work**

Each of these professionally produced tapes are designed to bypass your conscious mind. It is this, the subconscious that is the real power center of your being. The subconscious mind is the seat of memory, the monitor of all bodily processes. It regulates your heart, plays chemist for your digestive system, and analyzes input from your senses like an ultra sophisticated computer (which it is). Your subconscious is a magical property, existing deep within you.

Your subconscious will accept, and then bring into reality, any suggestion presented to it. When the suggestions are positive, dominate, and accompanied with visual imagery, as in hypnosis, the results are amazing.

### **How Hypnotic Sleep Tapes Are Used at Bedtime**

Using a hypnotic sleep tape, a series of suggestions are first given to your conscious mind to bring about a pleasant state of relaxation.

If the tape is played at your regular sleep, you will probably drift off into a natural sleep. This is highly desirable because the subconscious mind never sleeps, and will accept suggestions far better without any interference from your conscious mind.

Repeated playing of the tape at bedtime will completely saturate the subconscious mind with positive suggestions, designed to bring about positive changes within you.

### **How Hypnotic Sleep Tapes Are Used During the Day**

Your conscious mind will not be fully aware of the suggestions given to your subconscious. Therefore, playing the tape several times a week in a relaxing and restful position will be necessary.

Listening to the tape during the day will allow you to experience the pleasant sensations of light hypnosis. You will find yourself floating smoothly into a dreamy state of mind, much like twilight sleep or daydreaming.

During this daytime playing, your conscious mind will become saturated with the same messages your subconscious mind has been absorbing during the evening.

### **How It All Works Together For You**

By using the tape at two different times, your conscious and subconscious mind will begin to work in harmony. The results are dramatic. Positive changes you've desired happen and you pick up women as if by magic.

It's your mind and its programming that makes up your world.

Look around at your world. What would you like to change, to eliminate, to improve, to make better for yourself?

Hypnosis is an effective tool for change. Hypnotic sleep tapes are simple, easy, inexpensive ways to achieve this change. In fact, they could be the most important thing you've ever done for your life, not to mention your love- life.

### **How to Use Your Sleep Tape to Pick Up Women**

Write or call Potentials Unlimited and ask for their latest tape catalog at this address below:

**Potentials Unlimited Products  
by I.M.P.A.C.T. Publishing, Inc.  
3409 47th Ave E  
PO Box 10058  
Bradenton, Florida 34282-0058**

Phone: 941-739-2611  
Text: 941 932 3631

Order the tape entitled, "How to Attract Love." Using this tape, you will be put into a state of self-hypnosis with key phrases and statements so you can put into use this level of mind anytime you desire. There's a quiet space on the tape where you can enter your own suggestions into your mind.

Now I will give you an example of the suggestions to use. You don't have to use these suggestions word for word. You can make up your own suggestions if you so desire. Here's the example to use for your recording on the quiet space on this tape:

As I'm getting ready to go the nightclub tonight, I look in the mirror and see this handsome and attractive man, a man with a very sexy look about him with a charming smile that can literally melt a woman... Before I leave I'm thoroughly convinced in my mind that I will pick up a woman tonight at the nightclub... Upon arriving at the nightclub I will feel very confident and totally relaxed... As I walk thru the nightclub to check out the action, I catch the eyes of several attractive females... They all give me that "I'd love to meet you" look... There's so many eligible women to choose from it's unbelievable... I can have any women to choose from, it's unbelievable... I can have any woman I desire...

While cruisin the nightclub I see this very beautiful girl and our eyes meet... The magnetism between us is overpowering... I approach her and say, "Hi, would you like to dance?"... She says, "Yes, I'd love to."... We get out on the dance floor and start dancing to the nightclub beat... Watching the way she moves her hips and her breasts are driving me out of my mind... Our eyes meet and we both smile... I can tell by the way she looks at me that she's interested in me... I ask her, "What's your name?"... Then she tells me her name... The song ends and we're having such a good time we keep on dancing on and on... We mutually agree to take a break and I say, "Can I join you at your table?" She replies, "Sure."... I join her at her table and begin getting her to talk about herself... By this time we're really hitting it off real good, conversation wise...

After making this initial contact, I ask her to dance again... We dance several songs again and we both feel drawn to each other like magnets... Finally a slow song comes on... Now is my chance to make some real physical contact... Our bodies meet and I can feel her warm breasts on my chest... As we dance, our crotches begin to rub... I begin to caress her back with my hands and she does the same to me... I begin kissing her neck and working my way up to her ear lobe...she's becoming just as excited as I am and begins kissing my neck... Now our lips meet and the vibrations are so strong we can hardly keep our

balance while dancing... I'm having the time of my life tonight and I feel so good... The song ends and we return to our table...

It's getting kind of late now... I ask her if she would like to leave and get something to eat... She accepts the invitation and we go to a restaurant... After we finish our food, I ask her if she would like to come over for a drink... She accepts and before you know it we are at my apartment... I fix her a drink and put some soft music on and turn the lights down low... We both are feeling so relaxed and comfortable... Our lips meet and the passion begins building up... She is responding to all my physical advances... I begin undressing her and then take off my clothes... Now we are making mad passionate love to each other... She spends the night and before taking her home I get her phone number for future reference...

My head is up in the clouds and I keep saying to myself "It's so easy to pick up women at the nightclub," ... I'm going back again and I will score again... This I'm sure of... And sure enough, I go back and the same things happen all over again... This is really exciting, meeting so many different women and being so successful... I can attract any woman I desire... I'm the envy of all the guys that just stand around on the sidelines... They're amazed at my ability to meet women... I am totally confident in my abilities and skill in picking up women at nightclubs.

Using this tape can do wonders for your love-life. Just listen to it before you retire at night and once during the day while you are awake. You should listen to this tape for at least 30 days to get the full benefit from it.

## **CHAPTER TWENTY**

### **How to Pick Up Women Using a Mirror**

This is a very effective method of releasing the power of the subconscious mind by using a mirror. This method is very effective in motivating you to pick up a woman. It can be used to obtain anything you so desire.

Now I will explain the technique. Stand in front of a mirror. The mirror does not have to be full length, but you should at least be able to see yourself from the waste up.

Stand fully erect just like a soldier does when told to come to attention. Now take three or four deep breaths until you feel a sense of enormous strength, power, and determination. Now look into the very depths of your eyes and tell yourself, "Every time I go to nightclubs I'm going to pick up a woman and make love to her." This is just an example of what to tell yourself and be sure to say this aloud so you can see your lips move and hear the words uttered. Also, you can make up your own words to say if you so desire.

Do this exercise regularly at least twice a day, in the morning and in the evening and you will be astonished at the results. You may augment this by writing any slogans or key words associated with your desires with soap on the face of your mirror.

Within a few days after practicing this exercise you will begin to feel a sense of confidence in yourself and your ability to pick up women that you never have felt before.

It is advisable not to tell anyone about your using this method to pick up women. There are scoffers and skeptics that may ridicule you and shake your confidence and you certainly don't want your confidence shaken, particularly if you are just beginning to learn this science.

## **CHAPTER TWENTY-ONE**

### **How to Pick Up Women Using Mental Pictures**

It is a known fact that whatever man can conceive mentally, he can bring into materialization. Picking up women must follow if the proper mental pictures are created and maintained, for this sets in motion the law of cause and effect.

To help you create the mental pictures of picking up women, I will describe a very effective method to saturate your subconscious mind with mental pictures.

You will need about four cards. Ordinary business size cards will do just fine. Write the word "SCORE" or any other word you associate picking up women with on these cards. Carry one in your billfold, place one on your shaving mirror, place one by your bed, then another one on your desk. Whenever you look at these cards, mentally picture yourself at the nightclub meeting a woman and taking her home and making love to her. By placing these cards in various areas, this will enable you to see mentally, the pictures at all hours of the day.

In addition to using the cards during the day, it is best to look at them before you go to sleep at night and upon awaking in the morning and mentally picture yourself picking up women at the nightclub. These two periods of the day are highly important moments to concentrate upon thoughts with added force. It is helpful to form these pictures throughout the day because the more often you form your pictures backed with desire, the speeder the materialization.

In conclusion, you should tell no one what the words on the cards mean or give anyone any suggestion as to what you are trying to accomplish. Just keep it to yourself. Any outside ridicule or criticism can be detrimental to your success with these methods.

## **CHAPTER TWENTY-TWO**

### **How to Pick Up Women Using Astrology**

Most women are interested in astrology and you can use this to your advantage. I have used this method very successfully in meeting women and getting a woman to leave the nightclub with me to go over to my place and have her horoscope done. This can work for you too and it's so very simple.

You may be saying to yourself. "I don't know anything about astrology." Well don't panic because all you're going to need is one book to get you started. The book is called Heaven Knows What, by Grant Lewi and is available at your local book store (if not in stock, have them order it for you). This book will enable you to cast a detailed horoscope in ten or fifteen minutes without the slightest study or knowledge

of astrology beforehand. All you need to do is follow the simple directions carefully, step by step, and you can't go wrong.

The chief use of the horoscope is its aid in self discovery or in your discovering what makes your friends tick, not to mention the women you do a horoscope on. The horoscope tells the basic underlying psychological emotional drives of the individual. If you desire to pursue astrology further after using this book, there are many excellent books on the market.

I've been studying astrology for twenty years and believe me, you can never learn enough about astrology. If you don't believe in astrology, investigate the subject and you will find there's a lot of truth to it.

Now I will describe how to use this method to pick up women in nightclubs. The best time to use this method is after you have made initial contact with a woman and towards the end of the evening. You can't just walk up to a woman and ask her if she would like to have her horoscope done and then leave and go to your place.

OK, let's say you have met a woman and you have had a few drinks and a few dances and you're hitting it off pretty good. It's getting late and it's time to make a move. Ask her, "What sign are you?" Then follow up with, "Are you interested in astrology?" Then ask her, "Would you like to have your horoscope done?" Assuming she says yes, then follow up with, "Why don't we leave and go over to my place and I'll calculate your horoscope and let you read about yourself." If she declines your offer for that particular night, set it up for another night. If you don't get her over to your place the first night at least you'll get her over at a later date.

The main objective in getting a woman over to your place to do her horoscope is to score. After doing her horoscope you can proceed with your seduction routine. Dim lighting, soft music, a few drinks, kissing, stroking, etc.

In conclusion, you're going to run into some women who don't want any part of astrology. You'll just have to convince them to try it before they knock it. If this fails, you'll just have to resort to other methods to get a woman to your place. At least give it a try and see how it works for you. You have nothing to lose and a hell of a lot to gain. This method sure did work for me. Just buy the book and learn how to calculate a horoscope and you will be on your way to meeting more women. Besides using astrology to get her to your place, it will provide you with a good source of entertainment for the evening.

## **CHAPTER TWENTY-THREE**

### **How to Pick Up Women Using Autosuggestion**

This will help you to pick up women by influencing the subconscious mind by means of suggestion. Using the method of autosuggestion, you will be giving yourself positive suggestions to pick up women.

This method is very simple and very effective. Repetition is the main rule in making suggestions work. They should be repeated three or four times, or even more. These suggestions can be made verbally, though it is not necessary to say the words aloud. Just thinking them is enough. Some People respond better if they are said aloud, so you might want to experiment to see what works best for you. To make



the suggestion more potent, you may form a visual image while making the suggestion verbally. There is a tendency for the subconscious to carry out any prolonged and repeated visual image.

You will be phrasing your suggestions using the words "I can" or "I will." Start out using the words "I can" and if no results are shown, switch over to the word "I will." Remember, in giving yourself suggestions, acceptance by the inner mind is necessary or it will not be carried out, no matter how badly you may consciously want this.

Now I will recommend these suggestions for you to use. Pick out the one you like the most or even make up one of your own:

"I can pick up a woman every time I go to nightclubs."

"I can score every time I go to nightclubs."

"I can bring a woman home with me every time I go to nightclubs."

"I can go home with a woman every time I go to nightclubs."

Also, you might want to try this while giving yourself suggestions. In the book, *Self-Suggestion* (Huna Research Publications, Vista, California), Max Long recommends the use of deep breathing while you give yourself suggestions. He recommends that you concentrate deeply on the suggestion while breathing deeply and hard. To employ this method, just concentrate for a moment on your suggestion, pause, start concentrating on your suggestion again, and continue to repeat this back and forth, all while breathing deeply.

It is recommended that you shouldn't burden your subconscious mind with too many suggestions at one time. Try to work on one suggestion at a time and never more than two. If using two suggestions, start with the first one and repeat it three or four times, then repeat the second suggestion three or four times, then go back and repeat the first suggestion.

Use this method daily and you will be picking up more women than you ever dreamed possible. You will be more confident than ever and meeting women will become natural and easy. Try this and see if your love life doesn't improve dramatically.

Also, I might add, you can use this method to obtain anything you want. It doesn't have to be applied to just picking up women only.

In conclusion, remember the need for repetition and suggest results, not means.

## **CHAPTER TWENTY-FOUR**

### **How to Use Telepathy to Meet Women**

Telepathy is the sending and receiving of thought messages without words. Thoughts pass from your mind to another's mind through a sea of electrons which surround us. Thought is a real thing just like any visible object. Thought sends out vibrations just as light and heat do, but much more intense.

To employ this method, you will simply be looking in the direction of a woman at a nightclub and you will be sending forth positive thought images, conveying a message such as "I would like to meet you." While sending the message you will be looking at her with a steady gaze.

The eye is an important factor in influencing people. It has the power of impressing your will upon another. In using this method, you will need to develop a magnetic gaze. To develop the magnetic gaze, practice the following exercise:

Stand in front of a large mirror with your face about 15 inches from it. You can also use a small mirror placed on a table. Using ink, make a small dot at the base of your nose, squarely between your eyes. Focus your eyes upon the dot, while staring in the mirror, and gaze at it firmly without winking. If you get the urge to wink, just raise your eyelids a little and this should prevent you from winking.

Keep practicing this until you can gaze at the mirror without winking for 15 seconds.

While using this magnetic gaze, a woman will either react positively or she will break the gaze coming from you. If she won't look at you, you'll have to assume that she's not interested in you. However, you may want to just try harder. If she responds to your gaze and your silent message, you will soon see the results.

Now I will describe how to use these telepathic powers at the nightclub. First of all, don't let your mind wander while you are trying to make contact with a woman. Concentrate all your thoughts on the task at hand.

Pick out a woman and give her your "magnetic gaze." While looking at her, send out a thought such as "That woman over there wants to talk to me" or "That woman over there is dying to meet me." You can make up your own message. Just repeat your message over and over in your mind in a relaxed manner and make your message short and to the point.

Don't tell others you are using mental telepathy to influence others. Their skepticism or ridicule may weaken your faith.

Also, you must not use this power to bring harm to others or to send unkind thoughts.

That's all there is to it. Using this method, you can make contact with a woman without uttering a single word. With practice, women will receive your thoughts and act upon them. Just imagine how much fun it will be, controlling the thoughts of women and being able to influence a woman with your mind. After you have learned how to use mental telepathy, you will be able to actually will a woman to get up and come over and talk to you.

In conclusion, try this method and you will find yourself meeting more women.

## **CHAPTER TWENTY-FIVE**

### **For Shy Guys Only**

What is shyness? Webster's Dictionary defines shyness as being "uncomfortable in the presence of others." For the shy guy in the nightclub this refers to being uncomfortable in the presence of the opposite sex.

Shyness can be a crippling mental handicap and its consequences can be devastating in the following ways:

1. Shyness breeds negative feelings like anxiety, depression, and loneliness.
2. It encourages you to think too much about yourself and to be over-preoccupied with your own reactions.
3. It limits you in voicing your own opinions and values and speaking up for yourself.
4. Shyness hinders your thinking and ability to communicate effectively.
5. It has an unfavorable bearing on how others evaluate your personality.
6. Shyness makes it more difficult for you to meet new people, make friends, or enjoy potentially good times.

At every nightclub you will find the shy guy. You'll see him just standing around all night, being afraid to approach a woman and start up a conversation or even to ask a woman to dance. So what happens? They get frustrated and leave the nightclub. They keep coming to nightclubs and repeat the same routine. They stand around wishing they could meet someone, get frustrated, and then go home depressed.

You can overcome your shyness and you "must" if you're going to nightclubs. This kind of social setting can be most threatening and anxiety-provoking if you are a shy guy. This kind of setting will only aggravate your shyness condition if you don't take the appropriate steps to overcome your shyness.

In order for you to promote this change in yourself, first you must believe that change is possible. You must really want to overcome your shyness condition. Last, you must be willing to commit time and energy and to take action, and to risk some temporary failures, in initiating change procedures that can lead to long-term success. To sum it up, you can change if you believe you can but it takes work - hard work.

## **CHAPTER TWENTY-SIX**

### **Misconceived Beliefs of Shy Men**

The following are examples of misconceived beliefs of shy men:

**"If I Ask a Woman to Dance and She Turns Me Down Or If I Talk to a Woman and She Ignores Me, It's Because I am Not Worthwhile Or Good Enough For Her."**

This irrational belief causes shy men to fear approaching a woman and produces low self-esteem when they are rejected. This fear of being rejected and turned down prevents shy men from making contact with women.

If you're turned down for a dance, it doesn't mean that you're not worthwhile or not good enough for her. She just may not feel like dancing at the moment. She may just be tired. She may not even dance, period. There can be a number of reasons. So don't take it personally.

However, what I do in a case like this is to ask her, "Would you like to dance later?" If she says yes, maybe I'll ask her again later. In the mean time I'll ask other women to dance. What works best for me when they turn me down to dance is that I will ask them, "If you don't want to dance right now, do you mind if I join you for some conversation?" I was rarely turned down.

A word about getting rejected for a dance. A lot of guys get turned down to dance so don't feel that you're the only guy in the world that happens to. It happens to all guys, even handsome guys.

If you approach a woman and try to start up a conversation and she ignores you, don't take that personally either. She just may not feel like talking or being bothered. Perhaps she's tied down to a boyfriend or even married. Also, you just might not be using the proper social skills. So if she ignores you, move on to the next woman and you'll find someone who will respond to your advances.

### **"The Odds Are Slim of a Woman Being Interested And Attracted to Me."**

This is the guy that has fixed opinions about himself and makes up excuses such as, "I'm not very lucky with women" or "I just don't stand a chance of picking up a woman" or "There aren't any good nightclubs where I can meet women." These are just defensive statements to avoid placing the blame where it really belongs and that's on yourself. You just haven't tried hard enough to pick up a woman. That's where the real problem lies.

Make it a point to block these beliefs out of your mind because they will hinder you from seeking out women using your own initiative.

### **"If I Stand Around Long Enough, Maybe Something Will Happen."**

Nothing could be farther from the truth. Waiting around for something to happen will most likely accomplish nothing. This will produce little action, if any at all. I just can't tell you how many nights I've wasted at nightclubs waiting for something to happen that is until I wised up. If you wait for a woman to approach you and strike up a conversation, you'll be waiting all night. You have got to take the initiative and create your own action; it's not going to come to you out of the clear blue sky.

### **"Most Guys Are Lucky That Pick Up Women."**

This is a very mistaken notion that picking up women happens to other guys because of luck and good breaks. Picking up or meeting a woman rarely happens just by accident. Somebody has to take that first step to initiate contact with a woman. The only difference between you and the other guy is he takes action, not because of a stroke of luck. So remember you must go out and initiate action. You must make the effort to pick up women.

### **"If A Woman Doesn't Show She Likes Me Right Away, She Really Doesn't Like Me And Will Never Like Me."**

This is an unproductive belief that a woman, upon first meeting her, must show complete interest in you by verbal and non-verbal communication.

This is perfect example of this misconception: You ask a woman to dance and she readily accepts. After the dance is over she accepts another guy's invitation to dance. You get all upset and say to yourself, "If she was really interested in me, she would have found some excuse not to dance with that guy when he asked her."

What this guy doesn't know is that in the majority of cases like this, is that when interest is not immediately shown to the other, this doesn't mean that the possibility of liking you may not be there.

So, don't give up on a woman if she accepts another guy's invitation to dance. Just keep on pursuing her.

In conclusion, it is rare when a woman will show her liking and interest in you following a brief initial meeting. Prolonged communication and conversation are necessary before she can feel comfortable in showing her interest in you.

### **"If You're Going to Make It with a Woman, You'll Both Know It When You Meet And There Won't Be Any Problem."**

This is the guy who is waiting for "love at first sight" to occur to initiate a relationship. Upon meeting a woman, if there are no vibrations or chemistry between them, he simply dismisses the encounter. He uses this as a defensive excuse for initiating any intimate contact with women.

Waiting for "love at first sight" will prevent you from establishing real friendships with the opposite sex out of casual acquaintances. You don't have to be madly in love with a woman to show interest and concern and to establish a friendly rapport.

## **CHAPTER TWENTY-SEVEN**

### **How to Overcome Your Shyness in Nightclubs**

The following is a guide to use in overcoming your shyness at nightclubs. Follow these steps and you can overcome your shyness and start picking up women instead of standing on the sidelines watching other men pick up women in nightclubs.

**1.** One of the biggest roadblocks to a shy man in picking up women is fear. Fear that he will be rejected, fear that he won't know what to say, and fear that he won't know how to act.

Believe me, there is nothing to fear but fear itself. Fear and anxiety will produce distinct psychological consequences and if there's anything that's going to hinder your success in picking up women, it is going to be fear.

The fear of being rejected by a woman can paralyze your attempts to pick up women. Accept the fact that you're going to get rejected some of the time. Just because you get rejected by a woman it does not make you worthless. There can be many different reasons why a woman may not be interested in you at a given moment. Most of these reasons have little or nothing to do with you as a person. Being rejected by a woman is just a risk you will have to take and if you do get rejected by a woman, it's not the end of the world.

Keep this in mind if you get rejected by a woman at a nightclub. No matter how many women are not interested in you, you must remember there are many other women at nightclubs, many of who would be delighted to know you.

To overcome these fears and pick up women, you have got to approach it like you would if you were going to jump in a cold ocean to go swimming. Hurl yourself into it. Take action!

You have got to practice at picking up women. Sure, you'll get rejected a few times. We all do. So what if you get rejected. You may never see her again anyway. By practicing, you'll build up your confidence. Also, by accepting the fact that you're only practicing picking up women, the pressure to succeed won't be so great. .

**2.** Has this ever happen to you? You see this beautiful woman that you would love to meet. You try to build up your nerve to approach her and you make up an excuse not to approach her like, "I'm too scared" or "I'm too nervous."

Pondering, stalling, postponing, reconsidering, these are all delaying tactics that impede action. If you find yourself telling yourself these lies and making excuses, block them out of your mind immediately and take action and approach that woman right then and there. Don't waste any time or you'll see one woman after another walk right out of your life. Don't delay trying to pick up a woman or you might find yourself delaying all your life.

**3.** Get rid of the idea that people are always watching you, sizing you up and evaluating you. The only people who do this are shy people who spend a lot of time fearing that they are being evaluated negatively. The reason you think you are being watched is because you do this to others.

The solution to breaking this habit is to stop judging and sizing people up and you will stop thinking that others are doing the same to you. Don't worry about people evaluating you unfavorably, because the reason for this is that they think they are better than you.

**4.** Shy men have difficulty in carrying on a conversation with the opposite sex. You're going to have to work on sharpening up your conversational skills. If you don't have any skills, you're going to have to develop some. You're not going to meet any women at nightclubs unless you talk to them.

I have given you conversational guidelines to use in Chapter Seventeen on conversation. put into practice these guidelines and I promise you that you will develop conversational skills and know how to carry on a conversation with a woman.

**5.** Employ the methods used in Chapters Eighteen and Nineteen on Picking Up Women Using Self-Hypnosis and Picking Up Women Using a Hypnotic Sleep Tape.

Using these methods will condition your subconscious mind to pick up women. Your mind will literally be saturated with picking up women. This in turn, will help you to overcome your shyness.

**6.** Use the mirror technique described in Chapter Twenty on The Mirror Technique For Picking Up Women. The only modification you will need to make on this is what you say in front of the mirror. Tell yourself these commands:

(a) "When I go to nightclubs, I will be very relaxed and I won't feel uncomfortable around women."

- (b) "I will overcome my shyness and pick up women at nightclubs."
- (c) "When I see a woman I'd like to meet, I will approach her immediately, instead of making up excuses as to why I shouldn't approach her."
- (d) "I will not stand around all night waiting for something to happen. I will make it happen."
- (e) "I will not stand around waiting for a woman to approach me. I will take the initiative to make contact."
- (f) "If a woman rejects me, I won't let it hurt my feelings."

**7.** Use the method outlined in Chapter Twenty-One on Picking Up Women Using Mental Pictures. On your cards write the word "Confident." When you see this word, picture yourself at nightclubs as a confident man, making contact with women. Picture yourself not being shy with women anymore, but a guy that is confident in his abilities to pick up women.

Another good word to use is "Contact." When you look at this word, picture yourself making verbal contact with women at nightclubs. Picture yourself approaching women and talking to them.

**8.** Use the method outlined in Chapter Twenty-Three on Picking Up Women Using Autosuggestion.

**9.** I highly recommend that you read books on overcoming shyness. There are many excellent books on the market to help you overcome shyness. In some cities there are shyness clinics you can attend which can be helpful.

**10.** You can order a shyness tape from POTENTIALS UNLIMITED. By listening to this tape daily for at least 30 days, you will become more confident and will feel an increase of self-esteem. Your fears and shyness will gradually disappear, in most cases.

To order this tape, write POTENTIALS UNLIMITED and ask for their catalog. Order the tape on shyness. The address is listed in Chapter Nineteen.

**11.** Finally, these steps to overcoming shyness can only help you if you have made the decision to change your life. The most powerful ingredient you possess in overcoming your shyness is the power of your own mind.

## **CHAPTER TWENTY-EIGHT**

### **Interviews with Nightclub Women**

When I wrote this book I interviewed over 100 women in nightclubs about their nightclub experiences with men and what kind of men they are attracted to. Here are the results from some of the women I interviewed:

#### **Why Do You Go to Nightclubs?**

ROBIN - "To meet new people and to enjoy the music."

KERRY - "Because I like the music and I like to meet new men."

ERIKA - "Because I like the music and the people."

VALERIE - "Because I like the style. I enjoy it very much. You learn new dance steps and I like to see how other people dance."

PAULA - "I go to nightclubs to get away from everything and to have fun. It is a good way to let your emotions out."

SUSAN - "To have a good time, dance, and to meet people."

GAIL - "Mainly to dance and enjoy good friends."

DEBBIE - "To meet men and to dance."

ERIN - "To meet new men and to have fun."

SANDRA - "To meet and mingle with people and to dance."

KAREN - "To see friends and to meet people."

KIM - "To meet new people and to be with my friends."

NICOLE - "To dance, watch people, and meet men, but not for sex."

BARBARA - "To party and have a good time."

NANCY - "To dance and to meet people."

NATALIE - "To dance and to meet people, depending on my mood."

GAYLE - "I love the beat of the music and I find it very exciting meeting and making new friends, both male and female."

PEGGY - "To meet guys who can dance good."

TERESA - "To get hustled by men. I enjoy all the attention."

### **How Do You Like to be Approached by a Man in a Nightclub?**

ROBIN - "To be approached by a polite, neatly dressed sincere guy."

KERRY - "He asks me, "Would you like to dance?" A man that talks a little first, before we dance."

ERIKA - "For a man to ask me to dance and not to assume automatically that I'll dance with him."

VALERIE - "I like to be approached by a man with good manners. A man that is well-dressed and has a personality."



PAULA - "I like for him to just come up to me and ask me if I want to dance." That's all it takes."

SUSAN - "Ask if I would like to dance and if I like him, I'll keep dancing, if he will keep asking."

GAIL - "All he has to do is ask me to dance."

DEBBIE - "Any approach is OK, as long as he doesn't try to put his hands all over my body."

ERIN - "By a man that's not too forward."

SANDRA - "A very friendly man with no lines. Someone original and witty; doesn't come on with phony compliments."

KAREN - "I like for them to say "Hi" and ask me to dance."

KIM - "He asks me to dance. A guy that walks up to me and starts up a conversation. Lines are OK."

NICLOLE - "All he has to do is ask me to dance."

BARBARA - "To be treated like a lady. Not too pushy and not too fast."

NANCY - "A guy with a witty approach. Full of compliments."

NATALIE - "I like for them to ask me to dance."

GAYLE - "Just a straight, down-to-earth approach, with no B.S. lines."

PEGGY - "A gentleman's approach. To treat me like a lady. I don't like the "Baby do you wanna dance" approach."

TERESA - "I like a guy who is sure of himself when he approaches me. A guy who knows what he's doing."

### **What Kind of Man Turns You Off in a Nightclub?**

ROBIN - "One who comes right up in your face with bad breath. A man with bad body odor, unshaven and wrinkled clothes. Takes things for granted and sits down without asking. Also, I get turned off by having my feet stepped on and roaming hands. One who comes on too strong."

KERRY - "One who thinks he's a good dancer, but steps all over your feet."

ERIKA - "The overly flashy type man. A man that treats me like a piece of meat."

VALERIE - "A man that acts dumb. He shows off in front of everybody. He thinks he's real cute. Cares more about himself than he does about you. Also, when he comes right up to you with bad breath."

PAULA - "A show off, a man that thinks he is really something special, a guy dressed tacky, or a bum, or a fast mover."

SUSAN - "A drunk, stubborn man. Some men insist that you dance with them even if you say no. That turns me off."

GAIL - "A very forward, especially drunk, insistent man."

DEBBIE - "A fat, drunk man. A man that thinks that he's Macho."

ERIN - "A loud mouth man."

SANDRA - "Too feminine and doesn't dress masculine. A fat man. A man that is not a good listener."

KAREN - "If he's too suggestive, dresses too fancy (I don't like suits), and too drunk."

KIM - "A guy that's too pushy and brags too much on himself."

NICOLE - "A guy that's too forward and obnoxious."

BARBARA - "Faggots and ugly men."

NANCY - "A drunk and untidy man."

NATALIE - "A cocky snob (stuck up). A frump."

GAYLE - "Short and fat. Real conceited guys who think they are God's gift to women."

PEGGY - "A man I don't even know that fondles me and paws at my body. A real drunk guy that stumbles up to me and tries to hustle me or dance with me, obese men."

TERESA - "The type that lie and sit around and brag about themselves. They think they are hot stuff."

### **What Kind of Man Turns You On in a Nightclub?**

ROBIN - "A neat dresser, nice-looking, a man that treats me with respect."

KERRY - "A very well-dressed man and has very good manners."

ERIKA - "Good-looking, a good dancer, dressed nice, and good character."

VALERIE - "A man that lets you know you are wanted. He tries his best to make you happy. He acts like a gentleman. He dances real good."

PAULA - "A shy, not too direct guy, but he knows what he's doing."

SUSAN - "A well-mannered, well dressed man. A man that doesn't ask too many questions."

GAIL - "One with a gentleman's approach, perhaps to ask for a dance and then later offering to buy me a drink. Certainly not a man who has already had one too many."

DEBBIE - "Good-looking guy with a good personality."

ERIN - "A sophisticated man with a lot of class and money."

SANDRA - "A congenial man (no stud). He knows she's good-looking and doesn't have to fish for compliments. No fatty, I like a nice body."

KAREN - "I like tall men and I like a couple of buttons unbuttoned on his shirt. Shape of man important-- not fat, but not too skinny I like a man with neat-looking hair, not too long or too short, but must be clean."

KIM - "A guy that likes to dance, a good conversationalist, and a neat dresser."

NICOLE - "A guy that acts natural. He doesn't come on with a bunch of lines. He just acts like himself and doesn't try to put up a big front."

BARBARA - "A good-looking man that's a sharp dresser. A plain-looking guy is OK too, if he has a pleasing personality."

NANCY - "Easy to get along with, physically attractive, and a good personality."

NATALIE - "A guy that's real friendly with a warm personality. Personality more important than looks."

GAYLE - "Someone with a pretty good personality. Someone that seems sincere and honest."

PEGGY - "Nice-looking, can dance good, and intelligent."

TERESA - "A nice, friendly man." Talkative and shows interest in me and gives me a lot of attention. Looks aren't important."

### **What Does it Take to Get You to Leave A Nightclub With a Man?**

ROBIN - "If I really get off to the guy and there are a lot of good vibrations between us."

KERRY - "I always take my car so I can drive over to a guy's apartment, if I like him."

ERIKA - "If he's good-looking, well-groomed, and has a good personality."

VALERIE - "If I like him and he treats me like a lady, I'll leave with him. He must be a gentleman."

PAULA - "I wouldn't leave a nightclub with a man unless I got to know him real well in the nightclub via conversation, dancing, etc."

SUSAN - "If he has what it takes! It DEPENDS. All men are different."

GAIL - "There is nothing in the world that could make me leave a nightclub with a man. If I wished to see the gentleman again and he wished to see me, perhaps we could exchange phone numbers, but definitely not the first night."

DEBBIE - "If I like the guy, I'll go home with him."

ERIN - "I'll leave with him if he shows that he really like me and not just using me."

SANDRA - "To leave in separate cars."

KAREN - "Trust." Either I have to know him for a while or have a friend who says the guy is alright."

KIM - "If I like him a lot."

NICOLE - "No way! I do not trust any strange man at a nightclub."

BARBARA - "I have to really trust him."

NANCY - "If I feel comfortable with him and feel I can trust him."

NATALIE - "Depends on my mood. Can't come on too strong, but a little strong is OK."

GAYLE - "I have to like him and be with him at least a couple of hours and enjoy his company. I have to be with him long enough to know I can trust him."

PEGGY - "To sit down and talk to me a lot about himself. I like to get to know the guy well first."

TERESA - "If I like him. That's about all!"

In conclusion, use these interviews as a guideline to conduct yourself accordingly at the nightclubs.

These interviews can be summed up as follows:

1. Women go to nightclubs to dance and meet people, which includes the opposite sex.
2. Women like to be approached in a respectable manner. They don't like the aggressive approach and don't like to be treated like just another piece of meat.
3. Women like well-groomed, well-dressed men, with a pleasing personality.
4. Women dislike conceited, drunk, forward, and obese men.
5. A woman will leave the nightclub with you if you get her to like you.

## **CHAPTER TWENTY-NINE**

### **Drive Women Wild for Sex with New Scientific Discovery**

Would you like to turn beautiful women on instantly?

Would you like beautiful women to ignore your face and stare at your pants? Can you picture yourself with a harem of horny girls wondering what it is about you that they can't resist?

What would it be worth to you for sexy females to want to share their warm, writhing bodies with you? How would it be to have women get hot and horny just from a whiff of your aroma? You can get the right answers to all these questions when you discover LIQUID MAGNET, the rare distilled Hawaiian pheromone formula that feminist are trying to deprive you of.

Can you blame these uptight women? Here we have an incredible formula of pheromonic essence that triggers the cave woman sexual response of gals from 18 to 80...short, tall, thin or full figured...and they may not even have a clue what's getting them so hot and bothered!!!

Are you in luck! LIQUID MAGNET works on blondes, brunettes, redheads, whites, blacks, Orientals, Indians, and Hispanics...virtually any dancer who comes within "sniffing distance" of your undeniably masculine scent. And, the powerful sex magnet pheromone is distilled with the special Liquid-Love cologne essence to get her even more excited and anxious to unleash her passions on you, again and again!

Scientists discovered that our skin was dotted with hormonal scent enabling the opposite sex to seek us out. The stronger the scent, the deeper the attraction. Unfortunately, some of the same aromas causing sexual excitement were far too strong, causing distancing due to the powerful muskiness.

The great news about LIQUID MAGNET is this: It contains only distilled pheromones, blended very carefully with aromatic oils, to produce great attraction, stimulation and prompt response. Without any negative reactions at all! It actually smells good!!

American chemists actually came up with a blend that was overwhelming to many women. It turned them on so fast, so easily; they called it LIQUID MAGNET! Test after test was done. Experiment after experiment. Women who volunteered for testing said they "Can't get enough" after inhaling LIQUID MAGNET.

There are countless case histories about pheromones used in LIQUID MAGNET. Merchant marines who've had women line up in bars just to be kissed by them. Cab drivers who've had wild-eyed women climb into the front seat and go for their zipper! Husbands whose wives beg for sexual favors. Unfair to women? Sure it is. But, isn't it about time?

### **Use Liquid Magnet for a Few**

#### **Weeks and You May Notice:**

-> Hot & sexy women you don't know edging closer to you.

-> Women will try to touch you, and may reach for your private parts!

-> Some women may actually offer their bodies to you, and some may offer you money to have sex with them.

->Females may want to have sex with you quickly, sometimes even in public places, in cars, trains, planes and other conveyances!!!

**ASK YOURSELF THESE 5 IMPORTANT QUESTIONS:**

1. Would you like the attention of a woman you love, or simply meet new women? \_\_\_Yes \_\_\_No
2. Have you ever been too shy or afraid to approach a beautiful woman, fearing rejection? \_\_\_Yes \_\_\_No
3. Do you believe that knockout women might like you if they got close enough to find out what you were like? \_\_\_Yes \_\_\_No
4. If you had the power to turn women on, would you enjoy making love to a woman over and over again? \_\_\_Yes \_\_\_No
5. Would you feel happy if a beautiful woman became your Love Slave? \_\_\_Yes \_\_\_No

If you answered YES to any of these questions, then you must try LIQUID MAGNET, completely at no risk for the next 90 days. Order your no-risk trial supply now. Before some stud beats you to all the action in the neighborhood. If you don't get some action within 90 days, send your Liquid Magnet back for a full refund!

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### **About the Author**

Don Diebel (America's #1 Singles Expert) is one of the nation's leading experts on dating and relationships, guest speaker on several TV and radio shows, featured in print interviews, dating consultant, and has helped thousands of men win at the game of love with his phenomenal best-selling books and products.

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